

# **Cancer Self-Help Support Program**

## **Maximizing the Successful Outcome of the Medical Experience.**

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# Cancer Self-Help Support Program

## Preface

An important message of this booklet is that there is no mystery as to the origin and the solution to cancer.

The author has unique experience with thousands of patients to emphasize that those who make a determined effort to understand the origin of the disease will want to implement the guidelines presented in this booklet. These patients will have a successful recovery and go on to live a healthier life than before the diagnosis! It has been clearly demonstrated that recovery occurs when one implements the guidelines set out in this booklet.

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## What is Cancer?

Cancer can be considered an imbalance in the chemistry of the body. It is a breakdown of natural systems otherwise designed to achieve and maintain throughout life, a vibrant healthy body protected by an amazing immune system. Cancer does not occur in a healthy balanced body. Therefore, when you achieve a healthy balance you will no longer have cancer.

The evidence is the unhealthy state of the American population ranges from overweight to the escalating number of diseases that hardly existed 100 years ago. Desperate attempts to impose the government's RDA (recommended daily allowance), low fat food diet, metabolic typing, zone diets, high-protein diet, low calorie and fasting diet and so on are unnatural to the body and will therefore not address the source of the problem. Explaining the specific reasons for this will become clear later in this booklet.

The most common factors known to contribute to the development of the disease include:

- a. Altered pH balance
- b. Poor Blood Sugar Management
- c. Stress
- d. Dehydration
- e. Oxygen Deficiency
- f. Free Radicals
- g. Toxins (including Mercury fillings)
- h. Poor nutrition

The extensive evidence is that cancer is caused by a combination of several if not all of the above. Furthermore it is clear that cancer is a cumulative development of these causal factors over many years. Add to this the mental and emotional shock resulting from the diagnosis of the disease and you have the complex challenge of treatment to restore the patient to good health.

Whereas research evidence has demonstrated that Cancer can be caused by any one of the above factors. The only approved treatments for cancer in the United States are chemotherapy, radiation and surgery. These medical procedures can remove cancer cells, kill them or slow down the cancer process and often eliminate or reduce metastasis (spreading of cancer throughout the body) of the primary tumor. However, what is being treated by the surgery, chemotherapy or radiation is the manifestation of the disease and ignores the source of the disease. The cause of cancer is not being treated and therefore none of these procedures can be said to cure cancer.

The "cure" for cancer is to restore the body to its natural healing state. If the patient's natural internal healing and cleansing is to be restored, the immune system must be supported by elimination of nutrient and/or micronutrient

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deficiencies and the cellular toxicity that produced the cancer initially. Of course, this includes the elimination of radiation, pesticides and other external influences that increase cellular toxicity, otherwise the patient will never experience long-term cancer regression and the inevitable end result is death.

Research indicates that after six months most cancers are shown to be resistant to chemotherapy drugs. And the other major cancer treatment, radiation, kills cancer cells and can help the cancer victim in the short term but it damages the healthy cells along with malignant cells. Furthermore, radiation is considered to be a cause of future malignancies. Sometimes a combination of radiation and chemotherapy is used as an aggressive treatment for cancer – but should be used in controlled, limited manner. But the bottom line is long-term favorable outcome for the patient requires restoring a patient's own internal healing and immune system functioning.

In the next few sections, three of the most critical sources of cancer are detailed further.

## Cancer Begins in a pH Acid Environment

The most important information to share with our readers is the author's breakthrough evidence that cancer begins and thrives in an acid pH. The result of many years of research investigation to reveal the cause of cancer, the answer appeared as a result of in depth study of the cellular chemistry to determine changes when cancer became active at the cellular level. The measurement of pH acid clearly revealed that whereas cancer activity was not possible in an alkaline environment, a pH acid environment multiplied and accelerated cancer activity. The results of this exhaustive study led to those factors described in this section that also led to the predictable recoveries that never seemed possible before.

This breakthrough research applied to thousands of patients led to proven methods to successfully reverse pH acid environment causing cancer to perish. Amazingly, these methods apply natural procedures included in therapeutic nutrition, detoxification, lifestyle changes, stress management, restoring depleted levels of minerals, oxygen and water, and rebuilding the natural protective mechanisms leading to an effective immune system.

The shocking truth is that this amazing chemistry is clearly one that is meant to maintain vibrant health when the minerals in the body (as electrolytes) maintain an alkaline pH. When we ignore this fundamental principal with unnatural factors in our lifestyle, poor nutrition, exposure to chemicals and stress, this pH balance is altered due to a drain on the critical electrolytes responsible for maintaining the alkaline balance. The altered state, which is a shift to an acid pH, is ill health, disease (including cancer) and premature death.

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It is amazing that this simple principal is ignored by the medical establishment focused on the treatment of illness and disease with medications and drugs that are in conflict with this natural chemistry. The use of medications and drugs worsen the imbalance to perpetuate the symptoms, suffering and hasten deaths. These synthetic medications and drugs act as acids in the body and actually further contribute to the acid load on the body.

The author has repeatedly stated that in his opinion millions of cancer patients die of malnutrition following the side effects of cancer therapy when severe nutritional demands are not met. These are aggravated by treatment known to cause nausea or loss of interest in food. Another side effect of the treatment reported by cancer patients is the loss of taste that removes the natural desire for food. Therefore, this situation is particularly challenging for the patient faced with cancer treatment when the demands of stress are at its most severe.

## Blood Sugar Control

Management of blood sugar is key to balance metabolic chemistry, to maximize healing and achieve good health. Blood sugar responds to food intake, frequency of meals and snacks, and emotional/physical stress. Maximum healing, health, energy, clear thinking, hormonal balance, normal weight and cancer recovery are achieved when blood sugar is maintained at a steady level throughout the day.

When blood sugar peaks or dives, the stress response is in conflict with your health objectives. Peaks in blood sugar trigger an insulin response and the development of many side effects. Dives in blood sugar trigger hormone response in conflict with healthy metabolic function and natural healing. This can be caused in several ways:

- a. Refined food, sugar-based food and sugary drink will cause the blood sugar to peak followed by a predictable dive. The typical American diet is loaded with these types of food.
- b. Long gaps between meals. The longer the gap, the more the blood sugar dives. This dive is particularly detrimental to cancer patients whose bodies are already trying to meet the nutritional demands of fighting cancer. Furthermore, some people on diets miss meals to lessen calories – however, this will work against you, not for you.
- c. Missing breakfast begins the day with a low blood sugar which then continues to dive. The longer the gap to the next food intake, the more severe the stress response. On the other hand, a bowl of millet and 2 eggs for breakfast produces a slow blood sugar curve and which levels off and is then ready for the next food intake. Correctly timed food intake would include snacks and meals with food containing protein (not meat) so as to sustain your blood sugar level throughout the day. Without the peaks and dives, you are in an anabolic

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(regenerative mode), building firm muscles thus replacing the flabby fat and fluid retention.

d. Stress in its many forms will elevate blood sugar explained in the following section.

## Meeting the Demands of Stress

It is easy to understand that inadequate nutrition presents a challenge to the body to meet the demands of dealing with cancer. Think about a locomotive engine unable to maintain performance due to a depleting fire, stressing to pull the train and maintain power. In the body, the result is a change in the natural metabolic function caused by an inadequate daily nutrition and diet. To compensate for this change, a response from a back-up system converts storage sites to release an alternative source of energy (e.g., a conversion of glycogen in the liver to glucose). A serious side effect develops when recurring stress further depletes these storage sites. This leads to a change from the anabolic (regenerative) function to a catabolic (degenerative) attack on the body's own cells. This attack has the purpose of releasing a source of nutrients to keep up with the daily demand. The resulting catabolic damage initiates other serious changes that accelerate ill health and disease.

Furthermore, the resulting damage to cells releases a toxic waste that adds to the overload already present. Whereas viruses are harmless and cannot multiply outside the cell, this fact changes when the protective cell membrane is damaged. These viruses can then penetrate the cell, attach to the cell's DNA that then becomes a way to replicate without fear of reprisal. The multiplying viruses release their own waste further adding to the toxic acid waste overload.

Many studies describe how exposure to stress increases the demand on resources beyond the supply from the average daily diet and nutrition. Because of stress, it is important to remember when treating cancer the body may require 5 times the nutrition supplied in the average diet.

## What can be done about Cancer?

There are several key steps that every cancer patient should add to the treatment they are currently receiving. This will better prepare the patient for the experience.

- 1. Education** - The first stage in responding to this challenge is the implementation of an information, education and training program that involves the patient in the healing process. Psychologically when the patient learns to confront the disease followed by a decision to take an active role in their healing process, the chances of success are increased immeasurably. Whereas the patient who is shocked, emotionally and mentally devastated, often in severe

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depression and obviously in stress, is unable to confront the experience and presents a higher risk to the Oncologist.

**2. Detoxification** - Clearly, a toxic body is less able to deal with stress of cancer treatment and is therefore a high risk; a cleansed body with renewed potential to heal is a good candidate for a successful health restoration. Contact your nearest Integrated Natural HealthCare Center to determine your options. Your detoxification should include a visit to a “Biological Dentist” because one of the largest sources of toxins in your body could be in the “silver” fillings in your mouth!

**3. Cancer Support Group** – Join a cancer support group that will help you with your emotional needs AND provide you with knowledge that will keep you in charge of this disease. Surrounding yourself with people that are fighting a similar battle will help you find the strength and willpower to fight all of the stress associated with your disease. It is recommended that this support group be affiliated with or have access to experts in the field of cancer and it becomes a resource for you to understand all of your options.

**4. Therapeutic Nutrition** - Therapeutic Nutrition plays a critical role in supporting the increased nutritional requirements of the cancer patient receiving chemotherapy, radiation and/or surgery. The stress of the disease demands enormous quantities of nutrients way beyond the norm.

## What is Therapeutic Nutrition?

“Therapeutic Nutrition” is a scientific use of optimum high-nutrient foods and individually determined daily supplement program of vitamins, minerals, enzymes, anti-oxidants, probiotics, and other advanced supplements, implemented as a support program to medical oncology therapies. This combination has been shown to greatly enhance the potential outcome in several areas.

Experts estimate that up to 40% of all cancer patients die from malnutrition, not from cancer. Scientifically applied nutritional therapy is the only way to treat the malnutrition that commonly accompanies cancer. In addition, Therapeutic Nutrition is known to enhance the effectiveness of the cancer treatments while reducing the toxic side effects of chemotherapy and radiation therapies.

Therapeutic Nutrition support of cancer treatment will:

- Reduce toxicity of chemotherapy
- More effectively direct chemotherapy to tumor cells
- Treat malnutrition caused by cachexia (general weakness), anorexia and parasitic tumors



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- Stimulate the immune system
- Create a lower acid environment at the cellular level
- Accelerate the recovery time
- Reduce vulnerability to long-term effects of cancer therapy

Therefore, Therapeutic Nutrition should be of primary importance to a cancer patient. It is obvious that it affects not only his/her lifespan but also additionally the quality of life.

It is important that cancer patients eliminate food that aggravates their condition. Overeating of processed food, foods cooked in heated oils, food loaded with preservatives and artificial ingredients are examples of the underlying cause of cancer in modern life. It is not the quantity but the quality and type of food that a person eats that leads to optimum health. Total abstinence from food that produces negative health profiles is highly recommended.

## How to Implement Therapeutic Nutrition

Therapeutic Nutrition has developed as a result of research studies to understand the biochemistry at the cellular level as it is applied to this Cancer Support Program. It is clear that our creator intended that a complete range of these nutrients be supplied from natural sources, including water and oxygen.

With cancer patients the challenge goes beyond the planning, sourcing and eating proper food. The years of incorrect nutrition and eating habits and the shortfall to meet demands of stress, develop other problems such as inadequate digestion and assimilation.

Clearly, when the body is supplied the nutrients needed in the correct amount, the body responds with perfect health, free of symptoms of any kind. It is clear that in such a state of balance it is not possible for cancer to develop. Therefore, to achieve this state of balance everything should be done to assist the body to balance itself out.

It is also clear, that nature intended that this balance be achieved as a result of nutrients supplied from naturally occurring food. Research into Therapeutic Nutrition has identified many of the essential nutrient-rich foods and special healing foods to achieve this balanced state. This includes food providing the most number of nutrients, effectiveness of absorption and so on.

The following is a sample list of therapeutic foods that should be added to a cancer patients diet: organic wheat germ, nutritional yeast, lecithin, sunflower seeds, flax seed oil (for the essential Omega fatty acids), free-range eggs, yogurt, sprouts, mixed nuts, whey powder, carrot juice, beet juice, celery juice

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and salads including tomatoes, avocados, cucumber. Where ever possible all food should be organically grown and not from genetically engineered seeds. Furthermore, the source of these foods is critically important – for example, there are very few whey powders on the market that could be considered “therapeutic.”

The range of nutrients in the above food is staggering. The potential of these nutrients to heal is the subject of thousands of studies conducted by scientists over many years. To further enhance the effectiveness of these foods, there are guidelines available as to where to purchase the most therapeutic form, the specific combinations, frequency and impact on the body chemistry to maximize the healing response especially for cancer patients.

This booklet has emphasized that cancer makes enormous demands on the nutritional chemistry way beyond the normal as is provided in the average daily diet. Clearly, the capacity of the human body to meet these demands can not be achieved by eating the usual meals even with generous portions. Any attempts to do so will in fact produce the opposite effect. However, the above listed food in proven combinations and drinks have been demonstrated to provide concentrated nutrients known to maximize a healing response. First popularized more than forty years ago by Adelle Davis and Lelord Kordell, the scientific validation is now more intense than ever.

## Consume Eggs and Other Source of Protein

The author has had a number of years research experience with many cancer patients studying the effect of eggs as they affect the healing of cancer. Cancer feeds on the body, demanding nutrients way beyond the normal daily food intake. For example, where as a healthy person may need only 45 grams per day, a person in stress may need 95 grams, and a cancer patient may need anywhere from 120 - 150 grams! In fact, other studies demonstrate tube feeding supplying as much as 250-500 grams in a 24-hour period results in a more dramatic healing response when needed.

Including as many as 6 eggs a day (about 60 grams of protein) will supply half of the required needs in malnourished patients. Eggs provide a complete protein. In fact the egg is used as the perfect standard measurement of a complete protein food, particularly because the egg contains all the amino acids used by the body which is not duplicated in most other food. Amino acids are not only essential building blocks of cells and tissue they are essential in the transport and communication systems from the brain and neurological system.

Other sources of protein foods should be planned as part of the daily Therapeutic Nutrition diet for cancer patients. These quality healing sources of protein include nutritional yeast, wheat germ, yogurt, cottage cheese, raw milk, nuts, seeds, grains and legumes. Cooked animal food should be avoided due to the damaging effect of heated fats accelerating the harmful free radical damage.

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## Small Frequent Meals

Cancer patients have a history of relying on one meal a day. Plan the day to provide six small food intakes per day. Small meals are more efficiently digested and assimilated. Small meals support the liver whereas a large meal overloads the liver, makes it sluggish and results in more toxic build up. At least two meals should have fresh garden salads combined with quality organic flax seed oil.

## Chew Food Well

Unfortunately many cancer patients gulp their food. Train yourself to concentrate on chewing each mouthful. The important first stage of digestion begins in the mouth. There are important enzymes in the saliva as well as important energies transferred in the process of chewing that prepare the food for the digestion in the stomach.

## Avoid Liquids When Eating

Drinking with meals washes food down past receptor sites too fast. Food floats around, delays digestion and is poorly assimilated. Also, extreme temperatures associated with drinks at meal time shut down the digestion. Hot and cold liquids have a negative impact on the stomach pH (acidity or alkalinity) due to its effect on Hydrochloric Acid (HCL). A number of enzymes function at specific temperatures and pH. Furthermore, the choice of what people drink during meals has a strong negative effect on the body. Besides the temperature impact, the impact of coffee, tea, sugar and salt all contribute to altered state of natural pH. Allow one hour before and after a meal before drinking (although a few sips of room temperature drinks is OK).

## Cooking with Fats and Oils

Many studies demonstrate the serious alteration of fats and oils subjected to heat. One expert in this study, Udo Erasmus wrote a book describing the nature of the toxic poison when fats and oils are heated, the toxicity of food in deep fried oils and food cooked in the microwave. The molecular fatty acid chains are so altered that the body cannot recognize these as food. In addition they are a highly active free radical causing serious damage in the body. Studies with rats have demonstrated a link between this toxic fat and oils to cancer.

## Microwave Cooking

Never use food prepared in a microwave oven. The use of a microwave changes the molecular structure to convert good food to highly toxic free radical food especially food containing fats and oils. Food should be boiled, poached, steamed, cooked in a slow cooker, convection oven, toaster oven or crock-pot.

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## Food and Drinks to Avoid

A person on a Therapeutic Nutrition program is given specific guidelines on food and drinks to avoid. This includes acid forming foods (like red meat and sugar), artificial sweeteners, MSG, genetically modified food and preservatives.

## Summary

There are references and case histories in the scientific literature that describe how cancer patients who have changed their lifestyle, nutrition and diet and have been very successful with their cancer treatment. Administering Therapeutic Nutrition to themselves on a daily basis, cancer patients have reduced the side effects and maximized the effect of oncology treatment, shortened the duration of the treatment and recorded amazing recovery.

There never has been a "Cure for Cancer" that can apply to every cancer patient and there never will be. Simply explained, there are no two persons exactly the same. However, there are a number of common factors known to contribute to the development of cancer that should become known and the methods used to correct them. Applying these methods will have a major impact on the healing potential of the patient. Add to this the many treatment options available, and the potential to heal is maximized. In simple terms, healing comes from within - the "magic cure" comes from an understanding of how and what caused the cancer and how to work with the body chemistry by maximizing the use of essential resources to achieve a balance the way nature intended.

Clearly, the message presented in this booklet emphasizes the Therapeutic Nutrition approach to support the healing process. Health is a balance in the chemistry of the body. Like an orchestra of many musicians, playing many different instruments, the instruments are the organs of the body. These have to be fine tuned to deliver a good tone. The musicians are the enzymes and biochemical functions that produce the sound. The perfection that is the harmony results in a dynamic, beautiful synchronicity of all the players of music that lives a long and healthy life!

To find out more about Therapeutic Nutrition and how it can dramatically affect the outcome of your cancer treatment, call the number below.

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## About the Author

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Dr. Swilling has a Ph.D. in Clinical Nutrition with more than 25 years research experience in chronic illness, cancer and disease. He is internationally known for his advanced work in the field of Biological Medicine at the GenesisWest BioMedical Center in Baja California - regarded as the most advanced of its kind in the testing, evaluation and treatment of cancer and other chronic disease. He is the founder of several natural and alternative health clinics in the U.S. and other countries including Malaysia, Mexico, and South Africa.

His mission is to share his research experience working with thousands of patients applying natural healing methods to maximize the successful outcome of their medical experience.