

# The Radical Cancer Cure Experiment

NINE DAILY WELL-BEING PRACTICES BY VAL JON FARRIS (UPDATED 8.27.18)

*"The Terrain Is Everything; The Germ Is Nothing." "Stay Close To Nature's Healing Totality."*



Now that you're following along with my experiment it makes sense to dive deeper into exactly *what* I'm experimenting with. I've designed the following optimal health practices through researching many different healing disciplines and paths. I'm still perfecting the content so consider it a work in progress. If you have suggestions or comments feel free to email me at [valjonfarris@gmail.com](mailto:valjonfarris@gmail.com). I also invite you to share my practice with anyone you know who may be interested in pursuing an alternative healing path.

Mindset + Nutrition + Cleansing  
= Optimal Health

My radical cancer cure approach incorporates three main components, each containing three essential steps:

1. A Spiritual Mindset of Intentional Gratitude For Dealing With One's Health (And Life) Challenges.
2. A Rigorous Nutritional Diet That Revitalizes The Immune System And Restores Cellular Health.
3. A Cleansing Regime That Detoxifies The Body And Psyche As Well As Restores Organ Functionality.

## Mindset

A **Mindset of Intentional Gratitude** is a special kind of spiritual good will. (From Latin, *Gratus* means *to be thankful*.) The radical aspect of practicing Gratitude is about being appreciative for the very disease one is challenged with. Why should we be thankful for being diseased? Because its presence in

our body is Nature's way of letting us know we're not well and that we need to engage in a serious healing intervention. (Consider the alternative of dying instantly without any warning, or without any chance of healing and it is clear that while challenging, having a disease is a gift.) To be clear, we don't have to like the "gift" in order to be thankful for it, we simply need to accept it, bless its presence and *work with it* in a positive way rather than against it from a place of fear. Let's explore the three steps I've outlined for practicing a Mindset of Gratitude.

### THE FIRST STEP OF "ACCEPTING WHAT IS"

The difference between practicing a mindset of gratitude and trying to maintain a positive attitude is that gratitude doesn't require feeling positive because it's not based on an emotion, it's based on *acceptance*. We don't need to feel positive in order to be accepting of what is, we simply need to accept it for what it is, just as it is. In fact, feeling afraid, sad or angry, or all three is often part of the acceptance process. Whereas needing to feel "positive" about a "negative" situation can turn into a hopeless condition, one that often leads to depression and apathy. And being depressed and apathetic in addition to being ill is no friend to us or to our positive healing process.

If we step back from the judgmental context of "positive" and "negative" and simply look at "what is," the difference between being positive and being accepting becomes clear. Arbitrarily judging our circumstances as "good/bad," "right/wrong" or "positive/negative" is quite natural, and yet the reality is that such judgmental conclusions are nothing more than us projecting our own self-imposed assumptions on life's unbridled twists and turns. We essentially add our own spin to the un-judgmental "what-is-ness" of life. Case in point, what we might conclude as "bad" today may turn out to be "good" tomorrow. For example, missing one's airplane connection may seem bad, but if our connecting plane ends up delayed on the runway for six hours it's not such a bad outcome after all. Or consider the feelings of doom and self-doubt that often accompany ending an unhealthy relationship, which after breaking the codependence one feels liberated, self-confident and renewed.

## THE SECOND STEP OF "GIVING OURSELVES PERMISSION" TO FEEL

So how do we practice Gratitude's first step of acceptance? By giving ourselves permission to feel exactly what we're feeling without trying to change it, make it better or get over it. This "pacing what is" can only occur if we are willing to open to and embrace the fear of losing control; essentially that if we allow ourselves to feel sadness we will lose ourselves in an abyss of grief and never be able to escape it. Nothing is farther from the truth! It's through suppressing our sadness and pressing it down that we force ourselves in the abyss of "de-press-ion."

As we open to our feelings and feel them just as they are, they transform into what I call a "vehicle of grace." This vehicle delivers us to a state of release and relief and to new found insights and awareness's. Suddenly our emotional burden is eased and we have room, or space to "be with" whatever we are experiencing as well as whatever may come next. (If we can't be with what is how can we possibly be with what is next? What's next is a natural extension of what is right now.) Said another way, we cannot expect to ever get what we want if we have no capacity to accept what we've got.

## THE THIRD STEP OF "INTENTIONAL GRATITUDE," FOCUSING ON HEALING

Practicing the acceptance of what is comes first and once we can do that, the giving thanks of "Intentional Gratitude" becomes a viable and powerful practice. (It's impossible to be thankful for something we've not yet accepted.) To "intend" thankfulness means trusting that whatever challenges we are facing, they exist for a reason, namely for our upliftment rather than to do us harm. (While having a life-threatening disease may not feel like an uplifting condition, the fact that we are aware of it and have a chance to reverse it is something to be grateful for.) Intentional Gratitude requires trusting what is as well as focusing on what can be. On one hand it's about accepting our disease as it is, and on the other it's being dedicated to attaining a state of optimal health.

Practicing Intentional Gratitude in our everyday lives is not only essential for ensuring our well-being, it also elevates our happiness and fulfillment. Additionally, it helps us field the toxic energy present in our environment and sometimes dwelling within those around us. In a world that can be harsh, judgmental and threatening it's a blessing to bring a measure of peace, care and well-being into our personal space. And especially if our body is compromised, we need to be our own source of healing inspiration, our own best friend and inner healer.

## A FOURTH STEP OF SHARING THE POWER OF INTENTIONAL GRATITUDE WITH OTHERS

A Mindset (and Heartset) of Intentional Gratitude can also be expanded into a more encompassing practice with those we care about and interact with in our daily lives. My personal spiritual practice is called "My Daily Bodhisattva (Sila) Vows" and they are composed of the four main intentions of **Service, Kindness, Gratitude and Happiness**.

1. To Be of **Service** to others and if I cannot, to do no harm to them.
2. To Live moment-by-moment in the grace of **Kindness**, truth and love.
3. To Have deep **Gratitude** and thankfulness for the gift of being alive.
4. To Bring **Happiness**, joy and fulfillment into the lives of others.

I've written a series of short articles that illuminate the ways of Gratitude as well as Mindsets and practices that enhance our physical, emotional and spiritual well-being. I invite you to explore them here: [Val Jon's Articles](#)

## Nutrition

**A Rigorous Nutritional Diet** serves the purpose of providing the body with essential nutrients that revitalize our organs and energize our immune systems. Below I outline three key nutritional steps that if followed will optimize your well-being. (Note: Each person's diet must be tailored to their own needs and it's best to consult a certified nutritionist before making changes.) Your actual dietary intake and the degree of rigor you bring to bear will be determined by your weekly pH readings. You must consume foods high in alkalinity to reach the optimal body pH of 7.0 to 7.5. (Note: I wish to acknowledge the "Gerson Institute" for providing many recommendations in this section.) (Note: Items highlighted in "red" I'm not fully utilizing yet.)

## THE FIRST STEP OF ACHIEVING A STABLE ALKALINE PH LEVEL

When we maintain an alkaline environment in the body, metabolic, enzymatic, immunologic and cellular repair mechanisms function at their optimal levels. (*Cancer cannot survive in an alkaline environment.*) The acid-forming

metabolics of stress, inflammation and high fat and high protein foods are effectively neutralized only when sufficient alkaline mineral-buffering reserves are present in our systems. Mineral-buffering reserves are Nature's gift which alkaline-forming foods in turn give to our body. Acidic and high-sodium trans-fats, animal proteins, salts and sugars cause cell damage through oxygen starvation and a loss of potassium. Sodium enters our cells and replaces vital potassium destroying their mitochondria and energy producing ATP, (Adenosine Triphosphate). Alkaline antioxidants also help prevent oxidation, a leading cause of cell mutation and damage. *Supportive Info:* <https://www.bodybuilding.com/fun/qalanis9.htm>

**Alkalines To Eat** – Fruits and veggies, pickled vegetables, yogurt, sprouts, whole foods, rolled oats, potatoes, green beans, asparagus, peas, celery, beets, broccoli, leaf lettuces, radishes, turnips, carrots, garlic and onion. (Note: Nuts are high in fat and are enzyme inhibitors which defeats detoxification.)

**Acidics To Avoid** – Animal proteins, sugars or salts of any kind, all dairy products including milk, butter, cheese, cream and eggs. Avoid caffeine, alcohol, drugs, white and wheat flour, pasta, processed cereals and refined grains, white rice, hydrogenated fats, pre-packaged, fried and processed foods, all soy products, legumes, kidney beans, lentils and black beans. (Note: Critically ill cancer patients should not eat avocado, mushrooms, nuts, seeds, dried foods, pineapple, sweeteners and fatty oils, other than flax seed oil. See Gerson Therapy materials for details.)

### THE SECOND STEP OF CONSUMING DAILY "SUPER NUTRIENTS"

Consuming organic fruits and vegetables infuses the body with the necessary nutrients to increase metabolic activity. This increase in metabolic activities restores the body to health, allowing for self-healing. In addition to eating an abundance of alkaline fruits and vegetables outlined above, consuming them in juice form exponentially boosts their healing effects by revitalizing our immune systems with highly-oxygenated enzymes, minerals and potassium.



**Cold Press Juicing** - Fruit and vegetable plant nutrients are absorbed directly into the body which maximizes cell regeneration and aids in detoxification. The high potassium in plant juice replaces harmful sodium in the cells and organs. Apple/carrot and green juices also contain high levels of protein and other minerals to support the body's energy needs. The pectin content in leafy greens and apples help detox heavy metals residing in the body's organs. (Note: Apple seeds and cores are toxic and should always be removed prior to juicing.)

**Juice Intake Program** - 1 orange juice, 2 carrot/green apple juices and 1 leafy green juice per day.

Only these leafy greens – ¼ head romaine or green leaf lettuce, few leaves of (swiss chard, baby beet tops, escarole, endive, watercress), 1" chunks of red cabbage, ¼ green pepper, 1 green apple.

(Note: No kale, broccoli or beets as they are high in sodium and suppress normal thyroid activity.)

(Note: For cancer patients juices must be fresh, oxidation breaks down their live enzymes in 30 minutes.)

(Note: Juice provides the trace minerals missing in distilled water, plus provides daily hydration needs.)

- Two-step juicer machine - PURE Juicer <https://purejuicer.com/product/pure-juicer/>

- Kuvings cold press juicers: [https://kuvings.com/prd/whole\\_slow\\_juicers\\_evo820/](https://kuvings.com/prd/whole_slow_juicers_evo820/)

- <https://www.kuvings.com.au/product/evo820-evolution-cold-press-juicer-dark-grey/>

*Supportive Info:* <https://www.juicingwithq.com/benefits-of-juicing/>

### THE THIRD STEP OF ADDING ENZYMES, ANTIOXIDANTS, SUPPLEMENTS & OILS

**Probiotics & Enzymes** - Fermented (living) food delivers essential nutrients, enzymes and antioxidants to organs and cells, prevent leaky gut syndrome and inflammation and support the digestive tract in absorbing nutrients.

- Yogurt, apple cider vinegar, pickled vegetables, kimchi, sauerkraut, kombucha and kefir.

*Supportive Info:* <https://draxe.com/probiotics-benefits-foods-supplements/>

### Antioxidants & Herbs:

Antioxidants and Herbs provide enhanced nutritional benefits as well as add spice to otherwise bland foods.

- Goji berries, blueberries, blackberries, dark chocolate (70%+), pecans, artichokes and elderberries.

- Cilantro, tomatoes, carrots, pumpkin seeds, sweet potatoes, pomegranates and strawberries.

- Broccoli, grapes, squash, kidney beans, spirulina, chlorella, **blue green algae and kombucha tea.**

- Flax Seed Oil cold pressed in black bottle for salads. 2 tbs per day for 1 mo. then 1 tbs per day after.

- Turmeric, Ginger, Clove, Cinnamon, Oregano, Coco, Cumin, Parsley, Basil and Thyme.

*Supportive Info:* <https://draxe.com/top-10-high-antioxidant-foods/> Food database: [www.whfoods.org](http://www.whfoods.org)

### **Supplements:**

- Potassium (Potassium acetate, monophosphate gluconate) - Forces harmful sodium out of the cells.
- **Thyroid (not synthesized, "T3" "T4" strains) - Enhances cellular mitochondria and its ATP production.**
- **Lugol's Solution (Potassium Iodide Iodine) – Increases ATP production, controls cellular oxidation.**
- **Pancreatin Tablets (325mg) – Aids digestion, detoxification and assists in cancer tumor breakdown.**
- Acidol Pepsin Capsules (Betadine HCL+Pepsin) – Aids in digestion of all consumed foods and juices.
- **Liver Capsules (Desiccated Liver) – Aids in detoxification and the liver regeneration process.**
- Niacin + B3 – Opens capillaries, promotes protein digestion and stimulates the immune system.
- CoQ10 ("Ubiquinol" is a good source 300 mg) – Antioxidant and improves mitochondrial function.
- Vitamin B12 – Supports the formation and maturation of red blood cells, platelets and granulocytes.
- Glutathione – Intercellular antioxidant. Peptide with three amino acids that help kill cancer cells.
- **Pancreatic Enzymes – Aids in protein digestion and helps break down cancerous tumor tissues.**
- Lutein – Immune system boost, eyes, skin, heart, reduces breast, colon, cervical and lung cancer.
- Quercetin – From leafy plants, prevents heart disease, blood vessel problems and inflammation.
- Chlorophyll – Good for detoxifying, blocking carcinogens, protects DNA and cells from toxin damage.

### **Essential Oils:**

There are two classes of oils, hydrocarbons and oxygenated compounds. They both stop tumor vein growth, protect DNA and are anti-inflammatory agents that boost white blood cell development. Use therapeutic grade "Boswellia Ferina" from the Middle East or "Boswellia Sacra" from India. Use oils topically with coconut oil, or ingestible types, two drops on the thumb and rub on the roof of the mouth.

- Frankincense – Boosts immune system, destroys cancer, toxins, bacteria and viruses.
- **Myrrh – Strong antioxidant and antibacterial agent that kills parasitic infections and cancer cells.**
- **Lavender – antioxidant, antimicrobial, sedative, calming and anti-depressive properties.**

### **PUTTING MY THREE "SUPER NUTRITION" STEPS INTO PRACTICE**

I've included my personal Super Nutritional Diet Plan for you below. There are some staple foods you must consume daily if you are to attain an alkaline pH level. I've placed an asterisk next to them and outlined them.

#### **Morning (Breakfast)**

- C, E, CoQ10, Red Yeast Rice (Vitamins, Cholesterol Reduction)
- Glutathione, Omega, Multi Cap (Vitamins, Immune System Boost)
- Shot of Turmeric Concentrate\* (4oz) (Antioxidant, Cleanse, pH Balance)
- Oatmeal\*, Fruit, Yogurt (Antioxidant, Nutrients, Probiotic)
- Orange, Apple/Carrot Juice\* (8oz) (Vitamin C, Antioxidant, Pure Water)

#### **Late Morning (Exercise/Snack)**

- Apple, Carrot or Mango (Enzymes, Immune System Boost)
- Brisk Walk 30 Minutes (Immune System Boost, Expel Toxins)
- Green Juice\* (Gerson 8oz) (Antioxidant, Nutrients, Pure Water)

#### **Afternoon (Lunch)**

- Puréed Vegetable Soup\*, Sauerkraut (Antioxidant, Nutrients, Probiotic)
- Organic Rye Toast\* with Tomatoes (Nutrients, Proteins, Fiber Source)
- Green Juice\* (8oz) (Antioxidant, Nutrients, Pure Water)

#### **Evening (Dinner/Sleep)**

- Vegetables, Baked Potatoes, Salad\* (Nutrients, Protein, Antioxidant)
- Apple/Carrot Juice\* (8oz) (Antioxidant, Nutrients, Pure Water)
- Vitamin B, B12, D3, Multi, Spirulina (Vitamins Immune System Boost)

**NOTE: You will need to monitor your pH level weekly and adjust your diet to achieve a 7.0 to 7.5 alkaline pH.**

\*Shot of Turmeric Concentrate is a powerful antioxidant and cancer inhibitor. Boil Turmeric and Ginger and add honey.

\*Oatmeal every morning is a must as it provides essential protein and is an excellent antioxidant. Change it up with different fruit daily and add organic yogurt for flavor. (I like strawberry yogurt with berries or mango!)

\*Apple/Carrot juice is also a powerful antioxidant and it provide many minerals and nutrients for the body.

\*Green juice is packed with super high potassium nutrients. (See my recipe for the contents below.)

\*Vegetables, Baked Potato, Salads are a daily staple that provide essential nutrients, minerals and enzymes.

Note: Slow cook vegetables without oil or water. Place onions or tomatoes below veggies for natural moisture.

Supportive Info: <http://gerson-research.org/food-preparation/>

# Cleansing

**Cleansing** or “detoxification” is the metabolic process by which the toxic qualities of a poison or toxin residing in the body are reduced and/or expelled. Cleansing is helpful for those who suffer from chronic diseases allergies, arthritis, asthma, diabetes, headaches, heart disease and cancer.

Cleansing is helpful for those with conditions that are influenced by environmental factors such as cancer as well as for those who’ve been exposed to high levels of toxic materials. It can also be used as a beneficial preventative measure and as a tool to increase our overall health, vitality, and resistance to disease. The body has natural methods of detoxification in that as a matter of course individual cells get detoxified in the lymph and circulatory system. The liver is the principle organ of detoxification, assisted by the kidneys and intestines. Toxins can be excreted from the body by the kidneys, bowels, skin and sweat glands, inside the mouth and through the lungs.

Cleansing for optimal health is more than just a mechanical process to execute daily. The “*what I do*” is important, but “*from where I do what I do*” is essential. Where we are coming from, (our mindset, mental attitude, intentions and emotional/spiritual approach) makes a significant impact on our results. As I’ve stated previously, “fighting disease” is a counterproductive approach in that it sends us into a place of fear and negativity. While there may not be scientific evidence for the implications of operating from fear, it’s enough to know that doing so undermines our ability to embrace our challenges with optimism and confidence. A Mindset of Gratitude and a clear positive intent may not have a magical effect on our disease but it no doubt elevates our personal resolve, dedication and conviction towards getting well and attaining optimal health.

In addition to cleansing the body we must also detoxify our emotional, psychological and spiritual selves. Just as the body accumulates environmental toxins over the years, our psyche also amasses negative energies resulting from both self-induced and other-induced violations. As you cleanse your body “pockets” of negativity (taking the form of unresolved hurts, betrayals, traumas, regrets and resentments) will become dislodged and must also be purged. I’ve outlined three essential body and psyche cleansing steps for you below to consider and work with.

## THE FIRST CLEANSING STEP OF REDUCING TOXIC INTAKE

I cannot stress enough the importance of using only pure water in your practice. Water is the most important and necessary element in human life and in optimizing our health. The source of all body fluids including blood, lymph, saliva, digestive enzymes, urines etc. is water . . . and it is vital that the water you use be free of toxins and chemicals. **Both tap and bottled water is often acidic and contains arsenic, fluoride and other deadly halogens. Filtration (even reverse osmosis) does not remove them all. ONLY distillation removes 99.9% of all toxins.** Have your water tested immediately for halogens like arsenic and fluoride and if they are present, I strongly recommend you consider buying a distiller or securing a supplier of “injectable grade” distilled water for your use. - Midi Classic Distiller: <https://mypurewater.com/home-products/distillers-for-homes/> (I can get you a discount.) Supportive Info: <https://healthyliving.azcentral.com/does-reverse-osmosis-remove-fluoride-12190060.html>

## Environmental Toxins To Avoid:

By limiting our exposure to external toxins we help promote detoxification in our bodies. There are too many environmental toxins to avoid but many of the worst ones can be avoided or minimized. Here are a few:

- Underarm deodorants, hair dyes, shaving creams, aerosol sprays, insect sprays, sunscreen.
- Aspartame, salts or sodium, toothpaste with fluoride, (even baking soda which contains sodium).
- Stop using microwave ovens and always use earbuds or the speakerphone when on cell phones.
- Safe Products Online Database: [www.ewg.org/skindeep](http://www.ewg.org/skindeep)

Supportive Info: <http://www.immune-health-solutions-for-you.com/list-of-toxins.html>

## THE SECOND STEP OF DAILY ORGAN DETOXIFICATION

I use a daily detox regime that focuses on liver cleansing through coffee enemas, but there are a number of other processes you can use that are quite effective. Always detox in the correct order as follows:

1. Liver Cleanse – Coffee enemas to detoxify the liver, (see information listed below).
2. Parasite Cleanse – Black walnut hulls, wormwood (artemesia shrub), cloves.
3. Kidney Cleanse – Eat watermelon and drink celery seed tea (Dr. Daniel Nuzum).
4. Gallbladder Cleanse – (See gallbladder home remedies online.)
5. Blood Cleanse – Hoxsey Tonic, Issiac Tea (Dr. Richard Schulze) red clover, burdock root.



**Coffee Enemas For Cleansing The Liver** - Coffee beans contain antioxidants and beneficial compounds, including cafestol, palmitate, kahweol, theobromine, theophylline in addition to caffeine which reduces inflammation levels, including within our digestive tract. Inserting coffee directly into the colon acts like a cathartic which causes the colon muscles to contract. These contractions causes the liver to release toxins into the bile which is expelled.

**“Where To Come From,” (Mindset)** - The Mindset and space to come from during your daily cleansing practice is one of *Intentional Gratitude*. (Please reread the Mindset section above to ground yourself in the practice of *Intentional Gratitude*.) Once you can authentically accept giving thanks for “what is” just as it is, (which may take time) then add the power on *Intention*, which means holding the clear intent to heal and attain optimal health. The final step is using focused visualization to heal by seeing the toxins being drawn out of your body as you cleanse. This includes picturing the toxins and first embracing and accepting them, and then gently moving them out of your body, (visualize them exiting your liver, kidneys, cell structures and colon). The last step is to physically expel the actual toxins from your body at the end of your enemas.

#### **Prepare The Coffee Solution:**

- Note: It's best to always empty your bowels before administering an enema as it will be far less uncomfortable.
- Use only caffeinated organic coffee, medium ground, medium roast. (1 enema per day, 6 to 7 days per week.)
- 3 tbs coffee and 1 quart of “injectable” distilled water per enema. (2.3 quarts per 2.2 L bottle of distilled water.)
- Let coffee boil 3 to 5 mins then reduce heat, cover and simmer for 15 mins. Fine strain the solution into a pan.
- Pour distilled water over grounds until it runs clear. Pour liquid into 1 quart jars, add more water to fill the jars.
- Place lids on jars and store in refrigerator, remove a few hours prior to bring the solution to room temperature.
- (Note: It is best to make a fresh solution each day. Never store the coffee solution for more than 24 hours.)

#### **Prepare Your Enema Equipment:**

- Place the bucket 24” above you on a stand and secure it, then close the tube clamp.
- Make sure the coffee solution is at room temperature before pouring it into the bucket.
- Stir and pour coffee into bucket, add distilled water if needed up to 32 oz. (1 liter = 32 oz.)
- Open clamp, let air out of tube, close clamp. Pour liquid back in. Lube catheter and anus.
- Lay on your right side knees to your chest, insert catheter 5” to 8” into rectum, open clamp.
- Solution will flow. (Raise or lower bucket to control speed.) When empty remove the catheter.
- (If flow stops adjust or reposition the catheter depth and make sure the hose is not pinched.)
- Roll a small ball of toilet paper to use as a compress on your anus after you remove the catheter.
- Close the clamp once the bucket is empty to keep the solution from back flowing up the tube.
- Set timer for 15 mins. Keep toilet paper ball pressed against your anus until you release into the toilet.
- (I use the time for Intentional Gratitude, sending care and appreciation to my body. F-e-e-l these words . . .)
- (“I give thanks to my body for supporting me all my life. I give thanks to my cancer for being my wake up call.”)
- (“I give thanks to my liver and vital organs for safe-guarding my well-being . . . I am in gratitude for being alive.”)
- (You may have a series of cramps, this tells you the solution is contracting the colon and is working.)
- (Bring your knees to your chest, retract your stomach, exhale slowly and the solution will flow into your colon.)
- (As your colon contracts visualize the toxins actually being pulled out of your liver and other vital organs.)
- (Use the discomfort of your cramps as a means to purge the negative energies from your psyche body.)
- Clean your equipment with soapy hot water and flush with Hydrogen Peroxide to disinfect, hang to dry.



#### **(Note: Always drink three juices or at least 32 oz. water with electrolytes on the days you do enemas.)**

Some possible detox healing reactions are nausea, fever, dizziness, diarrhea, reactive emotions and old injuries may flare up, all are signs that your cleansing regime is working. Wait a few days for the reactions to pass. (Note: The body never dies as the result of a healing reaction so relax and let the symptoms work themselves out.)

<https://www.optimalhealthnetwork.com/How-To-Do-Coffee-Enema-Instructions-Recipe-s/538.htm>

Supportive Info: <https://draxe.com/coffee-enema/>

#### **THE THIRD STEP OF CLEANSING – EXERCISE, SUNLIGHT & HEAT**

Toxins are also expelled from the body by combining aerobic exercise, fresh air, sunlight, sweat and sauna heat.

- Fast walk daily for 30 minutes, keep your heart rate up to 120 beats per minute, use hand weights if needed.
- Plenty of fresh air, sunlight and an occasional sauna helps cleanse the body and boost the immune system.
- **Weight training, max 45 min per session, (lighter weight more reps, focus on downward tension).**

Supportive Info: <https://fitness.mercola.com/sites/fitness/archive/2015/07/24/benefits-of-sweating.aspx>

# Resources

## Additional Cancer Healing Resources

Below is a comprehensive list of resources you can explore to design your own practice. The video links are of great value and I suggest watching all of them including “The Truth About Cancer” and “The Gerson Therapy.”

### CANCER FACILITIES, THERAPIES & VIDEOS:

#### Popular Facilities & Remedies:

- The BioMedical Center in Tijuana. Hoxsey Tonic, Protiolytic Enzymes (Reference in Book Ask Dr. H.).
- Issiac Tea (Reference in “The Issiac Book” by Mali Klein).
- Hope4Cancer Institute in Baja California, Mexico, Dr. Antonio Jimenez (Light and Sound Therapies).
- International Virotherapy Center, Riga, Latvia, Dr. Kaspars Losans M.D. “RIGVIR.”
- Gerson Clinic in Tijuana, (Dr. Max Gerson – 2 year aggressive cleansing + high density nourishment).
- [www.gerson.com](http://www.gerson.com) (619) 658-5353 1572 Second Avenue, San Diego, CA 92101
- Gerson Clinic Online Store: <http://store.gerson.org/store/gersonkitchen.html>
- Day Health Restoration Center - Offered 7 times per year, \$3,200 - (VJ to inquire about it.)
- Coaching Session Case Review in Coord w/ Dr. H (\$145 + 30 min sessions \$50 scholarships available).
- Patient Follow Up Program, Support Program and Juicer Loaner Program (Norwalk).

#### Video & Website Content:

The Truth About Cancer: [https://www.youtube.com/watch?v=KqjAzQe7\\_0g](https://www.youtube.com/watch?v=KqjAzQe7_0g)  
What The Health Video: <http://watchdocumentaries.com/what-the-health/>  
Food Choices: <https://www.youtube.com/watch?v=6hJNayG6dxk>  
Rick Simpson Run From The Cure: <https://www.youtube.com/watch?v=hmYNLNF7NBw>  
Doctor Refuses Chemo: <https://www.youtube.com/watch?v=xEUexoNPfQO>  
Gerson Cancer Cure Part 1: <https://www.youtube.com/watch?v=dtliZRBhApc>  
Gerson Cancer Cure Part 2: <https://www.youtube.com/watch?v=4uIOkiZpEKA>  
Charlotte Gerson Live Foods: <https://www.youtube.com/watch?v=8yL19r-Mttl>  
Gerson Therapy Documentary: <https://www.youtube.com/watch?v=0Ia2tfX80vM>  
The Gerson Miracle Documentary: <https://www.youtube.com/watch?v=Rj8JoJXP9dl>  
The China Study Dr. T. Colin Campbell: <https://www.youtube.com/watch?v=G7rshjAZuzg>



#### Light, Sound & Heat Therapies:

- A “sensitizer” (seaweed) seeks out cancer cells and directed light and sound destroys them.
- Used in conjunction with a Hyperbaric Oxygen Chamber to pump oxygen into cancer cells.
- “PEMF” (Pulsed Electromagnetic Frequency) Cell Rejuvenation.
- “MRET” water oxygenator and energizer.
- Heat, hypothermia (cancer cells die at 108 degrees in one hour, healthy cell much higher).
- Infrared saunas (artificial induced fever kills cancer cells).

#### Bio-Oxidative & Ozone Therapies:

Cancer cells are anaerobic (no oxygen), healthy cells are aerobic. Oxygenizing speeds the elimination of toxins and kills cancer cells. Bio-Oxidative Therapies provide active forms of oxygen to the body.

- Hydrogen Peroxide (therapeutic) the “master regulating molecule” delivered intravenously.
- Ozone IV - Ozone injected directly into the bloodstream.
- Autohemotherapy – Draw 15 mil blood saturate it with ozone and reinject into bloodstream.
- Ozone Sauna – Hot bathe in ozone that gets assimilated through the pores into bloodstream.
- High Dose Vitamin C Injections. (Dr. Ewan Cameron “Cancer and Vitamin C” book.)
- Sodium Ascorbate combined with Alpha-Lipoic Acid - injectable treatment for cancer.
- UV Blood Irradiation – Photoluminescence, remove pint of blood ultraviolet light then reinject.
- RIGVIR Virotherapy – (The International Virotherapy Center, Riga, Latvia, Dr. Kaspars Losans M.D.)

### **Enzyme & Metabolic Therapies:**

Dr. William Donald Kelly and Dr. Nicholas Gonzales pioneers of proteolytic enzyme. Pancreas products from animals contain these enzymes which target proteins on cancer and kills them. Without proteolytic enzymes cells do not synthesize proteins, induce apoptosis (for needed cell death) or eliminate waste. These metabolic therapies plus eating a clean whole food, high alkaline diet supplemented with minerals and vitamins flush toxins and waste that weaken the immune system. Here are a few alternative cancer therapies to consider:

- Gerson Therapy - Aggressive Cleansing + High Density Nourishment (Disease = Toxicity + Deficiency).
- Issles Immunotherapy – Cancer Vaccine, Immune Enhance Protocols, Immunobiologic Core Treatment.
- Contreras Metabolic Therapy – Cytotoxic Chemotherapy or High Dosage Vitamin C Injections.
- Protolytic Enzymes – The BioMedical Center Treatment Plan (See above information in “Facilities”).
- Restricted Ketogenic Diet – High Fat Diet With No Carbs To Increase Ketones For Healthy Cells.

### **CANCER SCREENING TESTS:**

The following are some specific tests for cancer. Some are more accurate than others and I suggest doing more research on each of them prior to submitting yourself to them.

- PSA Test (Prostate Antigen Serum)
- AMAS Test (Anti-Malignin Antibody In Serum)
- ONCOblot test / HRB (High Resolution Blood Analysis)
- PH TESTING - Your body's pH is a vital statistic when it comes to ensuring your well-being and healing cancer.



(Note: An Acidic pH allows cancer cells to flourish whereas an Alkaline pH deters its growth. The optimal urine pH range to shoot for weekly is 7.0 to 7.5. You can purchase testing strips and test yourself.) While urine pH is less accurate than blood pH by using the same kit of strips a weekly general baseline of improvement is attainable.

pH Kits: [https://www.amazon.com/pH-Test-Strips-120ct-Alkaline/dp/B00PI6SNKA/ref=zg\\_bs\\_3013605011\\_3/135-0326750-0419658?encoding=UTF8&pvc=1&refRID=CDT7VAVG45FDRQAYE66Z](https://www.amazon.com/pH-Test-Strips-120ct-Alkaline/dp/B00PI6SNKA/ref=zg_bs_3013605011_3/135-0326750-0419658?encoding=UTF8&pvc=1&refRID=CDT7VAVG45FDRQAYE66Z)



That completes my “Radical Cancer Cure Wellness Practice!” I hope you found the information I’ve compiled to be useful. Please share this document, (or better yet the web site link below) with anyone you feel would benefit from my “experiment.” Also feel free to contact me directly at:

[valjonfarris@gmail.com](mailto:valjonfarris@gmail.com) <http://www.travelerswithin.com/experiment/>

*Bless You & Be Well! Val Jon*