How to Make Sure You Never Get Cancer

and go on to live a long, healthy and happy life

by Tony Isaacs

author of Cancer's Natural Enemy
Introduction

Are you worried about getting cancer? If not, you probably should be. Today it is expected that **one in every two men and one in every three women will get cancer sometime during their lifetime.** Those staggering figures are simply shocking! However, I have some very good news for you:

**You can reduce your chances of getting cancer to almost zero** if you take the right steps to make your body as inhospitable to cancer as possible. And if you have ever had cancer, you can also reduce your chances of having it return to virtually nil.

Before we look at what steps we can take to keep cancer at bay, it is important to understand what causes cancer and what the cancer process involves. Forget the mainstream misinformation that has been spread by the hugely profitable cancer industry: it isn’t genetics, nor bad luck nor any of a number of other wrongfully proposed causes. The number one cause of cancer, by far, is toxins. Toxins are, in fact, the only cause that makes sense.

Cancer is largely a disease created by man. The ONLY answer that can explain the rise of cancer which correlates precisely with the increased incidence of cancer is toxins. Manmade toxins. This is especially so if you consider the various forms of radiation to also be toxins.

The first section in the eReport will further explain what cancer really is and what causes cancer. Then we will move on to the seven important steps we all can take to reduce our chances of getting cancer by as much as 90 percent. After that comes the clincher: what you can do as a vital eighth step to further reduce those odds to virtually zero. In fact, you may be able to reduce your chances to almost nothing without having to follow the first seven steps quite as strictly as you otherwise should do, but I am getting ahead of myself here.

First read the first seven steps – and the related articles after they have been listed. Then and only then take a look at the last one. And be forewarned, you will still have to live and eat healthily to be sure of keeping cancer at bay. There is no magic pill or formula which lets anyone lead a toxic life and eat a toxic diet and be assured of avoiding cancer. But you can avoid it if you have the right plan and work with it.

As a final note: This eReport is based on well over two decades of my research and writing about beating cancer – including the eBook “Cancer’s Natural Enemy” which has sold in over 25 countries, numerous articles about cancer, moderating the CureZone Cancer Alternative Forum, the creation of a highly, highly successful natural anti-cancer protocol and much more.

I do not pretend to know everything there is to know about cancer – no one does. But I do know more than most. Here, in brief, is my bio:

**About the author**

Tony Isaacs is a member of the National Health Federation and the American Botanical Council. He is a natural health advocate and researcher and the author of books and articles about natural health including “Cancer's Natural Enemy.” Mr. Isaacs’ articles are featured at The Truth About Cancer, the Health Science Institute’s Healthiertalk website, CureZone, the Crusador, Health Secrets, the Cancer Tutor, the Silver Bulletin, the New Zealand Journal of Natural Health, and several other venues. In addition, he hosts the Yahoo Oleandersoup Health group of over 3500 members and the CureZone Ask Tony Isaacs - Featuring Luella Isaacs forum. He is also the local moderator of the CureZone Cancer Alternatives forum. Tony and his partner Luella Isaacs host The Best Years in Life natural health website where their motto is “It's never too late or too early to begin living longer, healthier and happier lives.”
What Causes Cancer and What is It Really?

Through the ages, many have attempted to explain both what cancer is and what causes cancer. Explanations that are frequently given for what cancer is or is caused by include: a fungus, a bacterial infection, a virus or viruses, parasites, low oxygen (hypoxia), acidic pH, emotional stress and/or unresolved emotional issues.

While virtually all of those things may indeed contribute to cancer, none of them accurately describe what cancer actually is or what the primary cause of cancer is.

The True Primary Cause of Cancer

In order to understand what cancer is and what causes cancer, you must first recognize that cancer is largely a disease created by man. With the possible exception of stress and unresolved emotional conflicts, virtually every proposed cause of cancer has been around for thousands of years.

Viruses, funguses, bacteria, parasites… you name it and they have always been present. In many instances they were more prevalent in times past when there was a much lower incidence of cancer. I will grant you that life is more hectic in today’s developed world than it was in simpler times. However, I think that there was nevertheless considerable stress and emotional burdens during the past too.

So what is it that has changed from the time when the rate of cancer was almost non-existent to where it has grown at a steep and largely steady rate? And notably to the point that today one in every two men and one in every three women are expected to encounter cancer in their lifetime?

Some might point to the fact that our lifespans have gotten ever longer (at least until very recently), and certainly cancer strikes at increasing rates as we age. However, that doesn’t explain why cancer has increased across all age groups.

The ONLY answer that can explain the rise of cancer which correlates precisely with the increased incidence of cancer is toxins. This is especially so if you consider the various forms of radiation to be toxins.

Granted that correlation does not always equal causation, but it does more often than not, and in the instance of cancer it is simply the only thing that makes sense.

Certainly there are other contributing factors, but there is simply no other sensible explanation. And frankly I have a very difficult time seeing how anybody who looks objectively at the facts could think differently. I can only suppose that they have not taken the time to take a thorough objective look. Or maybe they have wedded themselves to an idea, possibly for their own profit, to the point that they refuse to consider more logical alternatives.

Otto Warburg won a Nobel Prize for discovering that cancer cells typically had low levels of oxygen. His discovery has been misreported far and wide as being a discovery that low oxygen causes cancer. Sometimes it is reported that he found that acidic pH also caused cancer, an idea which also has plenty of proponents. Neither one is true, though the misrepresentation has helped sell no end of books,
products, and services. All of this is based in large part on the idea that you can beat cancer with oxygen or beat cancer by raising pH levels.

Cancer cells have low oxygen and people with cancer have acidic pH levels because of the cancer process itself. Cancer cells stop taking in oxygen for respiration and revert to a more primitive form of respiration which utilizes glucose. A by-product of glucose respiration is lactic acid. Thus cancer cells have low oxygen levels and as the cancer progresses the blood pH becomes increasingly acidic from increased acid production.

(For more information about what Otto Warburg actually discovered and the roles of oxygen and pH in cancer, see:

Oxygen and Cancer - What Otto Warburg Actually Discovered

In less developed countries such as many of those in Africa, proposed cancer causes such as funguses, viruses, bacteria, and parasites are much more abundant than in the Western world. If any of those items were primary causes of cancer (as opposed to contributing causes), then the incidence of cancer should be greater. But it isn’t.

In fact, just the opposite is true and their cancer rates are much lower than ours. It is only when the “developed world’s” industry and diet are introduced that cancer rates begin to climb steeply – and the climb continues as more and more Western industry and Western diets are introduced. Once again, the only thing which explains that is toxins.

As the late, great French scientist Antoine Bechamp told us almost 150 years ago... cancer and most other illness is caused by a combination of toxins and poor cellular terrain. Poor cellular terrain can be described as cells which have not been properly nourished, hydrated, cleansed, and oxygenated.

What Cancer Actually Is

That brings us to what cancer really is. Cancer is a survival mechanism, as Andreas Moritz pointed out in his book Cancer is Not a Disease – It is a Survival Mechanism. Cells that are put under stress by exposure to toxins, inflammation, and cellular stress can cause changes in the cellular mitochondria. In this process RNA instructions change so that the cells under stress revert to a primitive form of ATP energy production (respiration) whereby the cells stop taking in oxygen and begin using glucose to produce energy.

The cells also refuse to die. They multiply and create a protective layer which makes them harder to kill. Normally, when cells are taking in oxygen for respiration, oxidation from Reactive Oxygen Species (ROS) helps the cells undergo programmed cellular death via apoptosis or autophagy. When oxygen is no longer being taken in, such death does not occur.
7 Steps Which Will Help Keep Cancer at Bay
- and the 8th Step That Will Virtually Insure It!

Following are brief descriptions of the seven crucial steps which I believe you can take to make your body as inhospitable to cancer as possible and some of the reasons for each step. Following this list will be several selected articles which expand on and further contribute to the topics in this list.

1. Eliminate and Avoid Toxins

Given that cancer almost always begins with exposure to toxins, it is imperative that you avoid toxins and eliminate toxins from your body and your home and work environments. Doing so will greatly decrease your chances of getting cancer.

The wonderful Environmental Working Group website has a world of information about what products are toxic as well as information on natural and less toxic substitutes for household and other items.

*Don’t miss the supporting article after this list, “Eliminate These and Eliminate Cancer”.*

2. Make Sure You Have a Healthy Liver

Famed alternative cancer treatment pioneer Dr. Max Gerson observed that he never found a single cancer patient who did not also have an impaired liver. The liver is the body’s main organ for removing toxins. When the liver is healthy and its bile ducts are unimpaired, toxins are efficiently processed and eliminated from the body. When the liver is impaired, toxins can be recirculated throughout the body via the blood stream and toxins can also be stored in the liver.

To this day, the famed Gerson Clinics insist on regular coffee enemas to help keep the bile ducts open and freely flowing. Note that coffee enemas also increase the natural production of glutathione, which is essential in beating and warding off cancer.

To make sure that your liver is healthy, regularly conduct liver and gallbladder cleanses and take key supplements. Milk thistle (silymarin) has been certified by the German E Commission to be able to protect, cleanse and regenerate the liver. Two other key supplements for liver health are selenium and alpha-lipoic acid.

*Don’t miss the supporting article after this list “Naturally Restore and Maintain Your Vitally Important Liver”.*

3. Eat a Very Healthy Diet

Be sure to eat a very healthy alkalizing paleo-type diet which includes plenty of fresh vegetables as well as fresh fruits, nuts, and seeds and nutrient dense unprocessed foods that contribute to good health and boost the vital immune system that is our first line of natural defense against cancer and other illness. For the healthiest diet, choose organic content as much as possible and include foods which are proven immune boosters and cancer fighters.

*Be sure to see the included article about the best cancer-fighting and immune-boosting food choices.*

4. Make Sure to Have Optimum Nutrition

People with nutritional deficiencies are more likely to get cancer. Likewise, people with such deficiencies are considerably more resistant to treatments which can beat cancer.

A healthy diet is essential; however, it is virtually impossible to get optimum nutrition from diet alone.
Thanks to our mineral-depleted soils and food products which have had much of the nutrition processed out (and toxic additives processed in), it is pretty much impossible to get even the measly RDA amounts of the handful of vitamins and major minerals on a daily basis from diet alone.

Our bodies need and utilize a great number of nutrients besides just the handful of items on the RDA list. Consider this: one truly superior all-around nutritional product contains a whopping 415 different nutrients, including not only vitamins and minerals, but also trace minerals, enzymes, phyto nutrients and more — and the body utilizes every single one of them!

Most of us are deficient in multiple vitamins and minerals. For example, it has been variously estimated that 70 to 95 percent of us are deficient in magnesium – the “master mineral” that plays a role in over 300 body processes. Other common nutrient deficiencies include vitamins D, K2, B12, E, and A, omega-3, magnesium, iodine, calcium, iron, and choline. It is a good idea to be tested for nutritional deficiencies and then supplement as needed to address any deficiencies found.

In addition to addressing deficiencies, it is a very good idea to regularly take a good all-around nutritional product. Be sure to get organic, whole food derived supplements as much as possible. Our bodies know the difference between nutrients found in nature and those created by man.

See these related articles:

- The Myth of Being Able to Get All the Nutrition One Needs from Diet Alone
- Our Disappearing Minerals and Their Vital Health Role

Eating a healthy diet also means avoiding unhealthy foods which rob the body of health and which can lead to cancer. Besides avoiding junk foods, fast foods and sugary foods and beverages, it is also a good idea to carefully read the labels when buying packaged food items from the grocers. It has been estimated that 80% of the packaged items found on grocer's shelves in the U.S. contain one or more ingredients which have been banned in other countries.

Use caution when buying non-organic vegetables and fruits, since they often contain harmful pesticides. Find out which ones are the worst and which are the safest by looking at the Dirty Dozen and Clean Fifteen lists of the Environmental Working Group.

Note that a recent year study found that eating an organic diet for a week can reduce pesticide levels by up to 90%.

5. Get Plenty of Regular Sunshine and Vitamin D3

Sunlight prevents cancer, as detailed by natural health author and founder of GreenMedInfo Sayer Ji in his aptly titled article Research From 100+ Countries Proves Sunlight Prevents Cancer. The human body is designed to convert sunlight on the skin into Vitamin D3, an absolutely essential substance for avoiding and beating cancer.

Thanks in great part to the big sun scare that began a few decades ago, many millions of people avoid essential, life giving sunshine. When they do go out in the sun, people often slather on sunscreen and sunblock products which block the healthy rays from the sun, often fail to block harmful rays and, most alarmingly, often contain toxic substances which actually cause cancer.

A good rule of thumb is to get natural sunshine as often as you can and take supplemental vitamin D3 when you cannot. Avoid overexposure by seeking shade or coming inside when your skin first begins to turn pink - and note that indirect sunshine is also beneficial.

The Environmental Working Group website mentioned earlier, is an outstanding resource for finding out
which sun block and sun screen products are the most and least toxic.

6. Manage Stress and Address Unresolved Emotional Issues

Stress has been called “the silent killer” with good reason – it leads to illness and prevents recovery from illness. Many people, including this author, believe that stress and unresolved emotional issues often play critical roles in the development of cancer.

Manage stress with techniques such as yoga, other meditation, and/or employing Emotional Freedom Technique tapping exercises. Exercise also relieves stress.

Though hard to measure scientifically, unresolved emotional issues have been strongly linked to cancer. There are several articles, books and self-help groups which can help address and resolve past and present emotional issues. You may also find that professional counseling is very beneficial – just be sure that you aren't convinced to take dangerous psych drugs.

Two articles I wrote which may be helpful are:

How to Make Your Home a Haven

Taking Time to Smell the Roses Really CAN Ease Stress

7. Be Sure to Get Regular Physical Activity

People who get regular physical activity are much healthier physically and mentally than those who don’t. Physical activity boosts the immune system and affords a stronger body that is better able to ward off cancer. It also releases chemicals called endorphins, which react with receptors in your brain to improve mood and reduce the perception of pain.

Notably, in 2010 mainstream medicine reversed decades of advice for cancer patients to avoid physical activity and instead now recommends regular physical activity.

I believe that the above measures can reduce the odds of getting cancer by up to 90% or more. And that brings us to the final step, which could further reduce your odds of getting cancer to virtually zero: Take key anti-cancer and immune boosting supplements.

8. The Final Step: Key Anti-Cancer Supplements

Many supplemental items help prevent cancer and boost the immune system. In addition to vitamin D3 mentioned earlier, my favorites include turmeric/curcumin, n-acetyl cysteine (which increases vital glutathione), iodine and its vital co-factor selenium and a good all-around medicinal mushroom supplement. I take all those items personally. However, the top supplement I take to avoid cancer is the same one The Truth About Cancer founder Ty Bollinger and his wife have taken for years: oleander extract. Before you react along the lines of “Whoa – isn’t oleander a poisonous plant”, the answer is that yes, the raw oleander plant is indeed poisonous. However, such is not the case when oleander extract is properly processed – not the case at all. When oleander extract is properly processed and the toxins are removed it becomes something almost magical (and it is worth noting that two different pure oleander extracts have passed FDA safety trials). Here is what is important to know: It is pretty much unheard of for anyone who lives and eats relatively healthily and also takes small preventive daily doses of oleander to get cancer – or to have cancer return if they have beaten it.

Whatever you do, be sure not to miss the last section of this report, which will tell you how you can use oleander to further reduce your chances of getting cancer all the way down to virtually zero!
Mainstream medicine attempts to beat cancer by cutting out, poisoning or burning it away. A better way to fight cancer is to address the root causes which enabled cancer to gain a foothold in the first place. Take these away and you can both beat cancer and prevent it from returning.

Many experts and this author agree that toxins are far and away the number one root cause of cancer. That’s why it’s essential to eliminate and avoid toxins if one is to beat cancer and keep it at bay.

In today’s world, it is almost impossible to avoid toxins. We normally associate toxins with industrial chemicals, pesticides and the like. Yet toxins can be found in many everyday products we depend on including food, personal care products, clothing, furniture, cookware and household chemical products.

Even a visit to the doctor or dentist can be a source of toxicity. A report compiled by the CDC in 2009 stated there are at least 212 toxins lodged in human tissues and circulating throughout our systems, many of which are carcinogenic.

**Eliminate Toxins from Your Body**

The first things to address when one begins to detox are the liver and bile ducts. Toxins are filtered out by the liver and eliminated through the bile ducts. When the liver is impaired or the bile ducts are clogged, the liver becomes a storage dump for fat and toxins and the toxins which are not either accumulated in the liver or eliminated are recirculated throughout the body via the blood stream.

The late great cancer pioneer Max Gerson observed that he never found a single cancer patient who did not also have an impaired liver. When Gerson first began his famous juicing program he found that he was losing half of his patients to liver failure, which he corrected by requiring multiple coffee enemas per day to open up the bile ducts and keep them free flowing for maximum elimination of toxins.

In addition to coffee enemas, it is a good idea to also cleanse the liver and gallbladder. Liver and gall bladder cleansing kits are available online. Other products allow you to create your own cleanses using commonly available items. One excellent cleansing protocol can be found in Andreas Moritz’s book “The Amazing Liver and Gallbladder Flush” which you can download from [http://www.ener-chi.com](http://www.ener-chi.com).

A heavy juicing regimen of eight or more glasses of freshly juiced vegetables per day will remove a huge amount of toxins. It will also help alkalize the body and provide cancer-fighting and immune-boosting nutrients which make the body inhospitable to cancer.

There are a number of other natural items besides juicing which can help remove heavy metals, pesticides and other carcinogens from the body. For example, the food items cilantro, chlorella, parsley and apple pectin all help remove heavy metals and other toxins.
Activated charcoal not only absorbs toxins, it adsorbs them (which means it attracts them). Toxins which are attracted and absorbed by the charcoal are then quickly passed through the digestive system.

Food grade diatomaceous earth absorbs and traps toxins as well as pathogens such as viruses, bacteria, fungi and protozoa.

Other effective ways of removing toxins from the body are:

- Zeolite Minerals are naturally occurring volcanic mineral compounds with a negative magnetic charge and a unique crystalline cage-like structure which draws in many harmful toxins.
- Bentonite clay used both internally and externally (in a clay bath).
- Epsom salt, baking soda or sea salt baths help to remove toxins via the skin. Put one pound of whichever item you prefer into your bath water and soak for at least 12 minutes several times a week. Use a good filter to eliminate fluoride, chlorine and other toxins from your bath water.
- Drink plenty of pure water to flush out the system.
- Lemon juice is also effective at removing toxins. Add 12 large lemons to a gallon of distilled water or two tablespoons of lemon juice to a cup of herbal tea.
- Supplements and food items such as milk thistle, alpha-lipoic acid, selenium, beetroot juice, turmeric, coconut oil, glutathione and the herb goldenseal eliminate toxins efficiently by protecting and helping to regenerate the liver. Iodine, vitamin B12, and vitamins A, C, and E also help the body rid itself of toxins.

Eliminate and Avoid Toxins in Your Environment

There are several ways to prevent toxicity and help the body rid itself of these unwelcome guests. The first one is by eating healthy, non-toxic foods. Processed foods, fast foods, junk food, sodas, processed meats, refined sugar and salt, and artificial sweeteners should be eliminated.

A healthy diet which is low in toxins should consist mainly of raw fruits and vegetables, whole grains, legumes, raw nuts and seeds, fish, herbs and herbal teas – especially when such items are organic.

Avoid pesticides, herbicides and household chemicals. Use care when buying personal care products, including shampoos and makeup. Beauty often comes with an unwelcome price: the risk of compromised health. Read the labels and stick to truly natural products.

The Environmental Working Group has an excellent website which rates common cosmetics and household products for toxicity and provides information on natural items which can be substituted in their place at https://www.ewg.org.

Finally, consider greening up your home and office. Houseplants not only play a big role in removing toxins from your home and office - they also provide life-giving healthy oxygen.

In addition to eliminating and avoiding toxins, there are many other natural ways to help your body beat cancer and keep it at bay including proper diet and nutrition, regular sunshine exposure, cancer-fighting and immune-boosting foods and supplements, physical activity and stress management. You can find a wealth of information on how to naturally beat and avoid cancer at www.tbyil.com/Cancer_Alternatives.htm.

See also:

Avoiding Toxins and Removing Them from Your Body

The Best Years in Life Cancer Alternatives Resource Page
Hair Mineral Analysis

Hair Mineral Analysis Test Kit Includes:

- Hair Sample Instructions
- Health Questionnaire (.pdf)
- Hair Sample Weigh Scale
- Comprehensive Health Questionnaire

When your hair analysis is completed by the laboratory, you will receive the following:

- Complete Laboratory Hair Analysis
  - Detailed Report Booklet and Mineral Recommendations and Explanations

1-hour phone consultation with Dr. Ken O’Neal, MD/ND
Naturally Restore and Maintain Your Vitally Important Liver

When it comes to maintaining good health, as well as fighting and warding off disease and illness, no organ is more important to us than the liver - the body's toxic disposal plant. A healthy diet is essential for good liver health and there are also several specific natural food and supplement items which can help maintain and restore the liver to optimum natural function.

The liver is the largest organ in the body (besides the skin, which many do not realize is actually an organ) and is by far the primary way we eliminate dangerous toxins and other waste items, which are normally processed and eliminated via the bile ducts. The liver also helps process nutrients and stores vitamins and minerals.

When the liver or bile ducts become clogged, injured or otherwise impaired, some toxins can end up being stored in the liver while others are re-circulated in the blood stream. In addition, when toxins cannot be efficiently eliminated via the liver and bile ducts, the body tries to eliminate some of them through secondary routes, such as the skin. Skin rashes, spots and other skin problems are common in those whose livers are impaired.

An impaired or damaged liver may well turn into a fatty liver - a condition where the liver turns from its role as an organ to process and eliminate toxins to one which stores fats (and toxins in the fats). Excess consumption of alcohol and poor diets are primary culprits in causing fatty livers. Fortunately, damaged and impaired livers can usually be restored to good health. Of all our organs, the liver can regenerate itself - so much so that a liver can be damaged or impaired all the way down to 29% of original function and still regenerate to 100% - if properly taken care of.

It is vitally important to have the liver and bile ducts functioning well when fighting a serious illness – such as cancer - in order to eliminate the toxins released from diseased cell die-off and destroyed pathogens. Famous cancer pioneer Max Gerson reported that he never found a single cancer patient who did not also have an impaired liver. Gerson insisted on his patients regularly juicing with healthy vegetables and regularly using coffee enemas, which can be essential in getting the bile ducts open and flowing.

Also, when someone is seeking to correct health problems or otherwise improve their health by means of diet and natural supplementation, having a properly functioning liver will result in a body that is better prepared to utilize the good nutrition and supplementation in any natural protocol.

A healthy diet and lifestyle are both essential for regaining liver health and function, including getting rid of fatty liver condition. Include as much mostly raw mostly vegetable and some fruit as you can in your diet and stay away from processed meats and other processed and junk type foods. Lecithin can also help turn around a fatty liver - be sure, however, to choose lecithin which is derived from an organic non-GMO soy source. Other items which can help the liver and bile ducts are coconut oil, beetroot juice and apple pectin.
Milk thistle (silymarin) is likely the most important of all supplements for the liver. Milk thistle has been certified by the German E Commission (a body similar to the FDA) as effective at both protecting and regenerating the liver. Other important supplements are alpha-lipoic acid, selenium and curcumin.

Lastly, one of the best ways to help restore and maintain good liver health is to regularly cleanse, or flush, the liver to remove built up toxins. For more information about liver cleansing, see:

- Cleansing the Liver, Gallbladder, Colon, Kidneys, and Blood

See also:

- The Berkson Clinical Study
- Body Care Starts in the Liver
- How to Get Rid of Fatty Liver Disease
- Hormone Imbalance – Check Your Liver
- How to Do a Liver Detox and Blood Cleanse
The Best Cancer-Fighting and Immune-Boosting Food Choices for Beating and Avoiding Cancer

The right food choices can greatly increase the odds of beating cancer and nature offers a multitude of foods which have great cancer-fighting and immune-boosting properties. Here are some of the very best cancer-fighting and immune-boosting food superstars:

**Cruciferous Vegetables.** Cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower and kale are among the most powerful cancer fighting foods to be found. Cruciferous vegetables are high in fiber, vitamins and minerals and contain important antioxidants such as beta carotene and the compound sulforaphane. Cruciferous vegetables contain isothiocyanates, phytochemicals which help break down potential carcinogens. They also contain indole-3-carbidol (I3C), which helps prevent estrogen driven cancers. Other cruciferous vegetables are: arugula, bok choy, chard, Chinese cabbage, collard greens, daikon, kohlrabi, mustard greens, radishes, rutabagas, turnips and watercress.

**Turmeric/Curcumin.** The common kitchen spice turmeric, whose main constituent compound is curcumin, has been a rising star against cancer in recent years. Numerous studies have indicated turmeric and/or curcumin have impressive cancer-fighting abilities as well as abilities to help prevent cancer, including one study which found that curcumin even helps prevent lung cancer for tobacco smokers.

**Mushrooms.** There are a number of mushrooms known as "medicinal mushrooms" which can help the body fight cancer and build the immune system. These mushrooms contain a number of valuable cancer fighting and immune boosting compounds including polysaccharides such as lentinan, beta glucan, lectin and thioproline. These compounds attack cancerous cells, prevent them from multiplying, and boost immune activity - including stimulating the body's natural production of interferon.

Some of the very best cancer fighting and immune boosting mushrooms are: Agaricus blazei murrill (ABM mushroom), Coriolus versicolor (Asian turkey tail mushroom), shiitake, reishi, maitake, Cordyceps oglossoides and Phellinus linteus.

*Find out more about some of the best medicinal mushrooms in this article:*

[Mushrooms that Fight Disease and Boost the Immune System](#)

**Garlic.** Garlic, as well as onions, leeks and chives, has immune-enhancing allium compounds that increase the immune cell activity, help break down cancer causing substances and block carcinogens from entering cells. Studies have linked garlic to lower risk of stomach and colon cancer. Diallyl sulfide, a compound found in garlic oil, has also been shown to render carcinogens in the liver inactive.

**Flax.** Flax contains lignans, compounds which block or suppress cancerous changes in cells. Flax is also high in omega-3 fatty acids, which protect against colon and other cancers. Notably, flax is part of the famous and highly successful Budwig Cancer Diet.
Hot Peppers. Hot peppers such as cayenne (chili peppers) and jalapenos contain capsaicin, a chemical which fights cancer and helps neutralize certain cancer-causing nitrosamines. Hot peppers are especially valuable for helping prevent stomach cancers.

Dark Leafy Vegetables. Spinach, turnip greens and other cancer fighting dark green leafy vegetables are rich in folic acid. Folic acid helps maintain the cell's genetic code and regulate normal cell division.

Dark Seeded Grapes. Dark red grapes contain powerful bioflavonoid antioxidants that work as cancer preventives. Grapes are also a rich source of resveratrol and ellagic acid, a compound that slows the growth of tumors by blocking enzymes needed by cancer cells. Eat the entire grape, seeds and all.

Brown Seaweed. Brown seaweeds such as kombu contain the polysaccharide compound fucoidan. Fucoidan has been found to kill cancer tumors including lymphoma, different kinds of leukemia, stomach cancer and colon cancer. Notably, the people of Okinawa, who consume the highest per capita amount of kombu, have some of the highest life expectancies in Japan as well as the lowest cancer death rate.

Other powerful cancer fighting foods include:

* Carrots
* Green and black tea
* Fermented organic soy
* Tomatoes
* Blueberries
* Raspberries
* Purple corn
* Extra virgin olive oil
* Avocados
* Nuts
* Sweet potatoes
* Apples
The Final Step in Reducing Your Chances of Getting Cancer to Almost Zero

If you follow the advice thus far in this eReport, you should be able to reduce your chances of getting cancer by up to 90 percent – the closer and more consistently you follow the advice, the more your odds of getting cancer decrease. That is a tremendous reduction from the alarming odds of 33 to 50 percent you might otherwise have. However, as indicated earlier, there is a final step that can bring those odds down even further – all the way to almost zero. Here then is the crucial 8th Step that can virtually eliminate your chances of getting cancer.

If you take the right cancer-fighting and immune-boosting natural supplements – and one supplement in particular – your odds of getting cancer will likely be next to nothing. If you haven’t skipped ahead, you already know that the one supplement I am referring to is Oleander Extract. Yes, oleander extract and as I wrote earlier: It is virtually unheard of for anyone who lives and eats relatively healthily and also takes small preventive daily doses of oleander to ever get cancer.

As a matter of fact, it is pretty much unheard of for anyone who has ever had cancer and beaten it to ever have cancer return if they take regular supplemental oleander extract – which should be extremely valuable to know if you have ever had cancer, given that most people who do have cancer ultimately have their cancer, or other forms of cancer, return. And every time that cancer returns, it is increasingly difficult to defeat.

The Incredible Oleander Plant

If you are skeptical, and I can understand how you would be, let me point you to the Oleander Series of Articles – virtually all of which are included in my eBook Cancer’s Natural Enemy, which has sold in over 25 countries around the world and helped thousands of people beat and avoid cancer:

The Oleander Article Series from The Best Years in Life

You can also learn more about how oleander works and why it works so well at preventing and beating cancer in this article:

Why (Almost) Everyone Should Take This Incredible Supplement Every Day!

As you will see in that article, there are also plenty of other benefits from taking a regular small preventive dose of just one capsule daily of oleander extract beside cancer prevention, including helping provide a healthier, more robust immune system that helps ward off influenzas and colds and more serious health problems; providing a healthier appetite and weight management; thicker, lusher, faster growing hair and nails; and even increased male libido. However, cancer prevention is the number one benefit – especially for those who are seeking to avoid cancer, which is what this eReport is all about.
You can order oleander extract by clicking on this button:

![ORDER HERE!]

Although I have indicated that a person might not have to be super strict with their diet and lifestyle choices if they take preventive oleander extract, I must emphasize that oleander extract is not an excuse to eat a toxic diet or live a toxic life. Like virtually all supplements, oleander works best when you work with it.

**Important Other Key Cancer Prevention Supplements**

**Turmeric/Curcumin.** The popular kitchen spice turmeric (whose major component is curcumin) is a rising star in the fight against cancer which I highly recommend. It is a potent and highly proven cancer fighter and preventive and it has many similar compounds to oleander. It also has a great many other health benefits besides fighting and preventing cancer. To name just one such benefit, it is a wonderful natural anti-inflammatory. Inflammation is often part of the disease process, along with the toxins which cause inflammation, particularly so with most cancers. I take it every single day!

You can find more information about Turmeric/Curcumin at my main website in the articles section. However, the best and most complete information about Turmeric/Curcumin can be found at the wonderful website of my good friend Sayer Ji: [GreenMedInfo](https://www.greenmedinfo.com) - a site well worth joining and marking as a favorite. It has literally thousands of references to scientific studies and papers which prove the effectiveness of natural alternatives to dangerous mainstream drugs.

**N-Acetyl Cysteine.** N-Acetyl Cysteine is a powerful antioxidant amino acid that is an important precursor to glutathione, a crucial compound which is produced naturally by the body but whose natural production decreases as we age. I consider N-Acetyl Cysteine essential when it comes to beating cancer and it can also play a crucial role in preventing cancer due to helping protect cellular mitochondria. When cells become under stress, such as from exposure to toxins, their thiol levels become depleted (especially glutathione). When that happens, the mitochondria can signal the cells to revert to the primitive form of respiration that is typical of cancer cells, refuse to die and multiply - in other words, to become cancerous.

**Iodine** and its vital co-factor **Selenium** - Iodine is a very important cancer fighter which most of us are deficient in. Some have even gone so far as to hypothesize that cancer is largely caused by a deficiency in iodine. Though I do not subscribe to that theory, I strongly believe in the value of having adequate levels of iodine in the body and I have no doubt that iodine deficiency can help lead to cancer. Iodine and Selenium are especially valuable for fighting and avoiding breast cancer.

It is important to note that iodine supplementation must include both elemental iodine as well as potassium iodide, such as found together in the products Lugols and Iodoral. It is also equally important to note that iodine is most effective ONLY if taken in combination with its vital co-factor Selenium. Perhaps the best form of selenium to take for avoiding or fighting cancer is methylselenocysteine, which studies have indicated has its own unique cancer fighting properties.

**Vitamin B-17.** Though it was once widely touted wrongly as the "end to all cancers", Vitamin B-17, also known as laetrile, is a great cancer preventive and it is also a good complimentary item to include in an overall anti-cancer protocol for those actively fighting cancer. B17 can be difficult to find - the best source is apricot pits.

**Baking Soda.** Another item that has wrongly been promoted as an ultimate cancer cure, baking soda is nevertheless a good supplement to take primarily because of its ability to fight inflammation. And it has been effective against some cancers some of the time, just don't bet your life on it and don't fall for the
urban legend about the combination of baking soda and molasses (or baking soda and maple syrup) being the ultimate cancer cure!

**A Good All-Around Vitamin, Mineral and Nutrient Product.** Studies have shown that multi-vitamins can reduce the odds of getting some cancers such as breast cancer by up to 50%. A big caution is that just about everything you see on your pharmacy or grocer’s shelves is pretty much junk – containing mostly measly amounts of only a handful of petrochemical synthetic vitamins and crushed rock minerals which are very poorly absorbed by our natural bodies. Synthetic vitamins are not at all the same as those found in nature and the natural body knows the difference between manmade junk and what is found in nature.

The very best all-around nutritional supplements are those which contain only organic, whole food-derived nutrients by the scores and even hundreds – including 75 or more plant-derived minerals and trace minerals. If you aren’t taking those kinds of nutrients you are mostly paying to have colored pee!

The very best such all-around nutritional product I have found is IntraMax. It contains impressive amounts of a whopping 415 different nutrients - and the body utilizes every single one of them! From the product description:

100% Organic MicroComplexed IntraCELL Level IV Technology ~ 415 Nutrients All-In-One, Perfect Whole Foods & Phyto Nutrition ~ Super Energizing ~ All Natural Defense. The Most Scientifically Advanced, Clinically Proven, Health Promoting Organic Nutritional Supplement Available Today

IntraMax is a bit pricey, though worth every cent. A very good less expensive alternative is Liquid Life, which contains 156 great natural nutrients. From the product description:

Liquid Life Complete Vitamin Mineral & Herbal Liquid Supplement Formula, a Reach For Life Liquid Supplement is the perfect all-in-one nutritional supplement for today's active lifestyles. Liquid Life contains all natural source of nutrition with 156 healthful nutrients. One ounce per day provides 75 full strength plant derived minerals, 12 vitamins, 17 herbs, 18 amino acids, CoQ10, Omega 3,6,9, Mangosteen, Pomegranate, NONI, Goji, Acai, Lycopene & more. Science has proven that raw rock minerals are difficult for the body to digest. Plant derived minerals have already been broken down by the plant and are more easily assimilated by the body, much like mothers’ milk is to an infant.

**Be Sure to Read the Important Information in the Rest of This Report!**

Don’t miss the important information in the rest of this report, including:

- How to make sure you don’t already have cancer and not know it
- What to do to beat cancer if you do have it
- How to live a longer, healthier and happier life
- Additional recommendations
- and the Required Disclaimer
You May Already Have Cancer and Not Know It

Although you may be free of cancer as far as you know, you should be aware that there is a possibility that you may have early stage cancer which has not yet grown large enough to cause any noticeable symptoms or large enough for typical mainstream cancer tests to detect. The good news is that cancers at very early stages are the very easiest cancers to beat. It is quite possible that if you follow the advice in this report, such early cancers will in fact be eliminated. If you want to be extra sure, perhaps the best game plan would be to follow the advice in the articles listed in the next section (What to Do to Beat Cancer if You Do Have It) for a couple of months and then resume following a less intensive protocol such as the suggestions in this report.

Early Cancer Detection Tests

I will note here that very early cancer detection tests which are affordable and extremely accurate are currently being developed and rolled out on a regular basis. One such test that is already available is the IvyGene test, which is billed as “affordable, highly accurate and sensitive”, and which takes only 5 business days for results. Quoting from the website:

“The IvyGene test provides quantifiable information on cancer presence and has been demonstrated to be highly useful to confirm the presence of breast, colon, liver and lung cancers and may also indicate the presence of other cancers. The technology behind the test has been published in Nature Materials and the Proceedings of the National Academy of Sciences (PNAS).”

Another currently available early detection test for lung cancer is the EarlyCDT®-Lung test, "a clinically validated blood test for lung cancer that measures a panel of 7 autoantibodies associated with small cell and non-small cell lung cancers at all stages of disease."

Other Early Detection Tests Worth Noting:

RGCC Research Genetic Cancer Center's Comparative Genomic Hybridization test detects cancer stem cells circulating in the blood. The test costs $500 Euros ($535) and can tell what kind of cancer, how much cancer and the site of origin.

Biocept can give you enumeration as well as biomarker identification of breast, prostate, colorectal, lungs, gastric, and melanoma cancers and is usually covered by insurance. The listed cost is $625.

Also worth noting when it comes to early cancer testing:

• Researchers from a study at the Fred Hutchinson Cancer Research Center developed a simple checklist of six warning signs to help detect ovarian cancer earlier: pelvic pain, abdominal pain, bloating, increased abdominal size, feeling full quickly, and difficulty eating.

• Thermograms detect cancer earlier than mammograms, are considerably more accurate and are much safer. Unlike mammograms, thermograms do not cause cancer and the tests result in far fewer false positive results which cause unnecessary surgeries and chemo treatments.

• Exact Sciences, a Wisconsin-based diagnostics company, has developed a stool test shown to be 98 percent accurate for detecting cancer and up to 83 percent effective for spotting pre-cancerous lesions

Several other very early cancer detection tests are being developed and several are in the pipeline but as-yet unavailable at the time of this writing - including the Enox2 ONCOblot®, Enox2 Qualitative and Nagalase tests. My suggestion for those of you who want to get the very latest information on early detection tests and their availability is to do internet searches for "very early cancer detection tests" and/or "liquid biopsy cancer detections tests".
What to Do to Beat Cancer if You Do Have It

If you do have cancer, don’t panic. Most cancers can be defeated – just not by mainstream medicine and their failed paradigm of treating cancer by trying to poison it out with chemotherapy drugs, burn it out with radiation or cut it out with surgery. Both chemo and radiation are themselves carcinogenic (what is wrong with THAT picture!) and surgery seldom gets all of the cancer, including circulating cancer cells in the bloodstream, and often helps spread the cancer.

Nature and our natural immune system, on the other hand, are most often able to completely defeat cancer – not only completely getting rid of the mere symptoms (tumors) of cancer, but also getting rid of circulating cancer cells AND addressing and eliminating the root causes that enabled cancer to gain a foothold in the first place. Defeating cancer naturally will require persistent dedication to adopting a complete anti-cancer lifestyle and protocol – but it most certainly can be done. And I have to ask, when your very life is at stake, why not go all in to win the battle?

To learn more, see these three related, highly successful anti-cancer protocols:

Doctor Marc Swanepoel's Suggested Protocol for Oleander Supplementation

A Comprehensive and Highly Effective Natural Anti-Cancer Protocol - updated 05/12/2018

Beating Cancer on a Shoestring Budget

How to Live a Longer, Healthier and Happier Life

Remember how the subtitle of this report was “and go on to live a long, healthy and happy life”? That is indeed the ultimate goal – to not only never get cancer, but to also go on to live a long, healthy, happy lifespan. That is where our master website, The Best Years in Life, comes in! The motto of The Best Years in Life is “You are never too young or too old to begin living a longer, healthier and happier life”, and to that end we have created our labor of love website of over 3,000 pages, including hundreds and hundreds of natural health articles, hundreds of healthy and tasty recipes, scores and scores of natural remedies, often offbeat humor, hand-picked supplements and supplement companies we have chosen for our visitors and much more. Be sure to visit often!

We especially recommend this article as a good starting point towards living a longer and healthier life:

Building a Foundation for Better Health and Longevity

By the way, this Report has been sent out exclusively to those who have signed up for our free weekly newsletter. If somehow you are not a subscriber, please consider becoming one!

Sign Up Now
Additional Recommendations

I highly recommend my long-time friend and colleague Ty Bollinger’s wonderful The Truth About Cancer (TTAC) website – a site which I have contributed several articles to (as a matter of fact, a considerable amount of the information in the report first appeared at TTAC). There you will find a wealth of information about cancer and alternatives to mainstream cancer treatments and you will surely be impressed with the thorough and professional way that they present articles. I also highly suggest that you consider becoming one of their private members, whose benefits include a subscription to one of the most impressive hard-copy monthly newsletters I have ever seen.

Another website I am extremely impressed with is GreenMedInfo, which is owned and managed by my friend Sayer Ji. There you will find literally thousands of articles and links to scientific papers which validate the healing and other health benefits of natural foods, herbs and other substances. I can say without reservation that I am in awe of all that Sayer has done and how incredibly prolific he is.

And finally, I have to add a somewhat unrelated site simply because it is such a treat for the mind and eyes: Doctor Leslie Taylor’s beautiful Rain-tree.com. It is a website Dr. Taylor has lovingly devoted to the Amazon rain forest, its indigenous peoples and the incredible wealth of healing plants found in the rain forest. It is full of beautiful photos and information about the rain forest and its peoples and plants and it contains an incredible plant database that I have searched and referred to many, many times. Trust me, go there and give yourself a treat – chances are you will be thanking me for the tip!

Disclaimer: There is no guarantee whatsoever that people who follow the advice in this eReport will never get cancer. However, based on my research and experience, the odds of getting cancer will be reduced significantly for those who do follow the advice.

Furthermore, the information in this article has not been evaluated by the FDA. We at The Best Years in Life do not diagnose, treat, cure or prevent illness or disease - instead, we endeavor to provide people with the information they need to learn how to do so themselves. Anyone who believes they have a serious medical condition or health issue should seek diagnoses from a qualified medical professional before making any decisions on how to best address their health. We do not sell or advocate drugs, nor do we make any claims that anything advocated or sold in this report or on our website is a drug. Anyone contemplating using any products or information in this report or on our website must accept such use as experimental and voluntary. No claims are made regarding the therapeutic use of the products or information in this report or on our website and all products featured or sold in this report or on our website must be considered nutritional supplements only.