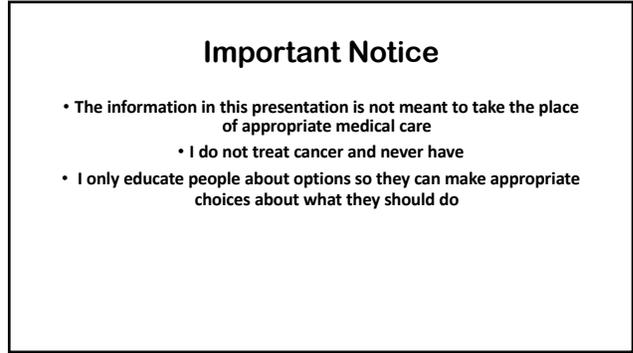




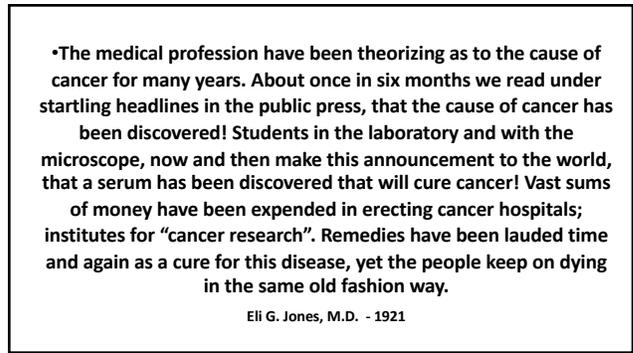
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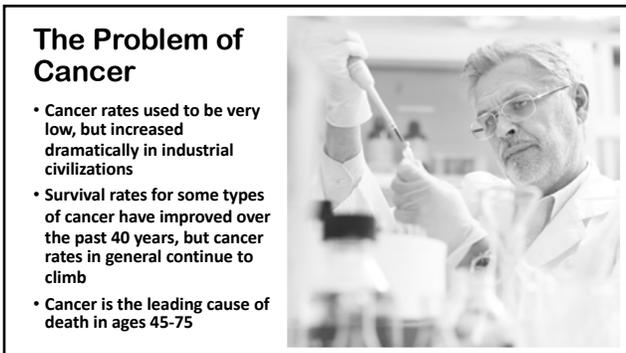
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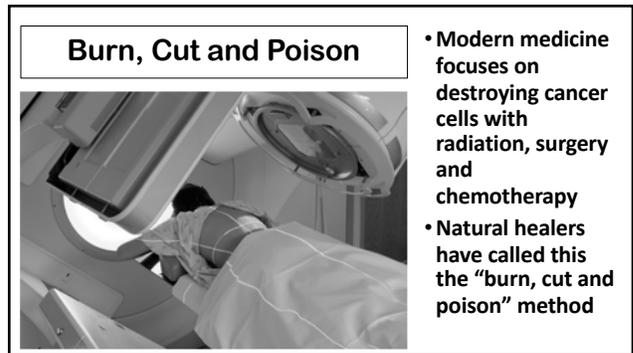
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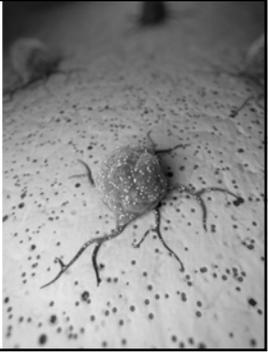
Weakness of Medical Approach



- World renowned Dr. Bruce Halstead told me that the way we treat cancer makes "no molecular sense"
- He said, "Cancer is not a disease of cancer cells, but rather a disease of the immune system. Cells go cancerous all the time in the body and the immune system destroys them."
- Cancer occurs when the immune system fails to recognize and eliminate cells that have become cancerous
- Chemotherapy and radiation can cause cancer, and surgery can cause cancer to spread
- Modern medicine does little to address what caused people to get cancer in the first place, nor does it work to support the general health of the patient while they are undergoing treatment
- Chemotherapy and radiation do not generally extend life

7

Understanding Cancer Cells



- Cancer cells rebel against the regulatory signals of the body
- They mutate to survive, due to a low energy (acidic) environment
- They revert to a primitive metabolism found in the embryo
- They grow rapidly like embryonic cells using a fermentation-based metabolism, greedily consuming vast amounts of energy and multiplying out of control
- Basically, they eat you up from the inside

8

The Psychology of Cancer



- Giving out more energy than you can take in (over-caring for others, failing to care for yourself, often due to low self esteem)
- The disease is eating you (anger towards yourself or others, often suppressed, resulting in resentment towards life and others that "eats" at you)
- The inability to exercise self determination (control of one's own life)
- The tendency to play the victim/martyr role to try to gain sympathy and support (help me, I need someone to save me)

9

Trauma and Cancer



- A German study showed that virtually all cancer patients experienced some emotional trauma shortly before the cancer developed
- Identifying and dealing with this trauma may be essential to recovery
- Research is also suggesting that cancer develops where there were unhealed injuries or weaknesses in tissues

10

Resentment: What's Eating You?



- Resentment is a low, smoldering form of anger that eats people up inside
- When you resent something you do or did for another, you did not do it in love
- You did it with a hidden agenda, it was an investment that didn't return what you wanted
- It also causes you to be angry with yourself over wasted time and effort

Ed Millet Story

11

Self-Martyrdom



- Myth: Martyring yourself for the sake of others is a way to be a good person
- Reality: We often martyr ourselves because:
 - We feel helpless to get what we want on our own, someone else has to give it to us
 - We don't feel worthy of being taken care of, so we're trying to prove our worth to others by self-sacrifice
- Truth: Taking care of yourself gives you the abundance and energy to help others

Two paths Manager story
Breast cancer group

12



The Will to Live

- Muscle test a person with cancer on the statement: "I want to live."
- Most people with cancer will test weak, meaning the statement is not true
- This is in spite of the fact that they talk about fighting the cancer or wanting to get better
- Why?

Cancer dream story

13

Cause or Effect?

- Do our life circumstances (including diseases we get) cause our mental/emotional state?
- Or do they reveal it?
- When you squeeze an orange, orange juice comes out because that was what was inside (Wayne Dyer)
- I find cancer people are often afraid to take control of their own life

Multiple practitioners
My husband won't let me



14

Four Spiritual "Cures"

- Forgiveness
- Expressing healthy anger by learning to say "no" to what does not serve you or inspire you
- Taking pleasure prescription, learning to take care of oneself before giving to others
- Rediscovering and living one's life purpose



15

Forgive to Set Yourself Free



Watch: The Miracle of Forgiveness
(<https://www.youtube.com/watch?v=yC69ekyZIME>)

16

Say No to What Does Not Serve You

- Don't do anything for someone else if you're going to resent it later
- Only what is done in love (with no thought of what's in it for you) puts forth good energy
- Negotiate to make it worth your while (be fair with yourself)

Watch: Setting Healthy Boundaries
(https://www.youtube.com/watch?v=_MzaPk07a1U)



17

The Pleasure Prescription

- Make a list of 10 things that bring you physical pleasure
- Plan time to do at least one of these things every day
- Examples:
 - Epsom salt bath with essential oils
 - Getting a massage
 - Cuddling
 - Listening to uplifting music
 - Taking a walk (especially in nature)
 - Savoring a delicious treat
 - Making love



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Revealing the Problem

- Me: Make a list of ten things you find physically pleasurable
- Client: Like what?
- Me: Spend 15-30 minutes doing one of these things every day.
- Client: I don't have the time!



Two teenage sons

19

Our Sense of Purpose

- I've often asked people who have been given the VooDoo Hex death sentence, "You have so long to live," the following questions:
- "Why should God grant you more time to live?"
- "If God miraculously grants you 5 or 10 more years of life, what are you going to do with it? Will you change the way you're currently living? If not, why should He give you more time?"

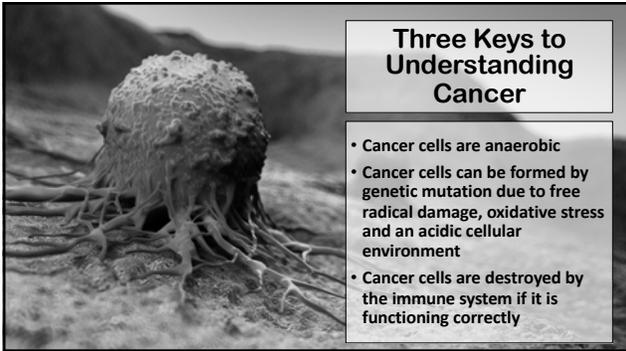


AIDS story

20

Three Keys to Understanding Cancer

- Cancer cells are anaerobic
- Cancer cells can be formed by genetic mutation due to free radical damage, oxidative stress and an acidic cellular environment
- Cancer cells are destroyed by the immune system if it is functioning correctly



21

Dr. Otto Warburg's Research

- In 1931, Dr. Warburg proved that whenever a cell is denied 60% of its oxygen requirements it can become cancerous
- He won a Nobel prize for this discovery, but this simple truth is overlooked in cancer therapy
- Cancer has countless secondary causes but only one primary cause, which is the cell switching from aerobic (oxygen-based) to anaerobic (fermentation-based) metabolism
- Normal cells meet their energy needs through oxygen-based metabolism whereas cancer cells meet their energy needs largely through the fermentation of sugar

22

Treatment by Prevention

- If a person has cancer, they need to follow the same health principles that would have helped prevent the cancer in the first place
- This is because they need to shift the biological terrain back to a healthy state
- It is also part of developing the habit of self-care



23

Cancer and Immunity

- Cancer cells are always being created in the body from the action of free radicals
- The immune system has specific components to seek out and destroy cancer cells
- Tumors begin to grow when cancerous cells are created faster than an overworked, depleted immune system can destroy them
- This means that cancer is also a disease of reduced immune response
- Surgery, chemotherapy and radiation all deplete the immune system
- Stress also depletes the immune system and may be a major factor in triggering cancer growth

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Cancer Cells and a Low Oxygen Environment

- Low oxygen levels and an acidic environment in the tissues will cause cancer cells to form
- Once formed, cancer cells produce lactic acid as they ferment sugar for energy
- This toxic lactic acid inhibits the transport of oxygen into neighboring normal cells
- This allows the cancer cells to replicate and spread if not destroyed by the immune system



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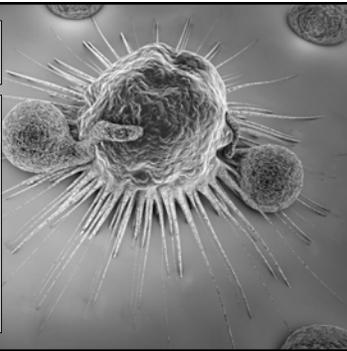
Kimberly Balas' Three Step System



26

Phase One: Cancer Killing

- Use for four weeks
 - Paw Paw Standardized Extract or Other Cytotoxic Herbs
 - General Cleansing Formula
 - Essiac Tea or equivalent
 - Immune Stimulating Formula or Medicinal Mushrooms
 - Protease between meals
 - Iodine Supplement
 - Stress management
- Other Suggestions
 - Hyperbolic oxygen
 - Epsom Salt baths



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Cytotoxic Herbs

- Bloodroot – Powerful lymphatic herb, used in tiny doses internally, also used topically for tumors
- Chaparral – Powerful antioxidant, traditional anticancer herb
- Neem – Fights infection but also has some anticancer activity
- Paw Paw (standardized extract - acetogenins) – Reduces energy production (ATP) in cells starving cancer cells for energy
- Poke Root - Traditional anti-tumor remedy, strong lymphatic herb, poke root oil used topically for breast cancer
- Venus Fly Trap - Used in the cases of malignant conditions and tumors. also used for Hodgkin and non-Hodgkin lymphoma

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Phase Two: Detoxification

- Use for two weeks
 - Herbs to help cleanse the liver, lymphatics and kidneys
 - Protease between meals
 - Probiotics
 - Iodine (Iodoral)
- Other Suggestions
 - Foot detox baths
 - Detox baths
 - Enemas/Colonics



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Herbal Detoxifiers

- Burdock – Nourishing alterative, traditional anticancer herb
- Cat's Claw – Normalizes the gut flora, rebuilds the body after chemotherapy
- Pau D'Arco – Traditional antifungal and anticancer herb
- Red Clover - Alterative, traditional anticancer herb, often used with burdock
- Sheep Sorrel – Detoxifying herb used in Essiac, contains oxalates
- Yellow Dock – Mild laxative, alterative, relative of sheep sorrel

30



Phase Three: Rebuilding

- Use for four weeks and rotate back to first step again
 - Adrenal Glandular
 - Antioxidant Supplement
 - Probiotics
 - Superfood Supplement
 - Chinese Qi Increasing Formula
 - Iodine
- Other Suggestions
 - Medicinal Mushrooms
 - Adaptogens
 - Intravenous Vitamin C

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Herbal Tonics

- Astragalus – Supports the immune system, rebuilds immunity
- Cordyceps – Balancing tonic, helps to normalize immune function
- Eleuthero – Adaptogens may help the body resist the harsh effects of orthodox cancer treatments
- Chaga – Used as an anticancer herb in Russia, aids immune system
- Maitake – Immune stimulant with powerful anticancer action, increase production of immune system cells such as macrophages, T-cells, natural killer cells, and neutrophils
- Reishi (Gandoerma) – Helps the immune system, balances the nerves
- Turkey Tail - An extract, known as PSK or krestin, is an approved anticancer drug in Asia. PSK enhances the effect of chemotherapy and radiation, prevents metastasis and has broad neoplastic activity.

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Herbs and Supplements for Cancer

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Flower Essences

- Black Cohosh – Helps break free of entangling, stifling influences
- Borage – Cheerful courage in the face of adversity
- Centaury – Developing courage and strength to say “No”
- Chaparral – Cleanses psychic toxins
- Echinacea – Rebuilds self esteem shattered by trauma
- Mountain Pride – Courage in the face of obstacles and adversity
- Red Clover – Helps one detach from group hysteria
- Walnut – Breaking free from oppressive family and cultural influences
- Willow – Forgiving others, letting go of bitterness and blame

34

Aromatherapy

- Frankincense – Aids meditation, spiritual purification, topical for breast lumps, cancer
- Myrrh – Aids meditation, spiritual purification, enhances immune function
- Rosemary – Antioxidant, aids circulation
- Sandalwood – Calms mind, aids meditation, grounding



35

Supplements

- CBD (Cannabinol) or Cannabis – Helps balance the immune system, may be helpful as part of an anticancer formula
- Digestive Enzymes – Can be taken between meals for cancer
- Indole-3-Carbinol – Breaks down estrogens in estrogen-dependent cancers
- Methylated B-vitamins – Support methylation which helps prevent and fight cancer
- Protease – Taken between meals it helps the immune system recognize cancer cells

36

Bloodroot (*Sanguinaria canadensis*)

- Has antitumor, antiviral, and antimicrobial actions
- Contains the alkaloids isoguinoline, sanguinarine and chelerythrine, which have been shown to exert a therapeutic effect against Ehrlich carcinoma and sarcoma 37
- Eli Jones believed bloodroot to be most effective against rectal cancer



Bloodroot - *Sanguinaria canadensis* from Wikipedia

37

Burdock (*Articum lappa*)

- Contains antitumor activity and a substance capable of reducing mutation
- Burdock also contains benaldehyde, shown to have antitumor activity.
- Alcohol extracts of burdock seed have induced differentiation of myeloid leukemia cells and demonstrated potent anticancer action against lymphocytic leukemia



38

Cat's Claw (*Uncaria tomentosa*)

- Studies show that this herb contains substances with immune and digestion-enhancing properties
- Shown effective in treating cancer, inflammation, viral infection and vascular conditions. Also an effective immune stimulant, antioxidant and antibacterial
- Using cat's claw has led to the remission of brain and other tumors



39

Chaparral (*Larrea tridentata*)

- Contains nordihydroguaiaretic, a potent antitumor agent
- NDGA inhibits aerobic and anaerobic glycolysis (energy-producing ability) of cancer cells
- The flavonoids present in chaparral have strong antiviral and antifungal properties



40

Chaparral Constituents

- Pharmacology manuals state that chaparral contains Nordihydroguaiaretic acid (NDGA). In the Merck Manual, this chemical is listed as an anti-oxidant, and its therapeutic category is an "anti-neoplastic". Broadly, an anti-neoplastic is defined as "an agent that prevents the development, growth and proliferation of malignant cells".
 - Youngren, J. F., et al. Nordihydroguaiaretic Acid (NDGA) inhibits the IGF-1 and c-erbB2/HER2/neu receptors and suppresses growth in breast cancer cells. *Breast Cancer Res Treat.* 94(1):37-46, 2005.
 - Wilson, D. E., et al. Effect of nordihydroguaiaretic acid on cultured rat and human glioma cell proliferation. *J Neurosurg.* 71(4):551-557, 1989.
- Chaparral inhibits aerobic combustion (oxygen activity) in cells - oils from the plant inhibit seeds from sprouting until rains wash them away

41

Using Chaparral

- In 1970 the FDA suggested the removal of Chaparral from the market for internal use. This was due to reports of hepatotoxicity in capsules and tablets. Evidence was sketchy, but NDGA may be toxic in large doses
- Safety precautions with chaparral include
 - Avoid with pre-existing kidney and liver disease and discontinue use if jaundice, nausea or other signs of liver problems occur
 - Avoid while pregnant or nursing (precautionary)
- Safest use would be in the traditional preparation was as a tea: ½ oz. of dried herb infused in one pint of boiling water for 30 minutes. Michael Moore also suggested using a 1:5 tincture (75% alcohol - 150 proof).
- Can also be used topically in salves.

42

Echinacea (*Echinacea purpurea*)



- Increases NK cell activity by 221% in patients with inoperable metastatic esophageal or colorectal cancer
- Contains arabinogalactan which stimulates the tumor-killing activity of macrophages
- Provides protection against infection – a common complication in advanced stage cancers

43

Maitake (*Grifola frondosa*)

- A medicinal mushroom prized by herbalists for its anticancer properties
- Studies show Maitake can stimulate immune cells in both the innate and adaptive immune systems
- Can induce apoptosis in various cancer cell lines, while inhibiting the growth of cancer cells
- Regulates blood pressure, glucose, insulin, and serum and liver lipids



44

Mistletoe (*Viscum album*)

- Thousands of case studies confirm that European mistletoe stimulates the production of anti-cancer Natural Killer(NK) cells
- Is also anti-spasmodic, anti-hypertensive and anti-rheumatic, while replenishing kidney and liver energy



45

Mistletoe and Cancer

- Use of mistletoe extract in the treatment of cancer originated with Rudolf Steiner, founder of Anthroposophy.
- Steiner compared the parasitic nature of mistletoe to cancer and believed cancer was due to faltering spiritual defenses
- Extracts of mistletoe have been shown to kill cancer cells and to boost the immune system
- Extract is sold under trade names such as Iscador.
- American interest in mistletoe was spurred when Suzanne Somers' decided to use Iscador in lieu of chemotherapy following surgery and radiation therapy for breast cancer
- Mistletoe extracts are used in Europe for cancer of the cervix, ovaries, breast, stomach, colon and lung, and as a treatment for leukemia, sarcoma, and lymphoma

46

Pau D'Arco (*Tabebuia sp.*)

- The inner bark of this tree contains lapachol, a substance whose molecular composition makes it uniquely suited to induce strong activity against cancer
- Lapachol is well-tolerated and causes no severe side effects



47

Pau D'Arco and Cancer

- First used by Western Medicine in Sao Paulo Brazil in 1960. Physicians prescribed inner bark for patients with certain terminal cancers.
- Physicians at multiple Brazilian hospitals reported miraculous cures of viral-linked diseases including leukemia. Claim: Eliminated pain and increased RBC counts.
- Contains naphthaquinones which are cytotoxic when isolated, including the most studied one, lapachol
 - Isolated lapachol is immunostimulant in low doses and at higher doses its cytotoxic effects have been used to destroy tumors.
 - Lapachol is also anti-inflammatory, analgesic, and has some antifungal activity against *Candida albicans*.
- Napthaquinones dissolve better in alcohol than in water, so tinctures may be helpful against certain tumors and leukemia

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Paw Paw (*Asimina triloba*)



- Seeds contain asimitrin and 4-hydroxytrilobin, which have selective action against prostate adenocarcinoma and colon adenocarcinoma cell lines
- Bark contains acetogenins, which are potent inhibitors of mitochondrial activity in tumors

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Paw Paw Anticancer Actions

- Paw Paw slows or stops ATP (adenosine triphosphate) production, thus energy is depleted. Apoptosis results in programmed cell death
- ATP is a direct and indirect precursor of DNA and RNA, thus cell reproduction is slowed or stopped.
- Angiogenesis in endothelial cells requires ATP, thus, blood vessel formation is slowed or stopped
- The multiple-drug resistance (MDR) pump requires ATP, thus drug resistant cells are slowed or stopped. In doing so it helps restore the function of refractive chemotherapy

50

Using Paw Paw

- Paw Paw has very low toxicity, but should not be used as a cancer prevention remedy
- Standard dose is four capsules of a standardized extract daily (1 four times daily). If tolerated well, dose can be increased to 2, 3 or possibly 4 capsules four times daily.
- Reduce if nausea, vomiting, dizziness, fatigue or light-headedness occur



51

Poke (*Phytolacca americana*)

- Has diuretic, lymphatic, alterative, antibiotic, anodyne, antiparasitic, antiinflammatory, antitumor, antirheumatic, antiscorbutic, cathartic and emetic properties
- Contains 5 distinct proteins shown to have mitogenic (cancer-killing) action
- Widely acclaimed as a treatment for chronic skin diseases and lymphomas



52

Poke Root and Cancer

- Poke root has several anticancer properties
 - Stimulates B and T lymphocytes
 - Improves lymphatic drainage and cellular detoxification
 - Stimulates production of interleukin 1 and tumor necrosis factor
- It is best used for cancers involving lymphatic tissue or for aiding lymphatic drainage during cancer die-off



53

Using Poke

- Poke is a toxic botanical, which must be used with knowledge and caution
- Safest use is to apply poke oil topically to swollen lymph nodes or to the breasts in breast cancer. It works like castor oil packs but is much stronger.
- A tincture of the fresh berries (1:4 in 40% alcohol) can be used internally. Take 1-10 drops twice daily
- Steven's lymphatic blend: ½ teaspoon each of Liquid Lymphatic Blend and a Liquid Kidney Blend in a quart of water with 2-5 drops of poke tincture. Sip slowly throughout the day.

54

Red Clover (*Trifolium pratense*)

- One of the herbs contained in Essiac tea and the Hoxsey/trifolium compound, Red Clover is rich in isoflavones such as biochanin and genistein, which exert powerful antiestrogen, anticancer, and antiangiogenic effects.
- Red clover is a lymph cleanser and gentle detoxifier



55

Sheep Sorrel (*Rumex acetosella*)

- Contains oxalates, anthra-quinones, and glycosides such as hyperoside, quercetin-3-D-galactoside, and aloe emodin, which has shown significant anti-leukemic action as well as the ability to soften & dissolve tumors.
- Cooling to irritate tissue.
- Yellow dock has similar properties



56

Oxalic Acid

- Sour compound in spinach, rhubarb, wood sorrel, Jack-in-the-Pulpit and docks (yellow dock, sheep sorrel and others). It is naturally present in our blood.
- Oxalic acid binds with minerals like calcium and magnesium to form oxalates. Most kidney stones contain calcium oxalate, but it is likely a deficiency of magnesium that is the problem.
- High amounts of oxalic acid and oxalates are poisonous
- Plants containing oxalic acid are not harmful as part of a varied diet, however, people with kidney disorders, gout, rheumatoid arthritis and chronic vulvar pain (vulvodinia) are advised to avoid high oxalic acid foods.
- Many foods high in oxalic acid have been used to fight cancer and some sources suggest that oxalic acid may help to kill cancer cells and fight bacterial and viral infections (See <http://www.coljoe.com/>)
- Interesting note: Kimberly Balas says a high level of free calcium in the blood increases cancer risk

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Turmeric (*Curcuma longa*)

- Exerts antioxidant effects powerful enough to reduce carcinogenesis
- Enhances the effectiveness of chemotherapy in killing bowel cancer up to 100 times
- One study showed that turmeric inhibited skin and oral cancers at various stages of development
- An ointment reduced the size of cancerous lesions
- Reduces the size and progression of colon tumors



58

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- Reduces the size and progression of colon tumors

59

Venus Fly Trap

- Used for conditions such as tumors in advanced stages (mammary, bladder, prostate carcinomas and osteosarcoma) and solid tumors
- Also used for Hodgkin and non-Hodgkin lymphoma
- Cytotoxic, antimutagenic, antiviral, immune stimulant

Photo from Wikipedia Commons



60

Examples of Escharotics

- Samuel Thomson: Boiled red clover blossoms for an hour, removed blossoms, added more and boiled again. After removing blossoms, he boiled the decoction down to a thick paste
- William Fox, MD (1904): 2 oz. Blue Flag, 1 oz. Red Clover, 1 oz. Bloodroot (tinctures)
- Eli Jones: chromium chloride, zinc chloride, blood root, glycerin
- Hoxsey Salve: Antimony trisulfide, zinc chloride, bloodroot
- Christopher (black ointment): Mutton tallow, chaparral, red clover, comfrey, plantain, chickweed, poke root, mullein, beeswax, olive oil and pine tar
- C-Herb: Black walnut, burdock, white oak, mineral salts

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Prayer and Faith versus Fear

- One should carefully and prayerfully consider one's options when dealing with cancer
- God can guide you to know the right direction you should take
- Do not let choices be motivated by fear
- Take responsibility for your own health, and encourage clients to do the same



Spiritual Guidance story
Anita Moorjani Dying to Be Me

68

Upcoming Webinars



- **The Holistic Approach**
 - Tues, Sept 8, 6:00 PM MT – Liver and Colon Detoxification
 - Tues, October 13, 6:00 PM MT – Digestion and the Solar Plexus (Hiatal Hernia)
- **The Sunshine Sharing Hour**
 - Tues, Aug 25, 6:00 PM MT – Men's Health
 - Tues, Sept 29, 6:00 PM MT – Supplements for Your Blood Type

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Question and Answer Period

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