

Cancer Free University
presents

LIVING
CANCER
FREE
*Made
Simple*

The information presented in Living Cancer Free Made Simple is offered for general informational purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. It is not intended to recommend self-management of health problems or wellness. Please consult with your physician before beginning any supplementation, nutrition, or health program.

The producers and contributors of Cancer Free University and The Vitality Network shall not be liable or responsible for any loss or damage arising from any information or suggestion in this book.

Every effort has been made to insure the reliability and accuracy of the information.

The statements in this book concerning consumable products or food have not been evaluated by the Food and Drug Administration or other regulatory agencies.

This book or parts thereof may not be reproduced in any form, stored in a retrieval system, or transmitted in any form by any means without prior written permission of Cancer Free University and The Vitality Network, except as provided by United States of America copyright law.

Copyright © 2018

**Living Cancer Free
Made Simple**

*A happy heart is good medicine and a
joyful mind causes healing....*

Proverbs 17:22 (AMP)

Table of Contents

<i>Chapter One</i>	
Cancer and the Current Approach	1
<i>Chapter Two</i>	
A New Approach that Can Stop Cancer in its Tracks.....	4
<i>Chapter Three</i>	
Cancer as a Preventable Lifestyle Driven Disease	7
<i>Chapter Four</i>	
Food as Medicine	10
<i>Chapter Five</i>	
Important Steps to Take if You Receive a Cancer Diagnosis	12
<i>Chapter Six</i>	
Questions to Ask Oncologists and Radiologists	14
<i>Chapter Seven</i>	
Developing Personalized Powerful Protocols w/ Advanced Testing ..	18
<i>Chapter Eight</i>	
Living Cancer Free Checklist Suggestions:.....	20
<i>Chapter Nine</i>	
Frequently Asked Questions	22
<i>Chapter Ten</i>	
There's HOPE for YOU!	24
<i>Chapter Eleven</i>	
Cancer Free University – Taking Learning to the Next Level.....	25

Cancer and the Current Approach

It is possible to live cancer free! Your human body was miraculously created and healing is encoded in your DNA. You've experienced its healing power every time you scraped your knee, cut your finger, or came down with a cold. So, what's the problem with cancer? Shouldn't we be able to harness the body's innate healing capabilities? Why is cancer such a big problem?

The National Cancer Institute says that cancer is the name given to a collection of related diseases where some of the body's cells begin to divide without stopping and spread into surrounding tissues. This uncontrolled cellular dividing is attributed to nearly 1 out of 4 deaths in the United States. The purpose of this booklet is to change that tragic statistic and you can be a part of that change.

First, let's learn a bit more about cancer. Did you know that the old belief that cancer is inherited genetically has been debunked? One reason that cancer seems to run in families is because we tend to adopt the same eating and lifestyle habits as our parents. Studies report that approximately 5 - 10% of cancers originate from a pre-birth coding in your DNA. Meaning that around 90% of cancer cases develop during our lifetime.¹

Our DNA, which lives in the nucleus of our cells, plays a big role in the development of cancer. You see, it's easily damaged by a host of different factors. Things like stress, sedentary lifestyle, processed fats, and environmental exposures are all implicated in the process. For example, pesticides, especially ones that are fat soluble, can get across the cell membrane and penetrate into the nucleus that protects our DNA. Once inside the nucleus, they can attach to the DNA, causing it to lose its shape or cause a break in a strand. This process, called a mutation, alters our healthy DNA and can convert a healthy cell into a cancerous cell.

You might say, "These things are all around me and unavoidable." But I say again, your body was created to heal. Let's learn more.

Continuing on, let's take a look at an individual cancer cell. What makes it different from a healthy cell? Cancer cells have a broken metabolism.² Simply put, it's a problem in the way the cells create energy. Energy production occurs in the tiny mitochondria inside each cell. Each of our cells has a few hundred to about two thousand mitochondria, depending on the cell's need for energy. These tiny energy factories turn the food we eat and the oxygen we breathe into energy. Approximately 90% of the oxygen that we breathe is used in this process. In a cancer cell, the normal healthy process of energy

production has been damaged. The cell is no longer rich in oxygen and cannot convert the nutrients and fats in our diet into energy. As a result of this, the cells begin looking for an alternate way to create energy. The answer - use sugar as a replacement fuel. This conversion process doesn't require the missing oxygen, so presto! The cells have found a way to survive, and we now have a "sick" or cancerous cell. If you consider how complex, yet simple the cause is, you can get excited about things that we can do to prevent the disease in the first place.

Did you know that most people have had cancer for 7-10 years before it's discovered? Furthermore, patients usually don't have symptoms until the disease has been around for a long time. It's time to stop waiting for the situation to become life-threatening and scary before we begin the healing process. A healing process that uses entirely new strategies – without conventional therapies like chemotherapy, surgery and radiation.

Unfortunately, there's not much done for prevention which is extremely powerful. The idea of increasing oxygen levels, building healthy cell membranes, decreasing toxins, and providing anti-cancer nutrients are rarely considered.

Let's review the standard therapies and things you can do to support your body:

Surgery:

- Useful for reducing the amount of cancer that the body has to deal with, also referred to as tumor burden.
- Can be lifesaving by removing a blockage in normal body function
- Triggers the secretion of growth factors to facilitate a healing response. These same growth factors can stimulate cancer cells to grow.³
- Does not address tiny (too small to be seen on a scan) cancer cells that have escaped into the bloodstream before or during surgery.⁴
- Usually involves a hospital stay, and lengthy recovery. An option is the new CO₂ laser surgical technique that's available for breast cancer, even mastectomy procedures, greatly decreases the healing time and usually does not require an overnight hospital stay. (www.laserbreastcancersurgery.com) Another new technique is cryoablation, a process where tumors are frozen, usually utilized with tumors less than 2 cm.⁵ Primarily with breast and prostate cancers.
 - » Supplements you can consider using to promote healing if having cancer surgery:
 - Modified citrus Pectin – Shown to lessen the "stickiness" of cancer cells and reduce the risk of metastasis ⁶
 - Omega-3-fatty Acids - Reduces inflammation ⁷
 - Bromelain – Shown to interfere with the growth of malignant cells ⁸

Chemotherapy (Cytotoxic Drug Therapy):

- Kills cancer tumor cells, while often allowing cancer stem cells to remain.⁹
- Can stimulate cancer growth and promote new cancers.¹⁰
- Can promote chemo resistant cancer cells.¹¹
- Damages healthy cells. For example, immune cells and the heart muscle are common victims.^{12,13}
- Produces many health impairing side effects. i.e. nausea, fatigue, etc....¹⁴
 - » Detoxing after chemotherapy is important. Here are a few things you can consider:
 - Heat is a great way to detox. Saunas and hot baths with Epsom salts can help move the toxins out.
 - Rebound 5-10 minutes a day to get the lymph system moving.
 - Drink one ounce of water for every 2 lbs. of body weight each day.
 - Drink fresh vegetable juices.¹⁵
 - Take curcumin as an anti-cancer nutrient and to support immunity.¹⁶
 - Take Chlorella, it's been shown to be effective for removing toxins from the body and is extremely nutrient dense.¹⁷ Be sure to get a brand that is clear of heavy metals.

Radiation:

- Can reduce the size of a tumor.
- Does not deal with circulating tumor cells in the blood stream.
- Can increase the risk for future cancer.¹⁸
- Damages healthy tissue.^{19,19}
 - » Supplements can help with radiation, consider:
 - Curcumin is shown in several hundred studies to provide protective effects from radiation therapy – it's also anti-inflammatory.²⁰
 - Genistein, a component of fermented soy, has been shown to reduce radiation side effects and induce cancer cell death.²¹
 - The herb astragalus has been shown to reduce the damage to healthy tissues.²²

Chapter Two

A New Approach that Can Stop Cancer in its Tracks

What if we've had the wrong approach in dealing with cancer. We've been chasing the tumors, placing the starting line several years into the diseases development. The starting line has been placed several years into the diseases development.

The exciting news is that we have the technology to push the starting line back several years, and set aside our accepted harsh cancer therapies, turning cancer into a disease that's not acute, but manageable and reversible.

Today, new blood tests, can detect cancer when a tumor is as tiny as 1-2mm. This is years before it would typically be found. Sadly, most people aren't aware of these tests and their doctors aren't mentioning them. For decades, we have been waiting for tumors to develop or for people to report symptoms like weight loss and fatigue.

You see, the answer is in the blood. Tissue biopsies aren't required.

Here are a few ways that cancer can be identified with a blood test:

- Tiny clusters of cancer cells produce substances such as autoantibodies in the blood stream that identify cancer²³
- Tumors are fed by the bloodstream and cells escape and travel around the body through the blood.²⁴ Once in the bloodstream, they are referred to as Circulating Tumor Cells (CTC). CTCs are detectible in a blood test
- DNA defects and markers on the carcinogenic cells can identify cancer.^{25, 26} These cells can be found in a blood test

The reality, is that millions of people have developing cancer and aren't aware of it. Let's stop focusing on the tumors and focus on healing. This new ULTRA early detection is powerful and life-saving.

So, does it make sense to wait to intervene? Why don't doctors routinely offer these new tests? There are several reasons. Let's look at them individually. The 1st is that some cancers are slow growing and will never be life-threatening, or may resolve on their own. Most people who support this train of thought are of the opinion that the only way to deal with cancer is with harsh therapies like chemo, surgery, and radiation. They scream warnings of over treatment. We would say to them that we need to redefine what an anti-cancer therapy is. We as a society have been brainwashed to think that there's not much

that we can do to prevent or heal from cancer, other than not smoking and participating in a regular exercise program. For example, there is a large body of evidence validating the use of heat therapy to kill cancer cells. Also, as you read in the first chapter, curcumin is a powerful anti-cancer natural substance. Not to mention, garlic, artemisinin, Vitamin C, Vitamin D, and EGCG (a substance in green tea). The list goes on! We know that early detection improves long term survival. And we can do much better than mammograms and PSA counts. Science has come a long way and we have tests that are much more sensitive.

The 2nd reason that we wait so long to intervene is that our current medical system is based on “reacting” to disease. The system does not have anything to offer if cancer is found before a tumor mass is found. Or in the case of blood based cancers, a person isn’t feeling well and a blood test diagnoses cancer. Because of this healthcare model, cancers are left undetected for years, waiting for patients to meet the qualifications for chemo, surgery, or radiation. Wouldn’t it be great if we could use new, more sensitive tests to find signs of cancer super early and intervene with natural anti-cancer therapies that stop and reverse cancer? I’m not sure what all those oncologists would do. We’ve built an entire empire across the world of cancer clinics and hospitals. Maybe they could get in the business of functional medicine, where the body is looked at as a whole system, healing modalities are utilized, and prevention replaces the need for harsh therapies.

The 3rd reason is FEAR! Cancer is a scary word. Most people go through life hoping that they won’t get it, but never do much to prevent it. Standard health exams and lab work won’t find it. I know lots of people who were given clean bills of health, only to find out a few months later that they have cancer. Our medical system has allowed cancer to become a big monster because they wait for years before discovering it and the therapies are downright terrible. Once discovered, it’s promoted as an urgent problem that needs intervention right away. Unpleasant interventions! What we say next is something that many people are not of aware of: We have tests that can detect cancer years before someone would qualify for chemo, surgery, or radiation. Lots of them. We also have natural healing therapies and lifestyle changes that can be a powerful component in the healing process.

The 4th is the almighty dollar. We have an entire industry built around therapies. There are special hospitals all over the world that cater to cancer. They have surgical suites for removal of cancerous body parts, radiation wings with metal barriers to protect the workers from the toxic effects of radiation, and rooms lined with comfy recliners for the administration of chemotherapy. What would all these people do if cancer was stopped so early that they would have no customers?

The 5th reason is that most physicians are bound by the current health care system. They’re required to follow protocols and don’t consider options that aren’t in their playbook. They aren’t aware of the body’s own healing capabilities because medical school has trained them to rely on a pharmaceutical approach. That’s why we, as consumers, need to demand change. We must make our voices heard. All things are possible. As we learn and

increase our knowledge, we can push the starting line back and stop cancer. Our united voices can demand change.

Chapter Three

Cancer as a Preventable Lifestyle Driven Disease

Accepting the reality that we can prevent cancer requires a change in perception. We need to stop associating cancer with fear, pain, and possible death. Instead, we need to put our faith in our body's ability to heal. We need to replace all the images of people with no hair, with images of strong and healthy people. This faith will require action. In the 1st chapter we learned that lifestyle is strongly implicated in cancer development. When it comes to cancer and a host of other chronic diseases, prevention is the cure. And if you do develop cancer, finding it long before toxic therapies are suggested.

We have a society that's conditioned to chasing the problem. Whether it's yeast, parasites, allergies, diseases like cancer, Alzheimer's, Parkinson's, or fibromyalgia - we must address and change the contributing aspects of our lifestyles. Have you ever heard the saying, "a wheelbarrow only goes as far as YOU push it"? It's time to make a commitment to learning what our bodies need to be healthy, filling our wheelbarrows with those items, and implementing each item into our daily lives.

Consider this:

**HARVARD - T.H.
Chan School of
Public Health**

- Among men, 63% of cancer cases are preventable.
- Among men, 67% of cancer deaths are preventable.

The following research reported by MD Anderson Cancer Center is even more compelling:

**MD Anderson
Cancer Center**

“Only 5-10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90-95% have their roots in the environment and lifestyle”.

Did you know that regular exercise not only lowers your risk of cancer and other diseases, but it helps your body detoxify? Unlike our vascular system that’s propelled by the pumping of the heart, the lymphatic system requires the contraction of our muscles for the movement of lymph fluid. If not, the fluid, with all its toxins, build up in the tissues. So, by simply walking or jumping on a mini-trampoline, you’re actually pushing lymph

through your body so that it can be returned to the vascular system where it's toxins can be removed by the liver, kidneys, stool, breath, and skin.

Here's another lifestyle example, look at the effects of alcohol:

**AMERICAN
CANCER
SOCIETY**

Alcohol and the risk of cancer:

- **Bacteria that live in the colon and can convert alcohol into large amounts of acetaldehyde, a chemical that has been shown to cause cancer**
- **Alcohol and its byproducts can damage the liver and other tissues, leading to inflammation and scarring. As they repair the damage, mistakes in DNA replication can occur, which can lead to cancer.**
- **Alcohol consumption has been directly related to increased incidence of cancer of the breast, colon, rectum, liver, mouth, throat, voice box, and esophagus.**

Now, look at this statement reported in the Huffington Post by M.D. Anderson Cancer Center Researchers:

“Cancer is a preventable disease that requires major lifestyle changes.... Genes are absolutely not our fate.”

The consensus is CLEAR! Cancer is a “Preventable Lifestyle Driven Disease”. I invite you to visit the below link. It's interactive with tons of supporting data: <https://goo.gl/WBCVbu>.²⁷

Let's avoid the common misbelief that we must make new medical discoveries to make headway against cancer. This is simply not true. We have the knowledge and tools right now!

Chapter Four

Food as Medicine

We've had documented research for many years that fresh fruits, vegetables and herbs contain cancer fighters. In fact, more than 25,000 different phytochemicals have been identified to have cancer preventive and cancer fighting properties. The powerful substances in these foods are called phytochemicals because they occur naturally. The good news is that they're readily available, safe and usually target multiple cancer growth pathways.

Look at the many benefits of phytochemicals reported by the American Institute of Cancer Research.

Phytochemical Benefits:

- Stimulates the immune system.
- Blocks substances we eat, drink and breathe from becoming carcinogens.
- Reduces the kind of inflammation that makes cancer growth more likely.
- Prevents DNA damage and helps with DNA repair.
- Reduces the kind of oxidative damage to cells that can spark cancer.
- Slows the growth rate of cancer cells.
- Triggers damaged cells to commit suicide before they can reproduce.
- Helps to regulate hormones which can fuel cancer.

Here are a few powerful sources for anti-cancer phytonutrients.^{28, 29}

- Fresh Sprouts (Especially Broccoli Sprouts)
- Kale
- Leafy Greens
- Cauliflower
- Brussel Sprouts
- Broccoli
- Carrots
- Green Peppers
- Celery
- Apples
- Blackberries
- Raspberries
- Blueberries
- Dark Cherries
- Grapefruit
- Onions
- Curcumin
- Garlic
- Oregano
- Sage
- Parsley
- Green Tea
- Black Pepper
- Mint
- Ginger
- Thyme
- Basil
- Oregano

Steps to Take Now

- Eat a diet high in a variety of vegetables, fruits, and herbs. Be sure to focus on the brightly colored and flavorful varieties, which are often the best sources of phytochemicals.
- Stick to low glycemic fruits such as berries and green apples.
- Pass on starchy vegetables such as potatoes.
- Set a goal of eating at least 50% of your food raw.
- Consume foods as close to the time of harvest as you can. Nutrients begin to deteriorate after harvest. Remember to “EAT FRESH” for the most potency. Phytochemicals in supplement form may not be as easily absorbed.
- Eat fermented foods and beverages as they provide an excellent source of healthy gut bacteria. Fermented foods must be purchased refrigerated.
- Eat organic whenever possible. Especially when purchasing one of the most common GMO crops: corn, soybeans, canola oil, sugar beets, papaya, squash and potatoes.

Chapter Five

Important Steps to Take if You Receive a Cancer Diagnosis

1. Hold on to your JOY! Cancer has a way of taking your breath away and thoughts of fear can try to sneak in. Remember, the joy of the Lord is your strength. And in God's presence, is the fullness of joy - YOU are always in his presence

2. Remember, healing is encoded in your DNA

3. Be willing to implement both spiritual and physical actions to build a firm foundation of healing and health

4. Gather information. There are 3 approaches to dealing with cancer:

- The 1st is the conventional approach which includes modalities such as chemotherapy, surgery, and radiation
- The 2nd is a natural approach which is NOT drug based
- The 3rd is an integrative approach which uses a combination of both with an emphasis on natural healing and detox

Always take a support person with you to your appointments and take notes. Most people stop after receiving the conventional plan of care and never hear what the alternative options are. Please take the time to get a consult (information gathering appointment) with both conventional and integrative practitioners. Be confident that you have made a fully informed decision on the direction of your plan of care

5. Ask lots of questions. Refer to the list in chapter six. The answers that you receive will help you make informed decisions

6. Take the time that you need. Remember, a cancer diagnosis is rarely an emergency. The only thing that changed at the diagnosis, is that you became aware of the cancer

7. Consider hiring a cancer coach. Most cancer coaches have been through cancer and came out victorious. They can provide support and take the emotion out of the process

8. Assemble a team of experts. Find professionals such as open-minded conventional and integrated oncologists, nutritionists, cancer consultant, herbalists, etc. To locate an integrative oncologists or physician, log on to www.CancerFreeExperts.com and click on the "Find a Physician" tab.

9. Consider advanced testing to help your physician develop a personalized, targeted approach. Genomic, chemo sensitivity, and nutrient sensitivity testing provide this information. Conventional, integrative, and natural approaches to cancer can utilize the results. Don't agree to "COOKBOOK" medicine. For example, most hormone driven breast cancers are treated with the same drugs. There may be a drug that is more effective, but never considered because of the predetermined drug classifications. Detailed testing information is available my book, *Cancer-Free! Are You SURE?* or sit back and listen to in-depth interviews with testing labs, scientists, and integrative physicians by enrolling in Cancer Free University at www.CancerFreeUniversity.com (CFU). There is more information on CFU with a very special offer in the back of this book. Never assume that your physician is using this special testing. You need to ask and confirm that it is being used. You may have to insist on it

10. Formulate a "Healing Plan". Make a commitment to follow it

11. Fill your thoughts with faith and picture yourself "Cancer Free". Meditate on positive things. Fix your thoughts on your bodies healing ability and be thankful

12. Once the acute cancer situation is in your past, adopt Smart Medicine. Smart Medicine will keep you healthy. It's a plan that includes the mind, body and spirit. It encompasses regeneration and prevention through nutrition and lifestyle

13. Share your testimony at www.NoLumpOrBump.com. Encourage, and empower others

Questions to Ask Oncologists and Radiologists

Before starting any therapy, always arrange for a time to ask questions. It's important to understand how the therapy works and if there are side effects that might harm your health. Always read every word on any release forms that you're asked to sign. And even though the fine print on those product information leaflets may require a magnifying glass, read them. Write your questions down and ask them with confidence. Consider the answers and come to your own conclusions with the guidance of your doctors and cancer support team.

Keep in mind that conventional doctors are obligated to stay within the "standard of care" (chemo, surgery and radiation). These protocols are driven by the National Comprehensive Cancer Network, the American Society of Clinical Oncology and the Cancer Therapy Evaluation Program and do not address natural approaches. For example, if there is a natural substance that's been shown to be effective against cancer, it will not be included as a part of your conventional protocol. That doesn't keep you from asking about it, or even showing your doctor the research. You might be surprised with the response. The evidence for natural therapies is growing.

Don't be shy, ask your questions boldly, yet respectfully, and expect complete answers.

Questions for your oncologists prior to consenting to therapy:

1. Please explain my diagnosis and the staging?
2. What do you think may have caused my cancer?
3. How long has the cancer been growing in my body?
4. Why should I begin therapy now?
5. For solid tumors, is all of the cancer contained within the tumor?
6. At what point in the development of the tumor/tumors does the cancer have access to my blood supply?
7. Are there indicators of how aggressive or non-aggressive the cancer is?
8. Will you do any genetic or chemo sensitivity testing to personalize my treatment plan or are you recommending standardized therapies?

9. What treatment do you recommend?
10. What additional treatments might be recommended at a later time?
11. What is the 5-year survival rate for my specific condition with your recommended protocol?
12. What is the 5-year survival rate for my specific condition if I do nothing.
13. If a drug or chemotherapy is proposed, how does it work?
14. What are the short-term side effects?
15. What are the long-term side effects?
16. Are there any life-threatening side effects?
17. Will it kill ALL of my cancer cells?
18. Can it damage or kill my healthy cells?
19. Can it make my cancer more aggressive?
20. Can it cause more cancer in my body?
21. What is the cancer recurrence rate after this therapy?
22. Is the therapy you are recommending curative or palliative?
23. What is the “actual cure rate” for this therapy?
24. If the therapy does not work, what do I do then?
25. Would you recommend that your husband/wife or child do this therapy or protocol?
26. Would YOU do it?
27. What other treatment options are there?
28. Are there any supplements that I can take to support my body during the therapy?
29. What type of diet should I eat?
30. Do I need to limit processed foods, carbohydrates, and sugar?
31. Are there any benefits to a plant-based diet? What does the research say?
32. Will you be addressing any nutrient deficiencies that I may have?
33. What about Vitamin D supplementation?
34. What about high dose Vitamin C given intravenously, can it help?

35. How many people, that you've treated, has this therapy cured and how long were they cancer-free?

36. Do you have any patients that I can talk to who have successfully beaten this cancer?

37. Are you familiar with "circulating tumor STEM cells"?

38. How will you know that the cancer and "circulating tumor cells" are gone?

39. Do you make money from prescribing chemotherapy drugs and billing my insurance?

40. If I decide not to do the therapy, will you support my decision and order periodic lab work and scans?

41. Would you be willing to work with an integrative oncologist to manage my care?

42. Before I leave today, can you supply me with the "Safety Data Sheets" on all of the drugs in the proposed protocol?

43. Can you help me expedite getting a copy of my medical records, including all pathology, lab work, and scans?

Questions prior to consenting to radiation:

1. What is the goal of the radiation?

2. Will the radiation cure me?

3. If the answer is that it won't cure me, why should I do it?

4. Does the radiation damage my DNA, and if so, does that include my healthy and cancer cells?

5. Can the radiation cause damage to my healthy organs? If so, how will you protect them?

6. Will the radiation kill all the cancer in the area that is radiated?

7. What is the risk for the development of lymphedema? Would any resulting swelling be temporary or long-term?

8. Radiation is known to cause cancer, could you explain why I should use something that causes cancer to treat my cancer?

9. Is it true that radiation is a carcinogen?

10. Can radiation make cancer more difficult to treat in the future?

11. How do you explain the study at UCLA on breast cancer that found that radiation promotes malignancy in cancer cells and allows it to grow back stronger?
12. What about Cancer STEM cells? Does it kill them?
13. Will the radiation damage my immune cells?
14. What about taking supplements during radiation? Are there any studies on natural compounds that provide a protective effect from the side effects of radiation?
15. What can I do to improve the outcome of the radiation treatment?
16. Will the radiation extend my life, and if so, by how long?
17. If I don't undergo the radiation, will my life be shortened?
18. Will I require scans that expose me to more radiation before, during, or after the radiation therapy?
19. If a member of your family had the same diagnosis, would you recommend this radiation protocol for them?
20. Would YOU take this radiation protocol?

Developing Personalized Powerful Protocols with Advanced Testing

We have lots of new tests that can assist doctors in personalizing a treatment plan. Unfortunately, you will need to ask for the testing or you may not get it.

Here are several types:

- Genomic or genetic testing (Available as a blood test or tissue test) – These tests look at the genetic makeup of the cancer cells and match them to drug therapies which have a potential to target the cells. They also identify clinical studies that patients may qualify for
- Chemosensitivity (Blood Test) – These tests use the cancer cells that are extracted from a blood sample. This can be done even when the patient has a solid tumor cancer. No tissue biopsy is needed. The extracted cancer cells are put in direct contact with each chemotherapy drug and the cytotoxic effects are measured. The results identify which drugs are the most effective, eliminating drugs that will NOT work. Physicians can select the very best drug/drugs based on the overall results, avoiding a drug that might have produced a poor outcome. Special lab kits are necessary and must be ordered in advance. This testing is available for all cancers except brain tumors
- Chemosensitivity (Tissue Test) – This type of test requires a living tissue sample from the tumor. The sample is obtained during a surgical procedure and shipped overnight to the lab. The cells must be handled correctly and kept alive. Once at the lab, the tissue is tested against each chemo drug to identify the most effective therapy. This type of test requires that a special kit from the lab be available for the tissue sample collection process. Many people miss the opportunity for this type of test because arrangements are not made prior to surgery and the needed tissue is discarded
- Nutrient Sensitivity (Blood Test) This test uses cancer cells which are extracted from a blood sample. The cancer cells are exposed to multiple natural substances to identify the most powerful choices. This testing is available for all cancers except brain tumors. Special lab kits are necessary and must be ordered from the lab

Monitoring Your Status and Seeing a Recurrence Coming Early

For decades, we've relied on mammograms, PSA counts, PET/CT scans, MRI's and tumor markers to assess the progress of therapies or to look for the return of cancer. Today, we have many new, more sensitive tests available. Tests that are non-invasive and don't involve radiation.

The information that we are looking for can be obtained with a blood sample. Scientists have discovered that cancer sheds tumor DNA and whole cancer cells into the blood stream. Also, that cancer cells produce many substances that are available for detection in the blood stream. Unfortunately, most cancer patients think that the standard oncology blood work includes these new methods, but it usually doesn't.

Learn more about these tests in the book, *Cancer-Free! Are You SURE?* or watch in-depth interview with the labs by enrolling in Cancer Free University at www.CancerFreeUniversity.com.

Chapter Eight

Living Cancer Free Checklist Suggestions:

God is the source of your healing and wholeness. We are not to live in fear. Our desire is to free you from fear and to help you cultivate a conscious and committed relationship with your creator. God loves you and he cares for you. He is not mad at you. He is not upset or disappointed with you. He has a great plan for your life.

As you embark on a journey to wholeness, it's our desire to provide you with a simple blueprint and basic wellness wisdom. We want you to live and walk in freedom, fullness, and abundant health.

- Maintain a healthy weight
- Get at least 20 minutes of sun a day
- Manage stress
- Resolve emotional issues
- Get 8 hours of good sleep at night
- Sleep in a dark room
- Try to go to bed at the same time every night
- Unplug your Wi-Fi at night
- Don't eat 2-3 hours prior to bedtime
- Consume at least 50% of your daily food as "LIVING FOOD"
- Eat fresh and organic foods
- Limit starchy foods like potatoes and pasta
- Eat a serving of fermented foods every day
- Use turmeric in your soups and salads
- Consume good fats such as cold-pressed extra virgin olive oil, coconut oil, raw almonds, and avocados
- Practice occasional intermittent fasting. Here's an example of how you might do that. Consume all your meals in an 8-hour period. That means having a period of 16 hours in a day where you do not eat. Check with your physician before beginning any fasting program
- Use organic household cleaners and body products. Look for the USDA Organic seal
- Exercise several times a week
- Plant an organic garden and work in the soil without gloves
- Open your windows and get fresh outdoor air when possible
- Use a heat sauna for detoxification
- Resolve constipation

- Monitor your “C-Reactive Protein” level and keep inflammation levels low
- Limit alcohol
- Make gluten free food choices. Remember, the foods that contain gluten are high on the glycemic scale and should be avoided anyway
- Avoid trans fats such as those in margarine, vegetable oil, canola and fried fast foods
- Avoid processed foods such as chips, cookies, and cakes
- Do not smoke

Chapter Nine

Frequently Asked Questions

1. Do we all have cancer?

Answer: Everyone produces cancer cells; however, the immune system should take care of them, stopping their growth and eliminating them from the body.

2. If the immune system will take care of cancer, why should I test for cancer?

Answer: Unfortunately, the immune system can falter. 1 out of every 4 deaths is attributed to cancer in the United States. Early detection can prevent the need for harsh therapies and greatly increases outcomes.

3. Is the health of my gastrointestinal track linked to cancer and disease?

Answer: Yes. A leaky gut is directly related to autoimmune diseases and inflammation. Inflammation fuels cancer.

4. Why are many people told that they are “Cancer Free” after therapy – only to have the cancer return?

Answer: Unfortunately, they were not “Cancer Free”. The tests that their doctor used were not sensitive enough to identify the microscopic cancer cells that were left behind in the blood stream.

5. Is there testing available to see these microscopic cells?

Answer: Yes. Most integrative oncology clinics offer it.

6. Does sugar feed cancer?

Answer: Yes, processed sugars and high glycemic foods fuel cancers growth. Cancer cells have an increased number of insulin receptors to shuttle the sugar into the cells, where it is used for fuel and propels growth.

7. What about sugar in fruit?

Answer: Most physicians encourage low glycemic organic fruit, such as, green apples, blueberries, raspberries, and strawberries.

8. How can a ketogenic diet be used as therapy for cancer?

Answer: A ketogenic diet is high in healthy fats. These fats are converted to ketones in the liver. The goal of the therapy is to switch the body to a ketone burning metabolism. Cancer cells cannot use ketones for fuel, so they are stressed, inhibiting their growth and life cycle.

9. Are mammograms a good screening test for breast cancer?

Answer: No. You must have a small tumor, which can take years to develop, before a mammogram will detect cancer. The radiation and pressure on the breast is also not good.

10. Why do the majority of doctors not offer early screening tests for cancer, like they do for diabetes or heart disease?

Answer: With diabetes and heart disease, they can treat you with a prescription drug. In the case of solid tumors, if cancer is found before a scan can detect the tumor, the doctor has nothing to offer you. However, “Ultra” early detection gives you a HUGE opportunity to intervene with diet, supplementation, exercise and lifestyle – potentially stopping and reversing the disease process.

11. If I choose to go ahead with conventional therapy because that’s what my insurance will pay for, can I still do things to help reduce the side-effects and increase the effectiveness of my therapies?

Answer: Absolutely! Most integrative physicians are happy to provide support. Arrange a consult to determine your options.

Chapter Ten

There's HOPE for YOU!

May 15, 2012, I was given the diagnosis that many people FEAR. I was diagnosed with Stage 4, end stage, breast cancer that metastasized into my bones, organs and lymph nodes. I was told that I had anywhere from three weeks to 90 days to live. I went from oncologist to oncologist trying to find someone, anyone, to help me. In the end, MANY oncologists told me there was absolutely no hope and that there was nothing that medical science could offer me. I'm excited to say, that ninety days later, instead of being dead, I was totally cancer free! Life was great!

Around 5 years later, I was experiencing a persistent cough and went to the doctor. That's when I received the second life altering diagnosis. Before I knew what was going on, I found myself in a wheelchair. I was on oxygen and had to have my lungs drained many times. A CAT scan revealed that the cancer was everywhere. The doctor told me that I had one week to live. I went to a second oncologist and he told me I had about a day and a half to live. Little did I know; I was in the fight of my life. I decided to do the RGCC testing and assembled a team approach to treatment. After being totally incapacitated and fighting to stay alive each day, sometimes minute to minute, I began to get stronger. Today, I am doing amazing and I look and feel great again.

I'm sharing this story because I want you to know that there is HOPE for YOU. And even after being given multiple death sentences, I now stand totally healed. Your body can HEAL! You can be restored to health. I invite you to explore all the resources that were designed to help you defeat cancer in Cancer Free University.

God Bless You,

Shirley Williams

Chapter Eleven

Cancer Free University – Taking Learning to the Next Level

If you're ready to learn more, enroll in Cancer Free University.

The series is moderated by health professional, educator, author, speaker, and cancer survivor, Jenny Hrbacek. Learn from over 70+ world-class experts in a dynamic 3 curriculum series. Receive unlimited access to online, on-demand content. DVD's of core content are also available. New content is added regularly.

After completing Cancer Free University, you will:

- Understand advanced cancer detection testing
- Know how to access the testing
- Understand treatment options to chemotherapy, surgery and radiation
- Understand the testing options necessary for the development of a personalized and targeted healing plan
- Know how to connect with an integrative oncologist or functional medicine practitioner
- Be able to implement healing strategies
- Learn how to monitor for cancer recurrence with state-of-the-art testing not available at most large cancer institutions
- Be able to have an educated conversation with any oncologists
- Understand the many prevention strategies
- Be empowered to let the fear of cancer go!
- Know how to stay Cancer Free!

ENROLL NOW AT:

www.CancerFreeUniversity.com

CANCER FREE 
UNIVERSITY

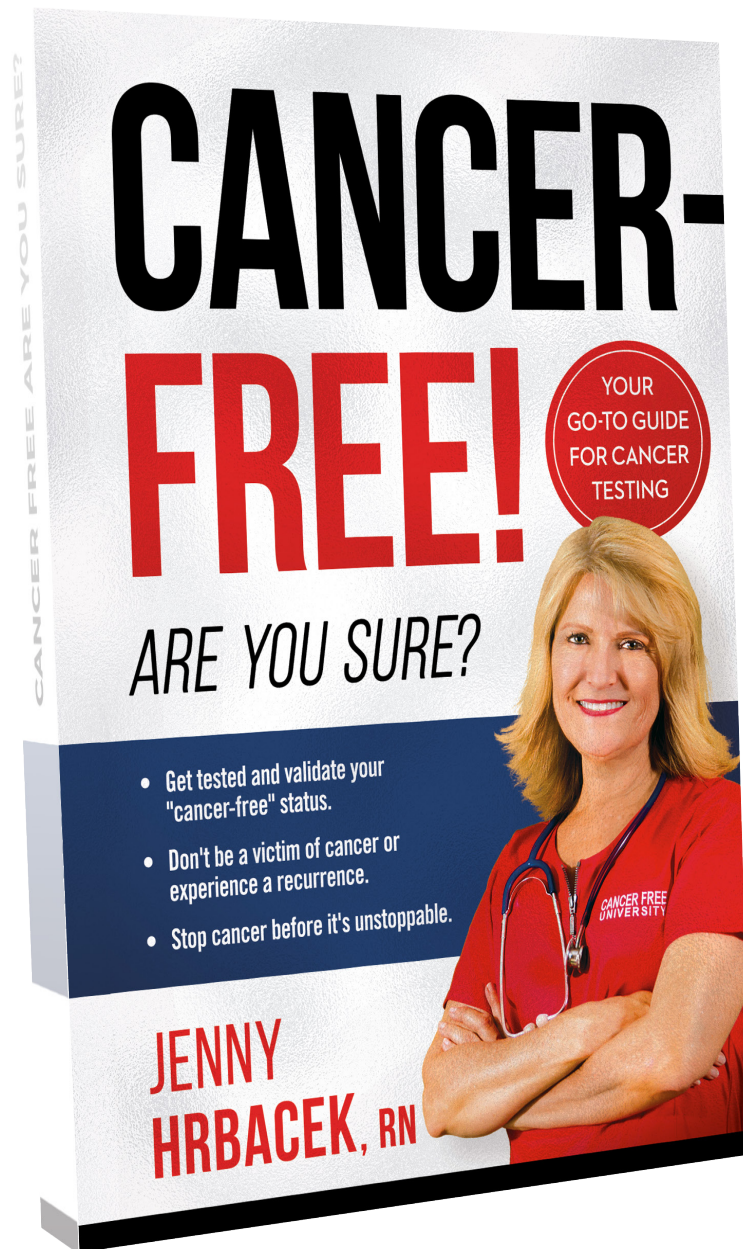
FOR 50% OFF ENROLLMENT

Use Coupon Code: CANCER50

ON THE PAYMENT SCREEN



NEW OCTOBER 2018



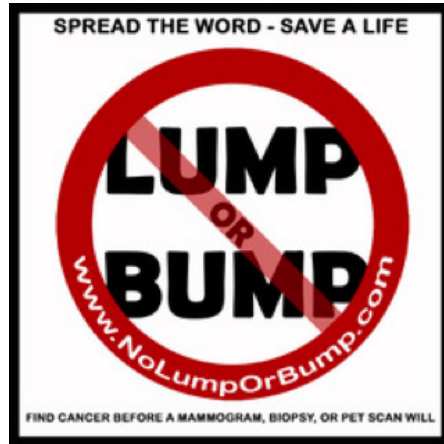
POWERFUL LIFESAVING CONTENT

PRE-ORDER AT:

[Amazon](#) | [CancerFreeBook](#) | [Barnes & Noble](#) | [Walmart](#)
[Charisma House](#) | [CBD](#) | [Books-A-Million](#)

LEARN MORE AT:
www.CancerFreeExperts.com

**INSPIRE OTHERS & SHARE THE STORY OF YOUR PATH TO
HEALTH AT:**
www.NoLumpOrBump.com



References:

- ¹ <https://www.nature.com/articles/nature16166>
- ² <https://www.sciencedirect.com/science/article/pii/S2452336417300420>
- ³ <https://www.usatoday.com/story/news/2018/04/11/breast-cancer-surgery-healing-study/506525002/>
- ⁴ <https://www.nature.com/articles/srep43464>
- ⁵ <https://meyercancer.weill.cornell.edu/news/2016-10-19/cryoablation-freezing-away-breast-cancers>
- ⁶ <http://www.lifeextension.com/magazine/2009/3/Modified-Citrus-Pectin-Fighting-Cancer-Metastasis-Heavy-Metal-Toxicities/Page-02>
- ⁷ <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/omega-3-fats/>
- ⁸ <https://www.sciencedirect.com/science/article/pii/0378874188901274>
- ⁹ <https://www.medscape.com/viewarticle/836530>
- ¹⁰ <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/second-cancers-in-adults/chemotherapy.html>
- ¹¹ http://www.bloodjournal.org/content/122/21/1774?utm_source=TrendMD&utm_medium=cpc&utm_campaign=Blood_TrendMD_0&sso-checked=true
- ¹² <http://www.breastcancer.org/tips/immune/cancer/chemo>
- ¹³ https://www.nccn.org/patients/resources/life_with_cancer/managing_symptoms/cardiac_toxicity.aspx
- ¹⁴ <https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/chemotherapy/chemotherapy-side-effects.html>
- ¹⁵ <https://cancercompassalternateroute.com/detox/therapies-to-detox-the-body/>
- ¹⁶ <http://www.lifeextension.com/%20magazine/2011/3/How-Curcumin-Protects-Against-Cancer/%20Page-01>
- ¹⁷ <https://thetruthaboutcancer.com/health-benefits-of-chlorella/>
- ¹⁸ <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/second-cancers-in-adults/radiation-therapy.html>
- ¹⁹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2670578/>
- ²⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4896895/>
- ²¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5762702/>
- ²² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3878281/>

- ²³ <http://oncimmune.com/lung-cancer-test/>
- ²⁴ <https://www.sciencedirect.com/science/article/pii/S1931524416303498>
- ²⁵ <https://biocept.com/>
- ²⁶ <https://www.ivygenelabs.com/>
- ²⁷ <https://mdanderson.influent.utsystem.edu/en/publications/cancer-is-a-preventable-disease-that-requires-major-lifestyle-cha-2>
- ²⁸ <https://www.ncbi.nlm.nih.gov/pubmed/26503998>
- ²⁹ <http://www.greenmedinfo.com/blog/25-cancer-stem-cell-killing-foods-smarter-chemo-radiation>

IMPORTANT NOTE:

The information presented in *Living Cancer Free Made Simple* is offered for general informational purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. It is not intended to recommend self-management of health problems or wellness. Please consult with your physician before beginning any supplementation, nutrition, health, or disease management program.

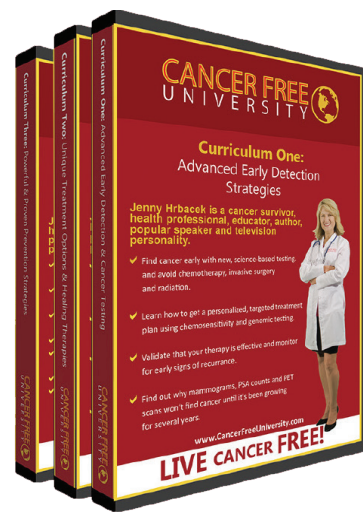
CANCER FREE UNIVERSITY

Presented by Health Professional, Educator, Author, Speaker and Cancer Survivor, Jenny Hrbacek

**Curriculum 1:
Advanced Early
Detection Strategies &
Testing Options**

**Curriculum 2:
Unique Treatment
Options & Healing
Therapies**

**Curriculum 3:
Powerful & Proven
Prevention Strategies**



DVDs Available



Available online at
www.CancerFreeUniversity.com
Coupon Code: **CANCER50**
(Receive 50% Off)

70+ courses presented by
world-class experts delivered in a
dynamic **3** curriculum series!

