

RECIPES

**from physicians, scientists and
laymen in the fight against**

Cancer

**Collected by
Hanna Kroeger
Minister**

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INTRODUCTION

The future belongs to those nations who are willing and capable to adopt the science of nutrition, and take full advantage of its teachings.

Dr. G. von Wendt (Sweden)

This is a recipe booklet for the betterment of your health. The recipes are diligently collected from all parts of the world. The American Indians have their part in it, so do the scientists of Japan, Europe and America. There are recipes from laymen, scientists and physicians. The best recipes are inspirational.

As a European-trained nurse (University of Freiburg), my eyes were opened early to health problems. Many happy years of work at Professor Brauchles' Clinic for Natural Healing have contributed to the knowledge in this booklet.

The greatest contribution, however, was made by Our Lord Jesus. In the secret, quiet hours at the Chapel of Miracles in Boulder, Colorado, this booklet found form and substance. My thanks goes to Him, the Creator and wondrous Keeper.

CANCER

The word "Cancer" has such a terrible sound. It is a death sentence in six letters. It is an end of all your dreams. It ruins your family. It ruins springtime and the fall. You can't see the beauty of the flowers any longer, nor the sky with the sailing clouds. The helping hand you push away, because you gave in to six small letters, "cancer." The "C" is twice in this word, just to make it sharp and pointed, irritating and hurting. With its hooks, it penetrates your mind, and like a fish hook in your flesh, this hook cannot be pulled out of your mind easily. It sticks in your mind, "cancer, I have cancer."

Since cancer became one of the most common diseases in America, every third person has it, statistics go as far as to say every second person has it. We should be used to hearing the word "cancer" without fear. But, instead, the fear phantom increases with every case diagnosed. This fear-syndrome is paralyzing to our inborn defense mechanism. We just give in. Like a mouse is paralyzed for fear when a snake comes close, so, most of us are paralyzed when the verdict is given that *you* have cancer.

We go to our desks and start cleaning out. We put our estates and affairs in order. In our minds, we say good-bye to all plans and dreams we had for the future. And we retreat into a shell that screams, "Don't touch me, I am doomed."

If this happens to *you*, turn around and uplift your life. Go to the dress shop and spend some money on a pink or rose-colored dress. Some high-heeled shoes would fit. So you know physically that you're over your resentments and over your fear syndrome.

Take a mild, herbal sleeping pill until you are over the first shock. Then start creating your life all over again, new and beautiful!

In every case, when your health has deteriorated to the point of diagnosis, you belong under the guidance of a physician. Besides that, you cannot go on undermining your health with all the wrongdoings you have been doing over the years. Rebuilding your health is your problem, not your physicians'. The physician helps you to eliminate illness, but you, and you alone, can rebuild health.

Health is the most precious possession you, personally, can have. You cannot buy it, you have to work at it. You have to sacrifice for it.

Health is your heritage, your freedom from illness. Just as the citizens of a nation have to work and sacrifice for the precious gift of freedom, to hold it and keep it, so the individual has to work on the precious heritage of freedom from illness. You work on it by educating yourself, changing your diet and life-style, changing your outlook to see the purpose of life and by believing in the universal law that “as a man soweth, so will he reap.”

CHAPTER I

WHAT IS “CORRECT NUTRITION?”

Many books have been written on this subject. The essence of all these books are the following:

- 1) Quality of Food
- 2) Quantity of Food
- 3) Proper Preparation of Food
- 4) Electro-Magnetic Energy in Food

All these I will bring to your attention in the next pages.

1) *Quality of food.* The industrial treatments of natural foods has in no way increased the *quality of food*. The accumulative effects of chemicals, additives, and colorings are discussed at length in many pamphlets and books. The advantage of long shelf-life of cereals, flours, ready-made products, oils, fats, breads and other necessities of life, carry a stigma of dark angels with them. The dark angels bring suffering and ruination of good health.

The terrible human suffering of added hormones to the feed of animals is rarely discussed. Chicken, eggs, milk and meat still carry the hormonal additives and can make large changes in the male-female relationship of humans. The delicate hormone balance is constantly upset. The very cell is in an uproar. Here are some experts speaking:

Dr. Kotshan (MD):

“Our civilization thinks and teaches that by beautifying natural foods, its quality could be improved. However, applying our advanced technology to food preparation, preservation, packaging and man-handling, the biological substance of our entire population is at stake.”

Dr. Kollath (MD):

“The nutritional crisis in which we are now, is something new in history. The change in the quality of food by taking natural substances away and replacing them with artificial additives will always denature the food value and serious consequences have to be expected.”

Dr. Vollati also said:

“Denatured nutrition can destroy the best nation and, therefore, it should be in the interest of the government to protect its subjects from using denatured food.”

2) The *quantity of food* a person on denatured foods can consume is absolutely amazing. Why do people eat so much? They can't do much physical work. They push the button to run the washer, they

push a button to have heat. The modern man only walks from the house to the car, from the car to the office, and sits in an easy chair as advertised. Why does he need such huge quantities of food? Put yourself on the floor in a position like animals do and see for yourself how small you are. Not bigger than a large dog. Yet, people eat at least three times and they eat huge quantities of rich foods.

Man has to eat that much, because the food is denatured and void of minerals and trace minerals. Your body cries out for food but it is asking for minerals and if after a big meal your body cries out in angry hunger pangs, it is saying: give me minerals. Another load of denatured food is offered.

Here is a short survey of the mineral content of natural food versus refined food.

MINERAL CONTENT BEFORE AND AFTER INDUSTRIAL TREATMENT

	Calcium	Magnesium	Iron	Potassium	Sodium
4 Ounces Whole Wheat	40 mgs.	120 mgs.	15 mgs.	400 mgs.	40 mgs.
4 Ounces White Flour	15 mgs.	17 mgs.	1.3 mgs.	12 mgs.	8 mgs.
4 Ounces Whole Rice	110 mgs.	250 mgs.	50 mgs.	560 mgs.	160 mgs.
4 Ounces White Rice	8 mgs.	23 mgs.	3 mgs.	62 mgs.	62 mgs.
4 Ounces Molasses	50 mgs.	22 mgs.	15 mgs.	600 mgs.	500 mgs.
4 Ounces White Sugar	0 mgs.	0 mgs.	0.3 mgs.	0 mgs.	0 mgs.

It is known that the human frame of 160 pounds needs the following mineral supply for one day.

4000 mgs. Magnesium	5000 mgs. Sodium
1500 mgs. Calcium	500 mgs. Potassium
15 mgs. Iron	

Mineral depleted foods lead the appetite astray to an enormous over-consumption of salt and sugars and yet, with every candy bar, we deplete our calcium reserves in blood and bones.

It is a vicious, devilish cycle.

Dr. Russel Wilder, Dean of the Medical Faculty at the University of Chicago, once said, "Nutrition of today should be on the bench in court. With the denatured nutrition of today, health is destroyed for two and three generations."

Dr. Max Gerson:

"As a physician, I demand that nutritional therapy will be made the foundation of all health therapies to regain and maintain health."

Unfortunately, the lack of minerals and trace minerals does not show up on severe illnesses at once. Neither does the damage of over-eating show up the day after you ate too much. The body compensates with enlarged intestines for a long time.

When you have several uncovered checks floating at the same time, it will take several days or weeks until they bounce back. You may be able to cover one or the other, you may be able to keep them floating, but one day, it hits back hard and all at once. Bankruptcy is inevitable.

So it is with your health: One day your mistakes cannot be covered up or compensated any longer, and it hits back with a heart attack or an arthritic condition with a Cancer growth or what not.

“The road to health goes through the kitchen, not through the drug store,” said Dr. Riedlin, M.D. And Dr. Bircher Benner, whom I knew personally, said, “A demonic force of destruction seems to work with our foods. We spend millions and millions to destroy good healthful food and change it into lifeless denatured death food.”

3) The *preparation of food* starts with shopping. Farmers Markets are the best. Those home-grown vegetables, those delicious unsprayed apples, the tree-ripened fruit, and those berries. The pure honey and fertile eggs!!! The chickens run and have exercise. They are fed grains and greens and you can taste the goodness of nature in every egg. Some carry homemade breads. But most of us have to go to Super Markets. The fruit was picked green for transportation’s sake. So are the tomatoes and most of them are tasteless.

The colored oranges and the waxed cucumbers look beautiful. There again, we find industrialization for beauty’s sake.

We know the dangers of pesticides, coloring, additives, and preservatives. We know that all these things have an accumulative, detrimental effect on the body’s reserves. Alkaline Acid imbalance becomes a contributing factor to severe illnesses when enough poisons enter the tissues.

There are several proven methods to counteract the foreign substances in food, vegetables, milk, water, fruit and everything else consumed.

Linda Clark speaks on detoxifying fruit and vegetables by placing them in a very light solution of Chlorox.

One-half teaspoon Chlorox to one gallon water.

Place vegetables or fruit in solution and soak for ten minutes.

Rinse carefully. Store in refrigerator until use.

This formula definitely makes leafy vegetables last much longer and keeps them crisp. There is another help on the market. “Soma,” the Magnetic Detoxifier will detoxify water, juices, milk, vegetables, and groceries. The “Magnetic” Lamp from Dr. Parcells, the “Magnetic” pencil from Dr. Ray Davis, the “Detoxifier” from Dave Schultz, and more, are coming to our rescue.

By detoxifying our daily food intake, we increase the negative ion

charge. Positive ions (the ones you don't want) are increased by chemicals and food additives. It is a scientific fact that these chemicals can be neutralized through and by vibration.

Detoxifying is a process of neutralizing chemicals and additives in food and drink so they become harmless to the living body.

"All things are possible unto God."

Detoxifying food will *not* improve the mineral or vitamin content. When you buy mineral deficient merchandise, it stays that way. After detoxifying your fruit and vegetables, do not store them too long. Storage decreases the value. Buy small amounts and have it fresh.

The amount of necessary raw food intake varies greatly; steamed food varies with the ability of the person to take it. In general, fifty per cent of raw food is best, but, please, this is *only* in general. We have people who do very poorly on raw foods. In these cases, one-half cup raw juice, several times a day will make up for the inability to handle raw food.

In every case, vegetables should be steamed or sauteed in very little water, so that the vitamins, minerals and trace minerals will not be lost.

By boiling vegetables, rice and grains in lots of water, and then pouring the water down the drain, you are earning money and throwing out fifty cents for every dollar.

The protein, amino acid and trace minerals cannot be unleashed from vegetables growing above or below the ground, unless you add some oil or fat to it. To prepare a well-tasting salad dressing is a must. Raw oil, vinegar, lemon juice and seasoning are the crown of the menu.

The new idea, the modern law of food preparation is:

Do not tamper with natural foods. Make them tasty and decorate the dish you like with color. Even to the extent that you add flower petals (petunias are terrific) to salads and dandelion petals to soup, rose petals to fruit salads, and fresh chives to any soup or stew.

What kind of kitchen utensils can be used?

Dr. Albert Schweitzer reported that in his hospital in Lombarene, Africa, no cancer could be detected, until food in tin containers as we have them in the supermarket) was introduced and used. He said, "It seems that part of the tin and the seams closed with lead, is dissolved into the food and some years later, the accumulated effect of foreign substances in blood and tissue takes its toll."

British, as well as American, scientists proved that small amounts of aluminum (a very soft metal) enters the food when it is cooked in pots and pans made of this metal. Iron, stainless steel, and corning ware seem to hold up well. I am sure all other cooking ware of natural

material, such as clay, stoneware (not man-invented ones) are good for your health.

4) *Electro-Magnetic Energy in Foods*

Every living body has an electro-magnetic forcefield. Every living organ has an electro-magnetic forcefield. The higher this forcefield, the healthier the body. The lower the forcefield, the more the body needs help to generate this energy and people feel low in energy.

The electro-magnetic forcefield, also called "Aura," in esoteric circles, is a protective layer around the body and each organ in particular. A protection against all kinds of intruders including dark forces.

Every food has an electro-magnetic power. Every food is eager to release this power and ready to increase your energy. However, here comes the astounding incredible new and beautiful knowledge on how to combine food, so it can release its electro-magnetic force and feed the protective shield around us.

Vegetables above the ground, combined with grains, release an enormous quantity of energies and the body is able to absorb every bit of it.

Also, vegetables above the ground, combined with protein, become a super-charger.

Vegetables below the ground, combined with protein, release a fair amount of energies, like meat with potatoes and carrots.

Grains and fruit juice build mucus in the stomach and nullify the energy patterns.

Grains and protein, taken at the same time, nullify the electro-magnetic power completely. (Only rice is an exception. It hinders the flow, but does not nullify it completely.)

This means for anyone low in energy:

No bread with eggs.

No bread with sausage or meat.

No bread in meatloaves.

No bread with cheese.

No dinner rolls when meat is served.

For anyone low in energy, no milk with meat. This is a law already mentioned in the Bible. Milk neutralizes the stomach acidity. Meat needs lots of acidity to be digested. So, meat with milk will sit in the stomach and will decay. Besides, milk and meat do neutralize the electro-magnetic pattern and you have a complete void.

God placed fruit on the trees and vegetables on the ground, so we would not mix them at the same meal. But we do not listen. We make fruit pies after a vegetable meal. We mix fruit into vegetable salad. We serve peaches on lettuce and cherry cobblers after a meat salad sandwich. Scientists tell us that intake and output is equal in weight in

a human "machine." They say that when we eat four ounces meat, four ounces potatoes, three ounces salads, we will excrete eleven ounces of waste material, through the lungs, the pores, and other expulsion systems. What we live on is the energy released in the process of ingestion. When we feed the body denatured foods, foods without energy, foods that neutralize on the plate, there will be no release of electro-magnetic energy. Where on earth are we then getting our strength from? I have no answer, but one! It must be from God, because we care so little for His Temple. It must be His Grace, His Love. But how can we dare strain His Patience any longer?

My principle is a Trinity Diet—that is, not more than three items on the plate. Salad, vegetable, protein; or fruit, nuts, grains; or bread with an apple, or bread with vegetable. For breakfast, eggs with salad, instead of bread; or cereal with bread and cream; or fruit and nuts and yogurt.

The amount of energy released on this simple Trinity Diet, has proven valuable for myself and for many others. I, myself, have three jobs, five hours each, six days a week:

My Church Work.

My Place of Income.

My research.

I am not a spring-chicken, either.

You will find that many highly productive people eat sparingly and selectively. Professor Dr. Sherman, National Research for Nutrition, U.S.A., said:

It is indeed possible, through nutritional changes, to alter the course and the overall efficiency of life for us and our descendants, in a way thought impossible before.

Much of what we believed to be a hereditary, or constitutional condition, we find can be influenced by proper nutrition.

(Re-translated from a German translation)

And, Sir Kingsley Wood, British Minister of Health, says:

We must not forget that the treatment of disease will only be a negative procedure, if not supported by the application of the new science of nutrition, which research and the healing arts give us today.

(Re-translated from a German translation)

Professor Bier, M.D. adds:

I can foresee that there will come a time when proper food combination will become the most outstanding healing factor in medicine.

The cells control the electro-magnetic energies. Electro-magnetic energies are not present in highly-refined foods, and are very low in chemicalized or overcooked foods and they are neutralized in wrong food combinations.

Dr. McCarrison, M.D. states:

It is a fact, that, at the present time, the most pressing issue is the improvement of our National Health. Teaching nutritional facts by nutritional counseling of a great many people, we may be able to turn the tide.

The following story was reported to me as being true:

Mr. O. was in the hospital for extensive cancer surgery. The operation was only a partial success. Not all of the tumors could be removed. Several nights after the operation, Mr. O. woke up to see a brilliant light figure, standing at the foot of his bed. He was breathless and awed. The heavenly messenger lifted his hand and said, "Edward, if you don't change your diet, you will soon be back in surgery." Slowly, the light vanished. Mr. O. did not go back to sleep, but waited for the morning. He was afraid that if he went back to sleep, he could not relate this experience properly.

His wife came early that day, and after he had related the heavenly vision, she opened her handbag and shared with him an article about diet and cancer.

Mr. O. changed his lifestyle completely. Instead of white bread with peanut butter and jelly, he ate whole-wheat bread and sprouts. Instead of cakes and cookies, he ate dried and fresh fruits. Instead of potato chips, he ate dried and fresh fruits. Instead of cakes and cookies, he ate dried and fresh fruits. Instead of potato chips and alcoholic beverages, he had snacks of fresh juices with nuts. His wife made wholesome dishes and did not buy any canned vegetables, but steamed vegetables for a short time so they were crisp and retained all the goodness. Mrs. O. became a salad expert and sprouting magician. Soon Edward's strength returned and he never had to go back for another operation.

All reports, and there are many who overcame cancer, even Melanoma, have one thing in common. The patients changed diets, and, in one way or another, they stimulated the thyroid gland. Either they took to seafood, kelp, lugal solution, or they were treated with minute grains of thyroid-extract. In every case, these lucky ones did something different than they had before.

When they were on conventional diets of meat, protein, sugar,

cookies, cakes, coca cola, they switched to a very simple raw food or other diet, which took burdens from all the organs and glands. On a high protein diet, the body has to work extra hard. If there is not enough thyroid substance released to meet the demand of the extra-high protein diet, the liver, and especially the pancreas, becomes overburdened and quits. Then only the good Lord can help, by telling our appetites: "I don't like meats, ham, fats, cake, sugar, pizza." But, if you ignore the silent voice within and continue to stuff yourself with conventional food items, the little voice stops calling on you. Only occasionally, in a dream or after a violent, upset stomach, you hear the voice calling: "please follow Him the Caller! Change your diet to fresh fruit and vegetables."

In many cases, the fight against cancer means a complete change in lifestyle. When you are pressed with work you do not like, do only the work you like best. The evening and night parties have to stop. You need deep and refreshing sleep and cannot shortcut this. You have to walk more and bend down to feel the earth in your hands. The flowers, the home-grown vegetables, all contribute to your well-being. You have to learn to walk with God.

"Cancer is the end-product of ill health," said Dr. Brauchle. Over years and months, you had not been feeling well. It had been building up slowly, step by step, until one day, you felt a tumor, a lump. There is only one way back, build good health. Build it with all your determination. Build it with all your love to yourself and your neighbor. I say to your neighbor, because, when you are sick, so many have to work harder for you to carry your load. Also, think about that when you reach for a cigarette or alcohol, potato chips, cakes and other devitalized foods. Think of the happy hours you take from your family. Think of the money you will have to spend, when cancer sets in. \$25,000 is the estimate cost for every cancer case and the coffin is not included in this price.

ELECTRO-MAGNETIC FOOD COMBINATION

1	2	3	4	5a	
All Sea Food Whole Eggs Lamb Beef Potatoes, White Potatoes, Sweet Eggs Veal Oyster All Fish Olive Oil Rutabagas Tomatoes, Fresh Tomatoes, Cooked Rice Oils	Spinach Avocado Watercress Okra Beets Radishes Parsnips Salsify Lettuce Kraut Kohlrabi Beet tops Dandelion Brussels Sprouts Peppermint Broccoli Green Peas Cauliflower Green Pepper Carrots Green Corn Onions Cress Green Beans Cabbage Escarole Asparagus Pumpkin Cucumbers Chard	Sweet Milk, raw Yogurt Cream Filberts Tea-(Lemon) Gelatin Bread-Whole grain Steel Cut Oats Cereals Corn Meal Maple Syrup Almonds Wheat Germ Goats Milk, raw Buttermilk Cheese-natural Butter Cottage Cheese Millet Rice Bread	Cherries Apricots Peaches Pineapple Grapes Plums All Berries * * Bananas Melons Molasses Brown Sugar Preserves-honey Raisins Dates Figs Pomegranates Currants Rice, Brown	Lentils Beans, dried Mushrooms Peas, dried Egg Plant Peanuts 5b Tea Grapefruit Lemons Limes Watermelon 5c Cooked or canned Tomatoes Spaghetti Rice Corn Millet	Combine 1 and 2 Combine 3 and 4 Combine 5a with 2 + Corn Rice, Millet Greens above ground 5b by itself Combine 5c with 2 Apples and Rice are Universal

CHAPTER II

VITAMINS IN NUTRITION

Dr. Kuhl, M.D.:

Vitamin and mineral deficiencies can lead to tumor and cancer formation.

Dr. Kollath, M.D.:

Cancer is the end result of years of poor nutrition and an unhealthy life style.

Vitamin A

Two cancer researchers from the National Cancer Institute's 1974 symposium report that they were able to prevent cancer in the windpipe of laboratory animals by giving them supervised amounts of vitamin A. Furthermore, scientists report that the vitamin can even help reverse cancer proliferation, if the patient is treated early enough in the illness.

Note: "This offers hope for a natural source for protection and/or reversal of cancer, an increasingly common fatal ailment." Said Thomas Maugh, Ph.D.

More Discoveries Announced. As reported in *Science* (December 1974), other researchers have found that vitamin A has a definite anti-cancer role. Thomas H. Maugh, Ph.D., suggests that cells may be protected after exposure to cancer by the action of vitamin A. It is believed, says Dr. Maugh, that the vitamin helps to "mediate a return to normalcy" after the damage has taken place, and this protects against more full-blown "transformation" of the cell to malignancy at a later date.

Michael Renny:

"If the cancer incidents continue to grow as they have been in the last decade, it will be a matter of extinguishing the human race. Cancer can extinguish mankind as the prehistoric catastrophies have extinguished the dinosaur."

Dr. Maugh:

Vitamin A alerts the body's own built-in defenses to help reverse the cell damage caused by the carcinogen and therefore prevent the cell's eventual surrender to cancer. Furthermore, vitamin A helps the body's defense system destroy cancerous cells.

B₁₅

The whole vitamin B complex group is needed to sustain good health. Nature intended to create all B vitamins in the small intestine but our mode of living does not justify the assumption any longer that all of us have sufficient B vitamins. We don't have to go to pills, we can take Ricepolishings (women) or brewers yeast (men). But for many it becomes easier to swallow a pill than to stir, mix, splash, and make faces.

There are two outstanding vitamins which are rarely discussed: B₁₅ and B₁₇. B₁₅ also called pangamic acid is a special one. It brings more oxygen to the tissue. It opens up the veins, arteries and capillaries so more oxygen supply can be furnished to the cells. Vitamin E also is an oxygen supplier and oxygen saver but it does it only for the inner organs as liver, pancreas, heart and lungs. The two are a perfect couple. In Russia B₁₅ and A and E are routinely given to people over 50 and for all kinds of illnesses. Since in most illnesses we deal with a lack of oxygen supply, this knowledge comes tremendously handy.

B₁₇

“The doctor of the future will give no ‘drugs’ but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of human disease.”

Thomas Edison

Proverb 21:18. “Where there is no vision the people perish.”

B₁₇ is not a newcomer. It has been used for a long time. Researchers found B₁₇ in over one thousand plants. In bitter almonds and apricot kernels; it is present in the most concentrated form, but millet and all seeds show B₁₇ in appreciable amounts.

The Chinese used bitter almond tea for tumors as far back as 3,500 years ago. It has been used in the Eastern World for centuries as: an extract, a tea, and an infusion. In Turkey apricot kernels are combined with figs and eaten as a special treat for Cancer-sick folks.

The Greeks and Romans used bitter almond water medicinally and called it Amygdalarum amarum. As early as 1845, Fedor Inosem-zov, the Russian physician, combined bitter and sweet almonds for two kinds of "fungus-like tumors."

In the year 1830, the chemists, Robiquot and Boutron isolated B₁₇ also called Amygdalin in its pure form. Only seven years later in 1837 the Scientists Liebig and Woehler discovered that Amygdalin is split by an enzyme complex into:

- 1 Molecule of Hydrogen Cyanide
- 1 Molecule of Benzaldehyde
- 2 Molecules of Sugar

Guide to B₁₇ Foods

Kernels or seeds of fruits. Highest concentration of Vitamin B₁₇ is found in nature aside from bitter almond in apple, apricot, cherry, nectarine, peach, pear, plum, prune.

Beans: broad (*Vicia faba*), burma, chick peas, lentils (sprouted), lima, mung (sprouted), Rangoon, scarlet runner.

Nuts: bitter almond, macadamia.

Berries: (almost all wild berries): blackberry, chokeberry, Christmas berry, cranberry, elderberry, raspberry, strawberry.

Seeds: chia, flax, sesame clover.

Grains: oat groats, barley, brown rice, buckwheat groats, chia, flax, millet, rye, wheat berries.

In the Himalayan Mountains of Pakistan lives an isolated tribe of people. They live in a beautiful valley called the Hunzaland. Travelers reported that the Hunzakuts are very healthy. Their women with age eighty look as we do with forty years of age. This sparked the interest of physicians as Dr. Allen E. Banik, an optometrist, and other beautiful people went too. They travelled the lengthy and dangerous roads on foot and horse and found that what was reported was true. These peoples' diet consists of lots of apricots, vegetables, millet and other grains. After Dr. Banik and Renee Taylor published their book on the Hunzaland we all started eating dried apricots.

The next explorers found that they also cracked the seeds of the apricots, so we started to eat the seeds also to keep our figure and health at 40, but nothing spectacular happened. Then I read a book from a nature lover who reported the fabulous scenery and the gushing waters coming down from the high mountains being white with minerals rushing through the entire territory of the Hunzaland. It was reported that the inhabitants treat this water like a holy spring. No garbage is thrown into it. They use the water only for their gardens and

for their water supply in the houses. This pure water is loaded with calcium carbonate. Here lies the secret of the Hunzakuts' fabulous health.

Apricots provide enzymes

Apricot kernels has B₁₇, the longevity factor of the cells

Calcium Carbonate, a lime water, is needed to make the enzymes in the apricot active that this enzyme can assimilate vitamin B₁₇.

If B₁₇ cures Cancer or not is not for me to say, but it surely takes pain away. B₁₇ brightens the dark days of a Cancer Victim. Patients are feeling better and happier. All cases are eating better, gaining weight, and strength.

Dr. Dean Burk, head of the Cytochemistry Section of the National Cancer Institute, Bethesda, Maryland, said, "B₁₇ is non-toxic." After testing B₁₇ on rats he said, "Aspirin tablets proved to be twenty times more toxic to the animals than Amygdalin."

Here is your homemade B₁₇:

4 apricot kernels
2 pieces dried apricots
5 calcera carb., 6x homeopathic, or limewater

Chew this. Take the formula twice a day. It tastes wonderful. Everybody should have this treat, at least once a day!

Commercially, B₁₇ is called laetrile and a tremendous fight and dark cloud is over this one word. Let's turn the letters upside down and call it "Elirteal" and it has lost its stigma. "Elirteal" is food available in almost all seeds like appleseeds, peach, millet. It is found in unsaturated oils but it needs enzymes and lime to be assimilated.

Annemarie Freiin von Massenbach

Annemarie Freiin von Massenbach, of Friedrichshaven, West Germany, developed the following most helpful formula for cancer prevention.

She found that the flowers of St. Johnswort contain an antidote to all kinds of infections and also parasitic infections in man. (The latest findings in laboratory-testing show a parasite in the red blood cell of all cancer patients.)

Annemarie von Massenbach takes St. Johnswort flowers and soaks them in sunflower seed oil for 10-14 days. The darker the oil, the better it is. This oil is to be rubbed sparingly into the skin. Through the skin, it is absorbed into the bloodstream. It loosens the poisons and makes

the parasites leave. In order to eliminate the poisons quickly she also makes a milk diaper compress.

Take a turkish towel or a large throwaway diaper and soak it in warm milk. Press the excess fluid and place it where a diaper belongs. Keep it there for 25 minutes. It is amazing how much poison leaves the body after only one milk application.

This milk diaper application is also advisable in your healthy days, just to eliminate extra poisons which could have accumulated during the week. She does it once a week!

Here is Annemarie's complete program:

- I. For prevention and for helping the cancer patient, apply St. Johnswort flower oil sparingly over the body (not the hair) once a day for 1-3 weeks.
- II. To eliminate the cancer poison, make a warm milk compress every day or every second day.
- III. Many times during the day, stop and take several deep breaths. Deep breathing out is more important than breathing in.
- IV. Annemarie recommends raw food diet, particularly in the first weeks.

In the first 14-21 days, Annemarie recommends:

Cottage cheese made from raw milk to which you add walnut or linseed oil.

Green lettuce, raw vegetables, *but not green beans, sauerkraut, cauliflower, kohlrabi are recommended. Grated apples with red beets are delicious, grated carrots, cucumbers, celery greens, celeriac, onion, yoghurt, kefir and old-fashioned sour milk, supply the body with nourishment, but will starve cancer.*

After three weeks, add raw oatflakes and some fruit besides the apple already mentioned. Pears, oranges, lemons, papaya, cherries and others are permitted. Annemarie v. Massenbach said: "Keep it up until you are over the illness, which should not take too long, and then return to steamed foods such as vegetables, fish, more grains. Always avoid pork, oyster, white sugar and their products and all smoked items.

- V. Bathe in calendula water. Boil a handful of calendula flowers in two quarts of water for 10 minutes, strain and add to bathwater. Do *not* use any soap, but scrub your skin in the calendula water to open the pores and for cleanliness.
- VI. The position of the bed should be examined for obnoxious underground water influences. Any dowser can do this for you.

Change your bed to a healthier location. Here in America we call the American Society of Dowzers, Inc., Danville, Vermont 05828, for help and assistance.

I found that the following homemade oil has the same healing property as St. Johnswort flower oil.

Pick sunflower petals or Jerusalem Artichoke petals and place them in a jar. Fill the jar with sunflower oil and let the mixture stand for 3-4 weeks. Place it on a sunny windowsill. Every day, shake the oil with the petals. After a few days, add more petals so the oil becomes strong. Use it instead of St. Johnswort flower oil, which is difficult to find and not plentiful on the market.

“The Happy Floor”

At Professor Brauchles famous hospital for Natural Healing in Dresden, we nurses had to prepare and give the following delicious drink to our leukemia cases.

Besides the main kitchen in the huge establishment, there was a diet kitchen on each floor. We loved those diet kitchens. They were large and handsome and light, while the pharmacy department, next door, was small, compact and had only a small window. In the kitchen we prepared:

1 pint white grapefruit juice
1 pint freshly squeezed orange juice.
1 pint grape juice
1 pint water with the juice of three limes
1 pint water with the juice of two lemons
1 pint frozen pineapple juice, diluted
1 pint papaya juice, diluted twelve eggs (whole)
six egg yolks
Frozen raspberries or strawberries added a delicious flavor.
Beat eggs very thoroughly and mix into fruit juice mixture.
Sweeten with honey if needed.

This was enough for two or three children a day, but an adult could drink that much without hesitation.

The little ones turned their heads when we came with the first cup, and it took skill and persuasion from us just to get them to try it. They had no appetite, no interest any longer. After the first cup was down, we never had another minute of trouble. When we came an hour later with another cup, they squealed for joy. We had to keep this up for 10 days, gradually adding fresh fruit to it. Day by day, the roses in their cheeks started coming back. It was the most rewarding nursing I ever had experienced and we called it "The Happy Floor."

Another Formula for Cleansing Liver and Pancreas

Soak 1 lb. dried apricots in pineapple juice over night. Next morning blend it and add fresh pineapple pieces and juice so that it becomes thick enough to spoon it. Divide in four portions and eat it morning, noon, night and bedtime—preferably not eating anything else that day.

Margie Lockwood.

For a Healthy Liver

½ quart carrot juice
½ quart goats milk
1 tablespoon molasses per quart

A goat farmer gave me this formula.

To release unhealthy juices from the pancreas take:

½ teaspoon nutmeg in a cup of hot water
Mid morning 1 cup
Mid afternoon 1 cup

CHAPTER III

MINERALS IN NUTRITION

Professor Dr. W. Haupke:

Fifteen years ago, trace minerals were almost unknown. Nowadays, our knowledge is profound enough to realize that trace minerals are vital for the human body. We know that certain illnesses develop out of lack of trace minerals.

Hippocrates:

Illnesses do not come over us from somewhere and all of a sudden. They develop slowly from our daily “wrongs” against nature. When there are enough “wrongs” built up, they appear all at once and suddenly.

Dr. Kuhl, M.D.:

Vitamin and mineral deficiencies can lead to tumor and cancer formation.

Selenium

Still not enough studies have been made on Selenium, the “new trace mineral” with lots of potential. Up to now we know that selenium is needed:

1. to fight infection
2. detoxify many common pollutants
3. protect the heart, especially when combined with vitamin E
4. make beautiful skin and give good vision.

It also has something to do with cancer treatment.

It is not understood how selenium accomplishes all that and more research has to follow.

In all cases given, it uplifts the outlook on life. The sadness, despair and melancholy which is often seen in cancer victims is miraculously lifted. These people can take a hold on themselves again.

Selenium promotes deeper sleep. Selenium gives a restful mind and peace within.

In Europe, selenium is given in colloidal form by injection to inoperable cancer patients. It is reported that pain, discharge, and ulceration was markedly improved.

Dr. Pietro Gullino, Chief of the Laboratory of the Pathophysiology Department at the National Cancer Institute said:

“Extensive studies had been made on mice and other animals. It was found that all of them were low on selenium after they had developed cancer. Also 200 cancer patients tested for this trace mineral showed several deficiencies of selenium.

Dr. Gertard Schrauzer, Prof. of Chemistry at the University of California at San Diego said:

“Selenium is one of the most efficient agents in stimulating the natural defense system against cancer.”

Which foods are rich in selenium? The main supplies are fish and liver. Dr. Gerson gave his patients lots of liver to eat. Nowadays liver is only safe when the animal had no stilbesterol in the feed, so I am more inclined to eat seafood. Mushroom, good eggs, onion and garlic are rich in selenium and wheat and wheat products if the wheat is organically grown. Under artificial fertilization of the ground, the plants cannot pick up trace minerals as selenium, zinc, boron and others. Therefore selenium rich fruits and vegetables are hard to find and it would be in your interest to supplement your diet with a selenium preparation.

Magnesium

Professor Delbet, M.D., of France, wrote in his most interesting book *Politique Prevention du Cancer*:

“When enough magnesium is available in the diet, cancer rapidly regresses.”

Editors: “La Vie Claire”,
43 Rue de Romanuiee
Montreuil, France

Professor Delbert made extensive research showing that in parts of the country where magnesium is naturally plentiful in water, soil and plants, cancer is much less in animals and humans than in parts of the country where soil, water and plants lack the mineral.

One of our steady sources of magnesium is salt from Ocean Water. It has the trade name “Sea Salt.” Real Sea Salt carries fifty trace minerals in tiny quantities and an appreciable amount of magnesium (1.272 mg. per Kg. weight). Magnesium is hygroscopic (draws water)

and therefore has to be partially removed to make the salt competitive on the market. Magnesium is plentiful in the following foods:

<i>Food</i>	<i>Magnesium Content per Cup</i>
Lima Beans	107 Milligrams
Navy Beans	107 Milligrams
Corn	38 Milligrams
Carrots	24 Milligrams
Endive	23 Milligrams
Kohlrabi	52 Milligrams
Mushroom	19 Milligrams
Pepper	19 Milligrams
Squash	34 Milligrams
Tomatoes	29 Milligrams

Germanium

The little district, Daun, West Germany, is rested peacefully and quietly in the setting of the old Vulcanic Mountains of the Eifel.

The lush green of the meadows, the wind swept trees, the little farms, the quaint villages do not look different than they do in other parts of the country, and yet, the Daun District is entering the limelight of the world.

In 1944, several researchers became aware of the fact that in the country of Daun, there was no cancer to speak of. A district without cancer and those that had cancer when they came there were healed when they lived there for six months or longer.

At first, the scientist examined the soil or this area then they examined the plants. Finally, they found that the water of this area was different. It contained more Magnesium Chloride than other waters.

They found 0.45659 mg. Magnesium Chloride per liter of water. Magnesium Chloride is an activator of many, many enzymes. It is also needed in the breakdown of protein to Amino Acids, the building stones of the body. Magnesium Chloride is also known to activate the Ester complexes.

Much later, it was found that it was not the Magnesium, but another element. It was *germanium* which was unique as a trace mineral in the waters of the Daun. This water is distributed as Dunaris Healing Water.

Researchers went on the hot line to find out all they could about Germanium.

Germanium is used in the electro-magnetic industry to guide and focus energies. "Wild energies" become tamed with germanium. When I place my hand on a growth, I feel energies boiling, dashing

whirling, rushing, without guidance in an unbelievable turmoil. Of all the nations, Japan is far ahead with her research on germanium and cancer. North Korea has a district (like daun) where hardly any cancer is found. There is a very high content of germanium in the waters and plants. Ginseng from Korea has the ability to accumulate more germanium than any other plant and Korean ginseng is used and appreciated for good health.

Sick Koreans go to the woods and search for a lichen which they eat. They also place lichens on the tumors to reduce the size and the pain. This lichen is loaded with germanium.

Here in America, we have good sources of germanium also. There is a spring near Boulder which has the same mineral content as Dunaris Healing Water. We have clays (in Wyoming) and best of all we have corn. The Blue Corn (Squaw Corn) and the Indian Corn (Colored Kernels) are the richest of all the corn varieties for minerals and trace minerals, including germanium.

A scientist from Rocky Flats was in such bad shape that death seemed just a few steps away. I asked him which foods he really liked. After a long while, he said, "the morning mush made out of corn is the only thing I can eat." So, I told him to eat corn mush, mornings, noon and night or whenever he felt like it. Two weeks later, he had discarded all food supplements, but ate mush, corn grits and mush again. A few weeks later he was strong and now, after years, is working full blast.

Germanium in a natural state is in sprouted alfalfa and other sprouts. It is also available in tablet form.

Dr. Reams, biochemist, taught that Manganese deficiency leads to unpleasant female troubles and breast bumps.

CHAPTER IV

HERBS IN NUTITION

I received a letter from the National Foundation for Cancer Research. (7315 Wisconsin Avenue, Bethesda, Maryland 20014)

The purpose of this letter was to contribute to this most wonderful Research Foundation, NFCR.

On the second page it is written:

“Every day a cancer cure is postponed means another 1,055 Americans are doomed to die.” “During the three minutes you’ve been reading this letter of mine, twenty-eight men, women, and children have died of Cancer.”

Signed Franklin C. Salisbury

With the information in this book get yourself into better health. So you can hold on to your life, job, and family until a “cure” is found.

The famous Mr. Hoxey was watching his sick horses going to a certain spot in the meadow and picking only certain herbs. They went to this herb-rich patch of the meadow two times daily. The rest of the day they munched on grasses and whatever the farmer had to offer.

From this crude beginning, and through Mr. Hoxey’s keen observation, the following terrific formula came on the market. You can buy the ingredients yourself or buy the ready-made pills.

Hoxey Formula

Red Clover Blossoms	Cascara Sagrada Bark
Chapparal	Sarsaparilla
Licorice Root	Prickly Ash Bark
Poke Root	Burdock Root
Peach Bark	Buckthorn Bark
Oregon Grape Root	Norwegina Kelp
Stillingia	

DIRECTIONS: Begin by taking one capsule a day with a large glass of water, gradually increasing the dosage over a 2-3 week period one to two capsules three times daily.

A young farmer once came to me, his cow had udder trouble, in fact, so bad, that the vet said it was a cancerous growth. I told him to take the cow out of the shed and lead the animal over the meadow, the garden, the hill and the riverside to see what kind of grasses and herbs the cow wanted. The farmer did what I told him to do and took his cow "out for dinner." She passed all the delicious herbs in the garden and the flowers and herbs on the meadow. Down near the river was a lonely cottonwood tree. The farmer took her there for rest and drink from the river. Lord, behold! all at once the cow got lively and mooed up to the tree. The tongue started lunging upwards and in and out of the mouth it went. She rubbed her shoulder on the tree trunk and mooed and licked and rubbed. The farmer climbed the tree and threw some young branches to her. The cow became almost hysterical. She ate an armful and did not leave until the farmer had picked a bunch to carry home for her. Needless to say, that *was* the remedy. Her appetite returned, and in less than two days, the cow was well. The farmer was overjoyed.

He came to ask if his wife could drink this tea for the lumps in her breast. Since cottonwood leaves are not poisonous (the branches of the trees were used by the pioneers for women during childbirth), I saw no reason why his wife could not take it also. Sunday, after church, she confessed that all lumps were gone and they never came back.

Renee Caisse

Up in Canada, in a little town near Toronto, lives a beautiful lady, Renee Caisse, now 88 years old. Many times in her life, she was in the limelight of the public, in the press, the radio and in the conversation of many people in Canada and in other countries. Renee Caisse was not affected by this publicity, she stayed all these years what she always was, a nurse, a helper, a researcher for mankind's most devastating disease, cancer.

When she was in her 30s, a Canadian Indian woman offered to heal her aunt from terminal cancer. As a surgical nurse, she knew that the location and the kind of cancer her aunt had was inoperable. So, she went with the Indian to gather the needed herbs. They boiled them and gave them to Aunt Mary to drink. In less than six days, there was a marked improvement in the condition. Aunt Mary started to eat and had less pain and in 11 weeks she was happier than before.

From then on, nurse Renee Caisse started her own campaign to battle cancer. If she would have known the ups and downs, the stones, the thorns, the ridicules, the pooh-poohs that awaited her long path, she would have thought it over and perhaps chosen a simpler route for

her lifestyle. But in her was that great desire to help mankind through this most unconventional way.

Her scrapbooks are filled with pictures of people before and after treatment. She has piles and piles of letters expressing thanks for her miraculous healing. These letters are written by the deathly ill, terminal cancer patients after their healing had taken place.

Nurse Renee Caisse had one goal in her life. She wanted that the medical profession in Canada and America would accept this herb formula to help suffering mankind. She had plenty of evidence that the Indian woman's formula helped, that it was a breakthrough, a light in the darkness.

Physicians made thousands of tests on mice with cancer and the mice were healed with the herbs, but it was not given to humans by the researchers. One time, Renee was offered 500,000 dollars for the secret formula, but she refused to give it.

She is 88 years of age. The fighting with Canadian authorities has not broken her spirit. She is a beautiful lady, full of wit and happiness. She had helped the suffering mankind all her life and the joy of fulfillment is visible on her forehead. Recently, she revealed her formula to a friend. He is a biochemist, who all his life, was searching for an answer to cancer. The formula will live on and bless mankind, but it will take two or more years until it is in the hands of the public, readily available in injection form and as herbal concoction.

It was on a Colorado stormy November night. The wind rattled the windows. An old board had broken loose and was banging on the wall of the building. I got up to do something about it and a gush of wind pulled the front door out of my hands and swept the sleep from my body. After settling the board, I sat down in the warm living room, although it was three a.m. I was ready to start my day. After prayers, I felt the presence of someone in the room. It was someone dear, someone important. I had Renee Caisse's picture on my desk and a few lines of a letter I intended to send to her.

Somehow, I knew Renee wanted to talk to me. I settled back and pressed her picture on my forehead. I felt her talking to me, about her disappointments, her love of mankind, the beautiful roses of success, gathered by helping mankind.

In this stormy night, we two women talked to each other. Not verbally, not visibly, but soul to soul and mind to mind. She impressed my mind with the secret recipe of her success, to keep on helping mankind in the darkest hour of armageddon.

I write it down the way it was given to me. It is sacred. It is beautiful. Many people have blessed this formula of herbs and many will be blessing it long after Renee is gone, long after I have left this world, it will be doing its job under the laws and order of our Lord.

It is like a dream, that so many good recipes for the most feared of all diseases are on the market, available to everyone. Often times, these plants grow in your front or back yard.

Renee Caisse's recipe she calls "Essiac" given to her 50 years ago by an Ontario Squaw.

5 ounces morning glory leaves, flower, stems,
also called bind weed
3 ounces pimpermell saxifrageer
2 ounces pansy—*viola tricolor*
2 ounces meadowsweet—*filipendula ulmaria*
1 ounce mallaw—*malva rotundifalica*
1 ounce melissa *officinalis*
½ ounce dandelion leaves
1 pinch sea salt

Cut, mix and make a tea. Drink 3 cups a day, or make a strong concoction and take 1½ teaspoons in 1 glass water 3 times daily.

Dr. Philip B. Rynard, former surgeon and federal member of the Canadian Parliament, and chairman of the board of the Resperin Corp., said, "From the documentation that we have seen, Essiac does apparently reduce pain, increase appetite and reduce the size of tumors."

A Cancer Formula from an Indian Tribe

This formula was given to me some years ago. These are all herbs found in America and it will be easy for anyone to obtain them and make a tea out of them or grind them up; and put them into capsules.

3 ounces purple beebalm
3 ounces burdock leaves (not root)
1 ounce wormwood leaves
½ ounce tansy leaves and flowers
1 ounce calamus root
1 ounce white poplar bark
1 ounce hops

DIRECTIONS: Three cups of tea a day.

Cancer Formula from a Canadian Indian Princess

3 lbs. purple bergamot
3 lbs. burdock leaves
1 lb. and 1 oz. calamus root
1 lb. hops
12 ozs. wormwood
12 ozs. tansy

DIRECTIONS: Grind up, mix and take two 00-caps, three times a day or one teaspoon three times a day.

Formula for Bad Lungs: From a Minister

Garlic
Rosehip
Rosemary
Echinecea
Thyme (Spanish)

DIRECTIONS: Equal parts. Drink 3 cups of tea a day.

Formula from Mexico for Bad Lungs

Alfalfa
Comfrey
Fenugreek
Parsley
Red Clover
Violet Leaves
Yellow Dock
Sheep Sorrell

DIRECTIONS: Grind up and fill in caps. Two caps, 3 times daily.

Following Recipe

The following recipe was found inserted in an old Bible. It is interesting to see how our forefathers worked for their beloved ones. How much work and effort they put into two Tablespoons of salve. Many, many hours of diligent work goes into the following recipe.

It is cut from black oak bark trees, one-half bushel of its bark. Take bark from the North Side of the trees. With a sharp knife peel the soft inside of the bark, that is what you use.

Put on enough water to cover it. Boil it down to 1 quart. Pour this quart off into another vessel and boil this quart of black fluid until you have only one to two Tablespoons left.

Apply this to Cancer. (Every twenty minutes for three Applications.) It will be ready to core after that time.

After that take one quart of thick cream, drop a piece of alum (the size of a Walnut) into it and simmer this all day long. You apply only the Oil from this salve to heal the wounds.

Our Lord's Remedy

I am introducing you to the excellent work of Carlo Croce and Hilary Koprowski. Through their experimental approach it is possible in certain cases to identify the specific human chromosome involved in the transformations of a normal cell into a tumor cell.

When their scientific language is boiled down to our understanding, it reads:

Simian 40, an ape virus, can be made responsible for the change in chromosomes from healthy to tumorous.

Why is this important to know?

The biggest tragedy of this century was not Hiroshima! It was the mistake of a laboratory which injected millions of children with the virus Simian 40 or S.V. 40.

The Rhesus apes were brought to this country in shiploads to inject them with polio virus from which polio vaccine was made. So far, so good, but no one knew that apes carry Simian 40, a tiny, tiny virus only found in apes. It was unknown that humans could have it and in the haste of production, Simian 40 came into the vials and into the children of America. A large percentage of our youngsters, 25-35, are having severe tumor problems now. Unfortunately, Simian 40 can be transmitted, so it is still contagious in certain circumstances, as blood transfusions, severe colds, and so on.

The scientists, Croce and Koprowski, show that S.V. 40 in human cells makes them deficient in HPRT and, later on, they are lacking chromosome Nr. 7, the cancer fighter.

For more information, write to Winstar Institute of Anatomy and Biology, Philadelphia, Pennsylvania, c/o Dr. Kropowski and co-worker.

After you've studied Dr. Kropowski's work, here is our Lord's remedy to destroy that S.V. 40.

2 ounces basil
2 ounces kelp
4 ounces milk sugar

DIRECTIONS: Take one teaspoon of this mixture, three times daily. It tastes good in tomato juice. Do this for five-six weeks. Some people have a milk sugar allergy. If that's the case, then mix the basil and kelp by themselves. This remedy was given to me after deep prayers and deep meditation under the picture of Jesus. So I called it "Our Lord's Remedy."

Asparagus

TACOMA, WASH.: "Eating cooked asparagus overcame proven cases of cancer," declared Karl B. Lutz, biochemist, in a letter published in Prevention Magazine. Use fresh, steamed asparagus, or asparagus canned without pesticides or preservatives, from Health Food Stores, Green Giant or Stokeley. Never use raw asparagus. Blend in blender at high speed, he advised. Eat four full Tbsp. of liquefied asparagus twice daily, morning and evening, hot or cold. The patients usually show improvement in 2 to 4 weeks, he said, and asked that all who try it, send him a report."

Scaly, Red Skin Blemishes Which Do Not Respond to Conventional Methods

Take baking soda and moisten with camphor, make paste, apply overnight.

CHAPTER V

DIETS COLLECTED FROM ALL OVER THE WORLD

I want to introduce you to the outstanding work of Dr. H. Budwig, Germany. This lady doctor gave us practical help through her book "Is Cancer A Fat Problem."

She said: "Cancer patients have to eat and starve the tumors." She takes raw cottage cheese called "quark" and adds cold pressed oils to it. With this the starved cells are supplied with an oxygen rich product. Her findings coincide with Dr. Szent-Györki's research even though they never met.

Both precious physicians say that certain proteins can carry electrons which are vital for the health of the starving cells. With raw oil Dr. Budwig adds another important factor the "Vitamin F" which becomes also an oxygen carrier to the starving cells.

Foundation Recipe

Put in blender or mix thoroughly by hand:

- 1 cup cottage cheese
- 2 Tblsp. walnut or almond oil.

This mixture is the foundation recipe and can be varied.

- A) Add finely grated horseradish. Serve with potatoes, buckwheat, and/or stewed carrots.
- B) To foundation recipe, add spices, such as finely cut parsley, celery, or paprika.
- C) To foundation recipe add: tomatoes or tomato puree to taste. This is very delicious with rice, bulghur, or rye bread.
- D) To foundation recipe, add: chives, onion, parsley (finely cut) or paprika (finely cut).
- E) Make a colored surprise by adding to one part of cheese cream, tomato puree, or beets, second part color with greens such as spinach, third part color with egg yolk. Arrange nicely and decorate with cucumber, tomatoes, radishes, etc.
- F) Heap the foundation recipe on lettuce leaves and top with a peach or apricot.

- G) As a dessert, use the cheese cream sweetened with honey. Add a banana, a grated apple and some oatflakes on top.
- H) To cottage cheese mixture, add: honey, filbert, walnuts, almonds, all finely cut. Do not use peanuts. This is terrific for the center of a variety fruit plate. It is a whole meal!
- I) Make a little basket of the orange by scraping the inside out and adding honey to the foundation recipe. Fill orange-basket with sweetened recipe, for parties.
- K) Use foundation recipe as a salad dressing. Thin with sour milk or thin cream. Add: tarragon, parsley, paprika, rosemary or any herb or spice. Add: vegetable salt and a little lemon juice and more oil. It tastes delicious.
- L) The above salad dressing goes well with: dandelion leaves, endive or white cabbage. Wild roses can be added to any salad. Cut them just before they are in full bloom.

Watercress

Watercress is extremely valuable since it is full of vitamins E, B and C. It is an anti-allergen and should be more widely used.

Watercress is often used to decorate salads, sandwiches, and sauces. When eaten by itself, give only small portions since it is potent.

Cauliflower Salad

Steam medium cut cauliflower for 10 minutes. Cool. Add lemon juice, vegetable salt, finely cut parsley, 1 Tblsp. raw sunflower oil or any other grade oil, and serve with cottage cheese mixture.

Tomato Salad

Cut the stem out of the tomato first. This area happens to be poisonous and should never be used for well or sick people. Cut tomatoes into small pieces and make a sauce of:

1 teasp. honey
vegetable salt
lemon juice

Pour this mixture over the tomatoes and serve with brown rice and patties made out of cottage cheese and herbs.

Radishes

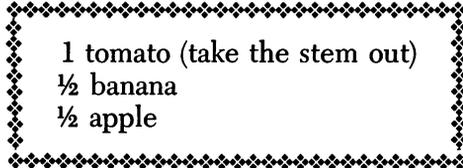
Radishes open the bile duct, so the digestion is helped when you eat a radish first. Chew well!

Indian Delicacy

Mix finely cut pineapples and oranges. Add some lightly salted water and let stand for one hour. Add ginger, cinnamon and dash with honey-sweetened cottage cheese mixture.

Turkish Salad

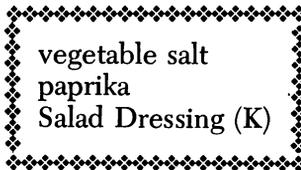
Cut:



in small pieces. Mix well with salad dressing. Serve on green lettuce leaves with stuffing.

Onion Salad

To 1 lb. onion cut in small pieces, add t Tblsp. raw oil and a little water. Let mixture simmer for five minutes and cool for several hours. Then cut tomatoes in small pieces and add:



MENU

Breakfast:

Birchermüsli with fruit, honey, fruit juice, cheese sandwiches with cottage cheese and oil.

Noon:

Salad with dressing

Stewed vegetable

Rice or baked potatoes

(add Foundaton Recipe with herbs to potatoes).

Mid-Afternoon:

Toasted graham bread

Herb Tea

Butter and honey.

Supper:

Herb Tea

Vegetable salt

Open face sandwiches with cottage cheese variety (H) (with nuts)
cheese or vegetables.

Bedtime

Eat only if you feel like it.

It is unwise to serve potatoes for an evening meal. Buckwheat goat is mucous-solving and nourishing. Millet and rice dishes are also preferable to potatoes.

Between meals, drink carrot juice or other juices.

Salad Rich in Potassium

1 part cabbage
1 part parsley
1 part carrots
1 part celery

Dressing:

$\frac{2}{3}$ sesame oil
 $\frac{1}{3}$ lemon juice
mushroom powder
dulce
garlic powder
onion powder
seasalt

Mix all ingredients well.

One cup:

cabbage	=	239 mg. potassium
carrots	=	333 mg. potassium
celery	=	239 mg. potassium
parsley	=	407 mg. potassium

Please do not be misled by thinking that a potassium pill would do the same as an above potassium rich salad.

Potassium in a natural state is healing and when it comes to potassium in a pill it becomes a tool for the physician. The only exception is potassium chloride and still I am hesitant to take one of these pills. I would rather prepare a very delicious meal.

Mineral Rich Tomato Juice Cocktail

- 1 Can (46 ounces) V-8 or Tomato Juice
- ½ Bunch of fresh green parsley
- 1 Tea—Fresh Seaweed—or Crushed Kelp Tablets
- 3 Lemons—Squeeze Out Juice
- 2 Small Beets
- Small piece of horseradish Root (About ½" Length)

Clean Parsley thoroughly. Chop into about ½" lengths and put into blender into which you have 2 cups of distilled water. Cut up the beets and horseradish into smaller pieces and add to the parsley. Run the blender till the pieces are very small or as small as can be ground.

Add the ground vegetables with the distilled water to the tomato juice. Do not strain as the fibers will be good for the intestinal tract.

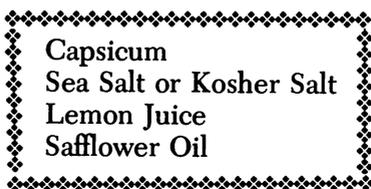
Drink fresh everyday. The enzymes, minerals, and chlorophyll will be very good to have.

Canadian Health Salad

- | | |
|--------------------|--------------|
| Cabbage Green | 1 Small Head |
| Celery | 1 bunch |
| Bell Peppers | 2-3 |
| Carrots (Smaller) | 1 Handful |
| Fresh Green Onions | 1 Bunch |
| Parsley | Two Bunches |

Grind all ingredients in a blender or food processor, so that this salad becomes compact, juicy, and chewable.

Then season with:



It is the most delicious food you ever ate. It is a meal in itself. Maybe a high protein muffin or some stewed tomatoes as a side dish will perfect it.

Matthew 23:23

Ye pay the tithe of mint, dill, and cummin.

Already at that time seeds were so treasured that they were used as offerings.

Healthful Drink and Sprouts

Boil 1 teaspoon flaxseed in 1 pint water for ten minutes. Strain and serve with honey and lemon juice. You may add a little Ginger. This drink is nourishing and improves health.

Seeds are the most living food known to man, because every seed contains the life principal of perpetuating its own kind.

When the seed sprouts, it becomes a builder of vitality and is quickly assimilated into the bloodstream. Alfalfa seed, for instance, contains 11 milligrams of vitamin C. After 120 hours of sprouting, it contains 42 milligrams. 28 parts of folic acid in a wheat seed becomes 106 parts after sprouting. In addition, sprouts develop into complete protein capable of sustaining life.

As the sprout grows, its chemistry changes and the food value increases sharply. Sprouts are a living food for health and happiness. It also is the least expensive food, because its volume grows every day. It is crisp and tasty. Added fresh to salads and cooked vegetables, sprouts are very nourishing. Every seed has its own precious gift. For example, the red and white clover, a forgotten healing plant of our grandfathers, who made strong tea for bronchitis, stomach trouble, conjunctivitis, mumps, tumors and swelling of glands.

The seed, as well as the blossoms, gives the blood the right consistency, and therefore, enhances blood circulation. It is not like cayenne pepper pressing the blood through the body, but by its rejuvenating the blood and taking all kinds of congestions away. Clover

is unusually rich in B₁₅ and B₁₇. The sprouts have an all-healing property and are sweeter and finer in texture than alfalfa. Clover sprouts are a specific in feeding a sick person with cysts, tumors and other afflictions.

Clover sprouts with linseed oil and cottage cheese made from raw milk are excellent.

The smaller the sprouts, the better.

Alfalfa sprouts are terrific in a sandwich or as a side-dish to a salad. If they are mixed into the salad, they lost their appearance and get saggy. These sprouts can be blended any time for a drink.

Soy and mung bean sprouts are bloating and upsetting if used as a raw drink. Soy beans have an enzyme which inhibits the protein assimilation. But when lightly heated, these sprouts lose this enzyme and double in beneficial action. Mung bean sprouts are a gift from the Orient. They should be added to vegetables after cooking. You take the vegetable from the fire and add a handful of sprouts so that the enzyme action is doubled by the light heat.

Wheat in general is difficult to handle in a tumor prone body, but following breakfast can be healing, invigorating and nourishing.

Since cream is one of the six perfect foods, if used sparingly, it is a catalyst to other nutrients and is not irritating like butter, which we can use only if our bodies are in good shape.

Delicious Breakfast

Take wheat sprouts and blend them with water. Add a little thick cream and you have a sweet tasting breakfast which is unsurpassed.

Seeds are very rich in fatty acids. If flax seed, sunflower seed, poppy, walnut, soy or corn seeds are *cold* pressed and not handled with any chemicals, the oil is very healing

By sprouting seeds and grains it becomes the fastest way of improving the nutritional value of foods. Sprouts can be blended with:

Pineapple Juice
or Tomato Juice
or Carrot Juice
or Celery Juice

Sprouts can be mixed in salads. Sprouts can be placed in-between sandwiches. Sprouts can be used as Salad Dressing.

Blend a handful of Alfalfa Sprouts in a blender. Add lemon juice, oil, salt, and spices. It becomes a creamy, beautiful salad dressing.

Sprouts can be steamed. They can be added to casseroles and to

soups. Added to bread; the bread becomes the best tasting, most digestible bread known.

Vital Green Drink

1 Cup Pineapple Juice
1 Cup Alfalfa Sprouts
½ Cup Water
10 Almonds

Place water and almonds into blender and liquefy. Then add Pineapple Juice and Sprouts until creamy. It is a healthful and tasty drink.

Alfalfa Sprouts Salad

1 Cup Shredded Carrots
1 Cup Cubed Avocados
2 Cups Alfalfa Sprouts
add your favorite dressing.

Alfalfa Avocado Salad

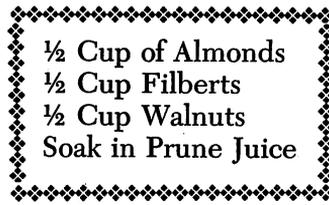
1 Cup Diced Avocados
1 Cup Diced Tomatoes

Mix with an Oil, Vinegar Herb Dressing. Make a nest of Alfalfa Sprouts. Scoop Salad into it and decorate with Black Olives. It looks fine and tastes delicious.

The Right Kind of Protein is Needed

¾ Cup Sesame Seed
½ Cup Chia Seed
½ Cup Flax Seed
Soak in Pineapple Juice overnight.

OR



½ Cup of Almonds
½ Cup Filberts
½ Cup Walnuts
Soak in Prune Juice

Both recipes are easily digested.

CHAPTER VI

WE ARE ELECTRO-MAGNETIC

Until he was in his late teens, Albert Szent-Györgyi's family thought he was retarded. But he went on to become one of the world's most honored scientists.

Now, at the age of eighty-three and after years of research, he has evolved a theory which may solve the deadly mystery of cancer.

Dr. Szent-Györgyi calls his discovery the "electronic theory of cancer." It is based on understanding how cells divide and how this process goes wrong to produce wildly dividing and growing "sick" cells—cancer. Because electrons make cells move, they are the key to understanding cell division.

Unlike other cancer researchers who are concentrating on the causes of the disease—there are many causes, from viruses to food additives—Dr. Szent-Györgyi focuses on the cell. "You cannot cure what you do not understand. To fix an automobile engine, first you must know how it works," he says.

While enormously complex in detail, in essence, his theory is simple. It is based on how cells grow. Cancer is a distortion of this growth, or wild, uncontrolled division of cells. Division is movement; the agent of movement is the electron.

Cells are constantly moving between two states. One is a state of proliferation or division. The other is a resting state. When a cell gets stuck in the first proliferating state, as it will if its electronic moving system is out of order, it will divide uncontrollably and the result will be a cancerous growth.

"What makes the cell pathological is that it cannot find its way back to the resting state," Dr. Szent-Györgyi says.

If a way can be found to introduce electronic mobility into a cancerous cell to move it out of the wild growth state and into the resting state, it could be the eventual answer to cure or prevention of the disease.

In his address at the Boston University School of Medicine Symposium, Dr. Szent-Györgyi dramatically demonstrated a key element in his theory—that certain proteins can carry electrons. He showed a test tube with a yellow liquid, the color indicating that it was not a

“semi-conductor” of electrons. But then he showed a second tube. It was an identical liquid, but the color had been changed, by adding a chemical solution, to a dark, opaque red. Some proteins then are semi-conductors.

“The human body,” Dr. Szent-Györgyi says, “is a better machine than we think. It is only when we treat it badly that it fails.”

“Benefits from vitamins are not known for perhaps ten years after we start taking them,” he says, “and then we do not know why we feel good.”

Another reason for his hearty old age is that he loves his work—research—and the fight against cancer gives him a strong opponent. It has made him, he says, a “happy man.”

Saturday Evening Post, March 1976

Negative Ions

Through my neighbor, Rex Coppom, an expert on negative ions and the manufacturer of Vita-Air (a negative ion machine) I was introduced to the study of the bio-electrical cell structure. This study is so interesting and so important, I will give you a small outline of it.

Everything in the universe, everything on the planet, is vibration. There are many, many kinds of vibrations. One we are most interested in, pertaining to our subject, “Cancer,” is the electro-magnetic charge of the very cell. The University of Colorado has made extensive studies on this and since I live in Boulder, where the university is, I am proud of this discovery. It is of greatest importance for us to know what is going on.

The outside cell membrane is negative ion charged. The inside cell is positive ion charged. Here is a slight division. The cytoplasm manifests a low electrical potential charge which has positive ion particles and the nucleus of the cell also has positive ion particles, but in much higher electrical charged potential.

Imagine the nucleus as a sun, a high energy field which radiates constantly—then we have an idea of the power within the cell.

Virus and bacteria are negatively charged throughout and are repelled by the negative ion charged membrane of the cell. Therefore, some people get every cold and flu that comes along and others are immune to colds because their negative ion field around the cell is intact and healthy.

Long before a tumor can be detected, there are changes in the electro-magnetic field around the cell and in the cell.

- I. The intercellular substance which binds the cells together loses some of its binding properties. The cells start floating more. This fact is not fully understood as yet. The intercellular substance acts like glue and holds the cells together. This glue is called collagene in general and has other names in particular. It is known that the chemicals DDT, lead, arsenic, sprays, additives, coloring, softener, preservatives and, in particular, soft drinks, soften the collagene and change its consistency.
- II. The membrane loses its negative ion dynamic force-field. Therefore, the membrane becomes slack, lazy and the cell expands. There is nothing to hold the cell together any longer.
- III. Negative ions have an affinity to oxygen. If negative ions are lost, less oxygen is supplied to the cell and the cell has to turn to an unaerobic cell, which is a cancer cell.
- IV. The cytoplasma and cell nucleus, both being naturally charged with positive ions, undergo a peculiar alteration in their bioelectric field. Cytoplasma and nucleus become more and more negative ion charged while the cell membrane becomes more and more positive ion charged, thus leaving the field for infections wide open.
- V. If engineers could invent a machine or an instrument which, when placed on the skin could measure the negative ion field at the cell membrane, the positive dynamic field of the cell cytoplasma and cell nucleus, cancer would be detected 2-3 years before its manifestation as a tumor.
- VI. There are negative ion machines on the market which do a great job in keeping the electro-magnetic field of our cells in balance. These machines have many other merits, also. They help keep you happy, less tired, give you fewer cold symptoms and make things more stabile all around. They also make it possible to utilize oxygen to its fullest.
- VII. God in His wisdom has placed three glands in the body which act as negative ion generators. They are, the thyroid, the thymus, the spleen. It is a fact that we neglect these three glands a great deal. These glands have to be healthy and work in harmony so our defense system will be intact.

CHAPTER VII

METALLIC POISONS

Hippocrates:

Diseases do not fall on us all of a sudden, diseases develop slowly by our daily sins against nature. After the accumulations of enough wrongdoings the body breaks down in disease.

Prof. Dr. Katase, Osaha:

We have to fulfill a mission in regards to nutritional therapy. We have to secure the foundation of life of humanity now and for the coming generation.

Prof. Dr. Halden:

Comparatively few illnesses are of natural origin. Most illnesses are manmade.

Prof. Dr. Kollath:

Lead is a protoplasmic poison that means it interferes with the proper life- energy- enzyme exchange in the living body.

It is amazing how beautifully our system is able to take this lead poison. Everyone has it, only a few people in very isolated places in the mountains or prairies are free from lead intoxications.

There is to be considered (1) the amount of lead in our system, and (2) the tolerance factor of lead and other metals as arsenic, cadmium, mercury and copper. This tolerance factor differs in everyone. Some people sponge in more arsenic than others, some sponge in more lead, or aluminum-lead or mercury. I found that red-headed people are prone to take in more copper than others and orientals more mercury. The fair people sponge in more lead or lead aluminum, and men more cadmium than children or women. Also the individual tolerance level differs widely. Children and adults under emotional stress have an affinity to arsenic. (See the excellent studies from Japan on "Leukemia—Emotions and Arsenic Poison.")

Here are some hints on how to protect yourself against poisons.

Drink *catnip tea* when arsenic poisoned.

Drink *mandrake root tea* after you've taken poisoned water.
Drink *pokeberry tea* for sodium fluoride.
Put *green grass* in a bottle. Let it stand for two hours. This also binds sodium fluoride to the green.
For fallout take a *soda and salt bath*.

The following recipe removes lead from your tissue:

1 gallon cranberry juice
3 tbsp. whole cloves
2 tsp. ground cinnamon
1 tsp. cream of tartar

DIRECTIONS: Boil the cloves in 1 quart cranberry juice for 20 minutes. Strain and add two tsp. ground cinnamon. Stir and add it to the rest of the cranberry juice. Now add 1 tsp. cream of tartar. Stir. Drink 5 ounces 3 times daily. For children, 3 ounces 3 times daily for 12-15 days. Then do it once a week.

Observations!

A Denver physician made the following observation:

Often people, after finally throwing off cancer, break out in rashes, some in hives, some with measles-like stuff and some in painful shingles.

A Chicago physician preaches, so does Dr. Lanaghen, Detroit:

The best prevention for cancer is to rub your arm or leg (one or the other only) with fresh poison ivy in the early spring or late fall. The rash produced is painful, but it is the best cancer prevention. (This knowledge comes from the early settlers.)

Another gem:

Repeated nosebleed in children should always be taken to a physician. Two years before a "blood break down," a period of nosebleeds is experienced.

Self-examination taught in England and Denmark:

Sterilize a pin. Prick one finger tip. When the blood comes with a pearl, you are healthy, when it smears, change your diet and life style.

When the drop runs and more than several drops come out from one prick in a thin stream, have an examination by a physician, change your diet, get well quickly, and thank God for this knowledge.

Anti Neoplastic Diet

Animal Kingdom

Eat only fish, including shell-fish, poultry with the skin removed, or game which is rich in nitrilosides. Avoid all other meats.

Vegetables

All are good. Eat them raw when possible or as lightly cooked as you can tolerate. Steaming is best to preserve the Vitamins which are water soluble.

Fruits

Eat all fruits fresh. Avoid canned fruits which contain large quantities of sugar. Frozen unsweetened fruit is O.K. out of season.

Dairy Products

All contain casein which depends on the pancreatic enzyme for its assimilation. Since this is essential to the cancer patient, no dairy products may be used with the following exceptions: yogurt, ricotta cheese and Kefir. Eggs are O.K., and are best either soft or hard boiled to preserve the biotin. A very small amount of butter is permitted for bread or toast, because margarine is considered harmful. Also a small amount of milk may be used for cereal if you depend on this for breakfast. Keep these at a minimum. "Mochamix" is an acceptable substitute for milk.

Peas, Beans, Lentils, Seeds, Nuts and Legumes

A good source of protein and amino acids. Avoid the nut butters that are "creamy," they are made that way with a chemical catalyst. Fresh ground nut butters are available at most health food stores. Use fresh vegetable oils for cooking or salad dressings. Spices and natural flavorings are acceptable but avoid the artificial ones. Pickles and mayonnaise are also O.K. provided they are not made with sugar.

Grains, Bread, Pastry and Cereals

Use whole grains only, without sweeteners or preservatives. Millet is especially good being rich in nitrilosides.

There is good reason to severely limit the intake of white crystallized sugar but natural sources such as honey or date sugar are within the dietary boundaries. No coffee, chocolate, alcohol or tobacco is allowed, nor any other stimulant of a chemical nature.

Detoxify fruits, water, juices, grains, and, vegetables before eating (see back of book).

CHAPTER VIII

PARASITES

My 14 year old daughter had cancer. We went the usual route of diagnosing and the mark of her oncoming death is still with me.

In despair, I asked the American Indians for help and they did. Three days after my request, a tough Indian woman stopped at my door. "I have to help," she said in a rough voice. She did not lose another word with useless conversation. She saw the girl bedded on the couch, snow white, big blue eyes, parched lips and deathlike silence. The Indian woman, Marion, turned and left the house for an hour. I saw her tramping over the fields gathering herbs and clay and flowers. Coming back, she asked for beeswax and privacy in the kitchen. I heard her humming, talking, pounding, hacking, cutting and grinding. The house smelled heavenly.

After about two hours, she emerged with a salve and a big pitcher full of tea. For several days we gave her tea, seven times a day and once at night. In the middle of the third day, my girl passed two orange colored red worms over a foot long. Marion proudly showed this around saying, "This is the mother cancer. Mother cancer in abdomen—daughter cancer makes bumps."

The salve had been spread twice a day on the bumps, but they showed no change. The next morning, however, after the mother cancer had left, the lumps were smaller and they vanished even before Marion left us.

I faced a miracle, a miracle I had never seen before.

My scientific nature rebelled, jumped, made somersaults and jubilated. I had to find out more, much more, and I did.

A French scientist, an American doctor, a seer from Europe, Maurice Mességué, Dr. Parcells, and many others all had experiences with this devastating red worm. The worms were found when cancer was present.

Worms have to have the right environment. Just like vinegar flies. Just leave a bottle of vinegar open or leave apple juice on your counter top. After a few days, the vinegar is swarming with tiny little flies. Take the vinegar away and the flies are gone. Where do they go? No one knows. The same is true with these cancer parasites. Where do they

come from? No one knows. Dr. Parcells, of Albuquerque, has a formula called W4. Other formulas are circulating and all are herbal. Garlic and cayenne are in all of them.

Calmirna figs have in their skins and kernels a substance which rips the skin of these red worms. It would be wise to eat some figs once in a while, just to make the environment in the intestine sweet and undesirable for the creature to live in.

Lately, it was discovered, even announced through television, that a homoelytic parasite (blood parasite) was found in all cancer patients. It was so tiny, the announcer said, that many hundreds could live in a drop of blood. Very interesting, dear Channel 4 announcer. It is too bad you did not give us more help on the question, "What can we do about it?"

Let's go back to the vinegar on your countertop. If we clean up the breeding place, the flies leave. If we clean up the bloodstream from environmental poisons, there is nothing for the scavenger to live on.

Here are several recipes for different kinds of parasites:

6-8 ounces citrus juice, 7 times a day
each time, take 2 garlic perls
do this three days in a row

The following formula is good:

pumpkin seeds
crampbark
cayenne pepper
garlic
cloves

DIRECTIONS: Take 2 caps, 7 times daily for three days.
During these three days, eat only:

carrots
sauerkraut
vegetable soup
pumpkin seed
sunflower seed
yoghurt
cottage cheese
buttermilk

Of course, an iridologist may discover parasites early. But when people have coal black eyes, even an iridologist is out of luck. Iridology is a science of the blue-eyed races. It was used over centuries and is still in use where blue-eyed races are in the majority.

The American Indian looks at the soles of the foot and discovers parasites through the grooves, marks, blemishes of the soles.

Parasites take on the vibration of their host and are therefore difficult to detect. Furthermore, I don't think it is as much what these creatures eat that is damaging to the human body, but it is their waste that is extremely poisonous to us. A healthier environment throughout the body is needed to discourage the existence of these scavengers and their breeding places.

Scientists know of about 120 different kinds of parasites, which can and do invade the human body. Usually when the discovery of a lump somewhere in the body is made, and cancer is a possibility, there can be several kinds of parasites happily living next to each other and a major clean up is needed.

A very effective way of getting rid of foreign visitors in your colon is the Bentonite cleansing Fast. It was perfected by Mr. Irons

Buy one ounce of purified bentonite at your health food store. Put it all in a qt. of water and let it sit overnight. Next morning stir and put 4 tablespoons of the liquid bentonite in 7 ounces water, mix and drink.

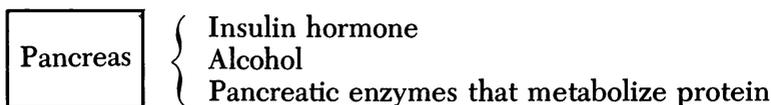
Then put 1 heaping teaspoon. Intestoklenz or any other bulk item in a glass of juice and drink this. Drink more fluids, like herb tea or water, after that, so you have a total fluid intake of 16 ounces.

Do this five times a day: at 7 a.m., 10 a.m., 1 p.m., 4 p.m., and 7 p.m. At 9 p.m. take an enema to eliminate all the waste from the colon so you may sleep soundly. On the fourth or fifth day you will lose long ropes of waste and black matter which is the sign that you may start adding food to your diet like some raw and steamed vegetables, and raw and steamed fruit. Discontinue clay after the seventh day. Re-establish friendly bacteria with acidophilus or yoghurt, and go on a good natural diet.

There are other parasites we have to know about. Some rascals live close to the pancreas and shut the pancreas duct down, so no protein digestant enzyme can pass through. You find a lot of them where hypoglycemia is present.

These tiny tiny rascals lump together and disturb the sugar and protein balance greatly. Cats carry these worms into your lives and when you treat yourself be sure to treat your cat also. The name of these invaders are called Toxoplasmosis. It is a long melodious word

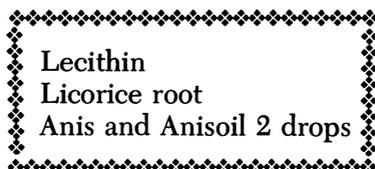
but nevertheless your pancreas is upset tremendously. The pancreas is so important.



Whenever the pancreas works poorly the protein digestion problem starts and you begin to feel it.

It is estimated that 70 million Americans are troubled with this.

Here is an herb combination:



Whenever you have a chance buy or borrow the book *How to Survive the New Health Catastrophies*, by Dr. Rudolph Alsleben, M.D. and Dr. Wilfred Shute, M.D.

Not only do these gentlemen teach you about the fact that heavy metals can be a health hazard to you, on page 2-306 they present a fascinating account on the organisms of the Actinomycetales. I will not take from you the joy of reading this for yourself, but I will tell you about pictures on the screen by Dr. Alsleben.

Dr. Alsleben gave the talk and the screen show in Denver where I heard it for the first time. Dr. Alsleben showed a perfectly healthy group of red blood cells. Blood cells are born and die like everything else on this earth. These blood cells appear (created) and disappear (disintegrated) when the time is ripe. While dying, disappearing, dissolving their existence, they move close to a new cell. They flame up in a last attempt of existence and then they are gone. Wonder over wonder the younger cells all shine brighter than before. I said the old generation handed the torch of wisdom of light to the younger cells. Then Dr. Alsleben showed blood from cancer patients. There was a cloud built between the cells. Not that the cells were touched or attacked, no, the cells tried to come together but they could not hand the light power from the older cell to the younger ones. The younger ones did not receive the spark. This cloud Dr. Alsleben calls Actinomycetale hindered the exchange of energy. The cells became

weaker and weaker and the cloud between the cells bigger, heavier and sassier.

What is this cloud?
Is it a protoplasmic fungal body?
Is it mushroom type fungus?
Is it a bacteria or a parasite?
Or are we at the dawn of a new discovery?

To me it is important how the "cloud" can be discouraged of forming.

There are two plants which are known in folklore to be darkness fighters. One is yarrow and the other is plantain. But they did not do a thing. Then I heard over the News the following interesting report and I bought the following article (for \$25.)

BROADCAST EXCERPT

JANE PAULEY: And how would you like a nice dish of tobacco for breakfast? Lunch maybe? No. Don't laugh. Something like that could well be in your future. Here is Eric Burns with his weekly essay.

ERIC BURNS: This essay is about a health food: Tobacco. You might not think that tobacco is a health food. But the United States Department of Agriculture does. According to an Agriculture Department report tobacco could be a source of protein. In fact, it's possible that you could make some tobacco a product that has as much protein as milk, or eggs.

How?

Well, here is the Agriculture Department's simple recipe: You grind up the tobacco leaves, dry them, and then make them into a powder. The Agriculture Department says that if you sprinkle this powder on food, for instance breakfast cereals, you'll increase the protein value of food.

If this is true, today's Lucky Strikes could be tomorrow's wheat germ.

For "Today," this is Eric Burns, NBC News, Chicago.
Here it is. Tobacco is the darkness fighter I was looking for.

Recipe

Boil ½ stick of vanilla beans in 1 cup of water for 5 minutes.
Add 1 teaspoon tobacco and set aside. After is is cooled,
strain it and store.

Brew in another container:

1 tablespoon yarrow

1 tablespoon plantain

with 1 qt. boiling water.

Let it sit for 7-10 minutes

Add 2 teaspoons of tobacco brew to the 1 quart of tea and
drink 3 cups a day to dissipate the negative cloud.

CHAPTER IX

WHAT DOES OUR “GOOD BOOK” SAY?

Pearls from the Bible for Healing

PSALM 3 1-9

For with Thee is the fountain of life, in Thy light shall we see light.

PSALM 3

But Thou, O Lord, art a Shield for me; my glory, and the lifter up of my head.

I cried unto the Lord with my voice, and He heard me—out of His Holy Hill Selah, Selah, Selah.

PROVERBS 17:22

And ye shall serve the Lord Your God, and He shall bless thy bread and thy water. And He will take sickness away from the midst of thee.

ISAIAH 38-21

For Isaiah had said

Let me take a lump of figs and lay it for a plaster on the boil and he shall recover.

PROVERBS 24:13

My son eat thou the honey because it is good, and the honeycomb which is sweet to thy taste.

When bleeding is present, read:

EZEKIEL 16-6, three times. The bleeding will stop.

Three times in a row, three times a day, say:

By his stripes, thou shall be healed.

You will be amazed what a relief this is to you when you have pain.

Stephen's Healing

There was a huge tumor on his neck. It stood out. Stephen's face was drawn to one side, and he was thin and pale and had glassy eyes. "I was operated on twice, but now I am not going back for anymore operations," he said. Thirty-two years old, a brilliant man, engineer, father of two children. I asked him to think and visualize the thing disappearing when I put my hand over it. "Why not," he replied. God has many, many ways— why not.

I went into prayer, and asked God for a vision how to help. I had placed my right hand over the growth, my left hand out and open so the angels could fill my hand with the light and vibrations of a heavenly nature. And, here, I saw for the first time, something frightening. Inside the tumor, I saw a tiny hand, a shiny eye, an incomplete limb, a hairy something. I was stunned. I prayed and was afraid I could not move my hand. I asked Jesus to send me the strongest angel from the universe to help heal what I saw. My left hand became hot as fire and out of my mouth came the words, "Satan, go behind. In Jesus' name, go." I repeated this over and over, until I saw nothing inside the tumor anymore. "I am healed," the man said, "something terrible has left me." But I did not know what to tell him and I did not say anything. I was in shock myself. The tumor was in no way diminished, or changed, or altered. Yet Stephen had felt something bad had left him. I had performed many exorcisms before, but this was different. There I had seen a manifestation of something I could not understand. Days passed. I continued to work feverishly for Stephen. I had placed his picture into the prayer basket on the altar of the Lords' Chapel of Miracles. I just knew that if I continued to pray, the tumor would go.

It was Saturday night, the week after the incident, that a car stopped in front of my house. The flower shop brought a huge bouquet of roses for the chapel, with a lovely note from Stephen. "The Lord has placed his hand on me and healed me. The tumor is gone." Thank God, Thank God.

But I was not satisfied. I had to find out the truth about what I had seen. Was it an illusion or was it for real? So, I visited my friends who are surgeons and physicians to discuss this matter with them. I started asking the *question*, "Why can't a nation that can put a man on the moon find a cure for cancer?" *Answer*: We have less knowledge of the infinitely small than of the cosmically vast. Cancer is found in the incessant transactions of DNA, of the atoms and molecules, which conduct the living cell. *Another question*: "How does the DNA come into the picture of cancer?" *Answer*: Cancer is basically a disease of DNA and RNA. *Question*: "What is DNA, in a few words?" *Answer*:

Deoxyribonucleic acid, which contains the hidden genetic code. The long molecule is shaped like a spiral stairway. The sides or rails are released chains of sugar and phosphate molecules. The stairway is built of four basic ingredients: thymine, cytasine, adenine and quanine. *Question:* "Since DNA contains the hidden genetic code, and cancer, as you said, is basically a disease of DNA, could it be that the genes go wild and make the manifestation I saw?" *Answer:* DNA causes all division. If DNA is damaged, we have the first cancer cell. This cell reaches out for life energy to survive. *Question:* "Have you ever seen a malignant tumor or manifestation like a fetus?" *Answer:* Yes, we call it displaced fetus or teratoma. When a teratoma is opened, they will find tiny hands, a hair, a fetus, an eye, and other parts of human or inhuman features. *Question:* Is this frequent? *Answer:* It is becoming increasingly frequent.

There I went home. My stomach ached. Was this for real? Yes, it is real. It is the manifestation of the dark force, right in one's flesh. Therefore, it was possible, by removing the Satanic power from Stephen's neck, that the tumor had left, the manifestation disintegrated.

There is the secret door, about which we know nothing. The prayer, the love, the "unknown factor," which some call incident, but I call it God's power.

I never found a cancer patient that did not have a dark cloud of foreign energy around the middle of the body (the Solar Plexus). It is a sandwiched something and has to be released.

Our Lord Jesus, Himself, gave us the words to release these foreign energies. He said: "Eph-pha-pha-open" and "Satan, go behind." Then He lifted up His head and gave thanks to His Father, that it was done. And He taught this to His disciples and said: "This and more thou shall do in my name."

We are our Lord's children, we are His chelas, His students. Let us faithfully do what He taught us to do and in His name, we will succeed.

Amen

Chapel
of Miracles
7075 Valmont
Boulder, Colorado

An Indian Prayer

O' GREAT SPIRIT,
Whose voice I hear in the winds,
And whose breath gives life to all the world,
hear me! I am small and weak, I need your
strength and wisdom.

Let Me Walk In Beauty, and make my eyes
ever behold the red and purple sunset.

Make My Hands respect the things you have
made and my ears sharp to hear your voice.

Make Me Wise so that I may understand the
things you have taught my people.

Let Me Learn the lessons you have hidden
in every leaf and rock.

I Seek Strength, not to be greater than my
brother, but to fight my greatest
enemy—myself.

Make Me Always Ready to come to you with
clean hands and straight eyes.

So When Life Fades, as the fading sunset,
my spirit may come to you.
without shame.

Hanna Kroeger, a nurse, registered in Germany, studied natural healing method under Professor Brauchle & Professor Bircher-Benner. She is a licensed member of the A.M.T.A. (American Massage & Therapy Association) also Dr. of Myology and Metaphysics. Untiringly studying she combines an immense knowledge and an inborn sense of practicality with a deep faith in God. Hanna ministers in the "Chapel of Miracles" a unique place of prayer healing.

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