

Cancer Strategies by Walter Last

From all your information on natural and conventional cancer therapies you develop a program, or plan how to proceed. That is your strategy. From each section you select certain items that appeal to you, and combine them all as your individualized cancer program. This includes your diet, cleansing, supplements and remedies, sanitizing your environment, physical therapies as well as mind improvement.

Then you need to decide how far you want to use just natural methods and which, if any, conventional therapies you want to add. There obviously exists a wide range of possibilities. Here I like to discuss the more important considerations based on my personal experiences and beliefs. I do not intend to convince anyone that my view is right or the best.

The conventional option

If you have been diagnosed with cancer, you obviously have the choice to opt for orthodox or natural methods or a combination of both. My opinion of surgery is that it can give some peace of mind, although I am not aware of any proper evidence that it significantly increases survival rates. The main advantage of surgery is psychological: it makes it easier to believe that you have been cured. If your belief is strong enough, and you adopt a healthy lifestyle, then surgery can be a quick and easy cure, especially for pre-malignant tumors.

However, if your faith is not strong enough, and especially if you have not dealt with your emotional problems, then the main drawback of surgery comes into play. That is the increased likelihood of secondary tumors or metastases appearing a few years later anywhere in the body. If a tumor is not disturbed, then it tends to spread only locally, and can be more easily observed and controlled. It also tends to grow more slowly or remain dormant.

Theoretically, radiotherapy and chemotherapy should have the same psychological benefits. However, the stronger side effects appear to negate this. There is evidence that they cause a high rate of death during and soon after treatment, and make it much more difficult for subsequent natural therapies to succeed. Any tumor shrinkage is usually temporary with much faster growth afterwards. That means tumors become more malignant and the cancer more aggressive. However, there are semi-orthodox methods of destroying tumors by controlled overheating as with microwaves or inserted electrodes that are much less harmful.

Chemotherapy has some success with leukemia in children. I believe this is due to an unintended and unknown side effect: it can also decimate the cancer microbe. The problem is that it also damages the immune system. While children often have sufficient vitality to bounce back, this is usually lacking in adults, and when chemotherapy stops, the cancer microbe quickly recovers and spreads much faster than before.

If you do opt for surgery, make sure by prior written agreement with your surgeon that only the minimum is cut out, or just the 'lump', without making an effort to 'get it all' by removing all the surrounding lymph nodes. While removing lymph nodes may reduce the likelihood of a local reappearance, there is no evidence that it increases the survival rate, and generally, the more is taken out, the greater the traumatic after-effects. Lymph nodes are essential for healing the diseased area with subsequent holistic therapies; commonly only one or two lymph nodes are affected, and these can now be identified and selectively removed.

Another consideration is to have only local anaesthesia if at all possible. There is evidence that general anaesthesia is the most damaging part of surgery because it knocks out the immune system for a considerable period. This is a major factor in the development of metastases, or the later appearance of secondary tumors. With breast cancer, and probably all female cancers, you should also ensure that any surgical intervention does not take place in the first week and the last week of the menstrual cycle but rather between days seven and twenty of the normal cycle. With surgery in the first and last week of the cycle, it is four times more likely that cancer recurs, and patients die within ten years.

Also avoid surgery close to full moon. At this time there is a much higher rate of complications from excessive bleeding. Use Maca, or Wild Yam, or any natural progesterone cream, and take licorice before and after surgery to block any growth-stimulating effect due to estrogen. Also take high amounts of vitamins C, propolis, grape seed extract, spirulina, bee-pollen, and any other helpful measures that you can think of at the same time. Have a Basic Cleanse before surgery. Surgery is almost never so urgent that you have to do it immediately, as commonly suggested by specialists. On the contrary, I am convinced that the better you prepare yourself for the surgery with cleansing, mind therapies, and fortifying your body with high-quality nutrients, the better will be your chance of a successful outcome.

Before and after successful surgery adopt a strict anti-microbial and anti-inflammatory program combined with a suitable cleansing program. Furthermore, there is evidence that distant metastases become established only after first a blood clot forms in the area. Therefore, reduce blood clotting by using anticoagulant remedies, such as magnesium (chloride), vitamin B6, garlic oil, grape seed extract, and plenty of grass juice or green leaf vegetables.

'Don't touch it'

My position on tumors is to disturb them as little as possible. I would consider surgery or radiotherapy only if a tumor presses on a vital organ, or otherwise inhibits its function with an immediate threat to life. Personally I would not even have a biopsy, as this may re-activate a dormant tumor.

I believe that any disturbance of a malignant tumor greatly increases the activity of the cancer microbe, and is a starting point for metastases or secondary tumors to develop in other parts of the body. It does not matter whether all of the tumor and malignant lymph nodes have been removed or not. I regard it as much safer to improve health as much as possible and watch what happens, regardless of whether a tumor is deemed to be malignant or benign. Because of their slower growth and more normal metabolism, benign or low-grade tumors are often much more resistant to natural therapy than malignant tumors. I believe that the critical difference between malignant and benign tumors is the absence of the cancer microbe in the latter, but that can change with unhealthy living conditions.

If the cancer microbe is well controlled, and toxins are removed from the area so that the energy metabolism becomes more normal, then any tumor can be expected to shrink, or gradually disappear, or calcify and remain dormant. With this, you have an excellent indicator of what happens in your body, and how effective your therapies are. By removing this indicator, you may not know what happens until metastases appear anywhere or everywhere a few years later. However, sometimes tumors may still appear to grow with a thin outer shell, while the inside is filled with blood, and that can be somewhat confusing.

Unfortunately, also other and seemingly unrelated events can activate the cancer microbe, such as surgery unrelated to the tumor, exposure to toxins and to some medical and recreational drugs, severe stress, emotional shock, and having an infected dead tooth pulled out. In all of these cases health improvement measures, and especially anti-microbial and anti-inflammatory therapies, need to be intensified.

In most cases the cause of death is not due to any tumors, but rather to strong inflammations, combined with progressive poisoning of the cellular energy and protein metabolism. Both of these are caused by the uncontrolled activity of the cancer microbe; the stronger the activity of the cancer microbe, the stronger are the inflammatory conditions, and the more inflammation, the more active the cancer microbe. This causes a vicious circle that usually leads to a rapid end once the cancer microbe is out of control.

At this stage the symptoms and results are the same, regardless of whether any tumors are present or not, with much pain, and often fluid accumulations in and around the abdomen and lungs. The poisoning of the cellular energy and protein metabolism leads to increasing loss of body weight and severe lack of energy or cachexia. Episodes of high temperature or fever show that the immune system is still fighting against the cancer microbe. If tumors are present, then the strong inflammations cause rapid tumor growth and spread. Also nodules often appear in the skin, which may or may not be malignant, and are often due to a non-malignant condition called Sarcoidosis, which, too, results from the activity of the cancer microbe.

None of these events can be prevented or slowed down by removing or shrinking any tumors, but only by strong and persistent anti-microbial and anti-inflammatory therapy. However, if you had already medical intervention or decide to use it, that is all right as well. Just do your best and be confident that you will be successful. Furthermore, if you follow an intense anti-microbial and anti-inflammatory cleansing program before and afterwards, then tumor surgery, or other tumor destroying interventions, should no longer be a starting point for the formation of metastases, and might in some cases be beneficial.

A Starter Program

For a newcomer to natural cancer therapy it takes time to digest all this information, and select and implement an individualized program. In the meantime you may use the following emergency program to stop or slow the growth of any tumors. After taking in all the necessary information, you can then add to it, and make changes to suit your specific conditions. You may also add this basic program to whatever else you are already doing, if that does not seem to be successful.

An effective way of slowing and stopping tumor growth is alkalizing the body, in addition to preventing the development of new blood vessels, needed to supply the tumor with nutrients.

Alkalizing inactivates the protein-digesting enzymes that allow a tumor to expand into surrounding tissue. In addition, it is also an excellent pain reliever. For quick action use potassium bicarbonate - half a teaspoonful in water or juice 3 or 4 times daily half an hour before or 2 to 3 hours after meals. After a few days gradually reduce this to an amount that keeps your urine and saliva slightly alkaline. However, if you suspect a lack of gastric acid (e.g. soft fingernails or indigestion), then do not use potassium bicarbonate directly. Instead use dolomite powder dissolved in vinegar or lemon juice in addition to potassium bicarbonate that has been neutralised with these food acids. Furthermore, even if you do have sufficient stomach acid, start using these neutralised minerals as soon as possible, while phasing out the direct intake of potassium bicarbonate, in order to preserve your precious hydrochloric acid for the digestion of food. However, if this does not keep your urine and saliva slightly alkaline most of the time, then continue using some additional non-neutralised potassium bicarbonate. For further information see Remedies.

L-lysine, an essential amino acid, inhibits cancer enzymes that dissolve collagen, and allow the cancer to expand; take about 2 g or half a teaspoon of L-lysine 3x daily before meals. (If the label just says "Lysine" then it probably is the D, L form and may not be effective).

Cartilage inhibits the formation of new blood vessels in tumors and restricts tumor growth. You may stir a tablespoon of powdered shark cartilage, together with digestive enzymes, into grape juice and take this 3 times daily. Alternatively, take 2 teaspoons of liquid bovine cartilage 3 times daily before meals. This is more pleasant to take.

Zinc taken in high doses inhibits the formation of blood vessels in a tumor by depriving it of copper. Take about 30 mg of zinc with all meals or 3 times daily with food. Recently also green tea and turmeric (the main ingredient of curry) have been shown to inhibit the formation of new blood vessels in tumors. Use plenty of both.

Vitamin C improves the immune system as well as other important body functions. Start with half a teaspoonful of vitamin C, and each following day increase by another half teaspoonful, until you take half a teaspoonful every waking hour, or until you develop 'loose' bowels or signs of water retention. Then cut back to a dose that does not cause any problems.

Neutralise each half teaspoonful with up to a quarter teaspoon of potassium bicarbonate, or sometimes with magnesium carbonate or oxide. If your blood pressure is low (below 120/80), or if this amount of potassium causes muscle weakness, then use part or all of the vitamin C as sodium ascorbate and calcium ascorbate. Do not suddenly stop a high vitamin C intake, but always reduce it gradually.

Here are a few additional suggestions for your starter program.

- Read The New Medicine of Dr Hamer, take steps to discover and eliminate the emotional conflict trigger for your condition.
- Vitamin B2 aids cell oxidation and may slow blood vessel growth - use 100 mg in divided doses.
- Niacinamide is important for cellular energy production, try 250 mg with each meal.
- Folic Acid is helpful with different types of cancer. Take 400 or 500 mg with each meal.
- Selenium – most important for the immune system, 200 mcg daily.
- Cod liver oil supplies 3 useful ingredients: vitamin A, vitamin D and omega-3 fatty acids. Preferably emulsify it by shaking a tablespoonful of oil in a jar together with a small amount of lecithin and some juice. Try to obtain high-quality oil, preferably produced or bottled under nitrogen, keep refrigerated. If you suspect fat malabsorption also rub some into the skin.
- Pollen and Spirulina: Several times daily take 1 teaspoon of spirulina and 2 or 3 teaspoons each of bee pollen and ground linseed stirred in juice, herb tea or energized water.
- Pau d'arco or Taheebo - my favorite anti-microbial herb remedy; use in high amounts as strong tea or extract.
- Dark grape juice: Do not eat during the morning; instead drink one bottle (750 ml) of dark grape juice until lunch. Take only one sip at a time and space out evenly to avoid a rise in blood sugar or insulin levels. If grapes are in season, you may instead eat about one kilogram of dark grapes. Eat only a few grapes at a time, space out evenly and chew very well. Also blueberries, blackberries and beetroot juice are good.
- Diet: Use predominantly fresh, raw and organic food with plenty of beetroot, broccoli and purple onion. Avoid processed food, chemical additives, sweeteners, gluten grains, cooked meat, commercial pasteurized milk and cheese, and chlorinated or fluoridated water.

In the meantime read all the cancer information on this site, and start modifying the Starter Program according to you individual needs. As soon as conveniently possible do the Basic Cleanse, herbal parasite cure, obtain an electronic zapper (blood purifier) and magnetic pulser, and gradually keep adding to it until you have fully implemented your selected program. After sufficient improvement gradually phase out supplements, remedies and therapies that may no longer be needed.

Different Cancers

The basic natural therapies are the same for all cancers. In addition, some remedies or treatments are beneficial for specific conditions. Most of these remedies are mentioned in Parts 5 and 6 of Natural Cancer Therapy, such as licorice for estrogen-related cancers, vitamin A for lung cancer and leukemia, saw palmetto and zinc for prostate cancer, molybdenum for cancer of the throat and esophagus, niacinamide for lung cancer, folic acid for uterine and ovarian cancers, and urea with liver cancer. Bowel cancer benefits from intensive intestinal sanitation, cancers of the kidneys and bladder from urine therapy, and drinking lots of strongly ionized water, or water with added Microhydrin; pancreatic cancer from adopting a diet of fresh organic juices (mainly grass and

vegetables), lung cancer from inhaling strongly ionized air (GeoMed), and breast cancer from avoiding milk products, and stimulating lymph circulation in the area (see the article Breasts, Bras & Babies). With Leukemia and lymph cancers a raw food diet with plenty of grass and beet juice is most helpful, in addition to high levels of zinc, vitamin C and cod liver oil.

The Basic Program

If you do not want to use supplements and remedies, or if it is all too confusing, you may use the following basic program. If required, you may add various remedies or therapies at a later time, as indicated in other pages of Overcoming Cancer.

- Use a diet that is predominantly fresh, raw and organic, as explained in Part 3 of Overcoming Cancer.
- Minimize Electromagnetic Pollution.
- Maximize being outdoors in natural surroundings.
- Search for the emotional trigger of your cancer, and try to remove it, see Part 8 and The New Medicine of Dr Hamer.
- Forget that you supposedly have cancer, and find ways to enjoy living.

Encouragement

You can do it! You can overcome cancer. To be successful you need a positive attitude and sufficient energy to follow a holistic program. The diagnosis of cancer is a call to mobilize all your inner and outer resources and channel them into this one goal. You achieve this by greatly improving your spirituality and lifestyle. This is a great adventure and should become the most exciting and uplifting time of your life.

The medical system spreads doom in an attempt not to give false hope. That may be warranted with their methods, but not with holistic therapies. Here we have no false hope. Without hope you are as good as dead, with hope you have made the first important step towards healing yourself.

Find an experienced natural therapist to help you in selecting and implementing your individualized holistic program. Join a cancer support group or a meditation circle or any other natural health group in your area. Find out from health food shops or natural therapists if and where such groups exist. If there is none, try to form your own. Place notices in health food shops and with natural therapists inviting interested individuals. However, beware of cancer groups that follow just the official negative medical line.

Meet once or several times a week to relax, meditate, pray, visualize, and experiment together. Try regression, reflexology, meridian therapy, exchange recipes, techniques and experiences. Study helpful books together, invite therapists and those who cured themselves of cancer to lecture. Have outings and fun together, laugh a lot, and surround yourself with positive, supportive people. Read success stories of former cancer victims. Develop and listen to your intuition, trust your inner and higher guidance. Look at the bright side of everything that happens. Discover your real Self. Do all you can to improve your health, and make your life interesting, and forget that you supposedly have cancer.

My Personal Cancer Option

Personally, I would prefer to ignore any suggestion or appearance of cancer. I read somewhere that during autopsies most accident victims, unknown to them, were found to have tumors that never caused a problem. If they had known about it, fear and medical intervention would probably have caused many of them to die of cancer. Therefore, my first rule is to avoid the medical system and with this a diagnosis of cancer.

Furthermore, fighting against a cancer would only give it power over me by acknowledging it as an equal or superior opponent. Therefore, if there were a reason to suspect cancer, I would choose to ignore it. That is the second rule.

As a third rule, I would live as healthily as possible at all levels of my being, not because I believe to have cancer, but because I believe in healthy living as a way of life. This may include anti-microbial and anti-inflammatory therapy, or whatever else is needed to be as healthy as possible. Adopting a healthy lifestyle basically means living as naturally as possible, eating fresh organic raw food, highest quality water and air, a healthy house and natural surroundings.

My fourth rule is to bring as much joy, love and fulfilment into my life as possible. If I would know of the presence of any tumor or cancer, I would open my heart centre (see 'The Love Cure') and shower the diseased parts of my body with love, joy and compassion. This is the same treatment that one would give to a beloved child to make it well again.

Finally, if I would realize that soon I may have to leave my body, I would welcome and celebrate it as the reward of a good life lived to the fullest.