

2ND ANNUAL

HEALING CANCER WORLD SUMMIT

FREE ONLINE EVENT **NOVEMBER 7, 2012**



COURSE TRANSCRIPTS

NIGHT 5: HOWARD STRAUS
AND JESSICA AINSCOUGH

PRESENTED BY KEVIN GIANNI & RENEGADE HEALTH

MEDICAL DISCLAIMER

The information in this program is for educational purposes only. It is meant to as a guide towards health and does not replace the evaluation by and advice of a qualified licensed health care professional. For detailed interpretation of your health and specific conditions, consult with your physician.

Welcome to the second annual *Healing Cancer World Summit*. This event is a showcase of some of the most cutting edge natural and integrative cancer therapies from experts who are using them in their clinics, as well as nutritionists and advocates who are researching their effectiveness.

Due to the nature of the information contained in this program, please listen to this important disclaimer. The information contained in this program is not considered nor intended as medical advice. Please see a qualified health care practitioner if you're experiencing health issues, including if you have cancer or suspect you have cancer. The opinions expressed in this program are opinions and should not be interpreted as methods to prevent or treat cancer without the assistance of a medical professional. The opinions expressed by the experts and speakers in this program do not necessarily reflect the opinions or views of Renegade Health, Kevin Gianni, KMG Associates, or any of its affiliates. Again, please see a qualified healthcare practitioner to assist you in the care of any disease or illness.

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KEVIN: Welcome, everyone, to the *Healing Cancer World Summit 2012*. This is night number five—the grand finale. I hope you've enjoyed this so far. I've been reading your comments on the blog and I'm thrilled that you've been participating, sharing, and thinking a lot about what we're presenting here. It's pretty important stuff. But with that said, I want to say tonight—while it is the last night of this year's 2012 Cancer World Summit, I hope it doesn't end discussion about natural cancer treatment. That's why we do this program. The reason I created it is to give you options—options that I want you to know about, no matter what you or your family members or anyone chooses about their health. This is stuff that is really important information that has to get out there, and I want it to be a resource ever year where you come in, you get this information, and you share it with your friends and family. So this is the second year we've done this, and it's been quite a ride as you guys know, particularly with the storm in the Northeast United States. We've had friends and family members affected and we're still sending them love and prayers. So I hope that you do the same, knowing some people were unable to listen to this program just because of power and other issues. You know we really do...our hearts go out to them and we hope that they get back on their feet as soon as possible.

All right, let's get into today. Let me give you a quick recap of the instructions. Calls are at 8:00, 5:00 Pacific. You're here now. This is the last one. Second, each call will be available for 24 hours, so these two lectures will be available for 24 hours. And third, if you do miss a call or want to access these lectures at a later time, you can get a very affordable upgrade package here at: www.renegadehealth.com/cancer2012/upgrade. This includes the calls with Dr. Nicolas Gonzalez and Dr. Leigh Erin Connealy—two hours each starting on the 16th of November. So you've got to act now if you want to get on the first call with Dr. Gonzalez. The second call is the week after, so there's plenty of time for that one. But the first one is coming up really soon—this week, the end of this week.

Finally, what is important is that the information contained in this program is not intended to be medical advice. It's a sharing of opinions of the experts, and if you're sick, you should seek care from a medical practitioner, someone who is qualified.

All right. Now that we've got that out of the way, let's get into night five. My first guest is Howard Straus. He's the grandson of Dr. Max Gerson and the son of Charlotte Gerson. After his MIT

education in physics, he pursued a career in computer systems analysis for nearly 40 years. Late in life, he discovered his passion for helping people recover from incurable diseases using the famous Gerson therapy developed by his grandfather and continued by his mother. Although Dr. Gerson was called the most eminent genius in medical history by Nobel laureate Albert Switzer, no thorough biography of Gerson existed 40 years after his death. Howard took up the task in 2002 of publishing *Dr. Max Gerson: Healing the Hopeless*, which has received excellent reviews in the *Journal of Orthomolecular Medicine* and the *Townsend Letter for Doctors and Patients*. He also authors an informative and twice-weekly eBulletin called *Be Well*, in addition to pursuing his career as a nutritional consultant and international lecturer on the Gerson Therapy. He also founded the nonprofit organization, "Cancer Research Wellness Network," which is dedicated to educating people about cancer therapies that work. Mr. Straus' power nutrition workshops have been well received and have helped thousands to radically improve the quality of their lives.

So let's get started. Howard, I want to welcome you to the *Healing Cancer World Summit*.

HOWARD: Well thank you very much, Kevin, and thanks for the introduction. It was great.

KEVIN: All right. Well, I just gave an introduction, but I'd like for you to kind of give just a little bit of background about how you got involved in health, in cancer therapies, and then we can move into some of the real deep questions that I want to talk about today—cancer prevention, cancer therapy, and all the stuff that we have on tap for today.

HOWARD: Well, it's kind of an odd...it's kind of an odd question...kind of an odd answer, actually. It's our family cottage industry. My grandfather, Dr. Max Gerson, developed this amazing holistic therapy for not only cancer, but also all kinds of degenerative diseases—as a matter of fact, 99% of all degenerative diseases. And my mother carried on his work for about, coming up on 40 years now. And now, it's my turn. So we won't allow the work to die, because it's just too important for all of humanity. And so, you know, since conventional medicine and all of our governmental agencies and pharmaceutical companies are dead-set against it, they won't carry it on. So it remains to the family to carry it on.

KEVIN: Now, you wrote the biography of your grandfather, Dr. Max Gerson, so I think it would be great to start with a little bit of history about him—what type of person he was, how he came upon the therapy that is now known as the Gerson Therapy?

HOWARD: I'd be happy to. Dr. Max Gerson was born in a part of Poland that was Germany at the time. This was before World War I. And he was born to a Jewish family, a family of flax oil press factor, and he grew up in sort of a normal Jewish childhood at the time, but he showed a very early promise of brilliance in mathematics and natural sciences. His family saw that Jewish children had...Jewish men had no future in mathematics, because they couldn't make professor in that time in Germany. And so they decided that it would best for him to study medicine. So he studied medicine, and when he was being an intern, his migraine headaches—which he had been suffering for some years—became absolutely crushing, debilitating, to the point where he'd had to spend three days at a time in a darkened room and immobile in order to just even stand the pain. And he decided—and this was about age 22, 24—he decided that he was going to find out why and stop them. Well, of course, nobody knew at the time about migraine headaches. His professors said, "Well, you know, by the time you're 55, they generally go away by themselves." And he said, "Fifty-five? I'm 25. I'm not going to go another 30 years this way. I want to rip my head off right

now." So he decided that that was his quest. He was going to solve his migraine headaches.

And so he started studying everything he could find in any language that he could find—and he paid to have it translated, if necessary—on migraine headaches. And just gathering as much knowledge as he possibly could. Well at one point, he saw in an ancient Italian medical book a story of a doctor who had affected the migraine headaches in one of his patients by modifying her diet. And this was the first place that he had seen any results with migraines at all. Nobody else had any answer. So he decided to go on an elimination diet. And using his own body as a test tube...it was a very sensitive test tube. If he ate something wrong he got a migraine very immediately, and if he didn't, then he was free of migraines. So little by little, he built up a list of foods, which were migraine foods, and a list of foods that didn't cause him migraines. And at the end of his experiment, which took several months...at the end of his experiment, what he found—what he had—was two lists of food. If he stayed on the good list, his migraines will resolve and he didn't have any more migraines. And he was ecstatic, of course, and thought nothing more of it. He just stayed on the good list.

He completed his degree. He completed his internship, his residency, and he went out into private practice and pretty soon, he had patients complaining to him about migraine headaches. And so he would just give them these two lists of foods and say, "Eat these. Don't eat that." You could do that as a German doctor. You can't do that as an American doctor. An American doctor: "Oh come on doc. Give me some drug or something. I don't want to change what I eat." So he'd give them these two lists, and say, "This worked for me." And he had them printed up, actually. "This worked for me. Eat these, don't eat those, and you're good." And the patients would invariably report back that their migraines had cleared up.

One day, a patient reported back that not only had his migraine cleared up, but so had his skin tuberculosis. Skin tuberculosis was known to have been incurable for a couple of thousand years. And he said, "No, no, you're mistaken. Skin tuberculosis is incurable. Some bumpkin doctor has made a crazy diagnosis and you believed him."

"Aha," the fellow says. "I knew you'd say that. I brought my medical records from every sanatorium in Europe that I've attended, and here they are." And sure enough, my grandfather saw that he had lupus vulgaris, the skin tuberculosis, and he'd had it for 20 years. And he examined him, and he said, "It's healing up. Unbelievable. What did you do?" He said, "I ate the foods you told me to eat for my migraines, Doctor."

So immediately, there was a huge departure. And a huge choice. Did he go down that path, or did he ignore it and say there's no money in it for me? Well he explored it. He said, "This is amazing. Do you know anybody else with lupus vulgaris?" And the fella said, "Yeah I do. As a matter of fact, I have three in your waiting room right now." And Gerson said, "I'll treat them for free just to see if it works." And sure enough, it worked. So pretty soon he had a thriving practice in skin tuberculosis. But very seldom does skin tuberculosis present all by itself. Sometimes it comes with migraines, as this first patient had. Sometimes it comes with arthritis or diabetes or lung tuberculosis or something else. And Dr. Gerson was absolutely amazed. because he was...he believed in the normal medical model of one disease, one treatment. He was amazed to see that when the lupus cleared in using this diet, that everything else cleared too. Now, he was curing diabetes and he was curing migraines and he was curing lupus and he was curing rheumatoid arthritis and all kinds of things. And he had to drastically revise his concept of what he was doing.

What he finally figured out was he was healing the immune system, and he was not healing the symptoms or the disease. He was healing the immune system. When he did that, then the immune system took care of business as it was intended to do and healed whatever was wrong.

So this came to the concept of, there's no such thing as selective healing. If you cure your lupus, you can't keep your migraine. If you cure your migraine, you can't keep your arthritis. If you cure the arthritis, the diabetes goes away, too. And pretty soon, he was known as, "Diet Gerson" in Europe. So that's how it came about.

KEVIN: And now the Gerson Therapy, as we know now, is not just a list of foods to not eat and to eat. So how did some of these other principles kind of move into the forefront, or move into being part of the therapy?

HOWARD: Well, one of the things that Gerson always had been aware of was that deficiency caused certain diseases. As a matter of fact, he formulated a medication. When he was a young doctor, he formulated a medication that was famous all over the world, that started...that attempted to repair some of the deficiencies—mineral and enzyme deficiencies—that the patients were suffering from. And so he understood deficiency right away. And there are many diseases that are caused by deficiency. We know that. There are vitamin deficiency diseases—pellagra and scurvy and so forth. But Gerson saw that many more were affected by deficiencies. The other thing he found out was that toxicity—poisons that we ingest on a daily basis, that we don't necessarily see as poisons—had a great influence on how our immune system was able to function. Because if our immune system was poisoned, as well as starved by deficiency, then it didn't stand the chance of standing up to various different opportunistic infections or other diseases. So what he started...what he tried to do, from the earliest, was to repair the deficiencies by supplementing and by hyperalimentation—or in other words, flooding the body with nutrients, with good organic nutrients—and at the same time, eliminating or removing the accumulated toxins of a lifetime. And that was the technique that he continued to refine for the rest of his life: was better means of detoxification, better means of hyperalimentation, and supplementation with the minerals and vitamins and enzymes that the body was deficient in. And all of the medications that are on the Gerson Therapy are all supplements having to do with material—with chemicals and compounds that are supposed to be present in the human body to begin with. We don't use any kind of novel or artificial molecule, which the body wouldn't know how to handle, and which would cause side effects and other things like that. We just try and repair the body by giving it the means necessary to fuel the immune system to its absolute most peak deficiency.

KEVIN: Now, back in the 1930s, 40s, 50s, when your grandfather was talking about and teaching all of this and treating people, what kind of opposition did he have back then? Was there great opposition, or not?

HOWARD: There was the same kind of opposition he had then as we have now from the cancer industry, or from all the other chronic disease industries. Back then, tuberculosis was as large an industry as cancer is now. So since it was so rampant all over Europe, there were large medical specialties who were making a fortune treating, and not curing it. Because if you really think about it, if you cure a disease, or if a patient dies, you've lost the patient either way. So you certainly want to keep him alive. Otherwise he can't pay his bills. But you certainly don't want him healthy, because then you've lost the patient anyway. So you know, the rest of the profession was interested in treating these chronic diseases endlessly and profitably, whereas Gerson was interested in what

a healer—what a doctor—should be interested in, and that was to cure the patient and make him free of disease symptoms...free. And other doctors were so threatened by that, that there was immense opposition, immense opposition in Europe, to the point where they'd haul him up in front of...in medical tribunals and so forth, to try and discredit him or have his license revoked or something like that. But in the end, he had the answer. I mean, he published. He knew people could see he was telling the truth. Other people found that his methods worked, as well, and they published that. And he couldn't be denied. So there were great opposition, and then on top of it, he was Jewish in Nazi Germany, so that was an additional little difficulty, there. So eventually, he and his family had to flee for their lives. And they fled all over Europe. First they went to Vienna, Austria; and then Paris, the outskirts of Paris, in Ville d'Avray; and then eventually to London; and then New York City, which is why I'm speaking English.

KEVIN: I want to talk about the principles of the Gerson Therapy, but I want to first, for everyone who's listening, I want to differentiate between treatment and prevention, if there is any. So if you can just talk about the Gerson Therapy within that realm.

HOWARD: Well, absolutely. There is no difference, as far as the Gerson Therapy is concerned. The Gerson therapy bolsters the immune system so that it can handle threats and challenges on its own. And it fuels it, so that it has enough energy to keep fighting, and to keep fighting threats, and to maintain homeostasis, which in the end means good health. And the same principles hold true of prevention. So if you fuel your body properly and you don't poison it, then you'll have all of the energy you need. It's like making sure your car doesn't run out of gas, and it's maintained properly. If that's the case—if you maintain your car properly and you fill it with oil and you fill it with gas and you make sure the water levels and everything are well, then your car will run endlessly without any hiccups. But if you let one thing or another go—you let the water level drop or you run out of fuel or you let your oil level go down—your car will sputter and run rough and cause damage, and you're in for a big repair bill. So our whole point is that the same exact therapy that will cure disease will also prevent the same disease—will prevent all diseases. Because after all, we can cure about 99% of all chronic diseases—99%. There's about 1,500 diseases considered chronic in the medical lexicon, of which the Gerson Therapy handles all but about 15, and those are generally the progressive neurological diseases of the central nervous system.

KEVIN: We are talking with Howard Straus here from www.gersonmedia.com. Howard, I want to talk about the principles of the Gerson Therapy. I know that you mentioned the immune system is important. What are some of the other, kind of, overlying principles that we can talk about before we get into the very specific details about juicing and some of the other things that are involved?

HOWARD: Well clearly, I said that the causes of disease—and certainly chronic disease in Dr. Gerson's research—he discovered that the basic causes of disease were deficiency and toxicity. In other words, starving the body of the nutrients it needs, and poisoning it with chemicals and other things that it doesn't need and doesn't want, and that actually get in the way of its natural processes. So the whole principle...the whole basis of the Gerson Therapy, is to restore balance by flooding the body with perfect nutrients—and all of the cofactors, coenzymes, that are needed to metabolize those nutrients—and...while at the same time, eliminating—flushing out—the toxicity from a lifetime of abuse that you visited on your body. And the lifetime of abuse comes from all kinds of different sources. Everything from air pollution to water pollution, from pharmaceuticals to vaccines, from food processing chemicals, artificial fertilizers, residual pesticides, and residual antibiotics that they give animals, and so forth. But the point is that these

build up and build up with no way to get rid of them. We've overwhelmed our ability to get rid of them. And so Dr. Gerson boosted and addressed specifically that mechanism for flushing out the toxicity, while bolstering the nutrition so the body had the maximum possible fuel and energy to fight whatever it needed to fight.

KEVIN: I want to talk more details, now. You mentioned that foods lists, you know, the good and bad foods? Can you run over some of the foods that were on that good list, and some of the foods that were on that bad list?

HOWARD: Oh, it's quite simple. As a matter of fact, basically, there are only a couple of different principles here. Because almost all commercially grown foods are grown with artificial fertilizers, and have lots and lots of pesticide residue associated with them, in addition to which, they're canned, bottled, boxed, frozen and dried and salted and everything else, so you end up with food that is denatured by the way it was produced. And now on top of that, genetically modified. And at the same time, is empty of the nutrition you need, and at the same time, has all kinds of poisonous chemicals added to it to make it look good and last long and have nice color and make you eat more of it. So we eat only organically grown food, which guarantees that it's not—or should guarantee—that it's not genetically modified, which makes sure that it doesn't have any pesticide residue, doesn't have any artificial fertilizer residue. That it's been grown on soil with all the nutrients present, instead of with only two or three of the nutrients that chemical fertilizers provide. And fresh, so that it's not in a box or a bottle. Nobody's gotten their hands on it to put chemicals and preservatives and so forth in it, and coloring and flavoring and things like that. So when these organic foods—which are the foods your body evolved over millions of years to properly function on—when those are the foods that you're getting, then your body will function properly. It's only when you start ignoring the fact that you grew up, you evolved as a human being, you co-evolved with these foods that grew out of the ground unprocessed—un-chemical-treated, no pesticide, no food processing and so forth—if you eat good, organically grown foods, your body will say, "Thank you," and will keep itself very healthy. So that's a very important thing—organic.

Now, another very important principle is vegan. And I know that's kind of a hot-button issue for many, many Americans who say, "Oh, well we need protein." They've been brainwashed. There's plenty of protein in a vegan diet—plenty. If you doubt that, all you have to do is ask an elephant. Elephant—the biggest, beefiest animal on the planet, land animal on the face of the planet—is a vegan. He doesn't eat birds. He doesn't eat cats. He doesn't stuff cows in his mouth. He goes around eating the landscape. So there's plenty of protein in a vegan diet. Otherwise, how would you get your protein from a cow? I mean, the cow has a vegan diet as well. So a vegan diet, salt-free, fat-free. Salt is one of the major...salt is one of the major carcinogens that there is. Cancer loves salt. And even more, it loves MSG, which is a very, very widely used flavoring in our culture, in our food-processing industry. MSG, Monosodium Glutamate, is an excitotoxin, which turns off the switch that says, "I'm full. I've eaten enough." And so you keep eating, keep eating. You never know that you're full. And in the end, you end up obese. And as a matter of fact, if you put a little bit of MSG in vaccines, in vaccinations of infants at a very early age, then they will have a life-long tendency—because you've ruined that switch—they will have a life-long tendency to obesity. And guess what's in many of our infant's vaccines? MSG.

So we have unprocessed, organic, vegan food. Salt-free, because sodium is one of those things that cancer loves. Salt-free and fat-free. Fat is another one of those things that cancer loves.

And one of the...so there are two strikes against animal protein right there. Number one is it doesn't have any fiber. It doesn't have any vitamins in it. It just has animal protein and fat. And the animal protein acidifies the body chemistry. And your body chemistry needs to be slightly alkaline. If you understand pH—it's the measure of acidity. 7.0 is about exactly neutral, and that's the distilled water. Anything about 7.0 is slightly basic or alkaline. Anything below 7 is acid. And the body needs an alkaline environment to exist, to properly function. And when we eat animal protein, because the animal protein is...the residue from an animal protein meal after you've digested it is high in phosphorous. It tends to acidify the body, as do junk food, as do pharmaceutical, as does alcohol, as does, you know, coffee ingested, and so forth. When you ingest food, acidifying foods, you are giving cancer and other chronic diseases a very friendly, a very hospitable, environment. Whereas if you eat plant-based foods...plant-based foods, on the other hand, the ash, the residue from plant-based foods tends to alkalinize the body. And so when you alkalinize the body, you're giving your body the best chance it has of maintaining and carrying out good health for the foreseeable future.

So what we try to do is we try to build—by an alkalinizing, vegan diet, free of pharmaceuticals, free of animal protein, and free of fat—we try to build an alkalinizing environment, which gives the body the best chance of health. And cancer cannot live in an alkaline environment. Let me say that again: Cancer cannot live in an alkaline environment. And you wonder why the American Cancer Society never tripped on that one. They don't want to talk about that. It's far too easy. It's far too easy to maintain an alkaline environment. As a matter of fact, typically in the Gerson Therapy, all of our patients come in, if they come in with cancer, they have to be coming in with an acid environment, because cancer can't live in an alkaline environment. And so what we do is we immediately start flooding their body with perfect vegan nutrients—vegetable, plant-based nutrients—and within about three days, their body chemistry immediately starts going up to the alkaline level, and they immediately start feeling better. Their blood starts carrying oxygen. They start feeling hope. They start feeling energy. They feel their body responding in three days. And that's one of the most amazing things to see. It's like putting water on a plant that's been starved of water for months.

KEVIN: Let's talk about some of the supplements or nutrients that are taken as well.

HOWARD: Sure, indeed. One of the major things that our patients—and most of the patients at our clinics are cancer patients, but it doesn't matter. The cancer is just the worse of the degenerative diseases. The causes are the same—deficiency and toxicity. So one of the major deficiencies in our modern diet is potassium. Potassium is an enzyme enhancer. In other words, it helps your enzymes—the spark plugs in your body—to do their job properly. All of your body functions are mediated by enzymes. In other words, digestion and muscular action and brain function and oxygen metabolism and heartbeat—it's all dependent on enzymes. Well, potassium is an enzyme enhancer. It helps all the enzymes properly do their jobs. Sodium, on the other hand, is an enzyme inhibitor. It actually gets in the way and sabotages those enzyme functions and keeps them from doing their job. Another name, by the way, for an enzyme inhibitor is a poison, because that's how poisons do their job. They get in the way of one or another vital enzyme function. Snake venom, for instance, keeps your autonomic breathing system from functioning. So there's plenty of oxygen around, your blood is circulating, your heart is beating, you just can't breathe. Or it prevents the blood from carrying oxygen. So you're breathing and your heart is pumping and the blood is circulating, but the blood cells cannot carry oxygen, so you suffocate. So that's how poison works. It gets in the way of one or another vital enzyme. With sodium,

it gets in the way of pretty much all vital enzymes. So cancer loves sodium, because it keeps the immune system from functioning and fighting it. Cancer is really just a way of our body trying desperately to survive in an un-survivable environment. It's not something external that is fighting us. It's our own cells going, "Okay, I can't live this way. I have to figure out another way to live." And cancer cells are the result of that transformation. So one of the things we supplement is potassium at the same time as we completely eliminate sodium from the diet.

One of the other things that we are very, very cognizant of is that one of the major dysfunctions in a cancerous body is that the pancreatic enzymes are not properly...they can't function properly. There's either not enough of them, or they've been used for the wrong purpose, or they can't function in the environment we've given them. So we give pancreatic enzymes, as well, because most people with cancer have to be sadly deficient in pancreatic enzymes. So those are heavily supplemented minerals and enzymes.

We also give thyroid supplements, because typically in the United States, we suffer from hypothyroidism because of the amount of chlorine and fluorine in our water, which disables the thyroid. And the thyroid is a vital thermostat for our immune system, and it determines how much energy the immune system is putting out. So we give thyroid. Once again, all of these things are substances that should be in the human body already, but even in trace amounts, but that are deficient, and so the body can't live with them.

We give iodine in the form of potassium iodide, or Lugol's Solution, and iodine will enhance and replace the chlorine and fluorine in the thyroid, especially if you remove the sources of chlorine and fluorine in your intake. And you must do that, of course. So iodine is one of the things. And we give Acidol Pepsin, which is a combination of digestive enzyme plus hydrochloric acid, which is stomach acid, to enhance the digestive ability, because typically cancer patients have very much compromised digestive systems. We give liver injections—liver extract injections—because we're trying to rebuild the liver. The liver actually rebuilds itself whether you like it or not every six weeks. What we want to do is give it the right raw materials with which to build itself, rather than materials that will not enhance its function. So we try to repair the deficiencies to the best of our ability in each patient.

KEVIN: And then, I know that the therapy includes flax oil and vegetable juicing, so where would you kind of categorize those?

HOWARD: Well, the vegetable juices are absolutely essential. It's fruit and vegetable with apple, carrot, and it's greens and vegetables...I'm sorry, greens and apples and carrot juice. I mean, it's absolutely essential, because you can take in the food value from about 15 to 18 pounds of raw fruits and vegetables in juice form. The food value in juice form in very absorbable form, which you could never do if you had to eat that, you know, chew 15 pounds of carrots. You just can't do that. So we juice it, and then it comes in, and the micronutrients are very, very easily absorbed into the body, and that's part of the hyperalimentation. It's also the major part of the raw intake that we have, because the food itself—the meals, big meals—are vegan, but they're cooked. They're cooked food. So we have about 15 pounds of raw material coming in. And then another three or four pounds a day of cooked material, as well. So just the hyperalimentation—the flooding the body with energy and absorbable nutrients—that's the juice part of it.

KEVIN: And then, how about flax?

HOWARD: Dr. Gerson was very disturbed for a long time, because he knew that the human body, or the second largest component of the human body—as matter of fact, what our cell membrane is made out of—the second largest component in our body is fat. And yet when he fed his patients, his cancer patients, any kind of fat, whether it would be butter or cholesterol, you know, from egg yolks or animal fat or olive oil or anything—any kind of fat at all—that the cancer would immediately re-grow. So it would immediately come back. The lesion would re-grow. And he was very disturbed by that because he knew that if the body was two-thirds fat, that that had to be replenished somehow, and yet if he tried to replenish it with any of the known fats that he had, he was just encouraging re-growth of cancer. So in his book that he wrote at the end of his life, in his book in big fat letters, it says, “No fats, no oils” in big, heavy, bold, outsized letters. He couldn’t have emphasized it more. In two places. It was only after that, that he discovered Johanna Budwig had a combination of flaxseed oil and cottage cheese, non-fat cottage cheese, that actually helped the blood carry oxygen, and helped the cancerous lesions go away. And he tried that, and sure enough, it was the one oil that did not cause cancer to re-grow. And it actually helped reduce cholesterol, helped the blood carry oxygen, and so forth. But that happened after his book was already written and published. And then he died shortly thereafter, and never got a chance to amend his book. So that’s one of the things that has basically been updated in our more current books, Charlotte Gerson’s book, *Healing the Gerson Way*, is the handbook that every patient must memorize in order to really understand the Gerson Therapy. But flaxseed oil that Gerson finally settled on to give to his patients with good beneficial effect—not much of it, just a little bit. He had to smack himself on the head. He absolutely had to smack himself, because he’d tried every oil he could think of. But he had not tried flaxseed oil, which was even stranger, because if you recall, what did I say? He was the son, right? He was the son of a man who ran a flax oil press in Poland.

KEVIN: When you first mentioned that in the beginning of the call, I had said to myself, “I never knew that.” That’s really kind of fascinating.

HOWARD: Yeah, he ran a flax oil press. And so Max Gerson had been around flax oil since his very earliest days. And that was the one oil that he did not think of using, not think of trying, for his patients when he was trying to figure out an oil that would not cause cancer.

KEVIN: Talk about full circle. I want to talk a little bit about the detoxification process, because I know that there is very specific, at least one very specific way for detoxification in the Gerson Therapy. Can you talk about that?

HOWARD: Right. The most powerful detoxification we have—and if there were a more powerful one, we would use it. The most powerful detoxification, and one which uses the body’s own processes—it doesn’t try and overcome the body’s part, it doesn’t try to force anything—it just uses the body’s own processes to do, is the coffee enema. I know that’s very strange for most Americans. Most Americans don’t like to think about anything down there. But in fact, it’s the most powerful detoxification we can do. And when we start feeding the patient this alkalinizing diet, and the cancer can’t live in alkaline conditions. It starts to die. At the same time, the body starts to attack it and kill it. Now you have all those dead necrotic materials floating around and it has to be digested and carried away. It gets digested and brought to the liver, through the bloodstream. Now what? Now it’s in the liver, right? A cancer patient typically has a very much compromised liver, anyway, and if you don’t help the liver to get rid of all the toxicity that is accumulating there,

the patient can die. And as a matter of fact, a few of Dr. Gerson's early patients did die from self-intoxification—products of their healing reactions. Products of their healing killed them, okay? That's not right.

So he tried to figure out some way of helping the liver to detoxify. And then he remembered that back during World War I, German nurses deprived by the allied blockade of exotic painkillers in the MASH units—in the surgical hospitals—had to give these post-operative patients coffee enemas in order to relieve their pain. And some doctors after the war did some experiments—Heubner and Meyer after the war, did some experiments with animals that showed why it was actually relieving pain, because that was the standard analgesic for a post-operative or wounded in World War I, for the Germans. And they discovered that coffee taken rectally...the caffeine would be absorbed through the portal venous system—the veins who are leading from the rectum, from the descending colon, to the liver. It would stimulate...the caffeine would stimulate the bile ducts to release bile, and the bile would flush toxins, would carry the toxins out of the liver and into the upper intestinal tract where they could be then eliminated. And it was a great pain relief. But now, here it was the answer to Gerson's conundrum. Here he was healing the patients, and they were dying because they were healing. But when he started giving them coffee enemas, and that fixed the problem because it helped...it supported the liver in getting rid of all of the toxins that were being dumped on top of it. And first he started out with one or two a day, and then three, and then four, and then eventually it evolved to the point where a standard Gerson patient would get five coffee enemas a day. Five coffee enemas a day. That sounds like a lot. It sounds like, "Wait a minute, I don't have that much in my colon." But remember, it's not about the colon, it's about the liver, and it's the most powerful detox we have. And we have others. There are other ways of removing toxicity, but nothing is as powerful as the coffee enema.

KEVIN: We're talking with Howard Straus today, and he is the head, the founder of www.gersonmedia.com. You can go to his website at: www.gersonmedia.com. Now, Howard, in this program, we're really focusing on success stories. It's not really enough to just say, "Hey this works." We want to hear what other people have done to actually get it to work for themselves. So in the last maybe 15 minutes of this call—10 minutes, 13 minutes of this call—can you share a few healing stories from people who've done the Gerson Therapy and it's been successful?

HOWARD: Do you want some of the more spectacular ones?

KEVIN: Absolutely.

HOWARD: Okay. Have you ever heard of Jay Kordich?

KEVIN: I have.

HOWARD: Jay Kordich is the Juice Man, right? And how did he discover juicing? When Jay Kordich was playing football for Curly Lambeau and the Green Bay Packers, he came down with bladder cancer. And now, he was out of work and he had cancer and a young family. And he went to Dr. Gerson, who treated him for free and cured him of his bladder cancer. And that was in 1948. He is still around selling juicers on infomercials. That's what, 64 years? And Albert Schweitzer was dying of type II diabetes. Albert Schweitzer was, at age 75, was dying of age-onset diabetes—type-II or adult onset. And for a man with four PhDs and an active scientific and humanitarian life—I mean, he played the organ all over Northern Europe to finance his jungle hospital in Lambarene and

the Belgian Congo—he had a very full and very active life, and suddenly, he couldn't function anymore. He was bedridden. He was anergic and he had no energy and he couldn't run his mind anymore. And that was...he would have died. He would have died at age 75. He went to his old friend Gerson, and Gerson put him on the Gerson Therapy, and six weeks later his type II diabetes was gone. Two years later, he won the Nobel Prize, and he lived another 18 years until...I think he died at age 93.

So these are people who lived considerably longer than they would have. And Mrs. Schweitzer... the way he first got to know Gerson was his wife, Felina, had had lung tuberculosis back in Germany when Dr. Gerson was still a German doctor. And he had sent her to Dr. Gerson's clinic and she had recovered, and she lived another 35 years after what, by all other methods, would have been a fatal bout of lung tuberculosis. So Mrs. Schweitzer was another case. Charlotte Gerson's co-author of *Healing the Gerson Way* is named Beata Bishop. Beata Bishop came to us. She's a London psychologist, an author, and writes for the BBC. She speaks Hungarian and German and English, of course, and she's a pretty feisty lady. Thirty-two years ago now, in January—32 years ago she came to Charlotte Gerson with stage 4 spreading melanoma and a prognosis of maybe three months, probably two, 32 years ago. She was...and she totally recovered, and not only did she help Charlotte write that book—she's a very wonderful writer—but she also translated it into her native Hungarian. So there's a Hungarian Edition. There are 12 different languages into which it's been translated already. The Hungarian Edition...and she has helped Hungarian doctors to start a Hungarian clinic outside of Budapest. And as a matter of fact, one of the doctors herself is a healed breast cancer patient, as well, on the Gerson Therapy, of course.

KEVIN: Did each of these people...so it's the same therapy, correct?

HOWARD: It's the same therapy. All different diseases, right? Which conventional medicine says, "Oh, well that's impossible. You can't have more than one disease cured by a single therapy. That's a sign of quackery." Well that's nonsense. The body...when your body heals, it heals everything all at once. It doesn't heal one thing at a time. It heals everything. So if your body is in good shape, it will heal anything. But you see, doctors are threatened by that, because when you're in robust good health, you don't visit doctors at all. As I said, there's two ways doctors lose their patients. Either they die, or they recover and get healthy. Well, if you're in a business as your doctor, then you don't want either of those outcomes. So that threatened them very badly.

KEVIN: And with the Gerson Therapy, I mean, is this something that you do at home under supervision? Is it something, I mean, do you have to go to a clinic? You know, what is kind of like the modern day kind of recommendation?

HOWARD: Well, you know, the Gerson Therapy is a pretty rigorous therapy. It's very, very exacting in terms of what you can and can't eat, what you...you know, because really, if everything, everything you have to eat is organic, vegan, salt-free, fat-free, then you have to learn a whole new way of cooking, preparing food, and so forth. Then you have to do 13 fresh pressed juices a day, drinking the juice right as it comes out of the juicer so the enzymes aren't destroyed before you get ahold of them. And then you do the five coffee enemas a day, and the supplements and medications. It's best if you start out at a Gerson Clinic. And there are two of them in the world. They're fairly small. And given the cancer problem, obviously everybody can't go to such a clinic. So that's one of the reasons that Charlotte Gerson wrote that book, because many people have gotten *Healing the Gerson Way*, and a video that we put out, which is "The Gerson Therapy at Home," and

there's enough material in there for the patient to completely do it at home. Of course, it has to be done by someone else, because while the patient is doing all of this stuff, plus getting healing reactions and so forth, they just don't have the energy to shop for, provide, handle, process, cook, chop, juice 18 pounds per day of organic produce. So really, someone else has to do the therapy for them. But the information's all there and it's in a dozen different languages. Many people can't come to the United States. They can't travel because they come...first of all, they're too sick to travel. Other reasons might be they're from Indonesia, which we our state department won't give a Visa for, or they can't afford to travel, and things like that. So that's why we wrote that book so that people could get well even if they did not have the means or the ability—the physical ability—to travel.

KEVIN: Let me ask you this: someone who's listening to this call, if someone has cancer, we always recommend them seeing a practitioner and getting a couple opinions and then going for protocol. For someone who doesn't have cancer, and someone who's interested in prevention, what is the best way for them to, you know, what are some of the best principles that they can take from the Gerson Method in order to decrease their risk of cancer, or even any degenerative disease in the future?

HOWARD: Well as I mentioned earlier, the four basic principles are: organic, salt-free, fat-free, vegan. If you can do that, then you're 99% ahead of the game. If you can regulate your diet so that you're eating predominantly organic, vegan, salt-free, fat-free food, you will not get cancer or any degenerative disease. I'm 70 years old. I'm in the best health of my life, not the worst. So I have no problem saying that, you know, my mother is 90 now, and she's never had a mammogram. Why? Because she heals breast cancer with the same stuff that we eat day to day. Obviously, it's going to prevent breast cancer if you can heal it.

KEVIN: Well, this has been great, Howard. Where can someone find out more information about you? What's the best way for someone to get involved with some of the things that you're doing, as well as Gerson?

HOWARD: Well you certainly want to look into the Gerson Health Media website at: www.gersonmedia.com and institute@gerson.org. And I strongly suggest that you try both of those.

KEVIN: Great. Well Howard, I want to thank you so much for being a part of this program. This is a lot of fun, a lot of great information.

HOWARD: Kevin, thank you very, very much for having me. I certainly appreciate your help in getting this information out to people.

KEVIN: Okay, what did you think about that? It was great to hear the history of Dr. Max Gerson, the Gerson Therapy, which is probably one of the most well-known alternative therapies out there.

* * *

Next up, we're going to hear from a cancer survivor that used the Gerson Therapy. Isn't that pretty cool? We initially didn't plan to have it work out that way, but it did. So you heard about the therapy just now, and then, we're now going to move you through a story of what it's really like from someone who actually did the therapy themselves.

Jess Ainscough is a writer, holistic health coach, and creator of health and wellness website, the “Wellness Warrior.” Via her eBooks, daily blog posts and videos, Jess’s goals is to empower people to take control of their health and show that the quality of our lives is directly linked to how we treat our body and mind. Her transformation from champagne-guzzling, Lean Cuisine-loving magazine writer to all out nutrition nerd was made after she was diagnosed with a rare, “incurable” cancer back in 2008. Deciding she wasn’t going to listen to that incurable nonsense, Jess took responsibility for her condition and healed herself with two years of Gerson Therapy. Along the way, Jess developed an obsession with passing on all her newly learned wellness wisdom to anyone who was parked in front of her for long enough to listen.

Well Jess, we are parked here to listen to you, so welcome to the Healing Cancer World Summit.

JESSICA: Thank you so much. This is so exciting.

KEVIN: I’m excited to have you here. One of our focuses this year, as we’ve been talking about, have been survivor stories, have been case studies of people who have healed themselves of cancer. Also of case studies from doctors who have shared their information of what they do with their patients. So we’re excited to have you on the program, because I think it’s going to be a lot of fun. So let’s get right into it. There’s no point wasting any time. Why don’t you tell us a little bit about your story—your health before, how you found out you had cancer, what type, what stage, and then we’ll move into the other details.

JESSICA: Sure. Well, I guess my story started about five years ago when I was living a very, very different lifestyle to the one I have now. I was the online editor for a national magazine over here, so I was living a very, like, party lifestyle, going out three or four nights a week and I had this amazing, fun life that wasn’t very good for me, but it was so much fun that I would never have given it up. But then, when I was 22, I was told that I had an aggressive, incurable type of cancer called “epithelioid sarcoma.” And I found this out because I had little lumps that were popping up all over my left hand and arm. They started in my hand and then they started to work their way up my arm. And I had so many scans. I had ultrasounds. I had MRIs. I had the works, and nothing could pick it up. And it was only when we biopsied the little lumps that it came back as this epithelioid sarcoma, which I had no idea what it was. And then my doctor told me that this was a very aggressive type of cancer that nobody really knew what to do with. And so yeah, that’s when I found out. And I was by myself in my doctor’s office thinking I was going in there to have a cast removed—no idea that I was going to be told that I had cancer.

And they told me that no treatment options were available. They said chemo wouldn’t work, radiation wouldn’t work, and that there were too many tumors in my arm to bother with surgery. So my doctor came to the conclusion that my only chance of having my life prolonged would be to have my left arm amputated at the shoulder. So they also said that even if I did go ahead and have this, they couldn’t guarantee that the cancer wasn’t going to come back somewhere else in my body. So I was in this horrible situation where I was kind of damned if I did, damned if I didn’t. And that was probably the lowest point for me, trying to decide whether to let them cut my arm off and have the possibility of facing cancer in my body within like a few years, or months, or however long it was going to take to spread, and then be back at square one, or leave it, or, I don’t know. Do something else. But in the midst of all of this, all of this horrible harrowing anxiety and tears and emotion, I always had this really strong like feeling inside of me, which I now know was my intuition, and it was telling me that this wasn’t going to be my fate, and this wasn’t going to be the way my life was going to unfold. And I don’t know why I knew that, because I had absolutely no idea about natural healing or about nutrition or anything.

I couldn't even cook at the time. I mean, my diet was atrocious. But something just told me that I had to start investigating another way to get around this, and that my body and my mind could ultimately heal. And so that's what I did. I started researching and reading all of the books and watching all of the DVDs that were recommended to me and spent hours on Google just researching anything and everything to do with healing cancer naturally.

And yeah, so that's how I kind of got myself onto it. I realized that there were other ways around this, and that there were people out there who are healing themselves naturally, and that the options that my doctors were giving me weren't the only ones. And that became kind of my anchor to a future.

KEVIN: Yeah, well let me ask you this: When you sat down at the computer, I mean, did you talk to friends first to get an inkling that there was natural treatment, or alternative treatments? Or did you just literally just sit down at the computer and just type in, "cancer treatments alternative," or...?

JESSICA: Kind of. Well my best friend, she kind of grew up with a mother who was very much into alternative health. And when I told her that I had cancer, she said to me, "Why don't you look at natural healing?" And I was like, "No way. There's no way I'm doing that. I'm doing what my doctors want me to do." This was before it was like...it was amputation or nothing. This is when I thought, "Oh, maybe I could do chemotherapy or something, because that may work." And so I kind of shot it down. But when I had no other options, that's when I kind of became desperate and I started looking. And when I started looking, I found all this information that really resonated with me, that made a lot of sense and wasn't just kind of hippie woo-woo. It was kind of proven. I mean, there were so many survivors, and something told me that there was definitely something in it, and that I had to investigate it further. And then I was given a book that had all of the different healing modalities in it, and that kind of really cemented it for me.

KEVIN: Do you have the name of that book?

JESSICA: I think it's called Escape Cancer Jail or something like that. It was a really weird title by Barry Thompson. The title is weird, but it's by a guy named Barry Thompson, and he's an Australian guy who cured himself of melanoma with juices and doing basically everything. But in that book he mentioned Gerson Therapy. And so from that book, we got the Gerson book, and I got Ian Gawler's book, and that kind of sent me on a path of finding all of these healing modalities and reading about all of them to try and find the one that resonated most with me. And that was Gerson Therapy.

KEVIN: The name of the book, by the way, is, Cancer Jail: Escape from Death Row, by Barry Thompson.

JESSICA: That's it.

KEVIN: Yeah.

JESSICA: Really long title.

KEVIN: Just looked it up while we're here. Did they give you a timeframe in terms of how long people normally survive or...from a cancer like this?

JESSICA: They couldn't tell me. They couldn't tell me. They said that there were so few people with this

type of cancer. They couldn't even give me the name of anybody else who had it. So they couldn't really tell. They said it could be within a short time, or I could live a few years. They couldn't tell me, because they couldn't gauge how fast it was spreading at that stage, because it was kind of laying dormant until they stated doing biopsies. And then once they cut into them, the little tumors just kind of went rampant in my arm and they spread really quickly up into my armpit. And then they told me...they said I had about a 60% chance of living for about five years.

KEVIN: Okay. So when you said you decided to choose Gerson, why did you decide to choose that therapy and then how did you go about doing it? Did you do it at home? Did you go to a clinic?

JESSICA: I chose Gerson because every bit of research that I was doing was kind of leading me in that direction. Everything I was reading was kind of just leading me back to Gerson Therapy. And it was the most strict. It sounded like it was going to be the hardest one to do. And so I thought, "Well, I've got this really stubborn sarcoma. I'm going to have to do something pretty radical, so why not do the one that is the hardest?" And it made the most sense to me. I don't know. I read it all and it just really resonated. I liked the whole...the mechanism behind it, and Charlotte Gerson just sounded amazing. And also, I emailed her with my predicament, and I said to her, like, they were offering me an amputation. They're also offering me radiation of my arm to stop the spreading, but I'm kind of tossing up between whether doing that or between Gerson Therapy. And she wrote back to me, personally, within like, I don't know, six hours or something, and explained to me the way Gerson Therapy works in her own words. And that's what really cemented it for me. I thought, "Well, I'm going to go do that." And so I did. I went over to the clinic in Mexico and spent three weeks over there learning the ropes and learning how to properly implement it. I was doing it at home on my own a little bit, but not to the extent that it needs to be done, because I started cleaning up my diet and I was juicing and I was doing maybe one enema a week. But when I went over there, I was just thrown into the thick of it and learned how to do it all.

KEVIN: What was that experience like. being there doing it like from morning to night?

JESSICA: It was hard, but also amazing, because it's just...it's so...it's kind of like comparing it to when you come home from Gerson, it's kind of like being on a holiday, because they do everything for you. You've got the kitchen staff who'd bring you all your juices on the hour, every hour. Like, that's 13 a day that you don't have to make yourself. And then there's doctors you go to visit twice a day, and full nurse care. And it's really amazing the way that they work it. But it was tough, because I was thrown into it, and it was the first time that I'd had castor oil as well, which is a part of the program, that you had every second day. So two tablespoons of castor oil that you take orally chased down with black coffee, and I don't drink coffee, so that whole experience was horrid. It makes you feel like you have a hangover, which is absolutely awful. And doing that every second day for three weeks wasn't fun, but then I had to go home and do it every second as well.

KEVIN: Yeah, and in the therapy the castor oil—can you explain why you think that they use that?

JESSICA: Yep. They use that to clean out the full intestines, because like, as we put so much crap into our bodies over time, our intestines get all clogged up. So the castor oil is designed to strip all the gunk out of the lining of the intestine, and it's a really powerful detoxifier.

KEVIN: Is that correct?

JESSICA: Yeah, in the beginning, it's five coffee enemas. It reduces as you move further into the therapy, but for the first couple of months, it's five a day.

KEVIN: Okay. And then. what other things do they offer to people who go there?

JESSICA: Um...what else do they offer...

KEVIN: Or what else did you do? What were some of the other things that you did?

JESSICA: I think that was pretty much it. It's the 13 juices, the three full, big, organic meals. Like a big part of therapy is eating, and so you've got to have like the whole set meal. The Hippocrates soup, a big salad, a baked potato, and then the cooked vegetable. And you've got to have that for lunch and for dinner, and then rolled oats for breakfast. So a big part of the therapy is the food, which is why it's good to go there first. Like a lot of people go to Gerson when they're end-stage and they've had all of the conventional treatments that have ravaged their systems, and they find it really hard to do it because you don't feel like eating all of this food when you're really sick. So I guess I was in a bit of a good situation, there, because I wasn't sick before I went, and I could do it all. I mean, I could drink all the juices no problem, and eat all the food, and I could do all of the elements properly, which is what needs to be done for it to be really successful.

KEVIN: Besides the physical lumps that you saw in your hand and arm, did you have any negative feelings, or did you have any sort of pain, or anything like that?

JESSICA: Not really, no. Like my arm would go numb, and it started to swell a little bit, but physically, I felt fine. If it wasn't for that, I wouldn't have had any symptoms. I mean, back then I went to work with a hangover most days, so it was probably hard to tell how rotten I felt, but I mean compared to now, the way that I felt back then wasn't great, but it wasn't anything that I was alarmed by.

KEVIN: Yeah. Let's talk about, kind of, the family relations and how you made your decision. So when you were told that your arm needed to be amputated, how did you explain to your doctor that you said, "Hey, I'm going to go to Mexico and live off green juices and stick a tube in my bum?"

JESSICA: Yeah, well they thought I was a bit nuts. I just remember saying to them, "Look, I've done this research and I've come across this thing called Gerson Therapy in Mexico." And I said, "Have you heard of it?" They're like, "Yes. Yes, we've heard of that." I was like, "Well, what do you think?" Totally naive to the fact that they had an opinion about this. And he said, "Look, if you do that, you're just wasting your money. They're going to take all of your money. You're going to die. This is putting a nail in your coffin." Definitely—they sent me a letter that actually said all of that, so they weren't impressed.

KEVIN: Okay. And then after that, you still said, "I'm going to do it." And then, what about your family?

JESSICA: My family was so supportive right from the beginning. I mean, we did all of the research together. So my mom was reading more books than I was, and they were just so on board with this, that it was a really easy decision. I think they really wanted me to do the natural approach. So that was fine. And mom came over to Gerson with me as my carer, so she learned how to do it all. And yeah, it was really good. It would have been a lot harder to make that decision if they weren't behind me a 100%.

KEVIN: I imagine, you know, I mean, correct me if I'm wrong, but it seems like, because they were threatening to cut off your arm, I think that might...and you said chemotherapy wasn't an option. I wonder if you would have...do you think you would have chosen chemotherapy if it wasn't as like, just abrupt as, you know, "We're going to cut off your arm?" It's interesting. Let me know what you think about that. I don't know.

JESSICA: Yeah, definitely. Like, I always say that I'm so blessed that they told me that chemotherapy wasn't an option, because I definitely think...if they'd said to me, "Look, you have cancer, but if you have chemo, we think there's a good chance that it will get rid of it," I would have definitely had it, because I had absolutely no knowledge about anything else at the time. And I trusted them. And I just wanted it handled in the beginning. I just wanted the cancer gone. I wanted to get back to my old life. And I would have been willing to take that quick fix, but actually—oh no, I missed out on part of my story. I did have an isolated limb infusion on my arm right back in the beginning, which is high dose of chemotherapy drugs that's pumped through just my arm. Because they told me that chemo wouldn't work, but they wanted to give it a go of putting about ten times the amount that they could put into a body into just my arm. And so that's what I had first up, but it didn't work and the cancer was still there, and that's when I was told amputation or nothing.

KEVIN: Okay. So you were at Gerson Therapy for...The Gerson Institute or clinic for three weeks. Did you notice any difference in the size of the lumps when you left?

JESSICA: No. That was still pretty much the same when I left after the three weeks. Yeah.

KEVIN: And so, now tell me what happened after those three weeks. What did you continue to do and then how did your healing progress?

JESSICA: So after three weeks, we came home, and was thrown into it when we got home. It was really, really tough in the beginning because we had to learn this new way of living. I mean, it was really intense to try and get that routine down to a fine art. But, you know, soon enough we got it and it was just our way of life. And so I did that for two years—8 months like full on, and then for the last six months a little bit less, and now, it's even less. So yeah, the Gerson Therapy...it is really tough, but it gets easier the more you move through it, because the juices are reduced and the coffee enemas are reduced and castor oil eventually goes away. And yeah, over the time, my lumps have shrunk, some of them have gone away. I still have a couple, but I've been told that because of the chemotherapy that I had back in the beginning, the healing in my arm is slower. Like, I even know that if I had a scratch or something, it doesn't heal as well as what it would anywhere else. And my arm feels really woody and still is swollen and a bit of lymphedema and stuff like that in there, so there's a lot of damage.

KEVIN: What percentage would you say, just visually thinking, like, what percentage of the lumps would you say have kind of dissipated or gone away?

JESSICA: Um, probably about 70% of the ones I can see. Yeah.

KEVIN: Have you gone back to a doctor to see...I mean, are they still a threat? How have you kind of dealt with that?

JESSICA: Well, I don't have any scans. I've chosen not to do that, just because the scans that I were having—they weren't showing the cancer up, anyway. So I don't really see the point in having the scans if they don't do anything. I mean, I don't really want to subject myself to extra radiation for no reason. So I just monitor myself with blood tests that get sent up to my doctor in Mexico. My Gerson doctor. And also live blood analysis and hair mineral analysis and all that kind of stuff. So I monitor my health as like, in the holistic sense, the way my body is functioning and all of that. And I kind of just trust that my body knows what it's doing. I mean, I've done and I'm doing everything I can possibly do to bring it back into balance. So I'm just going to trust that, in its own time, it's going to heal and it is healing and it probably always will be, forever. I mean, I don't know whether I can ever say that I'll be totally cured, because I don't know, but it's something that I'm just going to have to manage for the rest of my life with this healthy lifestyle.

KEVIN: Now, do you have tests from before that have showed improvement to now?

JESSICA: What do you mean?

KEVIN: Blood tests?

JESSICA: Oh yes, definitely.

KEVIN: Do you know any particular markers that you're looking for or monitoring?

JESSICA: The ones that he's looking at on my tests are like, my liver function. My alkalinity, definitely. I mean, I was very acidic before. My liver function was very, very poor. Um...

KEVIN: And that's all improved?

JESSICA: Yes, yes.

KEVIN: Great. Now I want to get into some of the...because you said now you've kind of changed a little bit. You've done the therapy for a long time. I kind of want to get into where you are now in terms of your diet, your health principles? Let's talk about your lifestyle now. Obviously, we know what it was compared to before, but what would you say are kind of like the five...you know, I don't know if it's five...but maybe three or four principles that you follow on a regular basis, do you feel were integral to your healing, and that are just integral to your continuing wellbeing?

JESSICA: Well juicing, definitely. I have about six juices a day, every day now, instead of 13. And that can gradually go down to four a day. It can actually be at four a day now, but I'm choosing to keep it at six. And the coffee enemas I still do—one or two a day of those. Meditation is huge. So I meditate for about 30 minutes everyday, at least. Five things. And then yoga—I do yoga a couple of times a week. Probably should do it more, but... And then with the diet. So with that, I'm still vegan. I eat everything organic. Actually, I still eat a little bit of honey, so I can't call myself vegan, but I eat a plant-based, whole food, organic diet. And I still eat the Gerson food, really, because my mom has breast cancer and she is also on Gerson Therapy, and so I eat the Gerson food still because she's eating it. And so, that's the soup and the salad and the potatoes and the vegetables and rolled oats for breakfast, every day.

KEVIN: Now, with juicing, you say you make six juices a day. Can you give us some tips and tricks and

ideas on what are some of the best recipes? And how to manage that through, in your busy life... in any busy lifestyle?

JESSICA: In a busy life?

KEVIN: Yeah.

JESSICA: Well, green juice is probably the best, just because it's so alkalizing. I have the Gerson Green Juice, which isn't really for a beginner, because it has like, things like kale and silverbeet cos lettuce, or what do you call it—romaine. Green capsicum. Actually, that's green bell peppers. I forget—run around this language barrier.

KEVIN: Yeah.

JESSICA: And red cabbage. And so...oh, and green apple. So it's probably not the best juice for a beginner, but that's the Gerson Green Juice. And they're the ones that I have the most of. But including things like cucumbers are really great because they're so juicy and they make a lot of juice. So throwing those in with the green-leafy and the green apple is awesome. And to get it around a busy lifestyle, I just say make it part of your morning routine. Start with a juice every day as the first thing that you put into your stomach. And make it a big one. And then you know that you've done something really, really good by your body first up and you can go into the day knowing that. And yeah, it is...it can be a pain in the ass to set up the juicer and juice and clean it and prepare everything, but you've just going to think—you're doing something really, really good for your body. So just make it part of your routine.

KEVIN: Are you taking any supplements on a regular basis that you feel are helpful?

JESSICA: Well I still take all of the Gerson Supplements. They are probably a little bit overkill for anybody else, but the ones that I think are really beneficial are like, digestive enzymes, especially if you're eating a lot of plants and a lot of raw food. And then B12 is good. It's important. It's even important for people who aren't vegan, because a lot of people have trouble absorbing it out of their food. So B12. I don't know. I'm not really a fan of supplements. I prefer to get it from organic food and superfoods, because our bodies just absorb them better than out of a pill. So I like to say to keep supplements to a minimum.

KEVIN: And what are some of the Gerson supplements, for those who may not know?

JESSICA: Well, there's the digestive enzymes, pancreatic enzymes, coenzyme Q10, milk thistle—which is good for the liver. Niacin. That's a really good one actually, niacin. There's a thyroid one. Potassium, Lugo's iodine, and some liver capsules. Yeah. I think that's about it.

KEVIN: Great. With meditation—is there any particular kind that you do? Any meditation? Or yoga—any particular kind that you feel is best for you?

JESSICA: Yeah. Meditation, I do...I just do mindfulness, wellness-based meditation, which I learned from Ian Gawler. He's like a cancer survivor here in Australia. And...yeah, so that's a really simple mindfulness meditation. And yoga—I do Bikram yoga.

KEVIN: So hot yoga?

JESSICA: Yeah, hot yoga.

KEVIN: Awesome. All right, so I want to ask a few questions about the, kind of, the emotional side. A lot of people have been talking in the program about the emotional side of cancer and how important it is to kind of heal some past issues, or anything like that. Did you feel that that was necessary, or did you feel that that maybe didn't apply to you?

JESSICA: No, I definitely thought it was necessary. I think we can't...so you need to look at all of the different areas that need to be brought back into balance. You can't just look at food and you can't just look at the physical stuff. You've also got to look at emotional and spiritual. So I knew immediately that was going to be a big part. And so I did a little bit of work, there. Do you know Brandon Bays? She wrote The Journey?

KEVIN: No, I don't.

JESSICA: Well, it's a book called The Journey and it kind of...it's a process that she goes through. And you kind of go back into your childhood to try and pinpoint any time that might have lead to manifesting illnesses or issues that you have in the future. So I did a little bit of that, just trying to go back and to pinpoint some stuff. And there wasn't anything major that I had to do, but yeah. I've just found that meditation has been really, really big for my emotional state. Just doing that and dealing with whatever is coming up as the process has gone on.

KEVIN: So I want to take you back to your...you said your family was supportive. What about your friends from the magazine who, you know, you'd go out and party with all the time. How did they...?

JESSICA: Yeah.

KEVIN: Did your friends...has your group of peers changed?

JESSICA: It has. I mean, I've still got my old friends, but some of them have adopted some of the lifestyle practices that I have today, and a lot of them haven't. So I guess as time's gone on, I've kept those friendships, but I've also gained so many new friends just through my website and through, I guess, running in different circles. And yeah, it's naturally changed over the years, but I haven't lost any of the friendships. It's just changed.

KEVIN: That's good to hear. And so, I'm going to jump from a few things around here, because I have a bunch of questions just written down that I want to address based from what we've already talked about. So you're on a plane going Mexico. Are you having any second thoughts?

JESSICA: No. By that stage, I'd definitely made up my mind that that was the way that I was going to go.

KEVIN: And even so, when you're there doing the, you know, juicing every hour, five coffee enemas a day, I mean, was there any point that you had any second guessing, and you kind of, "Maybe this isn't going to work," or maybe, "What am I doing?"

JESSICA: Not at all. When I made that decision to go there, I knew that I had to put all of my faith into this.

I knew that if it was going to work, and it was going to work properly, I needed to put 100% faith into it. If I didn't believe in it, well, it wasn't going to work. And so I made sure that I believed in it. And Gerson Therapy, it is hard and it's strict, but it's also so regimented and you kind of feel like you're in control. And that's how it was for me. I mean, once I started it—I couldn't wait to start it because I just wanted feel like I was doing something for myself. I needed to feel like I was in control, and once I was, the fear kind of went away, because I was working towards healing. And once I started that, I was just on my path and everything has been amazing since.

KEVIN: That's kind of an interesting concept, that you felt like you needed to be in control. I mean, how much control did you feel you had versus how much control the protocol or the doctors or the clinic had? Like what was the balance that you chose between giving up all control to them, or taking all the control yourself? Where would you say was the balance, there?

JESSICA: I kind of felt like they were telling me what to do, because Gerson Therapy is a bit of a tried and tested and proven regime. So I put a lot of faith into it, and I knew that if I did everything that they were telling me to do, that I would have success. And so I guess, my control for me was just making sure that my mind was in a good place that I could be doing all of this and doing it from a place of self love and from wanting to heal—not from a place of fear and fear of dying. So that was the control for me—making sure that my headspace was right, and making sure that what I was doing was going to work because I was doing it for the right reasons. I guess that's where meditation came into it for me, as well. And I guess I also remained in control because I left a system with my old doctors who were telling me that there was no way I was going to live, and that no matter what I did, I was going to die, but still my fate was in their hands. And once I separated myself from them, and I said, "No, that's not what I'm going to do. I'm going to go this way," and I embraced the system that was telling me, "As long as you do everything that you need to do to bring your body back into balance, there's no reason why you can't live," that's when I felt like I had the control. And I realized, "Okay, I'm doing Gerson Therapy, but I'm not just handing my fate into Gerson either. I also have to do all of these other things—the things like meditation and looking after my emotional state and exercising and looking after my relationships and making sure that all of the areas of my life were in balance, so that I could heal." Because I just think with Gerson Therapy—if you do Gerson and you drink all the juices, it doesn't matter how much juice you drink, if your head's not right, it's not going to work properly.

KEVIN: And now, you totally changed your job, too, correct?

JESSICA: Yeah, completely. I left "Dolly" - the magazine I was working at - after I had the chemotherapy on my arm and moved back to the Sunshine Coast, which is like a little beach down here in Australia, to live with my parents. I did this because I had to really take care of myself, and for a little while, I was just a freelance writer, and then that really didn't work out for me because I wasn't interested in writing about any of the things that the magazines wanted me to write about. And so, eventually I started my blog, which was about two weeks before I went to Gerson Therapy. And that was just a sort of chronicle—everything that I was learning and everything I was doing and to keep everybody up to date. And over time—I think it's just been over about two and a half years—over time, that's just grown in popularity and it's kind of morphed into a career that now makes me money, which is crazy. I never could have predicted it.

KEVIN: Yeah, it's interesting. Do you think that the type of job that you were in—do you think that that may have contributed, at least to...maybe an emotional state that might have triggered something, or no? Do you have any thoughts about that?

JESSICA: I don't think that the job contributed to the emotional state. Maybe a little bit. It was a very competitive industry, very kind of superficial, so you were very, very caught up in titles and labels and how you look and all of that, so I guess it didn't help. It also didn't help that it was a lot of stress. It was long hours. It was just...and not taking care of yourself at all. I mean, it all revolved around drinking and eating bad foods and going out to the restaurants and...yeah. So I don't know if it caused it. but it definitely would have contributed to it a little bit.

KEVIN: I imagine that you've met other survivors now, through the last couple years. Is that correct?

JESSICA: Yeah.

KEVIN: Okay. What would you say are some of the common threads that maybe you can see between your own journey and theirs. So someone who's listening can kind of get an idea—listening right now—can get an idea of like, what some of the things are that are the same, even if the therapies are different?

JESSICA: I think the main one is probably just the commitment—sticking to it, because some people start and maybe it's a bit slow, so they give up or they deviate or they cheat or they...I don't know. I think you've just got to be totally committed to it. I mean, when I was doing Gerson Therapy I didn't cheat at all on any of the elements. And I think that's a really big part of it. I mean, you can't start something and not do it to its full potential. I mean, a lot of people say they do natural therapy and they say they do Gerson Therapy, but they're not doing all of the elements. And that's kind of where it falls short. So I think with all of those survivors that I've met, it's total commitment to it. It's not picking and choosing from different therapies. It's choosing one that resonates with you and doing it completely. I think that's been the main one. And also looking at your healing as a complete package. They're not just doing the physical, not just doing the juicing and cleaning up your diet, but also looking at your mind and doing meditation and cleaning up anything from your past that may have manifested your present situation. And just doing everything that you need to do in order to heal. I think that's been the biggest common thread.

KEVIN: Now, you did the Gerson Therapy, but would you say that you did anything that was just totally nuts, just outside of everything that's being said that you thought, you know, that you thought might work. or did you just stick with the Gerson Therapy?

JESSICA: Well before I did Gerson Therapy. I did a lot of weird things. Like I've had...I ate sea cucumbers and I drank straight beetroot juice, which is just nasty. I've done other things. Like I had mistletoe injections. I've had vitamin C infusions. So before I started Gerson, I was kind of doing anything that anybody suggested to me. And that was a lot of work. It was overwhelming, and I'm not so sure how helpful that is, because my mind was all over the place and it wasn't focused on one thing. But once I streamlined it all and just did Gerson Therapy, that was better for me. It might be different for somebody else, but I felt better doing that.

KEVIN: Great. Let's kind of take you...you know, as you know now, if someone comes to you and...well, there are two examples here. One is the person who doesn't come to you and you hear about them. Maybe they've just, you know. you said it to someone else or something like that, who has been diagnosed with cancer. So I want to know what you...how you would maybe approach them or talk to them. And the other person I would want to know is a person who comes directly

to you, saying, “Hey, tell me. What can I do?” Those are kind of like the two that I would want to know, and if there’s any difference between the two.

JESSICA: I’m not so sure if there would be any difference now. I mean, I probably would have been a lot more aggressive a little while ago, but I’ve kind reached that place now where I understand that everybody needs to make up their own minds. You can’t tell anyone what to do. So I think in both situations I would just give them a list of resources about where to start. So what books to read, what DVDs to watch, what websites to visit, and just tell them to do all the reading and research themselves. I mean, if they don’t want to do it, they’re not going to do it and there’s no way that you can persuade somebody to do something that they don’t feel comfortable with. So I would just give them all of the tools and say, “Go away. Read all of this by yourself. Go into yourself and try and make sense of it, and come to a decision that isn’t based on fear. The real...as hard as that is, try not to make any decisions from a place of, ‘Holy shit, I’m going to die.’ Come from a place of what is going to be the best for my body in order to bring it back into balance so that it can heal itself. Just really try and come from a logical place. And take all of the information that you can get, but also be discerning with it, and make sure that you’re only following advice and information that really resonates and makes sense to you.”

KEVIN: How does someone get from, “Oh my goodness, I’m going to die,” to, you know, “I’m working to heal my body.” I mean, it’s not just like a little leap, you know?

JESSICA: Yes, definitely not. I think in the beginning, it’s natural to have that fear. Again, meditation is such an important part there, because it really helps your mind to see clearly and to have a bit of perspective. To move away from fear, even if it’s just a little bit, so that you can try and make a decision. And I guess it just happens over time, as well. That’s a hard one, and I’m not too sure how it happened for me, but it was a shift that I felt that really helped my journey.

KEVIN: Yeah, because I imagine there was a lot of fear in the beginning, and then—

JESSICA: Yes, definitely.

KEVIN: And what was the timeframe from diagnosis to actually going to Gerson? How long did that take?

JESSICA: That was a long time. I was diagnosed in April 2008, and then in June 2008, I had the chemotherapy on my arm. And...yeah, so that was the chemo, and then I didn’t go to Gerson until April 2010. There was a long time in between.

KEVIN: Okay. So almost another....what is that, a year and eight months, nine months—

JESSICA: Yeah.

KEVIN: Okay. So where would you say...how did that transition from fear, when did it happen? And then, you know, as you went to Gerson? Like, give me a little bit about that timeframe.

JESSICA: Sure. I think the fear went away the more I researched, and the more I realized that my doctors didn’t have all of the answers, and that even though they were telling me that my situation wasn’t very good, that that wasn’t necessarily true. The more I researched, the more confident I was in myself and in my ability to heal. And so I think that’s when the fear started to go away. So that’s

another thing that I tell everybody. Just research and read all these survival stories and really get all of that information under your belt so that you can come from a place of knowledge, and yeah, because I know it's a cliché, but knowledge is power, and the more you know, the better you're going to feel—the more you're going to feel like you're in control and that you're not just a victim to whatever's happening to you. Yeah, so I think that's when it kind of shifted for me.

KEVIN: Now, are you kind of a skeptical person by nature, or more kind of trusting, believing...?

JESSICA: Not really. I'm very trusting and believing.

KEVIN: Okay.

JESSICA: But my dad is very skeptical.

KEVIN: How was he throughout it?

JESSICA: He was good. I mean in the beginning, I think...he's kind of been the skeptical one. Me, who kind of believes anything and everything, and then there's my mom, who's in the middle, very level-headed, and my dad's very skeptical. So we've kind of been a good team. But now my dad is so on board with it, it's not even funny. I mean, he's my mom's and my carer. And yeah, we just...as soon as he'd read everything that we were reading, he came on board as well, but he needed to read it himself to be able to believe it.

KEVIN: Okay. That's actually...that dynamic is actually really nice to hear about, because not everyone is going to read some of the materials that are put out by Gerson, or even anyone else who's in the program, and totally just say, "This is it for me." You know, there's that skeptical mind.

JESSICA: Yeah.

KEVIN: All right. So you mentioned you would give someone who came to you asking, you know, maybe for some tips or just some, just some you know, heart to heart about cancer therapies and things like that. And you mentioned DVDs, books, websites. Can you name maybe five?

JESSICA: Yep. The DVDs: The Gerson Miracle, Dying to have Known, The Beautiful Truth, Cancer is Curable Now, and Food Matters—that's a good one. And books I would definitely read: Healing the Gerson Way, by Charlotte Gerson. You Can Conquer Cancer, by Ian Gawler. A Time to Heal, by Beata Bishop. What other good books are there? Oh yeah, that one I mentioned earlier, the one that I can't remember the title of—

KEVIN: Cancer Jail Escape, Escape from Death Row.

JESSICA: Yeah, the one with the really long title.

KEVIN: Yeah.

JESSICA: That's probably the top books. And what was the other resource, the website?

KEVIN: Website, yes.

JESSICA: Websites: www.gerson.org. My website: www.thewellnesswarrior.com.au. Yeah, why don't you start there? I'm about to do up a bit of a cancer resource section for my website with all of this, you know, so I don't have to do it off the top of my head.

KEVIN: Great. Cool.

JESSICA: Yeah, that's probably the main ones. The DVDs, I think, are the most important, because you don't have to read them and the whole family can sit down and watch them and just absorb all of the info and just go from there.

KEVIN: So as someone who's been through all of this, there are two last questions that I have...well, I have three last questions, but two that I want to talk about now. One is...well, I'll just give you both and then you can talk about both of them. Knowing what you know now, what would you say is the most important thing to say to someone who wants to prevent cancer? Like, what would you say to them? And then, the second thing is, what would you say to someone who wants to, or someone who is being treated for cancer? So both of those—what would you choose?

JESSICA: I would say the same thing to both of them, which would be just be incredibly kind to yourself. Make all decisions from a place of self-kindness and that would cover everything. So with what you eat, decide what you eat from a place of what your body is going to love you the most for. And when you choose your thoughts, choose them from a place of self-kindness. We need to stop being at war with ourselves. We need to embrace ourselves and love ourselves and just come from all areas that even with like exercise, and from things like meditation, everything—just come from a place of self-kindness and self love, and it's all going to be so much easier to make those healthy changes that you know that you need to make, because everybody knows that they need to do something, but there's something holding them back.

KEVIN: Would you say that before, you were at sometimes at war, or maybe even just a little battle with yourself, or did that change for you?

JESSICA: Yes, completely.

KEVIN: Okay.

JESSICA: Yes, that's changed completely. I mean, beforehand, it was always a battle. It was always making decisions based on the fact that I didn't like something about myself, and that's why I had to do it in order to change that. So it was eating diet foods and dragging myself to the gym and doing all of these things because I thought that I needed to change myself. Whereas now, I make all decisions from a place of self-kindness. What's going to make me feel the best? What's going to make my mind clear and sharp? What's going to make me feel vibrant and energetic and just give me so much longevity? So that's where I come from now, and it's so, so much better.

KEVIN: Well, this has been great. Where can someone find out more information about what you do, your website?

JESSICA: Yes, my website is: www.thewellnesswarrior.com.au, and everything's on there.

KEVIN: Great, so wellness—

JESSICA: Sign up for my newsletter...yeah.

KEVIN: So that's: www.thewellnesswarrior.com.au.

JESSICA: "The" wellness warrior.

KEVIN: www.thewellnesswarrior.com.au. Okay, awesome. Great, and you have a newsletter that people can sign up for?

JESSICA: Yeah, you get a free eBook full of 80 green smoothie recipes if you sign up for the daily or weekly newsletter.

KEVIN: Awesome.

JESSICA: Yeah, and that's about it.

KEVIN: Very good. Well, I want to thank you so much for being a part of the cancer summit. This has been awesome.

JESSICA: Thank you so much. It's been such an honor. So cool.

KEVIN: That was great. What a powerful story. I'm thrilled I could bring it to you, and I'm thrilled it worked out that we had Howard on first and then we had Jess to talk about what it's really like to go through the Gerson Therapy.

I really think this is a great way to end the program, don't you think? It was my mission to get these survivors and case studies on the program, because I knew that they would inspire you and others with their stories. There is nothing more powerful than listening to case studies or listening to real people with real success. It's inspiring, it's moving, it's important, it's relevant, it's all these things, and we're thrilled to have brought this to you. That was our mission for this year's cancer summit—a little bit different than last year's, and I have a feeling that next year's will probably be just about the same in terms of that drive and mission to get more stories to you so you can hear them, you can appreciate them, you can learn from them.

Well, that's it for night five of the second annual *Healing Cancer World Summit 2012*. Wow, it has been quite a ride. Like I said—hurricanes and oh, just craziness, rescheduling, and oh, last-minute stuff that you guys don't even know about. It's just been awesome. So since it's over, I would love for you to tell us what you thought of the program tomorrow when I publish my last summary of the call. This will go up tomorrow, like they have been going up every day since the start of the program. I'd also like to tell you that this is not the complete end...drum roll, please. We're going to have a very special announcement tomorrow that you might be interested in hearing. We've put something together for you that we think is pretty special, so we want to make sure that you can listen in to this next special little thing. Maybe I gave too much, there. I'll be in touch with you tomorrow about it, but until then, if you want to listen to these calls again, they are available for 24 hours from now. If you want copies of the call, please visit this page: www.renegadehealth.com/cancer2012/upgrade. That's both forward slashes: www.renegadehealth.com/cancer2012/upgrade. Also, please note that we do have payment plans, so if you can only afford a certain amount of money, you can pay a four or six months to get a copy of these lectures. So that's

really important. We are thrilled to be able to bring that to you this year. And the program will be available with the new extra bonuses for just about a week. And again, it will be available up until the 16th, when we actually have Dr. Gonzales' call, so please make sure that you purchase before then so you can get on that call live. Regardless of whether you purchase before or after, you'll still be able to have access to that call, because it will be recorded and then put up for you. But if you want to be on it live, you've got to get the upgrade before we hit the 16th. So just want to make sure that you guys know about that. Again, one more time: www.renegadehealth.com/cancer2012/ugrade.

So again, thank you for being you. Thanks for being a part of the tens of thousands of people who registered with this program. Thank you from the bottom of our hearts, for those of you who spread this message, whether it was through your own readership, through your Facebook, through email, sending little pieces of paper in a bottle across the ocean—whatever you did to share this message, we really appreciate your interest, care, and are thrilled that you spent the last five days with us. We truly appreciate you.

I'd also like to, you know, one more thing. I don't do this all myself. I'd like to thank our team, particularly Lisa and Tina who have been assisting me throughout the event. I hope that they've been great ambassadors to make sure that you get the information and you have access to these calls as we promise. So with that said, again, this is not the end. This isn't a sad goodbye. We'll continue to communicate with you on Renegade Health, so be sure to keep watching for some of our messages, and be sure to check you inbox tomorrow, because I have a message that I am sure you'll want to hear.

So this is Kevin Gianni from the *Healing Cancer World Summit 2012* signing off. The sirens are blazing. Talk to you then.

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Thank you for listening to this evening's presentation from the second annual *Healing Cancer World Summit*. If you'd like to have a copy of tonight's program, as well as the other four nights, please visit: www.renegadehealth.com/cancer2012/ugrade and get a special deal. The website again is: www.renegadehealth.com/cancer2012/ugrade.

