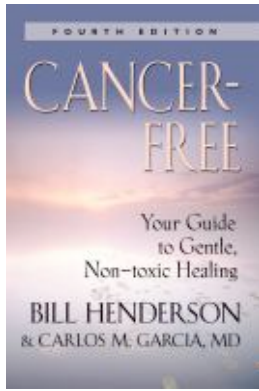


FOURTH EDITION

# CANCER- FREE

Your Guide  
to Gentle,  
Non-toxic Healing

BILL HENDERSON  
& CARLOS M. GARCIA, MD



*Bill Henderson has helped thousands of people all over the world heal their cancers. This latest book gives you a precise regimen for self-treatment along with extensive information on other resources now available to you.*

# **Cancer-Free**

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**Your Guide to Gentle, Non-toxic Healing  
[Fourth Edition]**

By

**Bill Henderson  
and  
Carlos M. García, M.D.**

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**Cancer-Free** (paperback and e-book) (Third Edition) published  
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**Web Sites:** <http://www.Beating-Cancer-Gently.com>  
and  
<http://www.UtopiaWellness.com>

# CHAPTER 1

## INTRODUCTION – WINNING THE CANCER WAR

*"Nature makes the cure; the doctor's job is to aid nature."  
Hippocrates (400 B.C.)*

We are **honored** with the prospect of being able to help you treat your cancer or that of your loved one. In the many years we have been counseling people on how to cope with cancer, they have taught us that the **only three reasons** people die of cancer today are: 1] lack of information; 2] lack of discipline once they have the information; and 3] blind trust in their cancer doctors.

The word cancer in your diagnosis **always** creates fear. This is part of the culture we live in. The fear of disability and pain is actually greater than the fear of death. Let us tell you something you can absolutely rely on. A cancer diagnosis is **not a death sentence**.

### **Why Listen To Us?**

You have two choices. Seek out information on your own like what is in this book or listen to your cancer doctors. We urge you to read for 10 to 20 hours (including the rest of this book) to become "**smarter than your oncologist**" about cancer. Really. That's all it takes.

Cancer is the **easiest** of the degenerative conditions to reverse.. Much easier than diabetes, for example. Once you understand what cancer is, the way it is treated by cancer doctors **makes no sense**.

For example, if you have been diagnosed with cancer, have your cancer doctors **explored the cause** of the cancer with you? If so, you are unique. We have asked this question to many thousands of patients with cancer and the answer has always been “No.” How much sense does that make? You’re a cancer doctor and you’re trying to cure something but you have no interest in exploring its cause.

As you’ll see we’ll spend a lot of time in this book **exploring the common causes** of your cancer and “what we would do if we were you” to reverse them. That is the best information we can offer you. It has been enough to heal thousands of people all over the world.

### **“What About My Doctor?”**

A sensible question at this point is **“Don’t I need a doctor?”** Certainly. We all need a doctor. If we need to be admitted to a hospital because of some trauma or other emergency illness, **we need a doctor**. The question you will need to answer after you get your 20 hours or so of reading done is “Do I need a cancer doctor?”

Our personal answer to that for most of you is **“No.”** Not after he/she has used their diagnostic tools to confirm that you have some type of cancer. Remember, also, that a doctor does not have to be an oncologist to order cancer tests.

Later in this chapter, you will find several internet directories of **“holistic”** physicians like Dr. García. Most of these directories

allow you to enter your Zip Code and find the ones closest to you. The doctor you choose to help you with your recovery from cancer is a **very personal decision**. He or she certainly **does not** have to be a cancer specialist (oncologist). We encourage you to search out that “perfect” physician. They are out there.

As you will see, however, you should **not wait** to begin your recovery regimen. You should start on that **now**. Use the guidance in Chapter 5 of this book and the other resources we will give you to begin **reversing the condition** that caused the cancer.

### **Don't Fire Your Doctor -- Yet**

As an informed consumer of medical service, you will be **empowered**. When the doctor's advice tracks with your knowledge, you'll **confidently accept** his/her treatment. When you need to, you will intelligently opt to **seek a second, third or fourth opinion**.

Unless your doctor is constantly studying microbiology, neurology, endocrinology, nutrition, immunology, chelation, functional medicine and lots more disciplines, he/she is **not fully qualified** to advise you on beating your cancer. No human being can read and evaluate all the information currently available.

Put yourself in your doctor's shoes. Doctors are trained in a medical school environment where **drug companies** provide most of the **research grants** and curriculum materials. Conventional (allopathic) medicine is taught to consist of treating “disease” and **symptoms** with synthetic drugs and procedures (surgery and radiation, for example). Neither in school nor in training is the concept that our bodies are able to heal with nurturing ever broached.

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Once in practice, drug company “representatives” entice doctors every day, each leaving free samples. A Health Maintenance Organization (HMO), insurance companies and the government are all looking over their shoulders, **scrutinizing** every diagnosis, every test. **Attorneys** await the doctor’s least slip or recommendation of “unusual” treatment, misdiagnosis or prescription of the wrong drug. Doctors seek sanctuary in **narrowly specialized** fields. Even keeping up with the information on studies in their own specialty is virtually impossible because of all the administrative paper work which has little to do with patient care. Almost all of the new information doctors get comes from “continuing education” sessions **sponsored by drug companies.**

With insurance companies and Medicare/Medicaid paying **only a fraction** of what doctors bill, they are under **extreme economic pressure** to keep patient “face-to-face” time to the bare minimum. One study showed that the average patient spends **only two minutes** with the doctor during each visit. By contrast, Dr. García spends about an hour with each patient in the initial interview.

Is it any wonder that 51% of doctors in a recent large survey said they **would not go into medicine again** and 65% said they would **not recommend it to their children** as a career?

There are very few doctors who **understand** the relations between lifestyle, environment and disease. The average M.D. received **two hours** (clock hours, not credit hours) on **nutrition and preventive medicine** in his six to ten years in medical school and hospital training. Nutrition is a science **at least as complex** as conventional medicine.

You are fortunate that **thousands** of medical professionals like Dr. García have broken out of this “treat symptoms with drugs

and procedures” mold. Soon, we will show you how to find one of these wonderful people near you.

## **Four Essentials**

We have watched thousands of people cope with cancer in the last twenty years. Those who have been successful share four essentials. We call them the “4 A’s.” Memorize these and use them as a checklist frequently.

### **Essential #1: Attitude**

Cancer is survivable. It doesn’t matter what “stage” or type of cancer. All patients with cancer can overcome it and live out their normal lifespan. People who believe this, with all their heart and soul, **get well**. Those who doubt it **don’t**. It’s that simple.

Two things seem to characterize the patients with cancer that we’ve seen get well: First, they have decided to **take charge of their own health care**; and second, they have **committed 100%** to some **regimen** involving eating habits and supplements, and **(super important)** identifying and reversing the cause(s) of their cancer.

How do you get and keep this commitment and positive attitude? **Gain knowledge** about the wide variety of cancer survivors and how they survived. What caused their cancer and how they got over it. Seek them out and talk to them. This is **not** a search for the “**magic bullet**” that heals all cancers. There is no such thing.

There are, however, literally **hundreds** of substances that are non-toxic and natural. Each one alone, or combined with others, has helped **thousands** of patients with cancer become cancer-free. There are **simple lifestyle changes** (diet, supplements, exercise, sunshine and emotional peace) that restore health to

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patients with cancer. Many of them are quite **inexpensive** or even free.

### ***Taking Charge of Your Own Health Care***

You will not get this type of advice from your cancer doctor. You will usually be **urged** to begin chemotherapy and/or radiation immediately, **or else** you will die! Reality is by the time most cancers are found the patient has had the cancer for months if not years. For your best chance of recovery, you must be prepared to resist this high-pressure sales pitch. You, after all, **are in charge**.

You should delay any decisions about interventions (surgery, chemo, radiation, etc.) until you are well enough informed to make an intelligent decision. The “informed consent” that your oncologist provides is **incomplete at best**. It is designed to corral you into believing that your only choices are limited to surgery, chemotherapy, and/or radiation. They downplay any benefit from proper nutrition or other “alternatives.”

Believe the above paragraph and we can help you get well. Doubt it and we probably can't. Your training from childhood that **doctors have the answers** may make it hard for you to accept this. It takes **courage**.

While we have been able to help thousands of people around the world overcome their cancer, several friends and family members have succumbed to cancer during these same years. There is a saying that **“There is no prophet in his own home town.”** When people that we love and treasure do not follow our advice, it is painful and difficult for us to accept, even though we respect their choices. However, the joy of hearing from one cancer survivor who has profited from our information and healing methods inspires us to continue.

Keep an open mind. **Accept controversy** as a normal part of any treatment plan. Be strong. Family and friends are **well meaning**, but after a few hours of the research you have now started, you will know **far more** about your cancer than they do.

### **Essential #2: Advocate**

If you have been diagnosed with cancer, you need to find your closest friend or relative and ask them to **be your advocate**. Cancer evokes emotions in almost everyone that are **hard to deal with**. Fear may freeze you. You are quickly exposed to confusing terms and **advice of all types** from well-meaning sources.

By reading this book, you are preparing yourself to **do battle** with the cancer “system.” This battle is sometimes **difficult and stressful**. Allopathic medicine is designed to instill fear in those diagnosed with cancer. The path you are choosing is controversial. You need help and moral support.

You are going to need to do **research** to find the information and resources (doctors, clinics, supplements, etc.) you need. This research **does not** require a **great deal of time**, using this book as a guide to the information available on the Internet. We’re talking about the equivalent of **1 or 2 ten-hour days** to become “smarter than your oncologist.” Most patients with cancer, due to shock and or fear, do not have either the **energy or patience** to devote this much time to getting “up to speed.”

Your advocate needs to accompany you to **every** doctor’s appointment. He or she must be committed to your recovery and have a **good sense of humor**. He or she must be willing to question any healthcare professional when the information provided requires clarification. He or she must be willing to

**discuss options with your doctor** and help you choose a second, third or fourth opinion doctor, if necessary.

In summary, when your friend or loved one who is a cancer patient asks you to be their advocate, **accept gratefully**. There is no more spiritually fulfilling and uplifting role in this world. Your service will quite possibly **save your relative or loved one's life**. It most certainly will help him or her **avoid the drastic damage** done to their lifestyle and well-being by the cancer "system."

### **Essential #3: Assistance (The Right Medical Professional)**

This book will feature knowledge from **many M.D.s** and other medical professionals like Dr. García. All of them have broken the mold of the doctor who is concerned only with **treating symptoms** and ignoring the cause, the real disease. They have done unique research resulting in **breakthrough knowledge** about understanding the **causes** of cancer and treatments that work to **reverse it at the cellular level**. They are also concerned about prevention.

To help you understand what we mean, we will give you two examples.

Here is a quote from a Foreword written by Richard M. Linchitz, M.D. from Glen Cove, New York to the book "Defeat Cancer" by Connie Strasheim, published in 2011. Writing about the fifteen holistic physicians who describe their treatment of cancer in this book, Dr. Linchitz says:

*"As I read 'Defeat Cancer' I was struck by the fact that all of the doctors demonstrated incredible courage to face disapproval, and sometimes, outright attacks from mainstream medicine...Try*

*to imagine what could motivate an intelligent, well-trained doctor, who could have easily succeeded in a conventional practice, to step outside of mainstream medicine and face criticism, and even sanctions on his work, in order to pursue a different path. What motivated him and the other doctors in this book is a passion for truth!...Without exception, due to their passion, dedication, intelligence and courage, the doctors portrayed in this book are all healers.”*

For a second example, listen to Harold W. Harper, M.D. in a quote from his book *“How You Can Beat the Killer Diseases:”*

*“What if cancer is a systemic, chronic, metabolic disease of which lumps and bumps constitute only symptoms? Will this not mean that billions of dollars have been misspent and that the basic premises on which cancer treatment and research are grounded are wrong? Of course it will, and in decades to come a perplexed future generation will look back in amazement on how current medicine approached cancer with the cobalt machine, the surgical knife, and the introduction of poisons into the system and wonder if such brutality really occurred.”*

### ***How Do YOU Find The Doctors Outside the Box?***

You would not have read this far unless you were interested in the help available from **alternative, complementary, integrative or functional** medicine. So, how do you find a competent medical professional in your area sympathetic to this approach to help you by supervising your recovery? Fortunately, it is **not difficult** any more. Even folks in remote areas can usually find someone within 100 miles or so of their home.

### **Bill Henderson’s Personal Experience**

About eight years ago, I decided to “walk the walk.” I had been recommending to hundreds of patients with cancer for years that

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they find a qualified medical professional sympathetic to **Complementary & Alternative Medicine (CAM)**. I decided to find one that I could put my trust in for myself.

I called a unique “biological” dentist in San Antonio (where I lived at the time) who had treated my wife for her problems with root canals. I asked his wife, whom we had gotten to know because she worked in his office, “**Who would you go to in San Antonio if you were looking for a ‘holistic healer?’**” She gave me four names. Two were osteopaths, one a naturopath and one a nutritionist. A friend of ours, who is also a nutritionist, had recommended **one of the same osteopaths** when I asked her the same question.

I interviewed all four of them -- three by telephone and e-mail and one in person. Among the questions I asked them were:

“If I should get prostate cancer, would you treat it?” [Substitute your type of cancer.] The answer you want is “Yes.”

“I take a lot of supplements. How do you feel about that?” The answer you want is “**That is fine,**” not “Don’t waste your money. Just eat a balanced diet.”

“I want your help, but I believe that **I am in charge of my own health care.** Is that consistent with your approach?” The answer you want is, of course, an **enthusiastic** “Yes.”

“How long have you been in practice?” Listen closely for the type of experience he/she has. Try to go into detail about previous practice sites, etc. in your interview. The value of his/her experience is strictly a **judgment call** on your part.

“Would you be willing to give me the **names of three of your patients** who would talk to me?” The answer you want is

something like “If they agree after I call them, I’ll be happy to give you their names.”

The one I interviewed in person, as you might have guessed, was the osteopath recommended by both friends. He accepts Medicare. The others did not. He **did not charge** me for this initial interview, which lasted 40 minutes. He gave me all the right answers and we found we had a lot in common (military service, belief in alternative medicine, etc.). It was the first time in my life that I had spent that long talking to **any** medical professional about health matters.

I designated him as my Primary Care Physician. He treats cancer, along with all other medical problems, using both alternative and conventional means. In fact, he says he “**treats people, not disease.**”

Your quest may not be as easy or rewarding as mine. But start with your **personal network** of friends and people in the medical profession – nurses, doctors, dentists, nutritionists, owners of health food stores, etc. Once you have exhausted that resource, go to one of the following websites and **search for people in your area**. It won’t take you very long.

### ***Using the Internet***

Keep in mind, some alternative therapists may **not be allowed to treat cancer** depending upon the laws and politics of their country, region, state, province, etc. Don’t let that discourage you. You can recover completely from cancer without the use of a medical professional. We know thousands of people who have.

Here are some website directories of what are called “holistic” physicians. These may help you find the one you can trust. This is a **very personal decision** that nobody can make for you.

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[www.acam.org](http://www.acam.org). The American College for Advancement in Medicine. This fine organization deserves special attention. Use their "Physician+Link." You will find a searchable database of alternative practitioners and a toll-free number to call for assistance. Call the ones near you and discuss your situation. They may know other therapists near you offering a specific treatment you may want -- detoxification, for example.

<http://www.lef.org/Health-Wellness/InnovativeDoctors/>. Here is a list of progressive doctors in all States in the U.S. and many other countries compiled by the Life Extension Foundation (LEF). As in the ACAM site above, these are generally open-minded individuals who understand and believe in alternative therapies.

[www.naturopathic.org](http://www.naturopathic.org) This is the website of the American Association of Naturopathic Physicians. It has a searchable database of their members. Use the "Find a Doctor" link. This rapidly growing health care discipline seeks to discover the underlying cause of a disease and treat that rather than just eliminate symptoms, the approach used by the conventional medical establishment. Some states today, specifically Alaska, Arizona, Connecticut, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, and Washington, license Naturopathic Doctors on a par with MDs.

<http://www.cancure.org/home.htm/>. This Cancer Cure Foundation has an excellent site with many alternative doctors, hospitals and clinics around the world. Put this website on your "favorites" list and come back to it to explore its cornucopia of information.

<http://homeopathic.org>. This is the website of the National Center for Homeopathy. At this site you will find some good guidance on selection of a homeopathic physician and a searchable database listing naturopaths, MDs, and other practitioners who use

homeopathy. Homeopathy has been very popular in Europe for decades. England's Queen Elizabeth uses a homeopathic doctor.

[www.holisticmedicine.org](http://www.holisticmedicine.org). This is the website of the American Holistic Medical Association. Use the “Find a Doctor/Provider” button to explore their database of members of this organization.

[www.nfam.org](http://www.nfam.org). National Foundation for Alternative Medicine. This is an organization dedicated to information on the best alternative treatment information. A former American congressman named Berkley Bedell, who was cured of both lyme disease and prostate cancer by alternative means after his conventional doctors gave up on him, started it. Look under the “Resources” link for information.

[www.whale.to/cancer/doctors.html](http://www.whale.to/cancer/doctors.html). This is a list of doctors and clinics worldwide that may give you some leads.

Above all, **don't give up**. The truth is that there is a medical professional that will treat you and respect your wishes. All you have to do is find him or her.

#### **Essential #4 – Action**

Now for Essential #4. You **must start** treating yourself. Don't wait until you find the perfect medical professional. While you're searching for him or her, start taking supplements that are inexpensive, help **any** cancer and make it easier for you to regain your health (see Chapter 5). **Change your diet** using the guidelines in Chapter 5. Time is more important to you now than at any time in your life. Untreated cancer does not stop spreading. You must begin your healing **NOW**.

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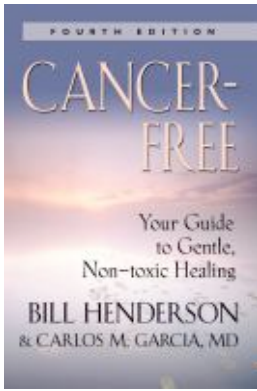
Our recommended regimen usually **reverses cancer in a few weeks for those who have not started conventional treatment**. If you can just avoid the conventional “therapy” – surgery, radiation and chemotherapy – for that long, you will probably be “cancer-free.” These next few weeks are **critical** to your recovery. Many people have avoided the “cancer conveyer belt” of allopathic (conventional) medicine by becoming an integral partner in their healthcare team and making intelligent, well informed choices.

If you have already started conventional therapy, don't be discouraged. People recover from cancer at all stages. It just takes **much longer** (months, not weeks) if you have damaged your immune system with chemotherapy, radiation or surgery.

In summary, you need to keep in mind the four “A's.”

- A Positive **Attitude**
- An **Advocate**
- **Assistance** (from A Competent Medical Professional)
- **Action** (Get Truckin')

In Chapters 5 and 7, we will discuss many of the available gentle, non-toxic cancer treatments in some detail. For now, we would like to help you understand two essentials for you to win your battle: 1) The cancer “environment” you are in; and 2) The true cause(s) of cancer.



*Bill Henderson has helped thousands of people all over the world heal their cancers. This latest book gives you a precise regimen for self-treatment along with extensive information on other resources now available to you.*

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