

Healing cancer requires knowledge of alternative treatments. Here it is.

Cancer-Free: Your Guide to Gentle, Non-toxic Healing (Fifth Edition)

By Bill Henderson, Terry P. Henderson & Carlos M. Garcia, MD

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F I F T H E D I T I O N

CANCER FREE

Your Guide
to Gentle,
Non-toxic Healing

BILL HENDERSON

TERRY HENDERSON
AND CARLOS M. CARCIA, MD

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Fifth Edition

Previous books by Bill Henderson:

Cure Your Cancer (e-book), published November 2000

Cure Your Cancer (paperback and hard cover) published by AuthorHouse, Inc., June 2003

Cancer-Free (paperback and e-book) [First Edition] published by Son-Rise Publications, November 2004

Cancer-Free (paperback and e-book) (Second Edition) published by Booklocker, Inc., June, 2007

Cancer-Free (paperback and e-book) (Third Edition) published by Booklocker, November, 2008

Web Sites: <http://www.Beating-Cancer-Gently.com>
and
<http://www.UtopiaWellness.com>

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Cancer-Free

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This book provides content related to topics concerning physical and/or mental health issues. As such, use of this book implies your acceptance of this disclaimer.

CLIENTS' FEEDBACK....

If every cancer patient in America were given this book at the time of their diagnosis, the fraudulent “War on Cancer” would come to a swift end. Millions of lives would be saved, and the fear of cancer as an unstoppable killer would finally be put to rest. I can’t recommend Mr. Henderson’s book highly enough. Buy this book! Read it and become enlightened – share it with your loved ones, avoid your own cancer diagnosis or beat cancer naturally yourself.

Dr. Bradley Nelson
Chiropractor
St. Georges, Utah
Author, “The Emotion Code” and “The Body Code”

As a proactive physician, it’s very important for me to have my patients informed and involved. Bill’s book is now a requirement for all my cancer patients. They need to read this book and practice its principles during the course of their treatment with me.

Dr. Richard A. DiCenso, M.D.
Virginia Beach, Virginia

Finding Dr. Garcia was the best thing that has happened to me. I have found everything to be professional, thorough, and caring. The clinic has made a great impact on my health and well-being. Dr. Garcia has a caring attitude. We are treated as intelligent human beings and he empowers us with his lectures to a better understanding and knowledge of medical problems that we may have had or are facing.

Mary
September, 2010

THANK YOU, Dr. Garcia: First, and foremost, Dag and I are very impressed with you and your clinic. As I have been writing to all my family and friends, after this first week, everything about the clinic has, as you promised in your information packet, exceeded our expectations. The level of personal care, the intimate atmosphere of positive attitude and hope, and the laughter and joy is wonderful. Thank you so much for all you are doing including your staff.

*Tine T. - Cancer Patient
September, 2010*

Hello Bill, I want to first thank you so much for your book Cancer-Free! I feel much better and have put back 10 pounds and plan to stay at this weight. I again thank the good Lord for you and your book and all the help you have been to me and to so many others in their fight against cancer. You're a blessing. May God bless and keep you and thanks so much for these wonderful newsletters!

**Your friend in Massachusetts,
Dan Skapinsky
March, 2011**

Hello Bill: After 3 years, I do not have cancer anymore.

First, I followed the advice of my Naturalist Medical Doctors in Chile. After reading your book twice and getting the pills to follow your protocol, I added your protocol to the herb teas, diet, immunotherapy and phytotherapies. Finally, I followed your advice and got rid of my dental toxins one year ago.

Unfortunately, I did not manage to get an HCG urine test from the Navarro Clinic in Manila of 49 international units or less.

Therefore, I went to visit Dr. Carlos García of Utopia Wellness for additional treatment. Dr. García ordered another PET scan for me. About three weeks ago, he gave me the very good news. The PET scan does not show active cancer anymore. According to Dr. García, my HCG tests of 52 and 53 I.U. were false positives. He says that medicine is an art not a science. The 52-53 range, which may mean cancer for other patients, means “Cancer-Free” for me.

I am very happy! I thank you for your wonderful book, newsletters, Web Talk Radio interviews, Talkshoe discussions and coaching!

Un fuerte abrazo (a big hug),

*Arnulf Becker
Santiago, Chile
May, 2011*

Dear Mr. Henderson, I bought and very much appreciated your book and followed your plan after I was diagnosed with prostate cancer by biopsy. It has been a year and I have had the third Navarro test. The first one was over 53 and the last one was under 50, indicating that the cancer is gone. Thank you!

**William Byler
April, 2011**

Just wanted to say thank you very much for your help in healing my Dad of bone cancer (multiple myeloma). I bought your book last November, 2010. My Dad’s cancer was diagnosed in January 2010 and he was given about 6 months to live. He was trying everything including chemo at Sloan-Kettering until I came across your book. I read it, gave it to him and he bought all the products and started using them around the end of the

year (2010). To make a long story short he was asked in March 2011 by his doctors "What are you doing at home?" He finally told them and they said he was very smart. They told him they couldn't find the cancer anymore and that his checkups will now be every 6 weeks instead of every month. I say Praise God for healing my Dad and thanks to you for sharing your life-saving knowledge. My Mom was also diagnosed with the same cancer in December 2010 in Trinidad, West Indies. Unfortunately she passed away 3 weeks later from diabetic complications due to the steroids she was given with radiation. I had ordered the products for her but she didn't get a chance to use them. I miss her terribly but, nevertheless, I'm glad my Dad is still here! Thank you so much!

*Kathy Davis
New York
May, 2011*

Dear Dr. Garcia, Today is my birthday and I have made it to age 64! This is very much because of meeting and being treated for this nuisance cancer by you. It seems like such an appropriate time to say thank you for your skill, and your emotional and financial support. I would be dead by now if I had not met you. The best thing that happened to me in the last year was meeting you. Thank you so much for being there.

**Diane G.
September, 2010**

I am a stage four breast cancer survivor. I went to Bill Henderson for coaching in 2007 and followed his protocol along with some additional alternative therapies such as Rife, far infrared heat and acupuncture. The doctors had given me only three months to live in January, 2007. Today I am feeling wonderful. People say I look healthier than most anyone they know my age. My

blood work comes back perfect as I test four times a year and my oncologist is amazed at the turn around. Thank you, Bill and for anyone seeking answers to the condition I call cancer, his book is a must read. He will not make false promises or give you false hope. He will tell you the truth about changes you need to make to help yourself. I am forever grateful for this man and his hard work on behalf of cancer sufferers worldwide.

Robin Drumm

My mother had metastatic liver cancer. She had read and applied Bill Henderson's theories found in this book. The results of following the diet and lifestyle changes caused her to live a greater quality of life than we think she ever would have otherwise. She was given a very poor prognosis of 6 months after being diagnosed. Sadly she died. She gave it her all and after a two year fight she sadly passed. We have passed her copy of this book on to a wonderful family friend who was recently diagnosed with breast cancer. She is feeling healthy and upbeat. Whether it is because of this regime or not, she is doing better. We are all hopeful for her. Thank you, Bill Henderson.

Cathy Brennan

I have purchased two of your books, Cancer-Free, and find them to be outstanding publications. There are no other books, or help, on the subject of cancer out there to match, or even come close to yours. I really enjoy your newsletters and have forwarded them to many, many people. God bless you.

*J.M. Larmer, Naturopathic Doctor
New Jersey*

Hi Bill, I am a nurse...I found your website by chance when a life-long friend called me over a year ago to tell me he had

liver cancer. The survival rate for this type of cancer is very poor. You were an answer to a prayer.

He started on MGN-3 right away and shared your book with his oncologist. His cancer went into remission within a couple of months and he is cancer free now. Thank you.

I share the information about your research. My own father died two years ago of esophageal cancer that metastasized to his lungs. From the time his cancer was diagnosed until he died was less than two months. I only wish I had known about you and your book sooner.

I don't want others to lose their loved ones before their time if I can help by telling them about your book. May God bless you, Bill. Thank you.

**Faye Maier
North Carolina**

Hi Bill, Went back for CT scans September 25th – exactly one year + one day from the day they told me I had Cancer in my stomach, lung and adrenal gland. Guess what!! Lung cancer is gone and the other two have not grown!!! Praise God! All this because my granddaughter found your site while looking for help. God does work in mysterious ways. I am still pain-free, thank God!!! And doing well...I have you to thank. I wish there was a way to tell the World!!! Thank you, again.

Libby

I am Joanne's sister and I can't tell you how thankful I am that I came across Bill's book for her. When I sent for it, I thought, if she could get just one thing from this book that would help her or give her hope then it was worth it. I am so thankful and proud of her today, for how she has fought

this battle. She looks great today. She feels good and she is an inspiration to anyone that knows her.

Sincerely,

Barb Barton

Phenomenal!

I am a friend of Joanne's and know the story from start to present, I believe the story is actually understated, from death's door literally, to a bright and healthy future indeed.

Having seen the results of her recovery from the beginning till now is an awesome inspiration. Beyond that, though, is the knowledge about letting your body heal itself by nourishing it with the right ingredients. This is worth more than all the riches of the world.

Never has it been clearer to me that what we put in our bodies has an immense effect on our health and quality of life.

Eric King

Dear Bill, Thank you for your excellent book. It is very informative and will help me in my search for the best combination of treatments there are for patients...the book is wonderful, informative and very accurate.

**Dr. Dana Flavin (cancer doctor)
Connecticut, USA**

Dear Mr. Henderson and readers:

My name is Dr. Tom. I have watched my significant other follow the advice of oncologists for over a year to find that their advice

is ill conceived. I watched resident medical doctors follow their mentor, a head oncologist, into the blinded view of chemotherapy treatment for cancer patients. To watch this is clearly an eye opener on how brain washed medical doctors are. Like puppets following the puppet master into the show on stage. The horrifying truth of it all is that people trust and believe in these prescription drug pushers.

*To understand the background of how corrupt the oncology system is, one must get the background of how corrupt the medical establishment is. The book *Politics in Healing* is a good read for starters. The largest, most traditional cancer treatment centers are the most criminal; and the young doctors are clueless to this being the case, since they are only told what they need to know to push the chemotherapeutic agents on cancer patients who later become the oncologists' victims. Now that the media is starting to notice this, I will speak it more freely.*

What the public doesn't know is that the reason why some people get cured of cancer while on chemotherapy is not because chemotherapy works, but because alternative treatment works and chemotherapy slows down the curing and makes it more difficult for the alternative treatment to work. What I want to get across is that traditional medical treatment for cancer is worse than ineffective and that any change of lifestyle without chemotherapy would be more effective in reducing the cancer than chemotherapy.

Sincerely,

*Dr. T.
Virginia, USA*

This book helped save my Mother's life.

With a whole world of information out there on the Internet about cancer it can leave you confused and feel like you are running around in a maze not knowing where to turn or what to believe. This book helped me get informed and ready to help my mother in just a few hours.

I found Bill Henderson's book to be an excellent overview of numerous natural treatments for cancer. He is not selling any product or promoting a single treatment method. Instead I found the book to be an extremely well written, intelligent, concise and to the point overview of many excellent natural cancer treatments. Also included are treatments that will help people already on chemotherapy.

The book allows you to track down more information about your favorite treatment by providing website addresses and suggests where you can get natural products at the cheapest prices (in the USA). It really helps the reader to be fully informed about ALL their options other than just surgery, radiation or chemotherapy.

The testimonials were very convincing and helped me to have the confidence to help my mother who was near death (suffering from advanced metastatic breast cancer that has spread to the liver, lungs, ovaries and bones) to keep taking dried barley greens. Within 2 days her strong pain levels had improved. After 9 days she was COMPLETELY off all pain and nausea medication and in NO PAIN whatsoever. I am so thankful I read this book and became more informed about the many, well known, tried and proven natural treatments out there. Thank you, Bill Henderson.

**Peter Mita
Melbourne, Australia**

If you love your stricken one, this is your “Bible.”

*Denzel Koh
Brisbane, Australia*

Hi Bill: Thanks much for your guidance and advice. You are doing a great deed for humanity. By way of recognition, I must report to you the great results we had through your recommendations. Today I'm happy to report that we did a full body PET/CT scan. The results came back: A complete resolution in the left breast, no lymphatic involvement, an 80% reduction in the manubrium uptake. Quite dramatic to the amazement of my oncologist who told me he did recommend this regimen to other patients, even some of his family members. It also helped her to minimize the side effects of chemo. Throughout the whole time, she never missed a day of work except the day of the treatment.

**Thanks a Million
Simon**

Dear Bill, I want to thank YOU for all of the hard work and dedication that you've put into this labor of love!!! I truly appreciate all of this information Bill, and I consider it truly a blessing from God that I stumbled across the link to your website. My Mom has Acute Lymphocytic Leukemia, but she is currently in remission...I want to thank you from the bottom of my heart!

Natasha

God will take you into the Palm of his Hand Bill. You are an amazing person. And your next life will reflect what you have done in this one.

**Blessings and thank you.
Anne Mozdzanowski**

Denmark

Hi, Bill. Got a copy of your book not more than a week ago. I've been working on a dissertation for a second PhD on alternative therapy for cancer. I'm sure I will be quoting you (and giving credit where credit is due, of course) in my research. Your book is well written, makes no absurd promises, and indeed offers hope. As a registered nurse, I have become increasingly disillusioned by the "miracle of modern medicine" in connection with the treatment of cancers. We have NOT improved the lives of anyone. Chemo and radiation patients usually succumb to another devastating illness because of the lack of immune response. The medical community fails to give these details to the patient.

Dr. Randy Walden, RN, Ph.D.

Dear Bill,

God certainly blessed me when I discovered you. Without you as a resource, I would have confidently gone down the path the trusted Cleveland Clinic would have sent me to: certain death. I will follow all of your suggestions of the Vitamin D test, the urine test, see Diane Meyer, walking, detox, etc. To me, this makes the most sense. I found myself involved in that whirlwind of activity the last two weeks because I first had to stop the bleeding as Dr. García warned. Now I have to help my body heal itself before August 1. I believe in you and what you have said because it makes common sense. Thanks for spending so much time talking to me. I will keep you posted on my progress.

Thanks so, so much my friend!

Wade Werner, Beachwood, Ohio

PREFACE



Hi. My name is Bill Henderson. In November 1990, my late wife, Marjorie, began her four-year bout with cancer. She died on November 1, 1994. Her many operations, chemotherapy treatments and intense pain made her wish often in her last two years for a quick death, or “transition,” as she called it.

After watching that, it was hard for me to believe that millions of people each year had to endure that same torture. I have read widely since 1994, looking for options we were ignorant about. I have found over four hundred!

Realizing that millions of patients with cancer needed this information to survive, I began what has become my full-time crusade. In books, newsletters, workshops, telephone coaching and a weekly radio show, I have tried to reach as many people as I can with this life-saving message.

I spend every day talking by e-mail and telephone with patients with cancer. I am not a doctor. I am just a “reporter.” However, with the information I have gathered, I have been able to help thousands of people all over the world heal themselves of cancer. The only thing I sell is this book and my telephone coaching service. My newsletters and radio shows are free.

If you haven't signed up for my newsletter, please do so now. Just go to my web site: <http://www.Beating-Cancer-Gently.com> and enter your name and e-mail address. My newsletters, which I publish once a month, are designed to update the information in this book. Over 34,000 readers in 88 countries receive my newsletter now. While at my web site, you may want to read some of the newsletter articles. Just click on the "Newsletter Archive" link.

In a previous book called "Cure Your Cancer" and the earlier versions of this book, I have reached about 100,000 patients with cancer and caregivers in 94 countries. This book has been translated into Spanish, Greek, Romanian, Hungarian, Czech and Dutch. Translations of this 4th Edition into Japanese and Chinese are in the works.

In 2010, a short 41-page summary of this book, drafted by Andy Scholberg, a great "ghost writer," was published called "How to Cure Almost Any Cancer At Home for \$5.15 A Day." I have been interviewed on 45 radio shows. I have presented dozens of workshops around the U.S. and Canada on "Beating Cancer – Gently."

For those who would rather listen than read, this book is available from <http://Amazon.com> in audio book form. It is also available in Amazon's Kindle format.

Since October, 2007, I have hosted a web talk radio show called "How to Live Cancer-Free." Of the 122 shows on that website, mine has been the most popular for about three years. Over 75,000 people listen each week. You will find my past shows at: <http://webtalkradio.net/?s=bill+henderson&task=search>.

In February, 2010, Dr. Carlos García and I started a bi-weekly hour long conversation on <http://TalkShoe.com> where we discuss various health topics and answer live questions from

those who join us. You'll find recordings of those chats and instructions for how to listen in at Dr. García's website, which is <http://UtopiaWellness.com>.

Dr. Garcia is a traditionally trained M.D. He has broken out of that mold and become a wonderfully informed holistic physician who has had great success helping patients with cancer heal themselves. He agreed to become a co-author of the 4th Edition with me. I am deeply honored by his commitment to the message in that book and adding his valuable advice for you.

Now we want to help YOU. If this book can convince you how vital it is to take charge of your own health care, we will be delighted. Because then becoming cancer-free is just a matter of time.

Once you have made that crucial decision to “become smarter than your oncologist,” there are literally hundreds of options – doctors, clinics, supplements, diet changes, chelation, detoxification methods – that will get you cancer-free. This book boils them down to a simple, seven-part regimen which anyone can do and anyone can afford. It has helped thousands of people to heal themselves of their cancer since November, 2004, when the first edition of this book was published.

The major difference between now and 1990-1994, when I was searching for information to help Marjorie, is the Internet. Now patients with cancer have a tidal wave of information on over 400 gentle, non-toxic treatments. Our recommended regimen in Chapter 5 of this book is seven of those 400 – and it works for most people. We explain why to you in Chapter 5. It's no accident.

For those for whom this self-help path to healing doesn't work, one of the best options is Dr. García's Utopia Wellness Center in Clearwater, Florida. Dr. García has helped many patients with

cancer heal themselves with his wide variety of treatment options. You can explore his approach and listen to lots of testimonials at his website, which is <http://UtopiaWellness.com>. You can reach him for a telephone consultation at (727) 799-9060 (Eastern Time).

In this book, you have the benefit of eleven years of feedback I have received from a vibrant network of doctors, dentists, nutritionists, cancer survivors and crusaders like me. People like Dr. Carlos García, Dr. John Lubecki, Dr. Hal Huggins, Dr. Chris Hussar, Bob Davis, George Frenner, Art Brown, Gavin Phillips, Tony Preston, Webster Kehr, Michael Vrentas, Paul Winter, Dr. Mike Thompson, Dr. Ron Wheeler, Herb Horky, Ed VanOverloop, Dr. John Tate, Roger DeLong, Dr. Ralph Moss, Fred Eichhorn, Dr. Joseph Mercola, Dr. David Gregg, Dr. Richard Kinsolving, Dr. Loretta Lanphier, Ann Fonfa, Dr. Vincent Gammill, Dr. Dana Flavin and many more have all helped explode my knowledge with their personal assistance.

Authors I have discovered since my first book was published include Daniel Haley and his wonderful book "Politics in Healing;" T. Colin Campbell, Ph.D. and his interesting book on nutrition "The China Study;" Jon Barron's "Lessons From The Miracle Doctors;" Les Winick's "The Reference Guide For Prostate Cancer;" Roger Mason's "The Natural Prostate Cure;" Dr. Matthias Rath and his unique book "Cancer;" Dr. Ralph Moss and his 13 books on cancer, Anne Frahm's book "A Cancer Battle Plan;" Ty Bollinger's "Cancer – Step Outside The Box;" Tanya Harter Pierce's book "Outsmart Your Cancer;" Dr. Simon Yu's book "Accidental Cure" and Connie Strasheim's book "Defeat Cancer." There are many more that will be mentioned in this book, but you get the idea. The resources available to you are incredibly rich.

Finally, organizations and non-commercial websites abound now to help you in your quest for perfect health. They include:

CancerTutor.com; AlternativeMedicine.us; The American College for Advancement in Medicine; The Life Extension Foundation; The National Foundation For Alternative Medicine; The Cancer Control Society; The Health Sciences Institute; The National Cancer Research Foundation; The Cancer Cure Foundation; People Against Cancer; The Foundation For The Advancement of Innovative Medicine; Health Sciences Institute; The International Academy of Biological Dentistry and Medicine and The American Biological Dentist Association.

We mention all of these only to impress you with the vast array of support available to you now. Nothing like this was available in 1994 when Marge and I needed it. Most of these people and organizations have web sites and newsletters that are extremely helpful in finding the right products and people to help you. Just like us, caring and not money motivates them.

My background is in computer software and marketing. After retiring from 25 years in the U.S. Air Force as a Colonel in 1977, I founded a software publishing company that sold specialized software to architects and engineers. It was the first of its kind in the world. We had clients in 42 states and 4 Canadian provinces. I sold that company in 1995.

In addition to my cancer research and writing, I have tried several other Internet ventures. I have a Master's degree in Business Administration from George Washington University. I am an entrepreneur at heart.

This book, however, is a true labor of love. We know how much it can help you, if you will trust us and keep an open mind. I was 79 in January 2011. My family and I have probably dealt with over 200 doctors and at least 10 of them have been close friends. When I lived in San Antonio, I played golf twice a week with a pediatrician. One of my best friends is both a dentist and

a doctor. In the last few years, I have had several encounters with the medical system.

In 1992, I met Joe Davis, M.D. He started me on a workout plan that I have continued ever since. He also convinced me of the importance of proper nutrition. He founded several “fitness centers” called Ultra-Fit in San Antonio. Bonus Booklet #2, “Stop Your Aging with Exercise,” will summarize Dr. Davis’ contribution to my current health.

In 1996, I had radial keratotomy done on one eye and laser correction on the other, which has allowed me to abandon the glasses I had worn all my life. I now wear glasses only for reading and computer work. In 1997, I had torn retinas repaired in both eyes. My vision is better now than ever before in my life. I had a hernia in my groin repaired very professionally in 1998. I had my sinuses cleaned out in 1999, which completely cured my chronic sinusitis. The doctor said she stopped counting when she got to 104 polyps removed.

Like most men my age, I have an enlarged prostate gland. As I’ll explain in Chapter 7, a wonderful product called Prostabel has finally relieved me of the symptoms caused by this condition. Several urologists treated me for the last 25 years. In a span of fourteen years, they did four biopsies on my prostate, all of which were negative. If I had known what I know now, I would not have had those biopsies done.

I feel much better physically now in every way than I did forty years ago. I mention my recent medical experience only to emphasize to you that I am anything but anti-doctor. Medical doctors serve a fine purpose in our society. If I had a trauma or other medical crisis, I would trust most American doctors to give me the finest care possible. However, their view of the treatment of cancer and other chronic degenerative conditions is obscured by the bias in our society caused by the huge amount of money

and its influence wielded by the pharmaceutical companies (“Big Pharma”). A few formally trained medical doctors like Dr. García have broken the mold of the conventional “M.D.” and become true healers. Seek them out.

You have received with this “Cancer-Free” book four additional “booklets.” They are at the end of this book under the same cover. Their titles are:

“Stop Your Aging With Diet”
“Stop Your Aging With Exercise”
“Beating Diabetes”
and “Cure Your Back Pain”

We have avoided using footnotes in this book. It is not a scholarly work for researchers. It is a “how-to” book for people with cancer or who have relatives or friends with cancer. The sources we have used can be found in Appendix A, along with a list of many other resources.

Before you read this book, we must give you the following warning and disclaimer:

The authors of this book are a researcher and writer and his wife, Terry. However, the facts and opinions presented in the following pages are offered as information only, not medical advice. Their purpose is to create the basis for informed consent. Although there is much that each of you can do in the area of prevention, self-treatment for clinical cancer, diabetes and back problems is not advised. The administration of therapy for these maladies, including nutritional therapy, should be under the supervision of health-care professionals who are specialists in their fields.

Bill Henderson
Researcher and Author

FOREWORD by Carlos M. Garcia, MD



Bill and I were talking one day and he asked me a very simple question: *“What is your philosophy about medicine?”* As our conversation proceeded, it became obvious that the real question he was asking was: *“How can we help lay people empower themselves to question their comfort zone?”* Their comfort zone is their belief that traditional Western, or allopathic medicine, is their only choice when it comes to their health care.

With this in mind, allow me to share my evolution from doctor to physician. I was educated at the University of Massachusetts medical school, and thereafter I trained at Hahnemann University in Philadelphia, Pennsylvania. I had a very successful practice as an anesthesiologist until a freak accident ended my career as an anesthesiologist. A few months after my accident, a doctor friend called me and recommended that I consider managing a chelation clinic. I asked him: “What is chelation?” His answer was: “I haven’t a clue.” I went to the clinic, introduced myself, and by the end of our conversation the position was mine. I still had no idea what I was doing, but I was in charge of the medical clinic.

By the following day, I understood the nature of the practice. I was in charge of an "alternative" medical practice. Talk about dogma meeting karma! I knew that "alternative medicine" was just quackery. I was puzzled because all my patients were very well educated. Why, I wondered, would they submit to such quackery? I was ill-equipped to manage this facility. One of the fascinating aspects of my learning curve was that patients were much better versed in this branch of medicine than I. Although I had heard terms such as: antioxidants, nutrition and detoxification, I had no clinical experience with any of them.

In response to my lack of knowledge, I felt compelled to seek an education. Initially I tried finding an alternative medicine residency program. This is a clear-cut example of how we are all indoctrinated into thinking in a particular way. It quickly became evident that I was on my own, and that I had two options. I could resign or I could educate myself. I opted to do the latter. I believe the only concept that kept me sane, as I was acquiring my fund of knowledge, was that I learned during my anesthesia residency that the human body is quite resilient, especially children.

In my quest for new knowledge, I used the Internet, which at that time was limited to the 2600-baud modem. I communicated with numerous doctors worldwide who shared information that I stockpiled as I became more and more confused. My confusion did not bother me since I knew that out of chaos comes enlightenment, at least for me. So my days continued; I would read about one topic after another hoping that questions posed by patients were about something I had read recently. I was living the story my father once shared: When we first moved to the United States and he decided to teach Spanish, he said that he was studying and learning the next chapter while teaching his students the previous one.

As time went on, I noticed that my patients' health improved without the use of pharmaceuticals. One Thursday I was sitting in my office when three patients came to visit. None of them were related but all three had similar complaints. Upon standing they felt light-headed. Now this problem I knew something about. I quickly took out my prescription pad and decreased their hypertension (blood pressure) medication. The first time I did it for the first patient, I felt it was routine. By the third patient, however, I had a very strange gut feeling which I could not identify.

I continued wrestling with my gut until I finally isolated the problem. Medical school dogma taught me and still teaches today that when a patient is on drugs, especially anti-hypertension medications, the doctor may change the medications, or add medications. However, once the patient is on drugs, he or she will always remain in need of drugs. Yet these three patients had proved this dogma incorrect! My interaction with these three patients was no fluke. Reviewing their charts, I realized that these patients had been appropriately diagnosed and treated with anti-hypertension medications. Additionally, all three patients had been stable on their pharmaceuticals. The only variable that changed for them was intravenous chelation therapy, done in my clinic.

Western medicine's acceptance of chelation therapy is limited to just heavy metal toxicity and severely elevated calcium levels. Allopathic medicine scoffs at the use of chelation therapy for any other purposes including blood pressure. Yet I knew better. How do I reconcile this newfound reality, namely that my medical school education was incomplete? Given my personality, I began to question everything that I ever was taught. I allowed my gut to guide my educational path. Whereas prior to this incident I had done a reasonable job at acquiring information, now I became a man on a mission. I began reading and learning about alternatives and their professional associations. I read

everything that I could until I finally reached my level of chaos. Once there I knew I could put the puzzle together and so I started and continue to do so.

My first lesson was that we could do what we set out to do more often than not. I learned that ignorance abounds. Ignorance includes those who have titles before or after their names. So I began to read research work done by unknowns, some with titles and others without titles: Hoxsey, Rife, Kelley, Gerson, Koch, etc. One of the interesting things that I learned was that the research done between the 1910's and the 1930's is outstanding and is still valid today. However, modern medical education, for reasons unknown to me, continues to see this marvelous fund of knowledge unworthy of exposure. Just because research is old does not mean that it is worthless or poorly done.

I asked myself: how do I want to live my life? Option one was to turn a blind eye, business as usual, retire and move on. My second option was to learn as much as I could and attempt to make a difference, just as many others have tried in the past. By 2005, I was the director of the world's largest chelation clinic. We were administering about 20,000 IV treatments per year and growing at 20% annually.

During the time period between 1995 and 2005, I focused my attention on vascular arteriosclerosis and its complication. At that time it was America's leading disease and cause of death. Additionally, I also began exploring remedies for a series of other so called "incurables" such as Crohn's disease, ulcerative colitis, hepatitis, herpes, AIDS, HIV, and autoimmune diseases. I also began exploring relationships between other ill-appreciated medical therapies, such as chiropractic manipulations, colonic irrigations, detoxification, and massage therapy. My medical tool chest grew. The most difficult for me is dietary changes and overall nutrition. Patients present a

plethora of obstacles when it comes to nutrition. The crown jewel came about 2006 when I finally got it through my thick skull that the mind, located within the brain, present in all patients also needed to be addressed if a patient was to have a chance at being “disease free.” After 2005, I focused my attention on America’s up and coming new “most dreadful disease” cancer. The more I investigated the more I realized that allopathy was on the wrong path. Thus, I forged a new one. I founded Utopia Wellness Center.

At Utopia we take all comers, we do not “screen” our patients. There are those who we recommend not coming based on our telephone consultation. However, whenever a patient wants to come, I feel compelled to accept him or her. My feeling is that I do not have the right to condemn anyone to hopelessness, thus everyone is welcomed.

For me it has come down to this: I took an oath to try to do no harm and to help my fellow man. I have attempted to do this to the best of my ability. I make no excuses for what I do. It works for some. But, after all, medicine is an art, not a science.

When I speak with people who are still spellbound by the dogma that allopathic medicine is “the only real” medicine and that alternative medicine is quackery, they seek to justify their position by demanding success. However what most of you do not understand is that most of my patients have failed allopathy and were told to get their affairs in order. It appears that given the choice between giving up and dying, an alternative is easily embraced. However when I asked these same individuals if they ever dared ask the same questions of an oncologist that they were asking me, they usually avoided answering. The dogma not to question traditional “authority” prevails.

So, let me attempt to level the playing field. America is becoming a **sicker populace** every year. Everyone agrees that we do not

have health care, yet most accept *sick care*, which is mediocre medicine at best. Since I believe that cancer is the number one disease in America today, please allow us the opportunity to educate you. Most Americans have never been exposed to health care. Dogma with no basis in fact has smeared “alternative” medicine. Allopathic medicine is mostly made up of followers, not leaders. However, the facts are the facts. Following are the facts that allopathy must hide.

Chemotherapy as a choice for treating and curing cancer has a failure rate of 97%. Spontaneous remission probably has a higher success rate. This may be a shock to you and cause you to ask: “If this is so, why were we not told this by oncologists?” All I can do is recommend that you seek the answer from your oncologist.

For those who claim that this must be utter nonsense, I refer you to my website: <http://www.UtopiaWellness.com> . Find the search box and type in “chemotherapy cure.”

This will give you access to the original 1985 study making the statement about the “97% failure rate.” I too said: “Well, that was 1985. I'm sure that the cure rate must be greater today, 26 years later.” I was wrong. In 2004, a study was published by oncologists in Australia in the publication *Clinical Oncology*, volume 16, pages 449 through 560. The conclusion of the 2004 study was that the five-year survival rate, not the cure rate, is helped in only 2.3% of those Australian cancer patients electing chemotherapy while only helping 2.1% of American cancer patients electing chemotherapy. Is this the first time you have heard this?

I was personally shocked by their finding confirming that chemotherapy is only effective in 1.4% of American women with breast cancer! Were you or your loved one told this? How have all these cancer research foundations spent their funds? It is

appalling that in 20 years we have managed to regress from a mere 3% success, to less than that! Yet few medical doctors are aware of these studies. Those who know about them rarely share this information with the trusting and compliant cancer patients who regrettably suffer the consequences of this **lie through omission**.

I am motivated to bring health care to the United States, since it appears that very few within medicine are daring enough to try to do so. I understand their trepidation; I have firsthand knowledge of what can happen. I am motivated to educate you into helping all of us get what we contract for: **HEALTH care**, and stop our *sick care*.

One definition of insanity is repeating a process over and over anticipating a different outcome. Chemotherapy, radiation and surgery as curative measures for cancer have failed for the last 70 years and counting. They fail miserably even when the bar is lowered to the five-year survival with gruesome death to follow and no attention to quality of life during the treatment. However, I believe that there will be ever-increasing pressure to persuade patients to choose this insanity – driven by the illusion that this is their only source for a cure.

If I were to distill my philosophy of medicine it would be as follows: physicians and patients must work together. As a physician my job is to educate my patient and steer him or her away from danger. I must be as transparent as possible, while acknowledging my shortcomings.

My patients taught me that only the patient can cure himself or herself. We all must nurture, support and respect the immune system. As a physician I am a mere mortal. Contrary to medical dogma, cancer is not the precursor for death. It is “us.” Let’s embrace life and live it to its fullest.

Cancer-Free

I hope that this book will help a few of you open your eyes, broaden your horizons, and empower you to question. This will assist you in attaining the remedy that you so richly deserve. Please remember, it is your life; it is your health; and it is your choice. Choose wisely.

Let the enlightenment begin...

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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.

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 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 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.

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 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. 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. 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. 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**.

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.

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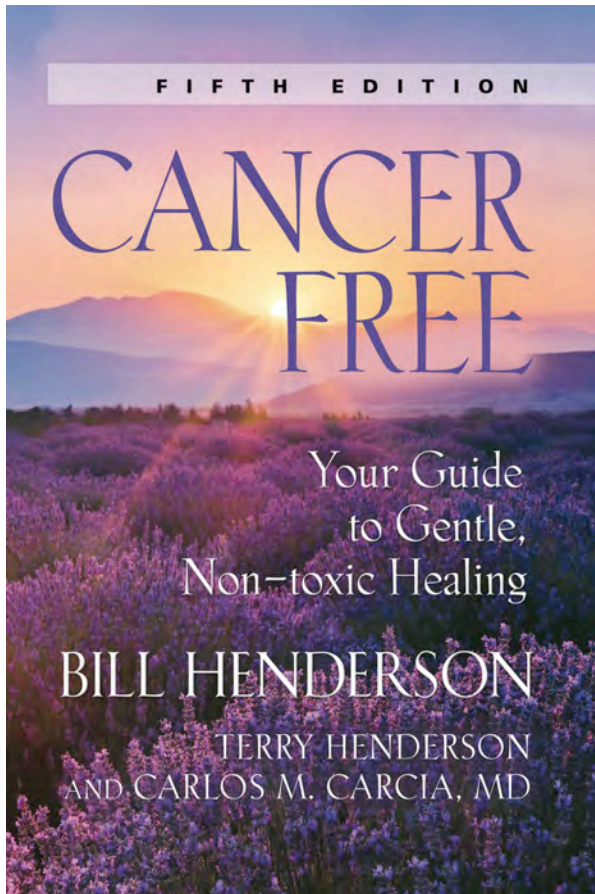
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