



# CANCER ANSWERS

e b o o k

ANSWERS TO THE  
MOST COMMONLY ASKED  
QUESTIONS ABOUT HEALING  
CANCER NATURALLY

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## SQUARE ONE - Master Q&A (organized by topic)

By Chris Wark

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## FAQ - Supplements

(Q&A: Mar-Apr 2017, Feb-June 2018)

### GENERAL

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2. What **supplements** do you take? How often do you take them?
3. What simple foods, supplements, or tonics can improve my **immune system**?
4. Do you still take supplements during a **fast**?
5. Should I take supplements if I haven't gotten my **diet under control**?
6. What is a safe dosage of supplements for a **child**?
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5. Is the **PSA** shot necessary if the diet is doing the trick?
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7. How do supplements and **pharmaceutical drugs** interact?
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## **GENERAL**

### **1. What supplements are essential to continue after the two years of healing? Assuming diet will be continued to be followed.**

I feel like the only two essentials are vitamin D and B12. And B12 is not even essential daily, just essential weekly. I take D3 every day. So, those are really the only two, if you have to just trim it way back. But I also take things like beta-glucans. Again, I don't think they're essential, but I like to take them. Right now, I'm taking the Host Defense MyCommunity. I talk about this in SQUARE ONE. That's a mushroom supplement. And I rotate between that and beta-glucan. So, either beta-glucan or the Host Defense MyCommunity is wonderful.

I also like to take some type of C3 Complex Curcumin. Either Bosmeric or a C3 Complex that they sell on Amazon is the best form of Curcumin – the most studied form of Curcumin on humans. We know it's potent; it's absorbable. And you want C3 Complex with BioPerine, which is the extracted black pepper that increases absorption by like 2,000%. And I rotate between different things like the Doctor's Best straight C3 Complex with BioPerine, the bosmeric product. I've got a bottle of Truvani from Vani Hari – Food Babe has her own line now for organic supplements, and she gave me a bottle of her curcumin. So, I've taken that. Yeah, I like to take curcumin.

But then, I'll cycle through other things. I take a lot of the non-pill supplements that I talk about in the Supplement module. Every day I love to take green tea powder, moringa powder, amla powder, a greens powder. Sometimes I'll cycle through some probiotics or I'll cycle through some enzymes. Right now, I'm taking enzymes with meals and enzymes in between meals; and then a probiotic. So, I'm kind of doing this little cycle. I'll just get on kicks where I might take quercetin for a month.

And I'll just say, every once in a while, I will take some iodine or some selenium. My wife takes those more regularly. So, every once in a while, I'll just grab one of hers and take it; maybe once a week or something, if I think about it. Like, "I'll take some selenium today, just to make sure I'm good on selenium" or "I'll take some iodine today or some magnesium or something." Those I just take randomly. And B12 is not even daily either. Maybe a few times a week I'll take a squirt of liquid B12.

By the way, if any of you are fans of Aloe 1, I take aloe every day. But when I think about those things, I don't think about them as supplements because they're not pills. But I do supplement my diet with them. But Aloe 1 just came out with a greens powder. They sent me some and I really like it. It's great. The name's kind of cheesy, but it's called I AGreens. It's got a lot of good stuff in there. So, yeah I take a greens powder. And those are the main things that I supplement with daily.

### **2. What supplements do you take? How often do you take them?**

I take a lot of the supplements I recommend in Module 9: Cancer Healing Herbs, Teas, & Supplements; but not the aggressive anti-cancer doses. I take D3 every day. I take Bosmeric-SR every day because I just love it and I think it's awesome. I take beta-

glucans every day. I take B12 regularly. I take amla, Stockton Aloe, and moringa every day. And I eat apricot kernels every day – but those are food, not pills. I take black seed oil regularly, but not every day. And I'll get on kicks and order some of the other supplements and take them for a month or two. I could easily become a supplement junkie, and I have been in the past, but I prefer to get my nutrition from food. This morning, my Green Light drink was 1 tsp of Jason Winters tea and 1 tsp of hibiscus tea, steeped overnight in 20 oz of water. Then, before drinking it, I added ½ tsp of matcha green tea, ½ tsp of moringa, and ½ a tsp of amla.

I also go days without taking anything. Your body can adapt to some supplements, and they might not be as effective or as potent if you take them every day. So, breaks are good. You could also take one day a week off; like on Sunday, when you take a day of rest. That's an easy way to do it. Not a big deal. Just go with your instincts.

### **3. What simple daily foods, supplements, or tonics can make our body improve our immune system, when recovering from surgery and treatment of breast cancer?**

I'm not really into tonics. Just follow the SQUARE ONE protocol. Cruciferous vegetables are the most potent anti-cancer foods. The fruits I talk about in this program, especially berries and lemons, are so good for your body. They help in so many ways: detoxification, immune boosting, nutrition, etc. So, I wouldn't look for the special tonic. I would totally change everything.

There are no shortcuts in life. It's going to take work. It's going to take discipline and a dedicated, determined effort to turn things around when you've got a disease like cancer. Just follow the SQUARE ONE dietary protocol. That's the best thing you can do to improve your immune system, to improve detoxification, to amp up the levels of vitamins, minerals, enzymes, and antioxidants circulating in your blood and in your body all day long.

### **4. Do you still take supplements during a fast? Or do you eliminate all supplements and vitamins during a fast? And how often do you fast?**

I'm kind of a purist. If I do a water fast, I eliminate all supplements. If I'm doing a juice fast, I'll take supplements. So, that's the way I've done it. But supplements during a water fast may not interfere with the benefits of fasting. So, if you want to take them, it's probably fine. When I had cancer, I did a ton of juice fasting, and some water fasting too. In the first three months, I probably did ten days on juice a couple times, at least, in the first three months. And then other juice fasts, water fasts, and other stuff throughout the first few years. Now, I try to do a fast at least once every year.

Supplements don't really require digestion. I mean, there's no fiber. It's not like eating a whole meal, where your body has to secrete all of these digestive juices and really work on breaking down the food you just ate. There's not enough in supplements to affect the process of fasting, which is essentially calorie restriction or starvation. In other words, if all you ate were supplements for several months, you would die of

starvation. Supplements are not enough to keep you alive. And in the fasting process, they're not enough to interfere with the protection and survival mechanisms that are switched on during a fast.

Having said that, if you don't want to take them it's fine. Don't take them. But my opinion has changed based on the research of Dr. Valter Longo. I used to think you shouldn't take any supplements, shouldn't take anything. And then I realized, they've done some very in depth scientific research on this, and supplementation just doesn't really interfere with the beneficial effects of fasting.

**5. If I've not gotten my diet under control, specifically food intake, am I just wasting my money to take supplements? Should I just hold off on taking them until I get my diet improved? Or are there benefits of taking them as I try to get on the plan?**

In SQUARE ONE I said, "If you're not willing to change your diet, then supplements are a waste of your money." I will amend that. Those specific supplements may be helpful, but they are not enough to turn things around completely. Nutrition is the foundation of health, and you only get real nutrition from whole food. You get supplemental nutrients from supplements. But they can't replace a healthy diet or make up for an unhealthy diet. An unhealthy diet is working against you. Supplements can mitigate some of the damage, but not enough. Once you get the diet dialed in, you will benefit so much more. I want to encourage you to get serious about hardcore nutrition at breakfast, lunch, and dinner – tons of fruits and vegetables.

**6. I'm trying to help a mother of a two-year-old girl with rhabdomyosarcoma. The mother's being forced to get her on chemo, against her will. Besides several other things was thinking about curcumin. What is a safe dosage for a two-year-old child? And vitamin D3? Other suggestions?**

Look, this is really tough. It's really tough to help someone by proxy. And so, I really don't like giving advice for you to give somebody else. I like to give advice directly to the person that's going to take action. And not to sound rude, but it's kind of a waste of my time to give advice to somebody who's going to then try to give it to somebody else who may not even be open to it.

But having said that, share the SQUARE ONE program with them. And try to find a way to make it work for a kid. If it was my kid, if it was my baby, I would look at the supplements and I would divide the dose for a tiny person. That's what I would do for my own kid. So, if an adult dose is one per day, then I would figure out a way to cut it in half. The best way to give kids vitamin D and B12 and other vitamins is with liquid drops. So, if the adult dose is 10 drops, you can give a kid 2, or a baby 1, or whatever. Obviously, you want to use precaution; but that's the best way to do it. Other things you can do: obviously smoothies are wonderful, juices, fruit is wonderful, cooked veggies are wonderful. You're not going to be able to get them to eat salad, so that's out. But oatmeal is great. Trying to blend things up in juices and smoothies, and then adding supplements and things to juices and smoothies is the way I would do it.

There's a great resource called The Stern Method (<https://thesternmethod.com>). They had a kid that was diagnosed with cancer and he went through conventional treatment. But then they went down the rabbit hole with alternative therapies, natural healing, nutrition, and did everything they could do, as parents, to support their son's ability to heal. So, they have a huge resource on helping a child with cancer. That's where I want to point you. And again, hopefully they're open to these things.

### **7. Do you think it's necessary to take estrogen-lowering supplements, after estrogen positive cancer, if you're postmenopausal?**

First of all, you need to know what your estrogen levels are. Take a blood test, a urine test. Figure out if you still have high estrogen. Is it normal? Is it low? That's one thing you want to figure out. "What's my estrogen level at?" Second thing is that the SQUARE ONE plant-based diet is an estrogen-lowering diet. Your body does not like excess estrogen; it tries to get rid of it. Your liver dumps it into your colon to be excreted. But the problem is that people who eat a lot of animal foods are constipated, and they reabsorb the estrogen. When you eat a plant-based diet, and you poop two or three times a day, you're getting rid of excess estrogen. The other driver of estrogen is body fat. You want to make sure you get down to a lean body weight, with no excess body fat. Because excess body fat produces estrogen.

So, you want to address the root causes. A: Eating hormones in animals can affect estrogen, in a way you don't want. B: Excess body fat produces more estrogen. And C: The junk food, animal-based diet constipates you and prevents your body from excreting as much estrogen as necessary. Those three factors are huge, before you think about taking an estrogen blocker, or an estrogen-lowering supplement, like dim for example.

And by the way, dim is in broccoli. If you eat a lot of broccoli and cruciferous vegetables, you're eating anti-estrogenic foods. Soy is a super controversial topic; everybody's afraid of soy. But soy and other phytoestrogens, like flax and certain legumes, block estrogen receptors in your body and in your breast tissue. They're actually good. They don't drive estrogen production. They don't cause the damage that excess human estrogen causes. You have estrogen receptors and they fill those receptors, and prevent the absorption of excess estrogen. A plant-based diet is powerful. Soy is wonderful for breast cancer prevention and survival. There's multiple studies on soy intake and breast cancer patients' survival. It's not a theory; it is actual human demonstrated science.

### **8. What herbs do you recommend for kidney and adrenal glands detox?**

I don't have any specific herbal recommendations because I'm not an herbalist, and it's just something I've never really studied for the kidneys. But if I was going to do a kidney detox, I would do Dr. Richard Schulze's Herb Doc as a kidney/bladder detox formula. I don't know if you can detox the adrenal glands. I've never heard of that. But Dr. Richard Schulze has a kidney detox formula. I don't remember what the herbs in it are; it might be like Uva Ursi and Pau D'arco and some other things.



**9. I was diagnosed with prostate cancer two and a half years ago. I decided to have the high-intensity focused ultrasound procedure. It was very non-invasive and my PSA went down to 0.5. Any recommendations on what supplements to continue taking?**

So, no animal food with prostate cancer; be strictly 100% plant-based. And phytoestrogens, like flax. Flax is amazing for prostate cancer. And if you go to Nutrition Facts (<https://nutritionfacts.org>) and type in “prostate cancer,” you will find some very good informative videos on prostate cancer nutritional science research. And a lot of what you find there, you'll see that I've already said it in SQUARE ONE. But it'll just help kind of reinforce a lot of the stuff that I've been telling you and everyone. But it's nice to hear it from another person, a person with more credentials than me, Dr. Michael Greger.

But I can't think of any specific prostate cancer supplements other than, like I said, flax. Flax is really, really good and really important for prostate health and breast health because those are endocrine related cancers. Same for ovarian, cervical, uterine – all of those cancers related to your endocrine system. You need legumes and you need flax. You need those phytoestrogens in your diet, for sure. And then, of course, all the wonderful anti-cancer vegetables that I've talked about in the Anti-Cancer Diet modules.

**10. What are the most important supplements for a seventy-year-old breast cancer survivor?**

Go through Module 9 – the supplement module. That will lay it out for you. But I can say quickly, vitamin D. Vitamin D3 is the most important of all – absolutely, positively. And there's a study that came out recently that I want to share with everyone, saying that magnesium is critical for vitamin D3 absorption. If you're eating the SQUARE ONE diet, you're getting a lot of magnesium. You should be fine. But if some of you are taking lots of vitamin D3... And I recommend 5,000 to 10,000 international units per day, because you want to get your blood levels up between 60 and 80. Between 80 and 100 may be better, but we know between 60 and 80 is ideal for cancer prevention and healing. And most people with cancer have vitamin D levels under 30, sometimes under 20, which is super low.

So, you want to take 5,000 to 10,000 international units per day, and get your blood work checked every 30, 60, 90 days. See where it's at and maintain it. And if you're taking a lot of vitamin D and you don't see much change in your blood work, then you could be deficient in magnesium. And you might just want to take a basic magnesium supplement. Just whatever the daily dose is of magnesium, to help with vitamin D absorption.

Vitamin D deficiency leads to cancer, people! It's just well documented in the literature that D deficiency leads to cancer. I mean, there's lots of causes. But that's one that, again, has been called the number one anti-cancer vitamin. Not by me. I just repeat that. I say it; I didn't make it up. Okay, so vitamin D3.

Now, K2's important. If you're eating lots of leafy green vegetables, you're getting tons of K2. But, some vitamin D supplements come mixed with K2. That's fine. It's not necessary. Sometimes I think supplement companies just use it to hype up their supplement and try to sell you theirs versus someone else's. But the main thing is, take liquid D3, or gel-caps with or without K2. It certainly doesn't hurt. Magnesium's a wonderful mineral. So, anybody, if you want to take just a basic magnesium supplement, go for it.

### **11. How do you know if you're purchasing a good quality supplement, with so many claiming to be the best?**

The thing about supplements is that everybody says theirs are the best. It's true. What I look for are organic, whole-food supplements. Those are the two criteria that I think really separate the best from the rest. And there are multiple brands now that make whole-food, organic supplements.

Now, for B12, it doesn't matter. For D3, that doesn't matter. For certain extracts, it's not that big of a deal. If you're talking about a multivitamin, you'd want a whole-food, organic multi. MegaFood is really good. I'm pretty sure they're organic. Garden of Life is definitely organic. Now, Garden of Life just got bought out by Nestlé, which people are concerned about – rightly so. I'm not a big fan of Nestlé, for obvious reasons. One of them being that they're depleting our water supply and selling it back to us. As long as Garden of Life's quality doesn't change, at the end of the day, I don't care who is making it. They've been a reliable brand for years. Again, look for organic, whole-food-based multivitamins and supplements.

Now, I really love Mike Adams. I think he's got the best turmeric powder on the market because he's so hardcore about purity testing. He has his own lab, so the turmeric that he sells is probably the cleanest on earth. The Health Ranger store is a great source. Anything that's sold in the Health Ranger store, I think, is 100% trustworthy. I've met Mike and I just know that the guy is intense about contamination testing on the products he sells. That's a good resource, for sure. But he doesn't have every supplement. It's a small number of things.

I also rotate. You've probably heard me talk about this before. I practice what I call "supplement hedging." That is right. Let's just say turmeric; I might switch it up. I'll run out and I'll get a new brand next month. Again, when in doubt, just rotate, okay? You can buy two brands at the same time and take one every other day. Or you can just take a bottle, and then next month, take another bottle from a brand that makes a pretty good case.

Yeah. I mean, I'm like you. I don't know for sure. There are brands that have great reputations and high standards and high ethics, like Garden of Life and like MegaFood, and curing capsules and metagenics. And there's a lot of those brands. I think Life Extension's pretty good. I'm not sure about Mercola's brand. I like to think they're high quality, but I don't know. I guess, when in doubt, rotate.

## **12. Do you have a favorite antiviral supplement or food?**

I think garlic is probably one of the most powerful antivirals there is. Loads of garlic. Enough garlic where they can smell you next door. That's what I would be doing. It's one of the most potent antivirals there is. Oregano is also a great potent antiviral.

Absolutely do the Bob Beck Protocol. Now, if you don't know what that is, read my post (<https://www.chrisbeatcancer.com/bobbeck/>). And then, there are links to get a device called the Silver Pulser – a bacteria, virus, parasite-killing device that you wear on your wrist, that pulses microcurrents of electricity into your radial and ulnar arteries. There is absolutely fascinating research behind it – tons of success stories. It's a really cool device. I've got it. And that's really the first thing I tell people with any viral parasite problem to do.

## VITAMIN SUPPLEMENTS

### 1. What's the best form of vitamin C?

Well, I think it depends on what you want to do. I think the best form is whole food form – vitamin C in fruits and vegetables. I think that's the best form because you get the whole spectrum, the entire food matrix. There was a study that I'm going to paraphrase, from the book *Whole* by Colin Campbell. They did a study where they realized that an apple has, let's just say, 15 milligrams of vitamin C. If you were to extract the vitamin C from an apple, you've got like 15 milligrams. But if you eat the apple, all the other nutrients in the apple –the antioxidants, etc. – and, basically, are the equivalent of like 10x that amount of vitamin C. So, it's all the other bioflavonoids and phytonutrients in an apple that enhance the effect of vitamin C.

So, whole food form vitamin C is the best way to go. And I talk about amla in the Supplement module, and I think that's the best form. Also, camu camu is amazing. Either one of those powders are great, just for daily vitamin C. And you're going to get lots of vitamin C if you eat fruits and vegetables. If you eat the Giant Salad, if you have fruit smoothies, you'll get lots of vitamin C. But if you want to just deliberately get more, amla or camu camu.

Now, if you're doing the high dose vitamin C protocol, then you'll want to get pure ascorbic acid, which I think is the best form for high dose oral supplementation. You can get on Amazon and search “non-GMO vitamin C powder,” and you'll find some brands that are good, that I would use. Also if you google “vitamin C foundation,” they have a non-GMO brand of vitamin C that they recommend for high dose oral stuff. And here is the link to the high dose vitamin C protocol article that I wrote (<https://www.chrisbeatcancer.com/high-dose-vitamin-c-protocol-for-cancer/>). So, if you're interested in how to do high dose vitamin C every day, read that article.

### 2. Is liposomal vitamin C worth taking rather than ascorbic acid? Obviously, it's much more expensive, and liposomal is cheaper than IV vitamin C, but far more than the powder.

The most expensive is the IV, next would be taking liposomal, next would be pure ascorbic acid or a buffered vitamin C powder. I have no problem with liposomal. But if you're trying to do high doses of vitamin C, it's pretty costly. It's like a dollar a dose for liposomal, whereas pure ascorbic acid powder is like pennies per dose. There's a big difference in the cost, so that's why I recommend the ascorbic acid powder and buffered powders, because you can really get a lot of vitamin C in your body for pennies.

My wife got the flu recently, and I then I started to feel bad so I hammered the vitamin C and didn't come down with the flu. What I did was, I took pure ascorbic acid powder and buffered vitamin C powder. Pure ascorbic acid, if you look on the label, just says “ascorbic acid.” Buffered C will be “calcium ascorbate,” or “sodium ascorbate,” or “magnesium ascorbate,” or all three – sometimes with additional flavonoids added. So, it will be a mixture of minerals that are tied molecularly to vitamin C. What I would do is take about six to eight grams, three times a day.

I also have Amla, which is whole food vitamin C. I would take those three powders and I would do a teaspoon of Amla, a teaspoon of the buffered powder, and a teaspoon of the pure ascorbic acid. The amazing thing is that when you take a megadose of vitamin C, within just a few minutes you feel better. I would get a noticeable bump in energy and “feel-goodery” (that’s a word I just made up). So, that's what you should do, the High Dose Vitamin C Protocol. I did it three times a day for days, and every time I’d start to feel a little run down, I’d just hammer that vitamin C. Three different forms, so I think that there's a synergy there, for sure – getting it from pure ascorbic acid, buffered, and whole food at the same time.

If you want to take vitamin C, then you need to read about the High Dose Oral Protocol: [ChrisBeatCancer.com/high-dose-vitamin-c-protocol-for-cancer](http://ChrisBeatCancer.com/high-dose-vitamin-c-protocol-for-cancer). There’s a detailed article I wrote about it on my site. In the High Dose Oral Protocol, you're going to be taking anywhere from 30-90 grams a day, orally.

### **3. What type of vitamin D liquid should I take?**

I recommend this in the supplement module. Thorne Research has a great liquid D3, or D3 plus K2. They make both. I get Better Way Health, who sells the beta-glucans and Bosmeric. They also have a D3 gel-cap that I take. It's just super easy. I like to give the drops to my kids. It's just a couple of drops in their mouth. Either way, just don't take a dry D3 type of capsule. I found those made no improvement in my blood levels when I was taking Garden of Life raw D3, which was a completely dry, powder-type capsule.

### **4. Any thoughts on D3? Should I take it with K2, or use a combo product?**

Well, D3 is amazing. You’ve got to take it. It’s the most important anticancer vitamin. Most people are deficient. You want to get your levels between around 80 nanograms per milliliter in blood work. So, most people’s blood work is under 30. If you’re really bad, you’re under 20. You want to get up to 80. So, 60-80 is considered an anticancer range, but over 80-100 might be even better. So, that’s D3.

It doesn’t have to be with K2, but you can take it with K2 if you want. The thing is, if you’re eating tons of fruits or vegetables – especially vegetables – you’re getting K2. You have K2 circulating in your body every day, and your body will pair that with D3 and you’ll be fine. The thing about pairing K2 and a supplement I think is unnecessary. There have been hundreds, if not thousands, of studies giving humans D3 without K2 and their D3 levels go up. There’s some truth to it, but I think it’s a little bit of marketing hype. If you want to take it with K2, that’s fine. If you don’t, that’s fine too. I personally don’t take D3 with K2. I have some, but my normal little D3 gel caps I get from Better Way Health are just D3. So, either way is fine.

**5. Can you tell us your thoughts on the safety of vitamin D supplements? Dr. McDougall says they're harmful and don't work. And you say the opposite. Who's right?**

Well, you know, I love Dr. McDougall. I think he's awesome. But Dr. Michael Greger is, actually, the encyclopedia of nutritional science. So, a lot of my education has come from Dr. Greger. And he is in favor of vitamin D supplementation because of all the multiple benefits of vitamin D. And there's been a lot of studies on it too.

I think McDougall is probably like, "You don't need it. They don't take it in Africa. These healthy cultures don't take vitamin D," and I totally understand that argument. I totally get it. But a lot of those healthy cultures also live really close to the equator. And a lot of us other people don't. And we're not getting enough sunshine. We're spending way too much time indoors. We have two problems: too much time indoors not getting enough sunshine and we're too far away from the equator. We only get a few months of good sun, anyway. And during those few months we're indoors. It really compounds the problem. And that's where I really do feel like vitamin D3 is important to supplement.

If you go to my site and look at an article I wrote – Vitamin D: The #1 Anti-Cancer Vitamin (<https://www.chrisbeatcancer.com/vitamin-d-the-1-anti-cancer-vitamin/>) – there's a study that I cite and explain in that article about vitamin D and cancer survival. People with higher levels of vitamin D not only have lower risk of cancer, but better survival. So, if you can't get it from the sun, get it from a supplement.

If you don't have enough magnesium, then your body can't absorb vitamin D3. That can affect your D3 levels. If you're eating lots of fruits and vegetables, your magnesium should be fine; but you can also supplement with magnesium. And then, some people think you should take it with K2. Well, you get K2 from greens and from lots of vegetables. I feel like K2 is probably not necessary to take with vitamin D3, but I don't think it hurts it either. Do what you want.

**6. What B12 do you take? And how much?**

Yeah, B12 is not a big deal, so most people need very little. You just need a little bit. You don't even need it every day. And any B12 will do. You just want to look for methylcobalamin; not cyanocobalamin, methylcobalamin. A B12 spray, drops, or a tiny little tablet is such an inexpensive easy vitamin to supplement with, that it almost doesn't even matter what the brand is.

I'm trying to think of what the brand is that we have, that I take every once and awhile. I think it's from PuraTHRIVE. But, again, I don't think any brand is really better than another, as far as B12 goes. And I don't even take it every day; just maybe once or twice a week, when I think about it like, "Oh I'll take a little B12." Just to make sure my levels are good. I did have a blood test a few years ago, where my only two deficiencies, that were below ideal ranges, were D3 and B12. And I had this epiphany like, "Whoa, okay. I apparently do need to be supplementing with D3 and B12." But this was several years ago. I've supplemented with those since then.

## **7. Do you recommend a multivitamin?**

I think everyone needs to supplement with D3 and B12 at the absolute minimum. And you may need specific supplements if you're deficient in some things in the short term, like iodine or selenium. A micronutrient profile test can help you determine what you need. A whole food multivitamin from Garden of Life is okay, in the short term, to cover your bases. But generally speaking, the healthiest longest living people in the world don't take multivitamins. So, I don't think you need a multivitamin if you are eating a diet rich in fruits, vegetables, nuts, and seeds.

## **FOOD SUPPLEMENTS**

### **1. Do you eat apricot kernels every day?**

Yeah, pretty much. I typically put 12 apricot kernels in a smoothie every day. That's an easy way to do it because if you throw them in a fruit smoothie you don't taste the bitterness. I used to eat seven at a time. The normal range for a guy my size (160ish lbs.) is 15-30, per day.

### **2. How many apricot seed capsules should someone with cancer take, in a day?**

If it's the capsule of the seeds and not Laetrile, one capsule is equivalent to two and a half seeds, if I remember that right. If it's from Apricot Power, and if you're taking an anti-cancer dose of apricot seeds, then that will range between 1-2 per 10 pounds of body weight, up to between 3-4. The most advanced, aggressive apricot kernel dose is 3-4 per 10 pounds body weight. But you want to work your way up. So, if you weigh 100 pounds, it'd be 10-20 a day, or the advanced dose would be 30-40 a day. So, if you're 150 pounds, you'd take somewhere between 15-30 a day or 30-60 a day. You have to do the math a little bit, if you're taking the capsules, to figure it out. It's going to be a lot less capsules than it would be apricot kernels – like two and half times less.

### **3. How much aloe vera gel should I use daily, for health maintenance?**

Well, you know, if it's just health maintenance, one or two ounces a day is fine. I take eight ounces a day. I'm a little bit hardcore and obsessive, probably more than is necessary, but I take eight ounces a day in a smoothie. I buy it from Stockton Aloe. But yes, you can buy the aloe vera plant, cut open the leaf, scrape out the inner filet (the gel) into a measuring cup, and just throw a full measuring cup in your smoothie (or a half of measuring cup). That is another way to do it. I have Stockton Aloe shipped to me from [Aloe1.com](http://Aloe1.com). They're great, the owner's a friend of mine, and it's just easy. So yeah, I take about eight ounces a day until I run out, and then I'll go a week or so without taking any until I get some more. It's also great to rub on your face. It's amazing for your skin. It's just a wonderful healing food.

### **4. Does amla cause a rise in blood glucose?**

No. Amla has been shown to work better than the diabetic drug Glyburide, which I talk about in SQUARE ONE. So, amla is fantastic for blood glucose.

### **5. What is your opinion on Juice Plus?**

I've heard over many, many, many years people say, "Well, you know, my diet isn't as healthy as it should be. So, I take Juice Plus to bridge the gap." And to those people I say, "You're not bridging anything. You're not getting enough from Juice Plus to make up for an unhealthy diet." Sorry, you can't really think you're going to take a couple



little capsules and it's going to make up for what you get eating 15 servings of fruits and vegetables every day. It ain't. But you'll get a little benefit.

If you're already eating healthy – tons of veggies and fruits – and you want to take it, I don't think it's going to hurt you. It's okay; maybe it'll give you a little extra something. But generally speaking, I don't think people who are following SQUARE ONE need Juice Plus. But also, it's not organic. So, that's kind of an issue. They're juicing a whole bunch of non-organic fruits and vegetables. So, they're going to concentrate pesticide residues in the product. That's kind of another knock on it.

I love the Tower Garden. I think the Tower Garden, which is owned by Juice Plus, is amazing and I promote it enthusiastically because I've used it every year. It's almost time to replant for this year. I missed the window last year. I was so busy with travel and stuff, and by the time I realized, I was like, "I didn't even use my Tower Garden." I used it for three years in a row, and then last year I didn't even do it. It's in the garage and I'm not going to miss the window. March is a perfect time to start a Tower Garden.

It uses liquid minerals. That's what plants pull out off the ground to grow. And so, the Tower Garden is water, and then you buy two different containers of liquid minerals. Now, it's not organic because organic is a certification for things growing in soil. So, because a Tower Garden is hydroponic/aeroponic it can never technically be organic. Again, it's just straight up minerals, like potassium, that you pour in the water. It uses those nontoxic minerals to grow.

If you were to drink the mineral straight, it would be toxic because they're really concentrated. You're only throwing a tiny little bit of concentrated minerals into a giant basin of water. So, anyway, I think it's great. I have no problem eating produce grown in my Tower Garden.

## **NUTRACEUTICAL SUPPLEMENTS**

### **1. Can you take colloidal silver during this protocol? Is it safe and how much can you take?**

Yes, colloidal silver is fantastic and I talk about it in Module 9: Cancer Healing Herbs, Teas & Supplements. You know the feeling you get when you're coming down with a cold? As soon as you get that feeling, you want to hammer the vitamin C and take about an ounce of colloidal silver. Mouthwash and gargle with it for a couple minutes, then swallow. Even just doing that without the vitamin C, I've knocked out cold and sore throat symptoms right away. It's very inexpensive, easy to do, there's no risk, and it won't hurt you. You could take up to three ounces, three times per day of colloidal silver. It depends on how potent it is, but I've never met anyone that ever got sick from taking colloidal silver. There's a guy on the internet who's blue, but he took ridiculous amounts, rubbed it on his skin, and made his own at home. Don't worry. You're not going to turn blue.

Silver Wings is the brand that I think is the best. I'm very familiar with Sovereign Silver. I used to take it, until I found Silver Wings. Sovereign Silver are the best marketers. They've got their name plastered everywhere. Go to the Silver Wings website and look at their research. I think it's better. I think it's a better brand, so that's my brand of choice.

### **2. In your opinion, is it safe to take L Glutamine while fighting breast cancer?**

I don't think you should. Dr. Russell Blaylock is pretty convinced that glutamine is problematic for cancer. And I don't recommend it in the supplement protocol. I don't think it's necessary to heal the gut either. The best thing to heal your gut is aloe. It's amazing for the gut. And eat a whole food, plant-based diet. Fruits and starches are so good for your gut. If you need prebiotics...prebiotics is fiber from fruits and vegetables. Prebiotics feed probiotics, which are the bacteria in your gut – the good bacteria. Of course, you can take probiotics; they're great for the gut. Rotate brands, in case one of them doesn't get past your stomach. Metagenics UltraFlora is one I recommend. But eating a prebiotic diet (which is high fiber fruits and vegetables), taking Stockton Aloe ([Aloe1.com](http://Aloe1.com)), and taking a probiotic are the three best things you can do for your gut. Don't worry about the glutamine.

### **3. What kind of probiotic do you like?**

I just rotate. Who knows which brand is really the best. So, just rotate. Metagenics UltraFlora is a good one. I took tons of Garden of Life probiotics, back in the day. I don't take one regularly now. I think fermented food is enough for most people. Eating lots of fruits and vegetables, which are prebiotics, feed good bacteria. And then, taking a probiotic every once in a while, and eating fermented food could help. Prebiotics, fruits and vegetables, fermented foods, probiotics, and then maybe taking a supplement on top of that. But, for most people, I don't think it's necessary if you're eating right.

**4. Dr. Gregor says studies show that kimchi accelerates cancer cells. What's your thought on this? What do you think about kimchi or probiotics?**

Yeah, I've seen a couple of those kimchi studies, and I think the problem is that people eat ridiculous amounts of kimchi. And it's not the actual kimchi that they've linked to cancer, it's the sodium; it's the really excessive amounts of sodium in their diet. And kimchi can be very, very high in sodium. So, it's not the kimchi itself. So, a little Kimchi on salad is not a big deal. But some cultures, like Korea, eat a ton of kimchi, like three times a day with every meal. Korea is one of the cultures that they think their high consumption of kimchi is linked to stomach cancer, I think.

So, I wouldn't worry about it. But, you know, kimchi and sauerkraut are not like a mandatory part of the protocol or diet. It's just like a simple little condiment on salad that adds just a whole nice little dimension of flavor, and it gives you some probiotic of bacteria, which I think is beneficial. But yes, probiotics into a pill, I don't think those are necessary. Although, I recommend a few. I think they can be helpful, if you've had to take antibiotics though. So, if you've had surgery or procedures or chemo, those can wipe out your intestinal flora. And I think taking a probiotic, in the short term, can really help repopulate that faster than just diet alone.

**5. What is the best type of curcumin? I know you trust Health Ranger, but is his tumor extract powerful enough? What brand do you recommend?**

So, I talk about this in the Supplement module. The best form of pure curcumin extract is called C3 Complex. And C3 Complex is used by different supplement makers in their curcumin formulas. So, one of those is Bosmeric-SR, which has C3 Complex with BioPerine, which is black pepper that increases absorption. It also has ginger and frankincense. So, I think that's a really awesome supplement.

But if you're going to do high dose curcumin, that is eight grams a day. If you have active cancer, I would strongly suggest eight grams a day of curcumin. And there's a brand on Amazon called Doctor's Best. But if you can't get Doctor's Best, just go to Amazon, type in "C3 Complex curcumin," and whatever brand comes up – if it's a C3 Complex curcumin – get that brand, and take eight grams a day. Work your way up. So, start with two grams a day. After a few days, if you feel fine, take four grams. After a few more days, take eight grams – and that's the high dose curcumin protocol.

There's actually a case study that was just published in a medical journal last year about a woman who reversed Stage 4 cancer just doing that. It was published in a medical journal. So, that's pretty exciting, right? Eight grams a day of curcumin is super easy. I mean, it's a lot of pills. But whatever, just get it in there. And I do believe she took them all at once; it was like all at night, or whatever. She just went ahead and took eight grams – eight grams is probably going to be 16 capsules.

And Health Ranger is great. I don't know about his curcumin, but I love his turmeric – just the turmeric powder. You guys know that curcumin is extracted from turmeric. But yeah, Mike Adams Health Ranger, who runs and founded Natural News, has the Health Ranger Store (<https://www.healthrangerstore.com>). He's got this massive laboratory. I don't know how much he spent, like a million dollars maybe. I mean, it's

like a full service scientific laboratory. And they do all of this contaminants testing on everything that he sells in his store. So, he is hardcore about contaminant-free products. So, you can trust that everything in the Health Ranger Store is not contaminated. In terms of potency and different things, I don't know. That's a whole other discussion, and there's no way I can verify how potent something is. I don't have the equipment to do that. But Mike is a highly ethical man. So, I trust him. Anything that he sells, I trust it. Although he sells weight protein; I don't take weight protein. But you know what I'm saying. He's a man of integrity.

## **6. What do you hear regarding the success of 8 grams of curcumin?**

There have been a lot of clinical studies giving humans 8 grams of curcumin per day. There's no adverse effects, so it is safe to take that much. We know that. Even up to 12 grams, according to one study, of C3 complex curcumin is safe. It's a very specific type of curcumin that you can buy on Amazon. There's a brand called Doctor's Best that you can buy – C3 complex curcumin with BioPerine, which is an extract from black pepper that makes curcumin more bioavailable. That means your body can absorb and use more of it, when it's mixed with black pepper. So, I think this is an awesome protocol.

I did a profile post on the site (<https://www.chrisbeatcancer.com/how-dieneke-ferguson-beat-multiple-myeloma-with-curcumin/>), on a woman named Dieneke Ferguson who reversed her Stage 4 cancer with this protocol – 8 grams of C3 complex curcumin per day. I think it makes sense for everyone in SQUARE ONE, if you're trying to heal cancer, to do it. It's just 8 grams of curcumin. It's just taking, I think, about 32 capsules. It kind of sounds like a lot. Although, I think Doctor's Best comes in larger 1,000 milligram capsules, so you'd only take 8, if I remember right. Anyway, the point is, Dieneke was taking them all at once at night. But you could break them up – take half in the morning and half at night, or three times a day. But if it was me, I would just do exactly what she did, frankly. She's a medically documented case report in a medical journal. I mean, they're not making this stuff up. They documented her case. They published it in the medical journal. It's real.

You've got almost no risk, and potentially a big reward for taking high dose curcumin. It's a powerful anti-cancer root. It stops cancer metastasis. It causes apoptosis. It's anti-angiogenic. It's anti-proliferative. I mean, curcumin targets multiple cancer pathways – more cancer pathways than any drug. Most drugs only target one pathway. Curcumin targets numerous pathways of cancer – growth, development, spread, all that.

## **7. Is curcumin beneficial for all cancers?**

I believe it is. It definitely doesn't make your cancer worse. I think a high dose curcumin protocol would be a great thing to do, for anybody with cancer. Just amp it up.

**8. You suggested Bosmeric-SR, but the label says it contains polyethylene glycol. Is that safe?**

I recently interviewed Dr. Sunil Pai MD, who formulated it (<http://www.chrisbeatcancer.com/dr-sunil-pai/>). He's a brilliant guy, and he addresses this in the interview. But I'll just give you an explanation. Sunil is hardcore about label disclosure. Bosmeric-SR is manufactured in a facility that also makes pharmaceutical drugs. And, because it's a caplet, the product does come in contact with polyethylene glycol in the manufacturing process. It's used to help the caplets slide down the machine. Most supplement manufacturers do not disclose this because they don't have to. It's not required because it's not an actual ingredient. But Sunil discloses it because he's hardcore about truth in labeling.

Some people read that and they freak out. But what they don't realize is that it's in all the caplets they're taking. But the benefits far outweigh the risks. It's not enough to be concerned about. I take Bosmeric-SR because I've seen the incredible research that went into it. It has C3 Curcumin and Boswellin (frankincense), gingerol, and bioperine (from black pepper). Those compounds are all patented and clinically tested for potency and effectiveness in human trials, and owned by Sabinsa. Sabinsa is the one of the top nutraceutical research companies in the world. They fund all this amazing research on nutraceuticals and have formulated tons of nutraceutical compounds.

There is no curcumin product that I've seen that comes close to Bosmeric. C3 Complex, that's the form of curcumin in Bosmeric-SR, has 25 years of research behind it, and it's been used in over 45 human clinical trials. It's a patented extract that has been proven in scientific research to be anti-inflammatory, anti-cancer, makes chemo more effective, and all kinds of amazing things. There's no other form of curcumin on the market that compares. Now, there are other products that claim they use C3 on the label, but they often only have a little bit of C3, and they cut it with cheap generic curcumin. The supplement industry is like the Wild West, and everybody's out to make as much money as possible. Dr. Sunil Pai, who formulated Bosmeric-SR, is very high in integrity and only uses C3 complex in Bosmeric-SR.

So, when there is a supplement like that with so much research behind it, you want to go with it. You don't want to go with the one that just sounds good because of slick marketing, but has never been tested for potency or efficacy in human trials. And the same goes for the other ingredients in Bosmeric-SR. Boswellin, gingerol, and bioperine are all clinically researched extracts. You've probably heard that "black pepper increases the absorption of turmeric by 2000%." Well, guess where that came from? That factoid came from research done with bioperine and C3 complex, the two compounds used in Bosmeric-SR. But other supplement companies have stolen that little "sound bite" and tried to apply it to their own brand. If you really want to learn about the nutraceutical industry and the science behind the ingredients of this product, read Dr. Pai's book, *An Inflammation Nation*, it will blow your mind. (Get Bosmeric-SR at [BetterWayHealth.com](http://BetterWayHealth.com).)

**9. Do you take beta-glucan every day? How long would you continue doing this? Are these supplements you would take every day for a long time?**

Yeah, I take beta-glucan almost every day. I mean, I've been taking beta-glucan for a while, for years. So, it is something that I like to take. But I will take a break from it sometimes, too. So, I'll go a week or two, or even a month, and not take it; and then I'll take it again. I like to cycle through things and give my body a break from taking stuff, because your body can kind of become adapted to taking things. And then, they're less beneficial.

It's always good to rotate. I'll rotate between beta-glucan and – most recently – Host Defense MyCommunity, which is a mushroom supplement that I talk about in SQUARE ONE. Mushrooms contain beta-glucans. It's kind of the same thing, but in a different form. Then I've even rotated in Four Sigmatic; some of you may have heard of that. Four Sigmatic is like a coffee alternative that's made from mushrooms. It's like a mushroom coffee. It's a powder that you can add to hot water and drink. Or you can just put the powder in juice or a smoothie or whatever. So, it's another form of mushrooms. So, I've even rotated that in the mix, too.

**10. Beta-glucan and mistletoe both have the ability to boost the immune system. In that case, do you think it's maybe unnecessary to use both?**

No, not necessarily because your immune system is vast and complex. There are so many different functions in your immune system, and different types of immune cells with different functions. So, boosting could mean a lot of different things. It could be increasing activity of natural killer cells or T-cells or B-cells. So, I'm fairly confident that beta-glucan and mistletoe act in different ways in the body, and are not interchangeable. They're both beneficial in different ways. So, I would be open to both.

**11. What are your thoughts on serrapeptase? It's supposed to be one of the strongest proteolytic enzymes, and you never mention it.**

I have no problem with serrapeptase. I don't feel like it's super necessary. The two most validated enzyme protocols are the Dr. William Kelley, Dr. Nicholas Gonzalez, & Dr. Linda Issacs' enzyme therapy – which is the Nutricology Pancreas Enzyme product – and the Wobenzym product. The two enzyme supplements I recommend are those because they have the longest history of use with cancer patients, and healing, and all that stuff. Enzymes are great, because they're basically almost impossible to overdose on, or hurt yourself. If you want to take serrapeptase, go for it.

In fact, I just did an enzyme test, which I'll be blogging about soon. It's a urine test. And I'll be having a consult with a practitioner, who's also a cancer survivor with an amazing healing story, that I'll be sharing on the blog. But we've done the interview, and then I'm going to consult with her because she's got this amazing enzyme knowledge, and she used enzymes to heal her cancer. And so, I will be sharing some things about enzymes. And I'm really fascinated to see what tests come back on the urine test I did, and what she has to say about me and my enzymes.

## **ASSORTED SUPPLEMENTS**

### **1. What are your thoughts on spirulina and chlorella?**

These are both great detoxifiers and I take them periodically. They chelate heavy metals out of the body. I took Sun Chlorella everyday back in 2004-2005, when I was trying to get well. But now Japanese chlorella can have Fukushima radiation contamination. And, depending on where it is harvested, spirulina can be contaminated with lead, arsenic, mercury, microcystins, BMAA, yeast, mold, coliform, E. coli, and pheophorbide. The chlorella and spirulina I take now is from a company called Triquetra Health. Their products carry three organic certifications (USDA, NaturLand, and EcoCert) and they are tested and 100% free of the above contaminants.

### **2. Can chlorella can be dangerous if you have silver fillings in your mouth?**

I have never heard that, so I am not disputing it. I really don't know if that is a thing. I would love to see a link to that information, or where it came from. But I've never heard that before. I'm inclined to say "no." Chlorella is an excellent way to bind and detoxify heavy metals in the body. That's still my opinion: chlorella and spirulina are excellent, excellent detoxifiers of heavy metals. And the brand I recommend is called Triquetra. And the Triquetra is like the symbol for the Trinity; it looks like a Celtic thing. They have the most rigorous testing I've ever seen on their chlorella and spirulina product.

Also, Mike Adams' store, the Health Ranger Store, sells a product called Clean Chlorella, and he also does vigorous testing for contaminants. Because the problem with chlorella and spirulina is that they can draw contaminants out of nature, and that's not good. They can chelate contaminants from the soil, or from where they're grown, and then you're eating contaminated stuff. So, the cultivation process – clean cultivation – and then rigorous testing is really important with chlorella and spirulina. I mean, it's important with everything, but especially with those two. So Triquetra, you guys. That's the brand.

### **3. Did you ever use any Essential Oils? Are there any that you recommend?**

There aren't any I recommend for breast cancer. That's too specific, and I have no idea. I did use them a little bit. Back in 2004, the information on Essential Oils was not like it is today. So, I had a few things like frankincense and I would just do the "rub it in your hands and breathe it" routine, maybe once a day. But that's about all I did with Essential Oils. I'm not a huge Essential Oils proponent.

My wife has a big collection and she uses them mainly to clean with. Sometimes we diffuse them in the air. We have a cat and it got really sick from diffusing Essential Oils. So, there's something weird with cats and their liver, and when you diffuse a lot of oils into the air it can make them sick. So, we got away from doing that because my cat's eyes were all screwed up. Then we figured out it was the oils.

People have said that frankincense has been proven to cause apoptosis. Well, yeah, that's Boswellia. But you don't have to take the oil. Take a much more potent form, which would be like Boswellin, the patented form extract that's in Bosmeric (the turmeric in the Boswellia supplement that I love). I would take that over Essential Oils any day. The thing about the oils is that you don't even know where they're squeezing it from. Where are they getting the oil from? The leaf, the bark, the stem, or the flower? You can squeeze oil out of a lot of different stuff, and it may not have any potency at all. Whereas Boswellin, which is the form of frankincense in Bosmeric, is standardized and clinically proven to have anti-cancer effects. Versus a lot of people saying "Oh, any kind of frankincense oil is going to kill cancer," when there's no proof.

#### **4. What's the best way to use frankincense essential oil? Topical? Ingest it? Diffuse it?**

I don't really know the answer to that. I don't use frankincense on a daily basis. I imagine, if you're going to use it, the best way is going to be internally. I mean, you're going to get the most bang for your buck internally, versus just in the air. But the best ways to take it internally is a different question. I talk about a supplement in SQUARE ONE called bosmeric, which is frankincense, curcumin, ginger, and black pepper. That's something that I routinely take by mouth. And that's the way that I take frankincense. But as far as dropping the oil into something or under your tongue or whatever, that's never something I got in the habit of doing, so I can't comment on that.

My buddy, Dr. Eric Zielinski, has a book called *The Healing Power of Essential Oils*. I know he talks about frankincense in there and I'm sure he has some good ideas. It's a great book. Let's just pull up frankincense real quick. Okay, he basically says, "Don't fall into the trap of dowsing yourself with frankincense and putting several drops in your mouth to prevent or kill cancer. I see way too much of this online. Yes, it's safe to use with minimal restrictions, but it's still a highly concentrated plant compound. Using common sense and following the safety recommendations, outlined in chapter two, will serve you well." He has a lot of different recipes in here. So, it's a great book. If any of you are into essential oils, this would be a great resource for you.

#### **5. Can you give us your thoughts on iodine?**

Well, iodine is an essential mineral that every human needs in their diet. Asian countries have significantly lower rates of breast cancer. Part of that is thought to be because of the iodine in their diet, specifically from seaweeds, nori, dulse, and kelp. I read years ago that the estimate is that they get about 12 milligrams of iodine per day in their diet. That's sort of a safe amount to supplement with, if you're going to supplement with iodine.

A lot of people are low on iodine. But iodine is tricky. You really need to know what your iodine levels are before you supplement because iodine can mess with your thyroid, if you're taking too much. But it can also be very helpful and beneficial. I think 12 milligrams a day is probably the ideal amount because that's what the Japanese women get in their diet when they're eating a lot of sea vegetables like nori,



dulse, and kelp. So just eating nori, dulse, and kelp in your diet regularly is, I think, the best way to get iodine in your body...versus supplementation.

But if you're going to supplement, a dose of 12 milligrams is sort of an ideal amount to get daily –from what I've heard from iodine experts like Dr. David Brownstein. As for high dose iodine, I really can't say whether it's good or bad. For some people, it's helpful. For other people, it can aggravate thyroid conditions. So, you want to be very careful with that. But 12 milligrams is an amount that's perfectly acceptable for folks to take. I do take iodine, but I don't take it every day. I will just randomly take some. It might be every week or two, or once a month. We also have some iodine tablets. There's a couple of good ones that are pretty well known: Iodoral and Tri-Iodine. We have those. My wife takes them because she's a little bit hypothyroid.

So, unfortunately, I can't say, “Oh, you definitely should take it,” or like, “Do not take it.” I can't say that. Iodine is the kind of thing that, if you're working with a professional practitioner and they've done some metabolic testing, and even maybe an iodine test – which I did on myself to see if I had a deficiency, and I had a slight deficiency when I did the test, but it wasn't significant – then they might recommend a certain dose of iodine supplementation. Again, 12-ish or under, if you're supplementing, I think is probably in the safe zone, if you just wanna make sure you're getting an adequate amount of daily iodine.

## **6. Thoughts on Omega 3s? I noticed that you didn't suggest a fish oil.**

So, there's two different schools of thought on fatty acid conversion. One is that people are like, “Your body doesn't convert DHA and EPA, so you need to supplement with our fish oil” kind of sales pitch. Then the other school of thought is, “No, your body converts what it needs. Yeah, it doesn't convert a lot, because it doesn't need a lot.” I like that school of thought better, and it actually makes more sense to me and appears to be correct. The people that are saying you need to supplement because your body doesn't convert enough, is always because they want you to buy their product. I don't worry about that, at all. Yeah, you need fat. Your brain is made of fat and all that kind of stuff, but I have yet to meet anyone with a fat deficiency. It's so much easier to be deficient in almost everything else. So, I wouldn't worry about it.

## **7. What's your opinion on the use of hemp CBD oil?**

There's two compounds in cannabis that everyone talks about: CBD and THC. And THC is the active ingredient that gets you high and has some anti-cancer properties. CBD does not get you high, but also has some anti-cancer properties. It's hard to get cannabis oil, which contains everything, because it's illegal in most states.

It's easy to get CBD oil because you can't get high from CBD oil. So, I don't see any harm in taking CBD oil. It could be helpful. I think the worst case is that it just doesn't help. So, no harm there. In terms of cancer healing and survival: cannabis oil (the illegal one; Rick Simpson oil). You can google “Rick Simpson oil phoenix tears,” or on YouTube you can watch the Rick Simpson documentary “Run From the Cure” and learn about cannabis oil.

Cannabis oil may be more potent, more powerful. And again, I'm not a big proponent of it. Although, I promoted this Sacred Plant series and I want everybody to know about it; it's just hard to get. So, if you go hang out in a college bar, maybe you could score some weed and make your own. There's lots of videos on the Internet that will show you how to make CBD oil from an ounce of good marijuana. I've done it and it's very easy to do. I was actually helping out a friend whose dad had cancer and they wanted to make some, so we made a batch.

So, the benefits of cannabis oil are as follows: We know it's great for anxiety. If you're stressed out, anxious, afraid, nervous, fearful, it's wonderful to calm you down, to calm your nerves. And that is great physiologically, mentally, psychologically, all of the above. It's also a very, very good pain reliever – better than a lot of different prescription pain relievers. So, it's excellent for pain relief. It's excellent for mood and stress. It makes you feel good. That's good. And then, it has some anti-cancer benefits. But again, I'm not going to be running around saying, “Cannabis cures cancer!” like so many people are saying, because it doesn't necessarily cure cancer. Although, there are some testimonials of people who say it did cure their cancer. So, that's great. If it did, I think that's awesome. But, I think, do the comprehensive approach – SQUARE ONE protocol. Do you want to do some cannabis oil or take some CBD with it? Go for it.

#### **8. Some folks are saying that smoking medical cannabis damages the liver, but juicing it is good for the liver. What about taking it in the form of oil or food?**

Well, yeah, don't smoke it. That's the worst way to take it. The oil is probably the best way because when you cook it, it activates the THC. When you juice it, it does not activate the THC. There's nothing wrong with juicing, but I'm not sure that juicing is as potent as the oil method. I think the best method is oil. And then, if you have more cannabis than you know what to do with, then sure, juice it too. When you want to eat some, eat it. Throw some in your salad.

#### **9. What do you think about Black Salve for removing tumors?**

Black Salve will draw out a tumor. It depends on where it is. If it's a surface tumor – like a breast tumor and it's near the surface – then Black Salve can draw it out. But it's painful, and you really have to work with a practitioner that knows what they're doing. Dr. V (Dr. Veronique Desaulnier) is someone that is an expert on Black Salve, and that's who I would recommend consulting with. She healed her breast cancer with nutrition and Black Salve, but she used the Black Salve to get the tumor out.

But it is an escharotic, so it is painful. I mean it burns your skin. But it targets the cancer and it creates a giant eschar, which is like a giant sort of scabby thing. And the tumor eventually falls out and leaves a crater. And then, your body heals that up. That's the way Black Salve works. And you can also take it internally, as well. But again, you don't want to just mess around with it. You have to have some professional advice oversight for using Black Salve. If you want to research it on your own, you can learn more – Two Feathers Black Salve. Or Alpha Omega Labs, whose product is called Amazon Black Topical Salve.

**10. What are your suggestions on castor oil packs for breast cancer?**

Castor oil packs are wonderful. I have no problems with those. If any of you want to know about castor oil packs, just google “castor oil pack for cancer,” and you'll find lots of articles that explain how to do it. It's super easy, and it could be helpful. And I don't think there are any risks with castor oil packs.

**11. What do you think of Poly-MVA? Is it worth the expense at \$1,000?**

That's a pretty aggressive dose – \$1,000 a month is a lot of Poly-MVA. Alpha-lipoic acid can be beneficial in cancer and I've met people that took it and have healing stories, anecdotal stories, about it – people who've felt like it really helped them. I've taken it. It wasn't part of my protocol, but I took it years later. So, hey, it could be helpful. I don't know if you should take the \$1,000 a month worth. That sounds like it's five or seven bottles a month? That's a pretty aggressive dose. Maybe start with a low dose, or wait for the scan and see how you're doing. If you're doing great, then maybe you don't need to be that involved.

## **CONVENTIONAL MEDICINE**

### **1. Can you please talk about DCIS?**

DCIS is not even cancer. A lot of doctors don't even want it to be called cancer. DCIS, ductal carcinoma in situ, is not even technically cancer; it's precancerous. It may not even even turn into cancer. And we have such a huge overdiagnosis and overtreatment problem in the industry, that many doctors are standing up and saying, "This has got to stop. This is crazy." You had a lumpectomy, so I think your risk is so low. It's super, super low. I'm not a doctor, obviously, but DCIS is one of the most overdiagnosed and overtreated forms of "cancer."

I just think, look, treat it like cancer. You had a precancerous condition, and if you kept living your diet and your lifestyle the way you were living it, then maybe. But there's still not a guarantee it would have even become cancerous because we just know scientifically that a lot of DCIS doesn't ever turn into cancer. But there's a chance it could have, so why not just change your whole life and treat yourself like you have it. But at least you don't have that fear over your head because you're so low-risk. Just take care of yourself in a way that you never have before, and treat it like you would if it was cancer. That's what I would do.

### **2. What's your opinion of biological hormone replacement?**

I wouldn't do it. Your hormones are not meant to be replaced. Menopause is a natural process that women go through. So, I think it's unnatural to try and put the hormones back. Studies have shown that hormone replacement therapy can increase the risk of breast cancer and other cancers. Some people believe bioidentical hormones are safe, but I think it's risky.

### **3. What is the best way to naturally deal with estrogen dominant breast cancer? Is DIM a good product for this?**

Well, this is a cancer-specific question and my answer to cancer-specific questions is always SQUARE ONE. The SQUARE ONE diet is an anti-estrogenic diet. Fruits and vegetables – especially cruciferous vegetables, like broccoli, cauliflower, kale, cabbage, Brussels sprouts, mushrooms – all have estrogen blockers.

Organic soy. Soy is controversial. A lot of people get freaked when I say soy. Soy contains phytoestrogens. There are two types of estrogen receptors in your body and phytoestrogens bind to one of those types and prevent the absorption of excess estrogen, so they don't fuel cancer growth, like estrogen does. They block the absorption of estrogen that fuels cancer growth. Soy is actually linked to lower rates of breast cancer. Countries that consume the most soy have lower rates of breast cancer and better breast cancer survival. So, breast cancer patients that consume the most soy have better survival. Soy is great for prostate cancer, too.

The whole legume family really is wonderful, too. Flax is wonderful, soy is wonderful. Lentils, beans, peas, split peas, black eyed peas, name a pea; they're good. I would eat

at least a cup of legumes every day and probably eat a cup of soybeans. Cooked edamame, just whole soy, steam them, cook them however you want, and just eat a cup daily, along with the SQUARE ONE Giant Salads, fruit, juices, and all that good stuff. DIM is also an option. Yeah, some breast cancer patients take DIM as a natural estrogen blocker. I think it's fine. It could be helpful.

**4. I declined a 10-year prescription for an aromatase inhibitors. I'm taking DIM and I3C. Should I take DIM/I3C for 10 years?**

That's indole-3-carbinol that some of you may remember me talking about. It is a very potent anti-cancer nutrient that is in cruciferous vegetables. You can get it in supplement form, as well.

I don't know. I mean, I think it's a good idea to take DIM/I3C. I don't know if you should take it for 10 years. I don't know. If we're comparing that to aromatase inhibitors, like Aromasin or something, it's far less likely to cause any problems in your body, or any side effects at all. So, I don't think there's any risk of you taking those things for 10 years. But you may not need to. Maybe a few years; 5 years. I wish I had a great answer for that, but it's sort of subjective.

**5. SQUARE ONE is shrinking my prostate cancer like crazy. I'm getting a shot to keep the PSA at 0, but it has all kinds of side effects. Is this shot necessary?**

No, the shot is not necessary if the diet is doing the trick. The shot might also be helping. Because you've got two things happening. You've got diet and the hardcore stuff, and you've got the shot. So, that convolutes the results. You can't draw one conclusion specifically. But listen, I've seen lots of people turn prostate cancer around. And it's just a very diet-driven cancer. It's a hormone-driven cancer. When you remove animal protein – fat, dairy, eggs – you remove hormones from your diet. And so, it's not a surprise to me that you're doing well. But the shot is a personal choice: if you want to keep doing a hormone therapy (that's what that shot is) or not.

**6. Do you have an opinion about low-dose Naltrexone as a cancer treatment?**

You know, I know a few people that have added that to their protocol, and they got well. I can't say that the low-dose Naltrexone was what did it. But I think it could be helpful. But I'm not convinced that it's like, "Oh, everybody's got to do low-dose Naltrexone," like I am that everybody's got to eat broccoli sprouts. It's kind of low on my priority list, but could be helpful. I think if you feel drawn to it, then you should explore. Learn, research, and decide like, "Hmm, maybe this would be good for me."

**7. Can you speak to the fundamentals of when to take supplements and pharmaceutical drugs, and how not to impact efficacy?**

Here's the thing. Pharmaceuticals and nutraceuticals, can have interactions. Is it possible that nutraceuticals can impact the efficacy of pharmaceuticals? Yes, it's

possible. Is it possible they can make them work better? Yeah, we've seen that too. I'm talking about it since SQUARE ONE that black cedar oil is found to make chemo work better. The same thing with curcumin and also, I think, frankincense. There's been multiple studies on vitamin C. There's multiple studies on some nutraceuticals making chemo drugs work better, making cancer cells more sensitive, protecting healthy cells. But again, there's so many different drugs and nutraceuticals and therapies, there's no way for me to know and to say like, "Yeah, do this and that" or "Don't do these two." I don't know. I wish I did. I don't think anyone knows for sure, other than the isolated studies that I've mentioned in SQUARE ONE. I'm sure there are others.

There are risks. The easy example is, if you're taking a blood thinner (let's say) and then you convert to a raw food diet and start taking a bunch of supplements, that thins your blood too. Eating healthy thins your blood. And you can have blood that's too thin because you've got the healthy diet thin blood, plus your blood thinner that's thinning it too much. That can happen with chemo drugs and nutraceuticals. So, again, I wish I could say for certain if taking one thing is going to help or it isn't or, but I don't know.

**8. What do you do if you don't want to do chemo, but the leukocytes keep going up? In this emergency case, is chemo the answer? What's your position on doing chemo for a few AML?**

Look, if a person doesn't want to do chemo, they shouldn't be forced into it. They don't want to do it. It's fine. It's their life. It's their choice. There's a variety of reasons. She's already been through chemo once. She doesn't want to do it again. I get it. Maybe she's ready to die? That's fine, too. Maybe she wants to get well, but she wants to heal with nutrition and natural therapies. And obviously right now she's not getting the results she wants, but it's really hard to help somebody by proxy. It's her life, her choices, and I think you just need to support her choice.

I've said this before. If somebody that I loved had cancer and they said, "Chris, I don't want to do chemo, but I don't want to do anything else. I just want to eat Burger King three times a day until I die." I would say, "No problem. I love you. I'll run and get you some Burger King." You just have to support the patient. If you love someone and care about them, you can try to help them. But if they just say, "Hey, that's not what I want to do." Then you say, "Okay, how can I serve you? How can I love on you? What can I do for you?" It's hard to help people that you care about, especially when they're doing something that you feel like is not good, not helpful, destructive, foolish, whatever. But you don't want to ruin your relationship with somebody because they won't do the treatment that you think they should.

## FAQ - Diet/Food

(Q&A: Mar-Apr 2017, Feb-June 2018)

### GENERAL

PG.32

1. Should my diet be different if there are **young children** at home?
2. Where will I get my **protein** if I'm not eating meat?
3. Did you restrict your **protein** intake?
4. Doesn't Dr. Longo say **high protein** causes cancer?
5. Should I eat foods that contain **methionine**?
6. Does too much **selenium** in the diet cause breast cancer?
7. How can I increase my **iron** intake?
8. Can you talk about controlling **cholesterol** with diet?
9. How can I tell how **clean** other countries' **organic foods** are?
10. Are all **boxed and packaged foods** safe to eat, as long as they're organic?
11. What's another healthy **breakfast** option, besides oatmeal?
12. I seem to be **allergic** to certain foods. Ideas?

### FRUITS/VEGETABLES

PG.38

1. I'm nervous to eat **fruit** because of the **sugar**.
2. Why do some doctors say not to eat **fruit**?
3. How much **fruit** is okay and won't make your **pH** go down?
4. Is it okay to use **dried fruits** in **oats**?
5. Can I use a **red apples** instead of green?
6. Can eating **raw cruciferous vegetables** have a detrimental effect?
7. Is there any problem with **nightshade vegetables**?
8. What type of **mushroom** and **aromatase inhibitors** are best for cancer?
9. Does glutamine in **mushrooms** feed cancer?
10. Are **potatoes** bad in the first two years?
11. Do you think of the **sweet potato** as a health food?
12. Are there any alternatives to eating **carrots and beets**?

### RANDOM

PG.44

1. Did you consume **honey** or **maple syrup**?
2. Is **salt** okay?
3. Is **mustard** okay?
4. What is your input on the use of **cooking oils**?
5. Is **bone broth** healthy?
6. Are you concerned about **arsenic** in rice or pasta?
7. Are **tortillas, olives, ghee, or cashew cheese** okay to have?
8. Is it best to stay away from **soy and corn**?
9. Can patients eat **beans, soy bean milk, or almond milk**?
10. What **grains** do you eat?
11. What wheat is best for **gluten** sensitivities?

12. What are your thoughts on eating **whole grain wheat**?
13. Thoughts on **nut milk, tofu, and tempeh**?
14. Thoughts on **phytic acid**?
15. Do you ever have a problem digesting **beans and ancient grains**?
16. Is organic **peanut butter** okay?
17. Are **peanuts** bad for you?
18. Are **flax hull lignans** more potent than lignans in flaxseed?
19. Can I eat **avocados and nuts** to get essential fats?
20. Thoughts on research showing good effects of **eggs** on cancer?
21. When's the last time you ate an **egg**?
22. Is **egg** consumption less harmful than meat consumption?
23. What's your take on **vegan burger patties** made from peas?



## **GENERAL**

### **1. For those of us following the diet that have young children at home, are there things that need to be changed or added? They are picky.**

Kids thrive on fruits and vegetables. Just give them lots of food from the earth, as much as they want. Starches like rice, beans and potatoes, fresh fruit, and any veggies you can convince them to eat—whether it's cauliflower, broccoli, any kind of collard greens or salad greens. It supposedly takes seven tries to develop a taste for something, so keep asking them to try things they don't like. We used to make our kids take a "thank you bite." If they didn't want to try something, they just had to take one bite. And if they still didn't like it, we said, "thank you for trying it" and we didn't make them eat it. Definitely don't force feed them vegetables they don't like. Focus on feeding them any fruits and vegetables they are willing to eat and keep introducing new things. Their palates will expand over time.

You know what your kids probably do like? They probably like potatoes, they probably like rice, and they probably like beans. So, all types of rice, beans, and potatoes: legumes, lentils, split peas, chickpeas, black beans, green beans, pinto beans, white beans, black eyed peas, green peas, sweet potatoes, white potatoes, yams, purple potatoes, new potatoes. All of those are awesome. Kids love that stuff. Kids love starches. And, of course, red, black, and brown rice.

So, that's the kind of food I would be feeding them. And fruit, tons of fruit. Then try to encourage them to eat raw or cooked veggies. If you can get them to eat some raw cruciferous stuff like cauliflower and broccoli, or salad with kale or spinach, or cooked spinach, cooked collards, or mustard greens. I'm getting hungry thinking about all this stuff! You have a lot of options there.

### **2. Where will I get my protein if I'm not eating meat and dairy products?**

Where does a gorilla get their protein? From plants! Many of the largest animals in the world are plant-eating herbivores like gorillas, giraffes, rhinos, and hippos. Amino acids are the building blocks of protein. Every fruit and every vegetable contains amino acids that your body uses to assemble proteins. Protein deficiency is nearly impossible unless you are malnourished, severely underweight, and starving—like third-world starving. Most adults need 30-50 grams of protein per day. You will get all the protein you need from eating fruits, vegetables, and starches—like rice, beans, potatoes, and oatmeal. Most people don't need to supplement with protein powder, but if you feel like you do, go with an organic plant-based protein powder from Garden of Life, Sunwarrior, or Orgain.

The complete protein idea is a myth. You do not have to have a complete protein at every meal. When old cells die off, your body recycles proteins from those cells. There are 20 amino acids, but your body can synthesize 11 of them, so you only need 9 from food. Let's say you eat five of those essential amino acids for breakfast and the other four for lunch—your will body store them all and use them to build complete proteins. So, you don't have a "complete protein" at every meal.

### **3. Did you restrict your protein intake?**

I restricted animal protein intake to 0 for the first 90 days. Then my nutritionist recommended I eat salmon or lamb 1-2 times per week. As I've discussed in Module 4, knowing what I know now, I think adding animal food back into my diet that soon was risky. I can't say whether or not it was helpful, or if it just wasn't enough to be harmful.

### **4. Doesn't Dr. Longo say high protein causes cancer?**

Yes, high protein diets are correlated with higher rates of cancer and heart disease and diabetes. Dr. Garth Davis wrote a book called *Proteinaholic*. He's an MD, and it's all about the problem with overconsumption of protein in Western nations. So, yes, we need far less protein than we realize. If you look at a newborn baby, wouldn't you agree that a baby needs more protein than an adult? We'd probably agree, because the baby is growing fast. I mean it's doubling in size. In just the first few months of life, it doubles in size. So, you're thinking, "Wow, a baby must need a lot of protein." Well guess what? Mother's milk, the perfect baby food, is only about 10% protein. It's mostly carbs and fats, and very little protein. Again, if a baby that is growing at a rapid pace doesn't need that much protein, then you don't either.

### **5. Should I eat food with methionine or restrict it?**

If you're worried about methionine, don't eat anything from an animal and don't eat beans. Very simple. Some grains have methionine, but most cancer patients that are doing a hardcore diet like this pretty much get off all grains, too. Just focus on fruits and vegetables.

Beans have more methionine than most fruits and vegetables; but far less methionine than meat, dairy, and animal foods. I think beans are wonderful. We know that beans are a staple food in the longest living cultures around the world, and they're directly related to longevity. In other words, the cultures that have the longest lifespans also eat the most beans. I think beans are awesome.

Is the methionine in beans a problem for a cancer patient? I feel like it isn't. But if you want to be on a methionine restricted diet, like a hardcore no methionine diet, then yeah, you would want to eliminate beans. Do I think it's necessary to get well? Probably not. But if what you're doing isn't working, and you're eating beans, then you might need to restrict a little more and just get a little bit more hardcore. We're all a little different; there are 200 types of cancer, and you just never know. Generally speaking, beans are wonderful and I think they're great and healthy for a cancer patient; but in some cases, maybe not. I eat beans every day, by the way.

**6. Does too much selenium in the diet cause breast cancer? Have you any research to refute that? Should I avoid broccoli and cauliflower?**

Well, I've actually never heard that selenium leads to breast cancer. And one thing I can tell you is that the Standard American Diet – the Western diet – is not a diet that's rich in selenium. It's a diet that's deficient in selenium. So, I would say that right there is a red herring that it's not the selenium in the diet that's contributing to breast cancer. It's the excess animal fat protein, processed sugar, and oils that's contributing to breast cancer, not to mention being overweight. I wouldn't worry about broccoli or cauliflower. I just don't think that's the reason you got breast cancer.

**7. My iron is low, and I continue to feel weak and dizzy. My understanding is that iron feeds cancer. What should I do?**

Google “best sources of iron” or “dietary iron.” Now, some of those results are going to be animal foods, but there's a lot of plant foods that are very high in iron. If I remember off the top of my head, I think the highest plant source of iron might be apricots – but definitely spinach, beans, leafy greens, blackstrap molasses, and some fruits. Again, I keep wanting to say apricots are pretty high in iron. And make sure you're getting those foods in your body every day – good, high sources of plant-based iron. The other trick with iron is that you want to make sure you're not consuming too much tea, because tea – green tea, black tea – tends to bind to iron and block iron absorption. They're natural chelators of iron in the body. Quercetin is another one that can bind to iron and prevent absorption. And then, I don't know what you're taking supplement-wise, but you might be taking some supplements... So, a vegetarian diet, the vegan diet, SQUARE ONE plant-based diet is a diet that is sufficient in iron. But if you're taking a lot of extra supplementation, it could cause it to be low in iron; it could block some of that iron absorption.

And that's what I'd recommend. Iron can also be caused by internal bleeding. Hopefully, that's not the case. It doesn't sound like a Hodgkin's lymphoma issue, because lymphoma is a non-solid tumor cancer. So, solid tumor cancers, those

tumors can cause internal bleeding and low iron. That's what I had. When I had my tumor, it was bleeding and made me anemic. And that was before I was diagnosed. My bloodwork showed that I was slightly anemic, and I *was* tired a lot.

## **8. Can you talk about controlling cholesterol with diet?**

It's so ridiculous that doctors are telling patients, "No, you can't reduce cholesterol with diet, because your body produces cholesterol." It is the most ignorant statement. Well, it's hard to say that it's the most ignorant because there's so much ignorance from the medical community. But the proof is right here! When you stop eating cholesterol, your blood levels of cholesterol go down. This isn't rocket science. Yes, your body produces cholesterol, but it doesn't produce excess cholesterol. It produces the amount that you need. Our problem in the United States and western nations is excess cholesterol. Your body is not just producing a ton of it, you're eating a ton of it; and that's why there's so much in there. You put it in your mouth and it goes into your blood.

Anyway, it's so easy to lower cholesterol, it's not even funny. You just stop eating cholesterol. And all animal food has cholesterol. Plant food does not. That's how you lower cholesterol. Beyond that, processed sugar can also trigger the production of cholesterol by your liver. So, when converting to a whole foods plant-based diet, you would stop eating junk food and processed sugar and saturated fat, which can also contribute to the cholesterol production. You stop eating saturated fat and animal products and cholesterol itself, and your cholesterol goes to normal.

The diabetes thing is the same thing. When you switch to SQUARE ONE, you stop eating animal fat. And the levels of animal fat you were eating before – which, for most people, is three times a day – guess what happens? Animal fat clogs you up. It gets in and around your muscle and cells, and it prevents them from absorbing sugar properly. And your blood sugar stays high, and it contributes to diabetes. Then when you stop eating animal fat, your body breaks down and burns through all that excess fat that's in and around all your tissues. And then, everything starts flowing. You're not clogged up anymore and your cells are able to use sugar like they're designed to, and you don't have a high blood sugar problem because when you eat something that produces sugar (all food, basically), your cells use it.

## **9. How can we tell how "clean" other countries' organic produce are?**

I wish I knew. You just have to trust at some level. You just have to trust that if it says "USDA Organic" on it, that it is, in fact, organically grown. And hopefully, it is not contaminated with lead or arsenic or some other environmental pollutant. If food is

organically grown in a polluted area, even if they don't spray toxic chemicals on it, then it could be contaminated with toxins from the soil.

I've never seen a study where they took Certified Organic produce from different regions and then tested them to see if they had contamination issues. I would love to see that because I want to know too. Right now, the best we've got is the Certified Organic label. Is it perfect? No, it sure isn't. If it's grown in third world countries is there more of a risk of environmental contamination? Maybe. But it could be contaminated grown in the US, too. If it's grown in a farm field next to a nuclear reactor site, who knows?

It's very easy to kind of spiral down this rabbit hole of paranoia and food fear. So, I don't let my mind go there, because then everything is a potential threat and your only option is to grow all of your own food and many people don't have that option. I didn't. If you can't trust the organic label then you can't trust anything. We just have to trust it and bless your food before you eat it.

#### **10. Are all boxed and packaged foods safe to eat, as long as they're organic?**

It depends on the labeling. If it says 100% organic and has the USDA organic label, it is 100% organic. If it says "made with organic ingredients" then it is not 100% organic and you should check the ingredients list to see which ones are organic. Beyond that, packaged foods are also often processed foods; that's not good. Make sure all the ingredients are whole foods, not a bunch of isolates, additives and preservatives. Your best bet is to stay away from boxed or packaged food, unless it's a boxed whole food. If it's processed stuff like organic cookies and candies at Whole Foods, I wouldn't recommend that.

#### **11. What's another healthy breakfast, if you're allergic or sensitive to oatmeal?**

How about some rice or beans? People eat rice and beans for breakfast all over the world. How about some fresh fruit, like bananas? How about three or four bananas? How about a few oranges? How about a huge melon? An entire cantaloupe or a honey dew or as much watermelon as you can eat?

As for hot cereals, they make them from rice, quinoa, and lots of other grains you can try. There's a lot of options out there. Try buckwheat flakes or even organic corn grits. Put fruit in there, and just do it up with as much good stuff as you can throw in. Sometimes I alternate grits for oatmeal.

**12. I seem to be allergic to carrots and garlic, and mildly allergic to turmeric. Any ideas?**

Yeah. Maybe just back off. I have a mild allergy to carrots that I got from drinking too much carrot juice. It's true. It was just too much carrot juice, for too long. Now I can drink it and it's fine, but if I drink too much in one day, my eyes get itchy. It makes my eyes itch.

Again, maybe just give your body a break. Cut back on the stuff that's irritating or aggravating you. And it's fine; it's okay. Don't feel bad about it. Rotate. If you're doing lots of carrot juices, switch to green juices with leafy greens, green apple, and lemon – that kind of stuff. I would do a process of elimination, just to make sure it's not just one of the three (carrots, garlic, or turmeric) that you're allergic to. But I would just change it up. Your body's telling you, “Hey, I've had enough of this for right now. Give me something else.”

## **FRUITS/VEGETABLES**

### **1. I'm nervous to eat fruit because of the sugar. Doesn't sugar feed cancer?**

I always get asked this question. You didn't get cancer from eating too much fruit. You didn't get fat from eating too much fruit. You didn't get diabetes from eating too much fruit. Fruit was not the problem. Most people are hardly eating any fruit anyway, and then they get some kind of health problem and they're like, "Oh, I don't want to eat too much fruit now." You weren't even eating fruit to begin with! You know what food feeds cancer? Meat and dairy. The cultures that eat the most starchy vegetables and fruit—and the least meat and dairy—have the lowest rates of most cancers. So, I think you need to eat tons of vegetables, starches, and enjoy as much fruit as you like.

The sugars in fruit are wonderful; they're good for you. I know people who have healed cancer on an all fruit diet—100% fruit. Whether or not that's the best diet for your type of cancer, I can't say. But everyone should know that's an option. SQUARE ONE gives you a starting point. Jump on it, do it 100%, measure your progress. If it's working don't change anything, keep doing what you're doing, and stay the course. If it's not working—let's say the tumor is growing at the same rate it was before you even started—then you have a lot more options of getting more hardcore. So, you could go all fruit for a month and measure your progress again, and see what happens. That's total methionine restriction, all fruit.

You could do the Gerson diet. Similar principles, but it restricts a lot of foods that SQUARE ONE allows. Gerson restricts a lot of spices, beans, mushrooms, and stuff we talked about earlier. For some people, whether it's the cancer, their body, their physiology—who knows why—they need a more restrictive diet. You have to keep in mind that you always have options. If you're not getting results, don't just assume that nothing else will work for you. You have to be determined to find the solution to your problem—which may involve trial and error. I didn't have much fruit in the beginning until I realized how wonderful fruit was, because I was scared of sugar, too. But after a very short time, within a couple of months, I was having fruit smoothies every day. In the very beginning, it was like green apples and "low-sugar" fruit, like grapefruit. But then, once I realized that sugar from fruit was great and berries are wonderful, I started having more fruit every day. Now I eat as much as 10 servings of fruit per day.

### **2. Why do some doctors say not to eat fruit?**

Because they're idiots, that's why. They've just got no nutritional education at all. It's the worst advice a doctor could give anyone. Doctors don't even pay attention to global epidemiological studies. And the number one food group associated with people dying

young, and dying from preventable chronic diseases, is lack of fruit. They're not eating enough fruit. And so, it's so crazy that doctors would be telling people not to eat too much fruit. "Oh, but by the way, this toxic, pharmaceutical drug is totally fine. Take that. Chemo's great, but don't eat too much fruit. And whatever you do, don't drink carrot juice. Too much fruit, too much vitamin A; but chemo's great. It's totally fine, totally safe. Not going to hurt you at all." Sometimes you have to step back and be like, "This is the most nonsensical advice and industry on earth."

Your cholesterol drops when you stop eating animals, and you stop eating a bunch of unhealthy fats. And sometimes you need to stop eating healthy fats. But when you stop eating cholesterol, guess what happens? Your cholesterol goes down. I know, it's hard to believe. It's hard to believe that not eating cholesterol would lower your cholesterol. But doctors actually don't believe that, believe it or not. Doctors tell patients it doesn't matter what they eat, and they can't affect their cholesterol with their diet. It's the craziest bad advice besides "don't eat fruit."

### **3. How much fruit is okay and won't make your pH go down?**

Don't worry about your pH. Fruits don't make your pH go down. That's a misunderstanding of pH. I don't know what pH you're measuring. Are you measuring your saliva? Are you measuring your pee? The thing about pH is that your saliva pH changes based on what you eat, because your mouth secretes different enzymes based on what you're eating at that very moment. And those different enzymes have different pHs, so your saliva pH can change at any given moment. So, that's no measure of pH.

And then, your urine pH is changing constantly too. And you actually want your urine to be acidic. You want to be peeing out acid. If you're peeing out alkaline, it's because you're too alkaline. That's not good. So, stop measuring pH. It's a total waste of time.

Just focus on fruits and vegetables. Fruit's wonderful. All fruit is good. Don't worry about eating too much. You really can't eat too much. I know people that have healed cancer on all fruit. So, fruit is just so good. Focus on the berries, especially. But, you know, watermelon, pineapple, oranges, grapes – fruit is so good. God made it. It's good. Again, don't worry about pH. Just focus on eating nutrition.

### **4. Is it okay to use dried fruits in oats?**

I think dried fruits are wonderful in oatmeal. Apricots are great (and Gerson approved). Raisins are wonderful. Black currants—which are a lot like raisins—are amazing. I love to chop up some figs and put them in there. Date sugar is great, too. Date sugar is a whole food. It's just a dried date ground into a powder. So yeah, feel



free to stew any kind of dried fruit you enjoy in oatmeal. Of course, fresh fruit is wonderful too – especially berries.

**5. All juice recipes including apples require green ones. Can I use a red variety instead, as this is what I find organic?**

Well, the green apples are tart, and have a little less sugar. And the green is chlorophyll. As for the tartness – there are unique anti-cancer compounds in tart fruit. Those are the reasons that the green apples are recommended. It doesn't mean red apples are bad; red apples are good, too. So, it's an okay substitute.

I think you're probably better off with the organic red apples. Washing will definitely remove some pesticides, herbicides, fungicides, whatever they're spraying on it. But it also absorbs some of those too. You don't want to peel it because the skin's where a lot of the nutrition is. I'd go with the organic red apples.

**6. Do raw cruciferous vegetables have a detrimental effect on thyroid health? Or do the benefits outweigh the risks?**

I think the benefits outweigh the risks. Test and monitor your progress. See how your body responds. Cruciferous vegetables didn't give you hyperthyroid. Most people I know with thyroid issues weren't eating much cruciferous vegetables to begin with. I know there are people online saying, "Don't eat cruciferous veggies if you have thyroid issues," but I think you should. As I discussed in Module 3, cruciferous vegetables are some of the most potent anti-cancer foods.

**7. Any problem with nightshade vegetables?**

I don't have a problem with them. But I've read that they could aggravate arthritis in some cases. They can also cause indigestion and acid reflux for some people, or if combined with certain foods. If you suffer from those issues, then it may be nightshades: peppers, tomatoes, eggplant, and stuff like that. Some people may need to eliminate nightshades, but I don't think all people do.

**8. Which type of mushroom is best for cancer patients?**

All mushrooms are great: Shiitake, Chaga, Reishi, Turkey Tail. But white button mushrooms are actually the cheapest. And there's research that I talk about in Module 3, which shows that white button mushrooms boost immune function and

inhibit aromatase. They're the best in the plant kingdom, as far as the research I've seen. But apigenin is also an aromatase inhibitor. Apigenin is in celery, parsley, chamomile tea, and grape seed extract.

**9. Dr. Blaylock expressed concerns about mushrooms because they contain glutamine and says they feed cancer. Is this true?**

I have a lot of respect for Dr. Russell Blaylock. He's an MD, and I read his book years ago, *Natural Strategies for Cancer Patients*. I ate a lot of mushrooms. And we know there are a lot of studies that mushrooms boost immune function in the body. They're immune boosters. I feel really good about them and ate them every single day in the Giant Salad. That's why they're in the Giant Salad recipe in SQUARE ONE.

If you're concerned that maybe they're feeding the cancer, or whatever, then it's not a big deal to take them out of your diet. But, again, they were in mine. I still have a lot of confidence in mushrooms and think you should eat them. But this is your life and your journey, and if they make you nervous and they're causing stress and anxiety, then just leave them out.

**10. Are potatoes bad?**

No, potatoes are okay. Potatoes are healthy food, in general – sweet potatoes, purple potatoes, new potatoes, even white potatoes. Always eat the peel because that's where all the antioxidants are. And potatoes are a part of Gerson therapy, so they eat potatoes every day. I don't have any problem with the potato. The Giant Salad plus a potato is wonderful. Don't be afraid. Rotate those starches. Have some potatoes. Have some beans. Have some brown, black, or red rice. Have some quinoa. Have some squash. Rotate those good starches.

**11. Do you think of the sweet potato as a health food?**

Yes! Sweet potatoes are amazing. In fact, some of the longest living people in the world are the Okinawans. And guess what the Okinawans ate? Mostly sweet potatoes. People think that Okinawans just ate a bunch of rice. Nope. Sweet potato was the staple food in Okinawa for hundreds of years. Back in the 1950's, when they first discovered how long the Okinawans were living, they were eating mostly sweet potatoes. The sweet potato is fantastic. Don't be afraid of it.

**12. I have high blood sugar and insulin resistance. What can I do so I don't have to have carrots and beets? Are there any alternatives?**

No, you need carrots and beets. Carrots and beets are so great. You need them.

But we need to get to the bottom of the insulin resistance, so let's talk about that. Insulin resistance is caused by fat. Diabetes is a disease of fat toxicity. Everyone thinks that sugar and carbs cause diabetes. That's 100% wrong. It's wrong in every way, and let me explain it in a simple way. When you eat a lot of fat, oil, and grease, it clogs you up. And then, when you eat sugar, your pancreas secretes insulin to tell yourselves, "Hey sugar, fuel is coming. Get ready." And so, the sugar you eat goes in your bloodstream – glucose. It's going to your cells; it's in your blood. But the problem is that when you have fat toxicity – fatty deposits, excess fat, grease and oil, in your muscle tissues – it clogs them up, and they're unable to open up, receive, process, and metabolize the sugar that you just ate – the carbohydrate. And so, the carbohydrate, which is glucose, stays elevated in your bloodstream because you're clogged up.

Think about a pipe that's filled with grease. Or think about doing the dishes and trying to clean out a pan that had butter or oil in it, and you get the oil and the butter on your hands, and then the water beads up. The water can't penetrate through that fat and oil, and it's the same kind of thing happening in your body when you're clogged up with fat and oil. Sugar and even water can't penetrate, and it's not good. So, diabetes is a disease of fat toxicity, and fat causes insulin resistance. And so, excess fat causes high blood sugar. It's not the fact that you ate carbohydrates or sugar; that's not the problem. The problem is that your body is not able to absorb it. But that's only a temporary condition.

So, the way you reverse insulin resistance and type 2 diabetes is eliminating fats and oils from your diet. A lot of people that have diabetes are also overweight, so they have excess body fat. You can see it. And when you get the excess body fat off, especially... The external fat is obvious, but when people have external fat, they also have a lot of internal fat around their organs and, again, in their muscles. When your body breaks those things down as you lose weight, then your insulin resistance decreases, and eventually you become very efficient at metabolizing sugar. And so, when you eat something that is a carbohydrate – glucose is your body's preferred fuel – it's converted to glucose, goes in your bloodstream, goes right to your cells, your cells absorb it, process it, use it for energy, and excrete the metabolic waste. And most of that is exhaled when you breathe out, in the form of carbon dioxide.

So, that's a long answer to a question. But again, fruit, carrots, beets, potatoes, whole food carbohydrates are not your enemy. Yes, they raise blood sugar. They're supposed to. That's the fuel; that's the energy. But the real issue here is healing insulin resistance, which means losing excess weight, and removing fats and oils from your

diet. I would restrict them severely for a time – basically, a no-fat diet. Not like fat-free food, just don't eat fats. Don't eat butter. Don't eat animals. Don't use oils. And keep the nuts and seeds to a minimum. And just eat lots of wonderful, whole food carbohydrates. Watch the weight fall off. Watch your insulin resistance heal. And, you know, if you're diabetic or pre-diabetic, it'll resolve. I mean, I've seen it happen so many times, it's crazy.

## **RANDOM**

### **1. Did you consume honey or maple syrup?**

Not really, because I didn't really have a use for it. What would I put it on? Breakfast was juicing and fruit. Lunch was the Giant Salad; not going to put it on there. Dinner was the Giant Salad and more vegetables, so I'm not going to put it on there either.

Now, if you have oatmeal, fresh fruit is your best sweetener. Second best – or along with fruit – would be blackstrap molasses because it has so many wonderful antioxidants and minerals like calcium, potassium, magnesium, and iron. But maple syrup actually has some anti-cancer compounds in it, which is kind of cool. And I think honey's okay, too, but just in really small amounts. The Gerson therapy also allows a small amount of honey, maple syrup, and blackstrap molasses, so I don't have a problem with them.

### **2. Is salt okay?**

I think everyone should cut out salt completely for two weeks, because we eat way too much salt. The American diet has so much sodium, and excessive sodium is unhealthy. It's bad for you. A little bit of salt goes a long way in the body, and we just eat way too much salt; too much sugar, salt, fat, meat, dairy, and oils. Giant Salads don't need salt. Oatmeal doesn't need salt. Fresh fruit doesn't need salt. The foods in SQUARE ONE don't need salt. If you start incorporating cooked veggies, then what I recommend you do is use as many spices as you can...besides salt.

Then, if you need a little tiny bit, maybe just salt it at the table with a little tiny pinch. But don't salt it while you're cooking because it tends to get over-salted. We don't use much salt when we cook, but we have a little sea salt or Himalayan salt at the table. If you ate what I ate for dinner on a typical night, you'd probably think, "Man, that's so bland." But it's not bland to me because I've gotten away from the salt addiction that so many people have, and I just don't need much salt for food to taste good to me. Anyway, I think everyone should try to break the salt addiction. Food's going to taste bland for about a week or two after you cut the salt out...and then it'll start to taste really good. The Gerson Therapy is a no-salt diet.

### **3. Is spicy Dijon mustard okay?**

Dijon is great. Mustard is wonderful. Mustard is a potent anti-cancer spice/seed. Mustard's great. Don't be afraid of mustard, enjoy it.

#### **4. What do you think about oils? Gerson Therapy only allows flax oil.**

Dr. Gerson has a long track record of success with nutritional therapy. He died in 1955; but before that he published a book called *A Cancer Therapy*. There's 50 case studies in there of people that he helped reverse their cancer with nutrition. He had a very specific nutritional protocol that eliminated all processed food and pretty much all animal food. It was all juices and plant food, for the most part. And he eliminated oils because he thought they were difficult for the liver to process. And the only oil he allowed was flax oil—we know flax oil is great.

Generally speaking, I avoid oils. A little bit of flax oil or olive oil on salad is okay, it can also help with the absorption of fat-soluble vitamins in vegetables. As for coconut oil, you just don't really don't need it. I know it's super hyped-up, and there was a point in time when I thought it was a miracle food, too, because everyone said it is. But it's not really that important of a food. I experimented with many different diets after I was healed from cancer, and I used to consume a ton of coconut oil and coconut milk. Then I looked at the science and saw a significant link between saturated fat consumption and heart disease and diabetes. The people groups around the world with the lowest rates of heart disease also consume the lowest amounts of saturated fats and oils.

Years ago, when I was consuming tons of coconut oil and coconut milk, my blood work came back pre-diabetic. I suspected it might be due to the high amount of saturated fat I was consuming, so I eliminated coconut milk and cut way back on oils, and my blood work went back to normal. Oils are a processed food. It's not natural food, it's a processed food because they extract it from a whole food. Your best sources of healthy fats are whole foods: nuts, seeds, avocados, olives, whole coconuts, etc. (Eat olives sparingly; too much sodium.)

We aren't completely oil-free. We use a little oil here and there in cooking. Like I said, I still recommend olive or flax oil on the Giant Salad because a little bit of oil can help the absorption of fat-soluble vitamins in vegetables. Just keep it to a minimum: 1-2 tbsp. My wife also keeps coconut oil, grapeseed oil, and sesame seed oil in the pantry for use in certain dishes.

Since we're talking about oils, black seed oil is an exception. It is not a cooking oil or an oil you would eat for enjoyment because it doesn't taste good. Black seed oil is from black cumin seeds, and has incredible research behind it. It is an anti-cancer powerhouse. I talk about it in Module 9: Cancer Healing Herbs, Teas & Supplements. I take black seed oil regularly for prevention and if I had cancer, I'd be taking two tablespoons twice a day. And, like I said in SQUARE ONE, it tastes like something you would buy in AutoZone, so you may need a chaser.

## **5. Is it okay to use bone broth protein for a protein source?**

I know a lot of people who've healed cancer, and none of them consumed bone broth. So, I don't think it's necessary. Beyond that, bone broth has the amino acid methionine which can fuel cancer growth. So, I don't think that's a good thing. Bone broth comes from animals. Animals have to be killed to get bone broth, and the process is really pretty disgusting on a large-scale manufacturing level...if you really think about it. I just don't think it's necessary for optimal health. I don't think you need the extra protein. You get tons of amino acids – which are converted protein – when you eat fruits and vegetables. So, I just don't think it's necessary at all. Plus, there's some risks. Bone broth is known to be contaminated with lead and other environmental pollutants.

Beyond that – now this is the crazy thing – I was having a conversation the other day with a friend of mine, who is a scientist (and whose name I cannot use). He sent several of these popular bone broth protein powders to a lab to be analyzed, and he found out that many of these bone broth proteins appear to be synthetic. They're not even from real animals. Bone broth protein is the hottest craze right now, and there's no way they have enough supply to meet the demand. So, most of these brands of bone broth protein are all coming from the same manufacturer; they just have a different label on them. These large-scale bone broth protein manufacturers may be doing some shady stuff. Anyway, hopefully I'll have hard data and proof to share with you soon. But that's all I can talk about right now. You don't need it.

## **6. Are you concerned about arsenic in rice or rice pasta?**

We don't really do rice pasta. We buy brown, black, and red rice; and we use black and red rice the most. I haven't really seen any reports of arsenic being a problem in black and red rice, as much as brown rice. It's a good idea to stay away from Chinese brown rice.

## **7. Are organic tortillas, olives, ghee, and cashew cheese okay to have?**

Organic corn tortillas are okay on occasion. White flour tortillas, not so much. Ezekiel tortillas are fine; they are organic sprouted whole grain tortillas. Olives are wonderful. But the problem is olives are preserved in salt, and the sodium level is just through the roof. I didn't eat olives much when I had cancer. Now we have them occasionally with a meal. I think it's best to soak olives overnight to remove excess sodium. Ghee is dairy, so I would skip it. I would avoid fake cheese/meat products.

## **8. Is it best to stay away from soy, edamame, and corn, due to the GMOs?**

It's best to stay away from conventional soy and corn, yes. Eat organic soy, organic corn, organic everything, really, if you want to be on the safe side. But especially those two crops, because roughly 90% of them grown in the US are GMO. I don't know where you live. But in the US, basically, just assume all soy and corn is GMO if it's not organic.

## **9. Can breast cancer patients eat beans, soy bean milk, and almond milk if they're ER and PR positive?**

Soy milk and almond milk are okay on occasion. It's a processed food, but it's okay. You need to eat legumes. You need to eat beans, peas, lentils, split peas, and chickpeas. Beans are wonderful, so I wouldn't be afraid of beans—that includes soybeans. Even though soybeans have been demonized and many people think they're bad for breast cancer, studies have shown that breast cancer patients who eat more soy have better survival rates. Soy consumption is associated with the lowest rates of breast cancer around the world. Women who eat more soy have lower rates of breast cancer! The phytoestrogen in soy (genistein) is not the same as the estrogen produced in your body and the estrogen you get from eating animal protein. Plant-based estrogens – phytoestrogens – are good for you.

The real problem is that we are eating tons of animal protein. And many women are carrying excess body fat, which produces excess estrogen in the body. And they're getting estrogen from their diet. Your liver dumps excess estrogen into your colon to be pooped out. But when you eat tons of animal protein, junk food, and processed food, you become constipated. Your colon moves slowly and your body reabsorbs the estrogen that it's trying to get rid of, and you end up in a cycle of autointoxication and reabsorption of estrogen. So, your estrogen levels stay high constantly. That creates an environment where cancer can grow.

You want to be able to efficiently eliminate excess estrogen. If you eat a plant-based diet, high in fiber from beans, peas, potatoes, starches, fruits, and vegetables, then you will poop three times a day and that will flush out excess estrogen. If you're worried about soy, you can avoid it. But, again, there are studies that show that soy is really good for endocrine-related cancers like breast cancer and prostate cancer. America is a nation that eats very little soy. We eat a lot of soybean oil in processed food. But as far as eating whole, healthy forms of soy, we aren't even close to how much soy they eat in Asia. And breast cancer rates are six times lower in many Asian countries than the US. Make sure the soy you eat is organic because if it's not, then it's likely GMO.



## **10. Besides oats, what grains do you eat?**

A better question would be what grains *don't* I eat...and there really aren't any. I eat all grains. I eat oats almost every day—like 350 days a year. Sometimes I have organic sprouted whole grain bread, like Ezekiel Bread or Manna Bread. I love the cinnamon raisin Ezekiel Bread; it's delicious. Manna Bread is almost like a raw bread. It's cooked at low temperatures, they don't use yeast, and they press it into a really dense loaf. It's more like bread you would have with a meal, not the kind you would make a sandwich with. Manna Bread is delicious. My favorite flavor is Date & Nut. I started eating Manna bread back in 2004 and I still love it. It's in the frozen section of Whole Foods, and other grocery stores, as well.

I love rice, teff, millet, and buckwheat. I don't really do much with spelt, but not for any particular reason. So, yeah, I like grains. But they need to be organic because they're sprayed with glyphosate if they're not. That's really important.

Our ancestors thrived on grains, and many of the longest living cultures around the world still thrive on grains. And yet they've been demonized in a couple high-profile books by American authors. Whole grains are not the real problem in the American diet. It's ridiculous amounts of white flour, meat, dairy, sugar, salt, and oils that's the problem. It's not like, "Oh, you're eating too much whole wheat. That's why you're not healthy." That's just not it. Unless you have celiac...but that's such a very small percentage of the population.

## **11. What wheat is best for gluten sensitivities?**

Generally speaking, organic whole grains are health promoting foods. So, like organic sprouted wheat in Ezekiel bread is okay. Or manna bread, oats, or grain don't have gluten. Gluten can be problematic for some people. But for most people it's not an issue. For some people, it can be mucus forming. If they have celiac, it can cause a significant inflammation. I have a mild sensitivity to wheat; it makes me a little bit congested. It's a little bit mucus forming for me, so it's not underneath me daily or even weekly, just occasionally. So, rotate your grains – millet, spelt, teff, wheat, oats. We have all these wonderful grains in the world that most of us don't even eat. We just eat white wheat flour 90% of the time, or even 100% of our grain intake. So, yeah. Mix it up.

## **12. What are your thoughts on eating whole grain wheat?**

I think that's okay. It's not that big of a deal. A little bit of whole grains here and there is okay. It really is. I love Ezekiel Bread, I love Manna Bread, because they're sprouted

whole grains. And they're not made from flour, so they're not absorbed (like flour) straight into your bloodstream, like processed sugar is. Whole sprouted grains, not made from flour, are slow digesters. And so, that's the best form. Or eating grains like cooking barley. Barley's amazing. Cooking oats (obviously) – spelt, millet, teff – all those whole grains in that form are wonderful. And cooking whole wheat berries, if you haven't tried that, get into it. Wheat berries are really pretty awesome. They kind of look like little oats, kind of like a little piece of rice.

### **13. What are your thoughts on homemade nut milk, organic tofu, or tempeh?**

I've made nut milk in the past, but it's more work. We buy organic almond milk, and I love the taste of organic Rice Dream. But I don't have much use for "milks." The only time I really ever consume almond milk or rice milk is if I have a bowl of granola or something – like a little snack before bed. But if you want to make your own, go for it.

Organic tofu and tempeh are fine. I eat them sometimes. They have to use a lot of sugar to ferment kombucha, so I think you're better off with sauerkraut, kimchi, or apple cider vinegar – those kinds of fermented foods – versus kombucha. I just don't think it's really necessary. And, again, there's a lot of sugar in it.

### **14. What are your thoughts on phytic acid in beans and nuts and seeds?**

Phytic acid is great. I love phytic acid. I want phytic acid in my body. Phytic acid is inositol hexaphosphate; it's IP-6. Google "IP-6 and cancer." It's an incredible anti-cancer compound in grains, nuts, and seeds. So, I don't want to remove the phytic acid. I want as much as I can get. The problem is, the paleo community has tried to demonize phytic acid and they don't know what they're talking about. They're just regurgitating a health rumor and they're completely wrong. There's so much published, peer-reviewed, nutritional science on the anti-cancer value of phytic acid. It's good!

### **15. Do you ever have a problem digesting beans and ancient grains?**

No. I really don't have that problem. Most people, actually, when they start eating beans it makes them gassy. If that's what you mean by trouble digesting, because it makes you gassy, that actually is not trouble. That's just what beans do in your colon; they ferment in your colon. Your colonic bacteria feed on them and produce short chain fatty acids, and they produce gas and that's the gas that you get. But it's good; it's really good. Bean farts are wonderful. Beans are great. But once you become adapted to eating legumes every day, the gas goes away; your body becomes adapted

to it and the gas isn't as big of an issue as it may be right in the beginning. But starches, fiber, grains, and legumes are so wonderful for your digestive tract, for your body. And the compounds they produce in your gut are amazing. They're so good for you, especially phytic acid – IP and IP3.

### **16. Is organic peanut butter okay?**

Peanuts can contain aflatoxin, which is a toxic mold fungus that's been linked to cancer. So, if you want to be on the safe side, avoid peanuts completely. I do like peanuts and sometimes I'll have roasted peanuts or peanut butter. But if you want to be on the safe side, go with almond butter. Very simple. And almonds are more nutritious than peanuts. So, it's sort of a no-brainer. It's a little more expensive, but go with it.

### **17. Are peanuts bad for you? Or just not anti-cancer?**

Peanuts are just weird. They're not as healthy as tree nuts. And they're not as healthy as legumes, even though they're technically a legume. They're in this weird, sort of, no man's land, where there are healthier nuts, for sure, and there are healthier legumes – like black beans, chickpeas, lentils, split peas, and stuff like that. And some of these studies on nut consumption and cancer survival looked at their peanut consumption, and the peanuts didn't help at all. But the tree nuts did.

I recommend just replacing peanuts with tree nuts. That doesn't mean peanuts are bad, but there's something better – and that's an almond or a walnut. Almond butter is better than peanut butter. That's what we do. We do buy peanut butter and use it occasionally; and the kids like it. It's not the worst thing in the world. It's fine. But I, for the most part, always opt for almond butter instead of peanut butter. We've done recipes that call for peanuts, and we'll use cashews instead of peanuts. We just substitute like that.

I *have* talked about before that peanuts can contain aflatoxin, which is a toxic mold. It's not so much of a problem in the US, because peanut producers know it's an issue and they do screen for it. You may read that somewhere. I've even mentioned it on my site. I may mention it in SQUARE ONE, as well. But I don't think I explain that the aflatoxin issue with peanuts is not necessarily a problem in the US. But you know, it could be; it may be, in some cases.

Also, a lot of people ask about raw versus roasting. Roasting is found to increase the antioxidant content of nuts. So, enjoy both! Raw nuts are wonderful, and roasted nuts are great too. Just avoid the salted. Avoid them if they are cooked in oil, or have salt

and sugar, and are dipped in chocolate, and all that stuff. Roasted peanuts would be better than raw, same with cashews, if you want to be on the safe side. If you want to be on the really safe side, don't eat peanuts or cashews, and focus on tree nuts. Focus on almonds and walnuts, which we know are linked to better cancer survival and prevention. We've got amazing studies on tree nuts boosting cancer survival – just eating, I think the minimum was like, two cups a week of tree nuts. I've been working on a blog post about it – that'll probably be the next one I put out – on tree nuts and colon cancer survival.

So, again, the safest option is not to eat peanuts. In fact, when I was getting well, I was extra paranoid and I didn't even eat peanuts. And I don't think I ate cashews either, for maybe a couple of years. But I do have some now. And I just focused on almonds and walnuts.

#### **18. Have you heard about flax hull lignans being much more potent than lignans in flaxseed? It's supposed to be beneficial for fighting breast cancer.**

Well, lignans are wonderful. It's a wonderful compound in flax. Flax hull lignans versus just the ground flax, I don't know. I honestly haven't seen any comparative studies or anything.

But if you want to get the whole thing, when you buy flaxseed, buy a little grinder (like a coffee grinder) and grind them up yourself. You're getting the whole thing. You're getting the lignans; you're getting everything. Some ground flax might be missing the hull. Typically, I think if it has the hull, the ground powder is going to be darker than the golden flax powder, but I could be wrong about that. I'm not that familiar with the flax processing process. But I do know if you buy whole flaxseeds and grind them up yourself, you're getting the whole thing.

#### **19. Are avocados and nuts okay to get essential fats?**

Hardcore Gerson therapy is no avocados, nuts, olive oil – the only oil they allow is flax. And Gerson therapy is very restrictive. It is more restrictive than SQUARE ONE. In SQUARE ONE, I talk about how all fruit is wonderful, and you can eat berries, nuts, avocados, and all this wonderful food from the earth that I think is beneficial.

Now, the fats you could take or leave. There is a study on tree nuts and cancer survival – specifically colon cancer and a few other cancers, like breast and prostate (if I remember that right). Tree nuts improve survival – that's almonds and walnuts specifically, but also cashews. It's not peanuts though.

Avocados you can kind of take or leave. I don't feel like they're super beneficial. I don't think they're harmful either. I think they're fine; I think they're okay. I think just for a little extra calories, it could be good for that. And yes, it's a healthy fat.

If you have insulin resistance, if you have excess body fat, if you have diabetes, then you need to cut out fats for a season. Not forever, but you need to cut out fat from your diet. Because it's not helping you; it's like adding fuel to the fire, when you already have insulin resistance. So, fats and oils. Again, the dose determines the poison. And, in some cases, something healthy can't be good for you if it's in excess, and when you already have an excessive amount of accumulated body fat, you don't need to be eating more fat or oil.

But nuts, especially, I think might be the healthiest fat in the plant kingdom. And hemp seeds, flax seeds, and chia seeds are also wonderful.

## **20. Why does research show good effects of eggs on breast cancer?**

I don't think that research exists. I've never seen it, and I think it's probably just some blog post written by someone who doesn't know what they're talking about. That's what I think you saw – someone claiming there's some research or something, because no. No. I mean, I would not recommend eggs for breast cancer patients because of the cholesterol and the hormones. There's nothing in there that will help you heal cancer.

Now, if you're healthy and you're just into prevention, and you want to eat some eggs every once and a while, it's fine. It's okay. It's not a big deal. Don't eat them every day. But the healthiest, longest living people around the world, on multiple continents, do eat eggs from time to time. It's okay to eat some eggs every once and awhile. I eat eggs, probably on average, like once a month. But I'm not trying to heal cancer. If I was trying to heal cancer, I wouldn't be eating any eggs.

## **21. When's the last time you ate an egg?**

The last time I ate an egg was last week. I had some eggs. Yeah. So, I have eggs like once a month, maybe. Some months, maybe twice I'll have some eggs. Same with other types of animal food. So, a few times a month I'll have some animal protein, or whatever. It's not a secret. I talk about it all the time. My diet is 98-99% plant-based. So, I look at the 95% rule, and I push it even further, and I just listen to my body. And every once in a while, I might crave a little animal protein or something, and I'll have some. I had some salmon a few weeks ago; and I had some eggs last week.

**22. What is your view concerning egg consumption and cancer? Is it less harmful than meat?**

The goal is not to eat something less harmful. The goal is to eat something that is not harmful, that is beneficial. It's debatable if eggs are less harmful or not. It might be a little less harmful. But if you're trying to heal cancer, I would not be eating meat, dairy, eggs, or anything from an animal – except for honey, that's fine.

If you are healthy and you're trying to prevent cancer, then you want to keep your animal product consumption to less than 5% of your diet – calorie-wise. That means, yeah, you can have eggs every once in a while. I have eggs about once a month, so I'm not afraid of eggs. But definitely don't eat eggs for breakfast every day. I don't even eat it weekly. Maybe once a month we'll just have a good old-fashioned breakfast with eggs, maybe the omelet. The other day, I made the kids French toast with whole-grain organic bread and some eggs. Again, occasionally won't hurt you. If you're eating them every day, yes, they will contribute to disease.

**23. What's your take on Beyond Meat vegan burger patties made from peas?**

I don't know. I've never had those. Occasionally, one of my splurges is like a veggie burger at the local restaurant. That's like my junk food splurge. So, I'm open to veggie burgers made from black beans or peas or a mixture of quinoa. I just put a bunch of veggies in there and smash them into a patty. So, I'm okay with it. There's way worse things in the world. But I don't know about that brand specifically.

## FAQ - Beverages (Juice/Tea/Etc.)

(Q&A: Mar-Apr 2017, Feb-June 2018)

### JUICING/SMOOTHIES

PG.55

1. What about juicing with **diabetes**?
2. Is **sugar in juice** feeding the cancer?
3. Is juicing **more vegetables than fruit** a better idea?
4. Is it okay to add **leafy greens** to your fruit smoothie?
5. How do you use the **vegetable pulp** after juicing?
6. After one has fully **healed** do they still have to juice?
7. How many **pounds of carrots** do you juice?
8. Is it okay to use **smoothies** instead of juicing?
9. Is it better to **eat or juice fruits**?
10. Does juicing lower **blood pressure**?
11. Can I **freeze** my juice to consume during the week?
12. Can kids consume the **berry smoothie** with almond and moringa?
13. What are your thoughts on **ginger juice**?
14. Can **juicing and blending** be combined?

### TEA/COFFEE

PG.61

1. Is it okay to take both **Essiac** and **Jason Winters**?
2. Where do you buy your **Essiac ingredients** to make in bulk?
3. Is it okay to **blend all the teas** together?
4. Can a patient have **coffee or tea** while on your diet?
5. Is it okay to have **coffee**?
6. Thoughts on **coffee** leading to **lower rates** of recurrence?

### BEVERAGES

PG.64

1. Is **kombucha** good while treating cancer?
2. What's your view on **alcohol**?
3. What do you think about taking **wheatgrass juice**?
4. What are your thoughts on **kefir**?
5. Is **pasture-raised dairy** okay?
6. Is **almond milk and coconut milk** okay for cancer patients?
7. Any thoughts on **silica water** removing gadolinium in the brain?

### DRINK POWDERS

PG.68

1. Can **green powder** replace juicing?
2. How do **greens juiced powders** rate against fresh juices?
3. Do you recommend any of the plant-based **protein drink** mixes?
4. Can you comment on the study **rating protein powders**?

## **JUICING**

### **1. What about juicing and fruit with Type 2 diabetes?**

Type 2 diabetes is a disease of lipotoxicity (fat toxicity). Most diabetic patients are overweight, and it's not just the excess body fat on the outside that is the problem. It's the internal body fat because body fat clogs up the entire system. When you're clogged up, and when your arteries, veins, cells, and insulin-producing beta cells in your pancreas are coated with fat...guess what? They don't work properly. That internal body fat inhibits your ability to properly absorb and metabolize sugar. That's why, when you eat carbs or fruit or anything sugary, your blood sugar stays elevated, because it cannot get through the layers of fat to be absorbed properly. That's called insulin resistance.

When you switch to an all fruit diet, or even a plant-based diet, the first thing that happens is you start losing excess weight. The main goal to reverse Type 2 diabetes is to get down to normal body weight. You want to get down to your normal BMI range for your height. Google "BMI calculator," and figure out your ideal weight range. That's where you need to be. So, you've got to get the weight off. In the short term, yes, fruit will raise your blood sugar. But if you eat an all fruit diet, the weight starts coming off so fast that your body starts shedding the fat and clearing it out. And, if you eliminate all the fats and oils in your diet, it really speeds up the process a lot. Obviously, an all fruit diet has no fats and oils in it, so your body starts really stripping out all the fat and oil in there that's accumulated. Then things start to work really efficiently.

Then when you eat carbohydrates, your pancreas secretes the proper amount of insulin, and the insulin tells your cells, "Sugar's coming, get ready for some fuel." And your cells open up and receive the sugar, and use it for energy. That's the way your body is supposed to work. Fruit is delicious. Fruit makes you happy when you eat it. But you can do all veggies at first, if you're really worried about fruit. Give yourself up to 90 days on fruits and veggies, then go get your blood work checked. It will take a few weeks for things to start improving. But I've heard so many testimonies. Type 2 diabetes is easy to reverse with a plant-based diet; so easy. The main thing is getting the weight off. Type 2 diabetes almost always reverses once that happens.

If juicing is driving your blood sugar up too high, don't worry about juice; just eat whole fruit and enjoy it. And then, once you get back down to normal body weight and your body becomes efficient at metabolizing carbohydrates and sugar the way it's supposed to, you won't have a high blood sugar problem. You can eat fruit, or drink a juice, and your body absorbs it and uses it, and sugar doesn't stay high in your bloodstream and cause problems. So, that's the solution to diabetes. You don't have to do the juices. Just eat tons of fruits and vegetables (mostly raw) until you get down to a healthy, normal BMI. If you really want to do juices, you could do low-sugar juices



using cucumber, lemon, lime, celery, leafy greens, and a little bit of green apple in the beginning.

**2. My PSAs tripled since starting the carrot juice. Do you think the sugar in the carrot juice is feeding the cancer because the enzymes from the pulp are not present?**

That's the first time I've ever heard anyone say that specifically about prostate cancer. And I don't think the carrot juice is the problem. But what you can do is you can remove it and see if there's any change.

But the other thing is, I would look at what else is in your diet. Because you want to make sure there's no animal protein in there. Because animal protein fuels prostate cancer growth. Prostate cancer is a hormone-sensitive cancer, so any meat and any dairy is going to drive prostate cancer growth. So, I would look at that. I would kind of need to see the whole picture to have a better idea about what might be causing that. But, I mean, you know, could it be the carrots? Maybe. But that's the first I've ever heard of anyone saying they think the carrot juice made their prostate cancer PSA triple.

**3. Is juicing more vegetables than fruit a better idea, or 50/50?**

The juice formulas in SQUARE ONE are mostly more vegetables than fruit—except carrot apple juice is 50/50. They have all kinds of great stuff in there: carrot, beet, apple, celery, lemon, ginger, turmeric, etc. Just follow the juice formulas that I lay out in Module 4: Implementing the Anti-Cancer Diet. You'll get more nutrition than your body knows what to do with.

**4. You mentioned fruit can cause problems when combined with vegetables. How can you add leafy greens to your fruit smoothie?**

The reason that it's not a great idea to mix fruits and vegetables is because they can cause indigestion, excess gas, bloating, and maybe some cramping. That's why I generally say it's better not to combine them. Now, throwing leafy greens in a fruit smoothie doesn't bother me, and I don't have any problem digesting it. For many of you, that may also be the case. Feel free to experiment. But it's not like if you mix fruits and vegetables your cancer's going to explode. So, I wouldn't stress about it. It's just a general rule of thumb.

## **5. How do you use the vegetable pulp after juicing?**

If you google this, there's lots of creative things you can do with vegetable pulp. Some people will make veggie pancakes, or dehydrate it and make little crackers and stuff. I love those ideas, but I never got into doing them. We used to put the pulp on our dog's food, which was great for a while. But then I guess the dog got sick of it and wouldn't eat it. It's great fertilizer for your flower bed, too.

## **6. After one has fully healed do they still have to juice, if they're eating whole foods from the earth and blending?**

No. You don't. I enjoy juicing. And I drink, on average, about 16 ounces of juice per day. But that doesn't count the Green Light, which I drink every morning. And the Green Light is a juice in a 20-ounce bottle. I fill it up with Berkey water – although I might switch to Fiji, if I do that detox experiment. But then, I squeeze an entire lemon into it. I put greens powder, moringa powder, matcha green tea powder, amla powder, and a little splash of apple cider vinegar. And some days I'll put a little bit of honey in there, and other days I don't. Some days I just feel like a little honey in there. And that's basically a juice.

Plus a fresh juice, which is usually 16 ounces, that I'll pick up from Whole Foods or somewhere. I like to pick up a juice on the way home from the gym, that's kind of my routine. I go workout and then go get a juice. And it just replenishes all the good stuff that my body craves after a workout. So, that's about 36 ounces, for me, on an average day. And some days I would just have the Green Light and not the other juice. But again, between 20-36 ounces is my normal routine for juice. It's not necessary, but I enjoy it. I think it's wonderful. I do it because I feel like it is helping me. But I don't want anybody to think they have to juice or they'll die, because the healthiest, longest living people are not big juicers either.

## **7. When you juiced 64 ounces a day, how many pounds of carrots did you use? Did you also use several stalks of celery, along with ginger and beets?**

I did five pounds of carrots a day. And the remainder of the juice came from multiple celery stalks, an entire beet, some ginger, maybe even a cucumber, and some of the beet greens. Again, it depends on your juicer. And you know, the SQUARE ONE Juice Formula is expanded more than that. You can throw some turmeric in there as well, and garlic. Even throwing a green apple in there is amazing, and a lemon. Again, all that'll give you more juice.

**8. In doing SQUARE ONE to fight cancer, is it okay to use smoothies instead of juicing?**

Yeah. Smoothies are okay. Absolutely. There's nothing wrong with a fruit or vegetable smoothie. Ever. You're getting the whole thing. Juices are nice because they concentrate the nutrients, and it helps you overdose on nutrition. Because you can drink juices all day, but you can't drink smoothies all day. You're just going to get so full you can't get anything else in there. But when you drink a juice, it goes straight into your bloodstream. Like if it's carrot juice – beta-carotene, enzymes, minerals, vitamins. That's the point of juices. Think about juicing like dosing. The smoothie is like a meal. Juicing is like medicine.

**9. Sometimes you tell us to juice fruits, but sometimes you say it's better to eat than make juice. Which is better?**

So, I don't think I have ever said to juice fruit. I'm pretty sure I've never said that, other than apple added to a carrot juice blend. Generally speaking, I think it's better to eat whole fruit, rather than to juice it. I don't think I've ever said to juice fruit. I'm just trying to think back. In Gerson Therapy, they do drink fresh orange juice every morning, so I may have mentioned that. That's part of the Gerson juice protocol; they have one orange juice every morning. And then, the rest of the day, they have carrot juice, carrot-apple juice, and green juice. Those four meals are in the SQUARE ONE Guidebook and in the Transcript Book.

The purpose of juicing is simple, in terms of juicing vegetables; it's to add more nutrition to your daily routine. So, you can eat three big, nutritious meals – breakfast, lunch, dinner – maybe some healthy snacks, some fresh fruit or nuts. But the juice is the way to get more into your body. So, with carrot juice, you're getting tons of beta carotene, which is converted to vitamin A. You're getting falcarninol, this incredible anti-cancer nutrient. And then, in SQUARE ONE, I talk about the other nutrients that you find. There's too many to list. But some of the other anti-cancer nutrients in, let's say, celery – luteolin or apigenin – or betaine, the enzyme in beets, allicin in garlic, curcumin in turmeric.

So, there's all these wonderful things that you can extract into juice. And that's how I overdosed on nutrition. That's the purpose of juice. It's to add to what you're doing. The other benefit of juice is that some people have a hard time eating whole food in different stages of disease – eating solid food. And so, juice is a way to just get some nutrition into somebody who can't chew or swallow very well, or has no appetite.

I do talk about fruit smoothies. That is whole fruit blended up, and I'm a big fan of those. I had one for lunch today, like I do almost every day.

## **10. Does juicing lower blood pressure?**

Yes. But not just juicing. It's the whole package. It's that whole foods, plant-based diet. Because your blood pressure builds up because of excess internal fat, especially if your arteries are clogged. Because the more clogged your arteries get, the smaller they are, and there's less room for blood to flow through them. And then, if you think about the tiniest capillaries, they're going to get clogged first. So, your heart has to beat harder to force blood into areas that have restricted circulation. And that restricted circulation is caused by fat clogage. You're clogged up, alright? So, high blood pressure is actually your body's way of saving your life, because you need circulation everywhere. So, your heart is pushing really hard to get blood to places that are clogged up right now.

But the good thing is, when you lose weight, when you eat a whole food, plant-based diet, your body breaks down arterial plaque. It breaks up all the stored fat and eliminates it. And then things just start moving, and you will see your blood pressure go down. Exercise is also another wonderful way to reduce blood pressure. So much of it is common sense, but we've been told, we've just been bombarded with bad ideas for so long, that common sense has gone out the window.

## **11. I'm trying to juice as much as possible, but it takes a lot of time. Can I make big batches and freeze it to consume during the week?**

I've never frozen juice, so I don't know. Probably. I made big batches every morning for the whole day. You can definitely make a two or three-day batch and store it fresh without freezing. But if you freeze it, then it should be fine for a lot longer. It might taste weird frozen and then thawed, I don't know. But the main thing is to figure out a way to make it work for you. If that means juicing in a big batch and freezing it, that's totally okay. Just do it. Any way you can figure out how to get more nutrition in your body, is good. You're not going to kill the juice by freezing it, so I wouldn't worry about that. The vitamins, minerals, and enzymes don't die or evaporate; they're still in there. But I think the best-case scenario is to juice it fresh, a one to three-day supply. Do a batch every three days. Put it in airtight mason jars and leave as little air at the top of the jars, as possible. That will slow down oxidation. Put it in eight ounce jars, or ten to twelve ounce jars – that would be like one serving for you – and fill up the fridge.

## **12. Can kids consume the berry smoothie with almond and moringa?**

Yeah, absolutely. Berries are awesome. Almond's fantastic. Moringa is one of the most nutritious plants on Earth. Yeah, absolutely.

### **13. What are your thoughts on ginger juice?**

Ginger is a potent anti-cancer root, and turmeric too. My thoughts are that ginger is amazing. That's why it's in the SQUARE ONE juice formula. And as much as you can stand, get it in there. The problem is that ginger is so potent that a lot of times people have a hard time just getting it down because it's so strong. But yeah, the more ginger you can get in there, the better.

### **14. Can juicing and blending be combined?**

If juicing is giving you a hard time, blend it up. Do the smoothie version. Look at juicing like medicinal food. It's a way to get more nutrition in on top of what you're eating. But if it goes through you really fast and it gives you diarrhea, then you're eating something that's too concentrated. It might be carrots. It might be the beans. It might be ginger. It could be one of the ingredients in the juice. You might want to mix it up and try a different blend, or just straight carrot or something, and see how your body reacts. Then the alternative is blending up smoothies – veggie smoothies, fruit smoothies, wonderful. You're getting the whole thing in your body. You can do both. You can do either. Again, the goal is just to overdose on nutrition. Get as much good stuff in as you can in any way you can.

## **TEA/COFFEE**

### **1. Is it okay to take both Essiac and Jason Winters tea? Do they accomplish the same thing?**

Definitely. The 4-Herb Essiac and Jason Winters teas contain completely different herbal formulations and I wanted to get them all in my body. Different herbs do different things in the body, like purify the blood, increase detoxification, and have some immune boosting and anti-cancer benefits. The 8-Herb Essiac formula does share one ingredient with Jason Winters Tea, which is red clover.

### **2. Where do you buy your Essiac tea ingredients to make in bulk?**

I talk about this in Module 9. [Essiac-Tea.org](http://Essiac-Tea.org) and [EssiacInfo.org](http://EssiacInfo.org) are a couple places you can get it. You can also buy it from Essiac Canada International ([Essiac-Canada-Intl.com](http://Essiac-Canada-Intl.com)) that's Resperin Corporation, the Canadian company. They sell the bulk herbs. You can also get the bulk herbs from Starwest Botanicals ([Starwest-Botanicals.com](http://Starwest-Botanicals.com)). You can get the bulk herbs or pre-brewed tea from Flora ([FloraHealth.com](http://FloraHealth.com)).

### **3. Is it okay to blend all the teas together, in order to get them in your body?**

Yes. I've done that. Mix the Jason Winters with green tea, dandelion, and hibiscus. Essiac is generally recommended to drink at night before bed. Maybe keep that one separate. I don't know for sure, but I understand your mentality. You've just gotta do what you can do. If the best you can do is putting them all in one container and drinking them all at once, just do that.

### **4. Can I have coffee or tea on your diet? Is just green tea recommended?**

Green tea is the only caffeinated tea I recommend. It's just way better than coffee. Regular tea is okay. You're going to get some anti-cancer and health benefits from regular tea as well. Make sure you incorporate the other teas I cover in Module 9, like Jason Winters Tea and Essiac Tea.

### **5. Is it okay to have coffee sweetened with raw unfiltered honey?**

Look, a cup of coffee once a day is not a big deal. If that's the worst thing, you're doing pretty great. If you're doing everything in SQUARE ONE but you're having a cup of

coffee, it's really okay. But I want to encourage you to switch to green tea, because green tea is more potent against cancer.

I'm not a big fan of coffee. I think green tea is better. I just think it's better. I don't think coffee is the worst thing in the world. And I think there's several studies that show that coffee consumption can actually reduce your risk of a few different cancers, like liver cancer. There are other studies that show coffee consumption has no effect on other types of cancer, either way. So, it's not terrible. Coffee does contain a pretty high level of antioxidants. So, it's okay; but the caffeine, I think, is a little problematic in terms of stress and your nervous system and your hormone levels – adrenaline, cortisol, things like that.

So, I think green tea is far superior to coffee because there's less caffeine. And it has ECGC – that's a very potent anti-cancer compound. So, I just recommend green tea and that's what I drink – every morning, Matcha green tea.

My wife was a coffee addict forever. I did, eventually, get her to switch to green tea. Now she loves green tea. And she drinks green tea with a little honey in it, which is okay. But I want to encourage you to make the switch to green tea. And by the way, you can drink more of it too. You can drink green tea all day. It's just awesome for you. And you will get a little caffeine, so you shouldn't have the strong caffeine withdrawals if you quit coffee cold turkey.

So, that's my best advice – green tea (especially matcha) instead of coffee. Matcha green tea is ground into a fine powder, and you put the powder in the hot water and you consume it all. So, you don't just steep it, you get the entire leaf – all the phytonutrients from the leaf are ingested into your body. That's matcha green tea. Matcha is a process, not a brand.

## **6. There are surveys that indicate that those who drank coffee had less recurrence of colon cancer. What do you think?**

Yeah, look, there are a fair amount of studies that do indicate that people who drink coffee have a lower risk of certain cancers, especially liver cancer. So, I'm not anti-coffee. I don't like addictive things, so I'm kind of against coffee because it's addictive. And if you stop drinking you'll get withdrawals. So, to me, that can't be great, right? But coffee does contain a lot of antioxidants and polyphenols, like plant-based compounds that are healthy. So, I'm not demonizing coffee, I'm just not a coffee drinker. I personally think green tea is superior nutritionally, and it has less caffeine. So, I'm a big advocate of green tea. But if coffee's your only vice, you're probably okay. It's probably not a big deal.

The one thing that makes me a little bit concerned is because caffeine raises your stress hormones. Stress hormones can influence your immune system – specifically suppress it – so that makes me a little nervous when we're talking about trying to heal cancer. So, that's the other reason I think coffee should be avoided. But again, there are these studies on large populations of people indicating that coffee drinkers tend to have less cancer. And, again, large populations of people generally are eating unhealthy diets, so coffee might be the healthiest thing in their diet – which is kind of sad to think about. But compared to Cokes, Sprites, Gatorade, and eating just like burgers and anything else, coffee is on the healthier end of the spectrum, for sure.



## **BEVERAGES**

### **1. Is kombucha good while treating cancer?**

I don't really think so. They use a lot of sugar to ferment the tea to make kombucha, so I would avoid it. I think it's okay if you're healthy and want to drink one every once and awhile. I had a really delicious one the other day. I don't drink them regularly, but my wife brought home a Humm Coconut Lime Kombucha, and it was probably the best kombucha I've ever had.

### **2. What's your view on alcohol?**

Just a couple glasses of red wine. The healthiest longest living populations around the world do consume a little alcohol, except for the Seventh-day Adventists. I don't see alcohol as being a big threat in small amounts. Now, drinking alcohol every day is probably not a great idea. We know that it raises your risk of cancer. If a woman drinks one drink per day, it raises her risk of cancer. If a man drinks two drinks per day, it raises his risk of cancer. The occasional glass or two of red wine is not a problem. An occasional beer or two is not a big deal. But if you have cancer and you're trying to heal, I would avoid those things. If you're healthy and you just want to stay healthy, then the occasional glass I don't see as a threat.

### **3. What do you think about taking wheatgrass juice, or enemas or implants?**

I drank a lot of wheatgrass juice in 2004 and 2005, and at one point I was growing wheatgrass in my kitchen. But then I decided it was easier to get shots at the local juice bar. I was also taking greens powders. Greens powders have wheat grass, barley grass, chlorella, spirulina, oat grass, alfalfa sprouts, and broccoli sprouts. When you're taking a greens powder, you're getting all the nutrition you would get in wheatgrass. To make those powders (if it's a company that's legit like Garden of Life or pHresh Greens), they juice the greens, then they dehydrate or freeze dry the juice into a powder, then they sell it to you. So, there's nothing lost. The only thing removed is H<sub>2</sub>O. I never did wheatgrass enemas or implants. If you do a wheatgrass enema, you're going to absorb some of that nutrition rectally—probably through your portal vein, which goes straight to your liver—and could be helpful.

### **4. What are your thoughts on kefir?**

There's nothing in kefir that you can't get anywhere else – that you can't get from plants. You get magnesium from plants. I mean, B12 you take supplementally. But

you're not going to get much from kefir. And it's not a good reason to drink Kefir. You can get lots of beneficial gut bacteria probiotics from apple cider vinegar, from water kefir (instead of dairy kefir), from sauerkraut and kimchi and other fermented vegetables like that. You don't need it for your gut. You don't need it for the magnesium. You don't need it for the B12. And the dairy, itself, is full of hormones that can fuel cancer growth. So, I would skip it.

## **5. Is pasture-raised dairy okay?**

Here's the thing, pasture-raised dairy is still loaded with hormones because it's from a living thing. You've got to step back for a second and ask, "What is dairy?" Well, dairy is cow's milk. It could be goat's milk. But cow's milk is growth formula for baby cows. So, when the cow drinks milk, the components in milk are sending growth signals to the body: "Grow, grow, grow, grow." It's sending the signals to grow, and it's giving the optimal growth fuel. So, if you want cow growth formula in your body telling yourself to grow, grow, grow, then have some dairy. But if you don't want that to happen, then it's a good idea to stay away from it. Now, the occasional little cheese or something, or whatever, isn't a big deal. But Americans are eating dairy every day. They're having milk in their cereal. They're drinking glasses of milk. They're having cheese on everything. It's too much dairy. It's not good.

So, yeah, generally speaking, pasture-raised, you know... You've got a cow in the backyard, you milk it yourself. Sure, that's less bad than commercial dairy, but you're still ingesting all of these growth hormones. There's 60 different hormones in milk, at least. And then, it's a high fat, high sugar product. Milk is high fat and high sugar. So, it's just not a real health-promoting food.

Raw dairy has benefits, but it also has some risks. There's risks of bacteria and parasites and things in raw dairy that can be killed by pasteurization. One time I was drinking a lot of raw milk. After I'd gotten well and before I was blogging, I was into raw dairy and Pasteur eggs; and I was eating raw egg. I was just doing a lot of dietary experimentation and had gotten sucked into the Weston Price cult, as it were. Then, after really looking at all the science, I was like, "Man, there's no science to support this being healthy, health-promoting, cancer-preventing at all. In fact, there's a ton of science that shows that this is not cancer-preventing food. I should probably stop eating it." And I did.

## **6. Is almond milk and coconut milk okay for cancer patients?**

Almond milk is fine. Coconut milk is okay. I think almond milk is better. If we're just talking about which is the healthiest, it'd be almond milk.

Yeah, absolutely. Almonds are awesome; absolutely fantastic. It may even be more beneficial, frankly. I think, in terms of published research, as far as fats go, almonds are probably a healthier fat. If you had to pick almonds or coconuts, almonds are probably better. I think I would pick almonds.

## **7. Any thoughts on silica water removing gadolinium contrast in the brain?**

I have no idea. I haven't seen any research on silica and gadolinium. I just can't say. I don't know. I hope it does, but I have no idea. Now, there's been a lot of stuff coming out about gadolinium being problematic, especially if you get multiple MRIs. If you get like one MRI, it's no big deal. But if you have to get multiple MRIs that gadolinium can accumulate in the brain, and no one really knows what problems it may or may not cause.

The most famous claim of gadolinium toxicity and brain damage, or neurological effects, is Chuck Norris' wife. If you google "Chuck Norris' wife" and "gadolinium," you'll find some articles. And they're sort of on a crusade now about gadolinium. I need to do this myself, because I'd like to learn some more about this. But yeah, there are resources about gadolinium, and I've only touched on them and just kind of skimmed a few things. But as far as removing it from the brain, I'm not sure how to do it.

Since you brought that up, I'll mention this for people that don't know. Silica-rich water, which is mineral water that is high in the mineral silica, has been tested in human studies. And it has demonstrated that it binds to aluminum and pulls it out of your body. And it crosses the blood brain barrier. They believe that it's pulling aluminum out of your brain, which is so cool and amazing. I'm going to write a blog post about this, at some point. But the gist of it is very simple: you just have to drink mineral water that is high in silica.

So, where do you find that? Well there's four brands. One of them is FIJI. Americans can get FIJI Water almost everywhere; it's in almost every gas station. FIJI Water comes from the island of Fiji, and it actually filters down through volcanic rock, and they pump it out and bottle it. FIJI Water is the highest silica water you can buy. And it has like 90-something milligrams per liter of silica. You can actually order FIJI online (<http://www.fijiwater.com>) and they'll ship you cases of it. That's probably the cheapest way to get it, drinking a liter a day. It does come in a plastic bottle, yes. It's BPA free, but whatever. I'm very tempted to do this protocol, which is 12 weeks, one liter a day of silica-rich water. But there's a couple other brands: Volvic, ACILIS, and Spritzer. But FIJI's the easiest one to get. The other brands are in the UK and overseas. They're more common over there.

Now silica is in oats, which is great. Oats are naturally high in silica. And silica's in lots of grains – millet, barley, brown rice, potatoes. If you google “foods that have silica,” there's a lot of foods, a lot of vegetables. Even carrots have silica. But the studies on silica removing aluminum from humans involved them drinking silica rich water. Whether the silica in all those other vegetables is having the same effect in our bodies, I hope it is. But I don't know. We know the silica-rich water does.

And you know, by the way, I talk about it in SQUARE ONE. Sweating detoxifies heavy metals from your body, including aluminum. Sweating is super important. Sweating detoxifies heavy metals – lead, aluminum, mercury, cadmium. There's over half a dozen heavy metals that are detoxified more in sweat than in urine, poop, or any other way in your body. So, exercise and sweat!

## **DRINK POWDERS**

### **1. Can greens powders replace juicing?**

Generally speaking, I love greens powders. There are tons of brands out there now. Just make sure the product you are taking is certified organic. Some of my favorites that I've rotated between for years are BoKU Superfood and pHresh Greens. When healing cancer, I added them to my juices and smoothies to amp up the nutrition. But I never viewed them as something that would replace a fresh juice.

### **2. How do Greens juiced powders rate against fresh juices?**

Well, I like both. I love fresh juice. I drink fresh juice almost every single day – about 16 ounces is my average now. And I also like to add Greens powders to water or juice, and things. So, I like both and I rotate brands. TTAC, Organics, I like pHresh Greens, and Organifi seem good to me, too.

I used to recommend Garden of Life Perfect Food, but they got bought out by Nestlé. So, I'll be distancing myself from Garden of Life because I feel like their quality will probably decline over time, if Nestlé is running that company, which they are about to be.

### **3. Do you recommend any of the plant-based protein drink mixes?**

Most people don't need to supplement with plant-based protein powder, unless they are clinically underweight. There have been all these studies on plant-based protein powders and a lot of them have some contaminants in them and stuff.

Maybe take one that is like a P-protein. I haven't seen any negative reports on a P-protein. So, like Whole Foods organic P-protein might be okay. I think most people don't need protein powder, generally speaking. I used to think Orgain was pretty good, but a report just came out that Orgain has issues with lead and arsenic contamination and some other things.

If you're caring for someone on a feeding tube, or that needs Ensure-type stuff, Liquid Hope is an amazing product, and so is Orgain. They're both really good whole food, plant-based meal replacement drinks—instead of the processed garbage that you get when you drink an Ensure or a Boost.

#### **4. Could you comment on the study on protein powders showing Garden of Life in the bottom of the study?**

There was a study of 134 different protein powders, and they tested them for a long list of contaminants, including arsenic, lead, mercury, cadmium, PCBs, BPA, pesticides, all kinds of stuff. And then, they gave them a score based on how clean or dirty they were – how contaminated they were. And the surprising result of this study was that the plant-based protein powders did pretty poorly. Plant-based proteins tend to absorb pollutants from the environment – from the soil. And it's concentrated when they are processed into a plant-based protein. So, the worst of all was Garden of Life Raw Meal Chocolate. It was the worst of all of the ones on the list. That isn't good. And the only Garden of Life product in there that scored high, I think, was the Vanilla Protein. It scored four stars out of five for purity; so that's pretty good. And there were a few others that did okay. Sunwarrior did not do well.

What stinks, for me, is these are the protein powders that I've recommended for years – Garden of Life, Sunwarrior, and Orgain. Well, Orgain wasn't included in the study, so we don't know about Orgain. But Sunwarrior didn't score very well; it only got two stars out of five, which is not good. Most Garden of Life products got one to two stars; the vanilla got four. And Nutiva had a hemp protein that got one star. Spiru-Tein had a few different products tested, and they were like two stars. So, it's not good, okay?

There were a lot of whey proteins, egg proteins, and other types of protein powders that scored much higher. Because they're from animal sources, they didn't have as many contaminants as some of the plant-based protein powders did. But, it doesn't mean they're good for you. Less contaminants is one thing, but the problem with whey and egg protein is it's an animal product. You're raising IGF-1, you're raising methionine, you're putting hormones in your body from an animal source. So, I wouldn't recommend those either.

So, my answer to all this is that most people don't need protein powder. Most people do not need it. Remember, protein powder is a processed food. It's not a natural food; it's not a whole food. Now, is plant-based protein powder better than animal? In general, yes, if it doesn't have a contamination issue. But this study showed significantly concerning levels of contaminants from just one serving.

So, what do you do? Well, most people only need about 50 grams of protein per day, and that's easy to get eating three meals of fruits and vegetables – potatoes, beans, rice, corn, the Giant Salad, oatmeal. So, it's easy to get protein from plants. And I just would challenge anyone who thinks they need protein, that they probably don't; they're probably fine. Let's say you don't eat any animals and don't take any protein powder, just eat fruits and vegetables, and go get your bloodwork done and look at your protein levels. They'll be normal. Mine have never been abnormal. I've never had

bloodwork done that said I was protein deficient. Even in the times of my life where I ate zero animal protein and no protein powder.

So, I don't know what to recommend. (A) I recommend you probably don't need protein powder. And (B) if you just need more calories and you're trying to gain weight, add almonds and walnuts to your smoothies. Add organic hemp seed. Add flax. Add nuts and seeds. Those are great sources of calories and whole food protein.

And then, yeah, as far as brands go, I don't know. That study has really made me even more paranoid about food quality and contamination issues. So, I'd say the best advice is just to avoid protein powders. The study can be found on my blog when I post it. You can find it on Consumer Reports right now. The Clean Label Project is who did this study.

So, you can go to their website (<https://www.cleanlabelproject.org/protein-powder/>) and look at all the stuff they've tested. Or read my blog post (<https://www.chrisbeatcancer.com/plant-based-protein-powders-contain-arsenic-mercury-cadmium-lead/>) about it.

## FAQ - Protocols/Therapies

(Q&A: Mar-Apr 2017, Feb-June 2018)

### SQUARE ONE

PG.73

1. If I fall from SQUARE ONE, am I **beyond hope** for curing my cancer?
2. How do you know when to move to **healing maintenance**?
3. What is your **maintenance** protocol?
4. If you had cancer now, what would **your day** look like?
5. **How long** did it take to reverse your colon cancer using your protocol?
6. Does your protocol work for **autoimmune conditions**?
7. Does the protocol work for **[BLANK] cancer**?
8. Can **bone metastasis** be healed by SQUARE ONE?
9. Can SQUARE ONE help with **heart valve stenosis**?
10. Can you adjust your program to fit people who need **animal fats**?
11. Should I be eating and drinking **as much as you** did?
12. Could **hormone treatments** affect responses to SQUARE ONE?
13. I'm on SQUARE ONE, but I **feel terrible**. Why is that?
14. I am on SQUARE ONE and have **IBS**. What should I do?

### PROTOCOLS/DIETS

PG.81

1. Why do you disagree with the **ketogenic diet**?
2. Comment on Dr. Winters' book, ***The Metabolic Approach to Cancer***.
3. What are your thoughts on a 100% **plant-based ketogenic** diet?
4. What are your thoughts on the **Gerson Therapy** dietary restrictions?
5. Do you know anything about **Hulda Clark**?
6. What is your stance on the **Weston Price Diet**?
7. What is your opinion of the **Eat Right 4 Your Type diet**?
8. Do you believe in **bio-individuality**?
9. Should I follow the **Kelley protocol** if I have lymphoma?
10. What's your view on the **Dr. Morse** high fruit diet?
11. How do you feel about **NORI**?
12. Can cancer patients do the **ProLon Fasting Mimicking Diet**?
13. Thoughts on incorporating the **Budwig diet** into SQUARE ONE?
14. Is there anything beneficial to the **ayurvedic diet**?
15. Medical marijuana regime of **CBD THC or hemp oil**?
16. What is the protocol for taking **cannabis oil**?
17. Are you familiar with **Lorraine Day** and her work and testimonies?
18. What's the five-year **survival rate** of nonconventional therapies?
19. Are you **gluten free**?



1. What is the **Rife Treatment**?
2. Did you ever use **PEMF**?
3. Will **color therapy** go inside my body and travel where it needs to go?
4. What are your thoughts on **IPT**?
5. If it isn't in remission, do you recommend **IPT**?
6. What is the role of **fasting** and/or **calorie restriction** in your healing?
7. Is **intermittent fasting** good for you?
8. What is the **fasting effect** on cancer cells?
9. Could you give some more details on **five-day water fasting**?
10. After a bad experience, I'm too **scared to try fasting**. What do I do?
11. Do you suggest any **IV therapies**?
12. Can you tell us more about your experience with **IV vitamin C**?
13. What do you think about **IV mistletoe**?
14. What do you think about **oxygen therapy**?
15. What do you think about **ozone**?
16. Is there any **ozone therapy** method you trust more than another?
17. Can you talk about **ozonation vs ionization**?
18. What do you think about **hydrogen peroxide therapy**?
19. Is it okay to do **coffee enemas** for prevention?
20. Did you do **coffee enemas** during your cancer treatment?
21. Are **enemas** necessary to detox?
22. How long should one continue doing **coffee enemas**?
23. Have you ever had a **colonic**?
24. What do you think of the **olive oil/Epsom salt** concoction for detox?

## **SQUARE ONE**

### **1. If I fall from your diet plan, from time to time, but I do all the supplements, exercise, and carrot-juicing every day, am I beyond hope for curing my cancer?**

Well, gosh, I would never say you're beyond hope. I would never say that. But I want to say that the diet and exercise are the two most important pieces of this strategy. The supplements are supplemental. They help, but you've really got to be committed to the diet, alright? And I say in SQUARE ONE: "100% is easy, 99% is hard." And this is not the time to let yourself fail. This is the time that you've got to push through and succeed. You've got to be determined to win, determined to get well, whatever the cost. And, in this case, the cost is not eating Twinkies. That's the cost.

So, I just want to encourage you that you can do this. You really can do it. But you have to avoid temptation. You've got to make it hard for yourself to eat unhealthy food. And that means getting it out of the house. Don't buy it. "Sorry, family members. We're not buying that stuff anymore." If you're buying like cokes, chips, and pizza, and like hot wings and stuff for your family, it's going to be really hard to resist having some. So, again, you've got to create a force field around yourself to protect you from the temptation of unhealthy food. That's super important. And then, again, you've just got to be committed to be hardcore, because the diet really is powerful. It's so powerful. Fruits and vegetables are amazing for you, and have all of these anti-cancer nutrients; you've just got to pound them in there.

### **2. How do you know when to move from intense healing to healing maintenance? And what does that look like, SQUARE ONE-wise?**

It varies for everybody. Let's say you've been doing SQUARE ONE – maybe 70% raw and 30% cooked food – for a couple of years. Your cancer's gone. Your scans are clean. Then you're good. The first two years are the most intense; that's when your risk is the highest. Now, you don't want to go back to KFC, McDonalds, Pizza Hut, etc. But, you can transition away from hardcore juicing every day all day and Giant Salads, to more of a normal plant-based diet.

So, you're eating cooked vegetables. And eating Giant Salads, not necessarily twice a day, maybe once a day, or every few days. But you're just eating cooked vegetables, raw vegetables, fruit, and having a juice or two a day. So, you kind of wean yourself off of it. And again, I love *The Blue Zones*. It's a great book. But when you look at the healthiest, longest living people around the world, they eat plant-based diets. They do eat a little bit of animal protein; but it's a few times a week, to a few times a month. But listen to your instincts and your intuition. Don't listen to your cravings so much, but your instincts and intuition. If you feel like you should stay hardcore longer, then

stay hardcore longer. If you feel really at peace and feel like you're well, then okay, you have a little more leeway. You have more freedom to enjoy little treats every once and awhile, or whatever. I hope that makes sense.

But the main thing is, if you're right in the middle of healing – and you're in that first two years especially – that's the most intense time, and that's where you don't want to slack off. The one thing that I just hate to see is when someone is doing really well – like they're shrinking a tumor – and then they slack off. And then, it starts growing again. And then, they panic and they start doing chemo and radiation. And everything just goes downhill. So, stay the course.

### **3. As a long-time survivor, can you tell us what your maintenance protocol looks like now?**

As for my diet, I drink about 16 ounces of juice per day, on average. And my diet is 98-99% plant-based. Breakfast is oatmeal, lunch is a fruit smoothie, dinner is a big bowl or plate of vegetables, raw and cooked. I have a very simple dietary life. Occasionally, if I'm craving it, I will have a serving of clean organic meat about once a month – preferably wild salmon, occasionally lamb or venison, beef like once or twice a year.

Occasionally, maybe once a month, I'll have eggs. The difference between me and the majority of Americans is that Americans are craving meat and dairy three times a day because they're addicted to it. I don't have that meat and dairy addiction; I broke that a long time ago. So now, I listen to my body. Occasionally, if I feel like I need a little animal food, I'll have a little bit. And sometimes I'll enjoy dessert or a glass of wine or a beer.

The longest living populations of people around the world are not pure vegans, but they eat about 95% plant-based, on average. For them, meat and dairy are special occasion foods, not three times a day foods. They eat meat a few times per week to a few times a month. That's not enough to affect your health in a negative way, especially if you're well. That's the example I follow now.

### **4. If you had cancer now, what would your day look like, other than SQUARE ONE?**

Besides SQUARE ONE, I would be doing at least eight grams of curcumin per day. I don't talk about that specifically in SQUARE ONE. Well, I talk about it, but this is before that Deineke study came out (<https://www.chrisbeatcancer.com/how-dieneke-ferguson-beat-multiple-myeloma-with-curcumin/>). So, I would definitely be doing that, versus a lower dose. I would be taking cannabis oil. I'd find a way to get it and take it.

I've said the enemas thing before. I've said before that if I had advanced cancer and tumors in my body, then coffee enemas daily would be another thing I would do. But I do talk about that in SQUARE ONE.

There's very little else I would do. I mean, the program involves a lot. There's a lot in there. So, those are the only two things that I don't talk about specifically in SQUARE ONE that having since learned a little more, and having a little more confidence about them, I would say they would be very good things to incorporate.

**5. How many years did it take to reverse your cancer using your protocol? Do you recommend a colonoscopy be done every year for people over 50?**

I feel like it took at least two years. The first two years you're really in the high-risk zone. The risk of recurrence is super high, and it stays elevated for the first five years. If you make it to the five-year mark, they pretty much consider that it's probably not going to come back. If you make it to ten years, then you're really considered to be in the clear. So, you want to think long-term. You want to have that "hardcore for two years" mentality. And once you get to two years, your mindset, your habits, and your life will be so different, you're not going to want to go back to your old way of living. It is possible to gradually slip back into your old habits over time. So, you have to stay vigilant. Just put a two-year goalpost in your mind, and be hardcore for two years. And then when you get to two years, you'll feel good and hopefully be getting well, and you'll want to keep going and taking care of yourself.

I don't recommend a colonoscopy every year. I don't think doctors even recommend that. If you've had colon cancer, doctors might recommend having one a year later. And then they may say, "Come back in two years." Then after two years they may say, "Come back in three or four." That's the way it went for me. The last time I had one, the doctor told me, "Come back in five." Colonoscopies are kind of controversial and some doctors are saying, "Don't get one. The risks outweigh the benefits. Get a ColoGuard stool test instead, or get a sigmoidoscopy, which is safer." The screening guidelines have changed. I talk about this in Module 10.

Young adult colon cancer is on the rise, but they don't even start screening for it until age 50. So, I think we could probably save a lot of people's lives, a lot of misery and suffering and stuff, if we screened for colon cancer earlier, even in the teens. Which sounds crazy, but with the Standard American Diet, people are getting colon cancer a lot in their twenties. I was 26; I was a pioneer! Just kidding. But I was basically in the first wave of young adult colon cancers, which has now grown into a big wave...and it's getting bigger.

## **6. Does your protocol work for autoimmune conditions?**

Autoimmune disease is tricky. But there's a significant connection – and I think most people have not heard about it yet – between autoimmune disease and the Epstein-Barr virus. I think that virus is a very prevalent and problematic virus. It's causing a lot of people a lot of problems.

If you've got autoimmune issues, if your body is going haywire, you need to look at the stress in your life. Just go through SQUARE ONE, do everything in there. Remove the stress and exercise if you're not exercising. Switch to a plant-based diet because meat, dairy, and some grains (in some cases) can be inflammatory foods, depending on your body. And give your body time to heal. Even an all fruit diet can be amazing for autoimmune. I've met people who've reversed autoimmune with the same principles I outline in SQUARE ONE. So, it's worth a shot. Go for it.

## **7. Does the protocol work for pancreatic cancer?**

Okay, so I don't say, "This protocol works for X type of cancer." But if you have cancer of any type, what we know is that the plant-based diet is the most potent, powerful anti-cancer diet. It just is. It doesn't matter what type of cancer you have; my advice is the same. I think the best approach is to radically change everything: hardcore plant-based nutrition, supplementation, exercise, forgiveness, rest, and removing stress from your life. Do everything you can to promote health and healing in your body.

So, if you have pancreatic cancer, you've got to go for it all the way. I have a friend whose dad had pancreatic cancer and he really struggled. He did chemo, but they also incorporated a lot of juicing and nutrition. And he lived for three years, which is twice as long as the average pancreatic cancer patient...which is fantastic. If they came out with a drug that would help people live twice as long as they're living now, it would make \$100 billion dollars. I do know people who have healed pancreatic cancer. There are several interviews on [ChrisBeatCancer.com](http://ChrisBeatCancer.com), just search "pancreatic cancer" and read amazing testimonials from my friends Kay Hahn, Ann Cooper, and Felicity Corbin-Wheeler. You'll be inspired and encouraged, and hopefully it will give you that spark that you need to just get serious and go for it all the way.

## **8. Can bone metastasis be healed by SQUARE ONE?**

Let me just say this, the body can heal cancer. It can heal bone metastasis. I've seen it. Lots of people have seen it or experienced it in their lives. The body can heal. SQUARE ONE is designed to help your body heal. SQUARE ONE doesn't heal anything. SQUARE ONE helps you heal. There's a difference there. SQUARE ONE

doesn't cure cancer. SQUARE ONE just helps you change your whole life, overdose on nutrition, and give your body what it needs to thrive. That's what SQUARE ONE does. So, that's the answer. Cancer can be healed, and SQUARE ONE can help you change your life and empower your body to heal. And that's why I created it.

**9. Can SQUARE ONE help with heart valve stenosis (hardening of the arteries)?**

Yes, do the SQUARE ONE program. Do it. Just do it. It won't hurt you. The one thing I'm absolutely certain of is that fruits and vegetables will not hurt your heart. When you stop eating animal foods, you stop eating cholesterol and other factors that contribute to arterial plaque and hardening of the arteries. And if you stay off those foods long enough and replace them with wonderful life-promoting, health-promoting plant food, you can heal your cardiovascular system. So, I think it will only help you and you should do it.

**10. Dr. Kelley and Dr. Gonzalez had great success in healing terminal cases of cancer. A vegetarian diet worked for most, but they both found some needed meats and animal fats to regain their health. How do you adjust your program to fit those people, or are they considered at all?**

Yeah. I'm very familiar with Dr. Kelley's work. In fact, I have a number of his books, including the two case study books that they've published – *Conquering Cancer* volumes one and two – of patients they successfully treated with nutrition. I have great respect for Dr. Gonzalez and Dr. Linda Isaacs, who has continued on in that work. The high meat diet that they put some patients on always perplexed me, and they don't have that many testimonials of those types of survivors.

Let me explain this simply. For those of you that don't know, the Gonzalez and Kelley protocol typically involved putting patients with blood based cancers – leukemias, lymphomas, and things – on a diet that involved more animal protein, in some cases eating red meat every day. They said those patients typically felt better on that diet; and I guess some of them did well. I've also seen and interviewed lots of people who've healed leukemia and lymphomas doing SQUARE ONE type of stuff – all plant-based. I don't have any reason to think that you need to eat meat to heal it. I mean, clearly, they got some results putting people on those diets with those type of cancers. But I've seen results from people doing what we talk about in SQUARE ONE, without eating animal protein. So, I just don't think it's necessary.

**11. You said you drank 64 oz of juice daily. You're a tall man and I'm not. Should I be eating as much food and drinking as much juice as you did? How do you determine what's best for each person?**

It's not too much juice. Even on the Gerson therapy, patients drink 13 juices a day, which is even more than 64 oz. It's like 104 oz. It doesn't matter what size person you are. As for the food, that's just up to you how much food you can eat. The Giant Salad just needs to be big enough to fill you up. The fruit smoothie just needs to be big enough to fill you up. Same with the supercharged oatmeal, if you're eating that for breakfast. It just needs to be enough to fill you up and get you to the next meal.

Don't worry too much about portion sizes, just try to make sure you get all the good stuff in there. Get all the ingredients in the Giant Salad, but make the salad the appropriate size for you. And I would recommend making it bigger than you think and overeating a little bit, because your body goes through salad pretty quick and you don't want to be just like ravenously hungry 1.5 hours later. Eat a bigger salad than you think you need, and that'll last you 4-6 hours until the next meal.

**12. My mom has been on your program for about eight months. She's also doing hormone therapy. But we've only seen a slight decrease in her tumors. What are we doing wrong? We expected much faster results compared to others who've healed. Do you think it may be the hormone treatment? Her energy level remains very high and has a positive attitude.**

I'm not sure if the hormone therapy is interfering or not. I do know that some people heal faster, and some people take longer. Some people are faster than others. Some people it takes a while. A slight decrease is good. Celebrate that. Decrease is good. Cancer cannot kill you if it decreases. It's only a threat to your life when it's increasing.

And I can't tell you what you're doing wrong, because I just don't have enough details. The fact that she has a lot of energy and she has a positive attitude is wonderful. I'd just say, "Look, just stay the course." It took Dale Figtree three years to heal. It may just take a few years to get there. And just keep doing what you're doing. And here's the thing that you've got to keep in mind: you've got to keep your perspective because for some people, the tumors never go away. They never go away. But they stop growing. If the tumor stops growing, she can live with it forever, until she dies of something else. That's good, right? I know it's not the best case scenario to have a tumor in there, because it makes everybody nervous. But again, if it stops growing it can't kill you. I talk about the different scenarios that can play out in different people in Module 10.

But again, if the tumor stops growing it can't kill you. It may go away completely. It may shrink partially. It may just stop growing. Those are all good things. And just stay the course. Keep doing what you're doing. Make sure she's enjoying her life.

**13. I've been on SQUARE ONE for 100 days. My cancer is in check, my tumor is stable, my standard life is good, but I feel terrible. I'm sluggish. I can't concentrate. I'm fighting depression, brain fog, and I get odd pains.**

Healing takes time, and there's ups and downs in the healing process. You may be in a downward cycle. In the bull markets, everything's up and everybody's excited and feeling good. And then, in the bear markets, things are down and people are afraid and uncertain and there's doubts. It's the same way with health and healing. Yeah, you might just be in this season where your body's really detoxifying and working through some stuff, and you just feel lousy. That may be happening.

More specifically, you do need to look at your B12. Make sure you're supplementing with B12. Make sure you're taking vitamin D. I don't know exactly what you're eating, so it's hard for me to say. Maybe, you could make some tweaks here and there. You said you were following SQUARE ONE, so you're eating probably less salad and less cooked food. Maybe you need more fruit. Maybe you need more carbohydrates to give you energy, if you're feeling a little low. If you eat a ton of, let's say, cruciferous vegetables and the Giant Salad, without any complex carbohydrates, for some people, that might zap their energy a little bit in digestion. Some people need more of a balance of legumes – potatoes, brown, black and red rice, and lentils. Those are legumes. Eat some fruit, because that gives you energy; it makes you feel good.

Beyond that, you can do a micronutrient profile test. A micronutrient profile test will tell you if you have any deficiencies in vitamins or minerals. There could be a very simple vitamin or mineral deficiency that is making you feel sluggish. Then you start supplementing and you're, "I feel awesome now." B vitamins – B12, like I said earlier. Then, odd pains? Odd pains come and go, and you're just more sensitive to it after cancer, because every odd pain that you think, "No! Do I have elbow cancer?" I wouldn't worry too much about the odd pains and things.

Beyond that, here's the thing. Your cancer's in check, so that's really good. And so, I wouldn't go changing up the routine yet. You might shift some of your food around, but I wouldn't start eating animals – not necessarily yet. The occasional piece of water-caught salmon is pretty low risk, if you're at the hundred-day mark. But just be careful. Be careful of what you do next.



**14. I tried following your regimen and ate up to 10 cups of veggies a day. Now, I have IBS and intermittent loose stools. My body feels weak and I'm really tired. What should I do?**

I'm not sure. I've never heard of anyone having IBS from vegetables, but I'm curious if you are eating tons of just salad, or if you're also eating cooked veggies. Sometimes people have difficulty with raw vegetables. Some people have a hard time digesting broccoli, cauliflower, kale, the raw green vegetables. And so, if that's the case, then you want to cook them. Cooked veggies are still healthy – still nutritious. So, if that is you, if you're having a hard time with raw veggies, then cook them. Eat them cooked. You can blend them up in a blender. You can then cook that as a soup and consume it hot or cold. That'll help make it easier to digest. Or you can just steam veggies. Cook them like you normally would.

Either way, that's what I recommend. Sometimes, it takes a while too because there are certain strains of bacteria that are required to properly digest fiber and starch, and most Americans/Western diet eaters are eating a diet that's really heavy in meat and dairy, and really low in fiber. And so, there's good fiber-digesting starch and fiber-digesting bacteria that are absent. So, it takes time for your body to adapt to eating lots of fiber and starch. And so, in the meantime, yes, you actually could have irritable bowel and different digestive symptoms like that. I would try to eat more cooked food.

And then, also, probiotics. Aloe is amazing. Apple cider vinegar, probiotics, even sauerkraut and kimchi. Occasional kombucha is okay, too. And try to get that good X-ray in there to help heal your gut. Also, you said your body feels weak and you're really tired. So, again, if you're having a hard time digesting vegetables, then it can zap your energy because your body is working really hard to break down these foods. It could also mean you're not chewing very well. I don't know if that's the case, but again, cooked food is easier to digest. It creates energy in the body more quickly and you might see a big turnaround eating that way. Then, also, you may be low in B12.

## PROTOCOLS/DIETS

### 1. Can you comment on whether the ketogenic diet is a legit anti-cancer diet?

There's an article on my site. It is a super duper, comprehensive article that you should read. And you'll understand exactly why I don't agree with it. My opinion on that article has not changed at all. <https://www.chrisbeatcancer.com/dr-gonzalez-dismantles-ketogenic-diet-for-cancer>

The problem with the ketogenic diet is that it's unnatural. There's no population in the world, or ever in human history, that eats 80-90% fat. You're going to be deficient in so many nutrients, not eating fruit and not eating a lot of vegetables, because you've got to eat mostly fat. You can only eat a little bit of vegetables and no fruit. You're missing out on all these wonderful anti-cancer nutrients.

I don't like the idea that you need to starve cancer. I don't like that approach. That's like the chemo approach: "We've got to kill it. We've got to starve it." I like the heal it approach. Let's give our body an abundance of nutrition that supports health and healing, not let's try to starve the cancer. Just philosophically I disagree with the "I need to starve my cancer with a high fat diet" approach. I just don't think it's a good standpoint to address your problem from.

Beyond that, there's only a handful of people out there that have had success with their cancers with the ketogenic diet – and typically it's brain cancer. That might be the one that it responds to the most. So, the ketogenic diet is helpful for epilepsy brain disorder, preventing seizures. It could be helpful for chemical imbalance, mood problems, anxiety, schizophrenia, and other brain disorders. And it could be helpful for brain cancer. Although they've done studies with brain cancer patients doing the ketogenic diet and they died. So, it's definitely not helpful for all brain cancers. But there are a few brain cancer testimonials out there that employed the ketogenic diet and they're still alive today. But they typically did other therapies too.

So, that's the problem. And again, on my ketogenic diet article, I've updated some links to some studies. Some of the most popular studies that people cite are rat studies where they take a human brain tumor and stick it in a rat, and then give it a ketogenic diet, hyperbaric oxygen, and calorie restriction. And the rat lives longer, but it still dies in a completely unrealistic scenario. You would never have a glioblastoma anywhere but in your brain. But they put it in a rat's body. So, it's totally unrealistic. And that's just one of many problems. But check out the ketogenic article, look at the links, look at my explanation, and read Gonzales' breakdown of the inherent problems of that diet.

So, that's the biggest glaring problem. And just, again, the history of the ketogenic diet is that it doesn't work by itself. And they know that, so they keep on tacking it on and tweaking it and trying it every which way in combination with all this other stuff to try to legitimize it. My belief is, "Hey, do you want to do all that other stuff? Great." But I think the plant-based diet is the diet you need to be on, not the keto diet. So, you want to do hyperbaric oxygen and IV therapies and chemo and radiation and fasting and calorie restrictive diet? Fine. Do it all. But I wouldn't do it on a ketogenic diet.

So, beyond that, there are studies that show that tumors can use ketones for fuel. So, the basis of the ketogenic diet – that it starves cancer cells – is false. It's just not a true statement. For some types of cancer, maybe temporarily; but this sort of idea that like, "Oh, cancer cells run on glucose, and if you deprive them of glucose, they die." It's just not true. That's not what's happening. Usually what happens is it slows them down temporarily, and then they adapt; they start using ketones for fuel. They keep growing.

I will always be fighting tooth and nail against the ketogenic diet. Probably, as long as it's a fad, I'll be trying to talk people out of it because I think it's bad first choice. Now, as a last ditch dietary effort...why not? It makes me sad. It's painful for me to see people jumping into the ketogenic diet as their first anti-cancer diet. And I think it's not a good first anti-cancer diet. It's so restrictive. There's no fiber; I mean, there's no fiber at all. It's very acidic; your breath smells terrible. That's the last thing any of you care about. But when your breath smells that bad, something is wrong inside. I could talk about this for the whole two hours. I'm not going to do it.

But one of them is that they've now recently discovered that for cancers with a certain genetic defect, basically, the ketogenic diet makes them more aggressive. Yes, more aggressive in certain types of melanoma. Again, if they have this defect. It also applies to colon cancer, and a few others that I can't remember off the top of my head. But it's in the article. So yes, in some cases, it could be ineffective. In other cases, it might slow it down temporarily. And then, in some cases, it could actually make it more aggressive.

**2. Have you read Dr. Winters' book, *The Metabolic Approach to Cancer*, about the Ketogenic diet? She gives a lot of science on why not to be vegan.**

Yeah, I know about Dr. Winters. I know about her opinion and her platform, and I'm not really a fan. I don't think it's good advice. The one thing that I do agree with her on is that veganism is not essential to health. I say this all the time, the longest living people around the world are not vegan, but they do eat a diet that's about 95% plant-based, on average.

Now, the SQUARE ONE protocol is a vegan protocol, but in Module 4 I talk about how it's not for life. This is an intensive healing season of your life where it make sense to get off all animal foods, for a period of time – 90 days or more, maybe up to a few years – of plant-based diet and lots of raw food. But at no point do I ever tell anyone they should be vegan for life. What I do tell people is that they need to eat a plant-based diet for life, and that could be around 95% plant-based. Personally, for me, it's 98-99% plant-based. So, I eat animal foods a few times a month. That's about it. And it's nice because if you crave something, have it. It's okay. It's not going to kill you. And it might be beneficial. Maybe a little animal protein could be helpful for you – like a little wild-caught salmon here and there or whatever.

But eating meat three times a day is crazy. Eating a diet that's 80% fat is so weird and unnatural and there is no epidemiological, archeological scientific world civilization precedent for eating that way. No population in the world eats that way. It's just weird and it's not good. Yeah, I'm not a fan of the ketogenic diet. I talk about it in almost every Q&A. Those are a few reasons why.

And look, we have tons of published, scientific evidence on the anti-cancer compounds in fruit and vegetables – including starchy vegetables like brown, black, and red rice; purple and sweet potatoes; beans; carbs; fruit. And it's crazy not to eat those foods. There is no scientific evidence that fat is an anti-cancer compound. Now, I get the ketogenic studies where they show that fat can starve a cancer cell because they run on glucose. But it's not that simple; it just isn't.

Listen, read the [article](#) on the ketogenic diet on my site. I cite numerous studies. And by the way, these are like the best studies that the ketogenic community has to offer, and I cite them and explain them. And you can click through and read them yourself. What you'll find is that they can't even cure cancer in rats with the ketogenic diet. They can't even cure it in rats, so what makes you think they're going to cure it in humans? They've done all these rat studies and yeah, some of them show some tumor shrinkage and things like that. The ones that have the best results are the ones that they treated with like radiation plus the ketogenic diet, in a rat with human brain cancer implanted in its body. It is just totally unrealistic. But for the most part, yeah, they're not curing cancer in rats with ketogenic diet as a monotherapy. So, what makes you think it's going to work in humans? I don't know. But somehow they've taken these rat studies and are just broadcasting around the world that it's a great diet for humans. It's weird for me. I just don't understand.

But in the meantime, we have all of these people who healed cancer doing the things I talk about in SQUARE ONE – plant-based diet, tons of raw food, juicing, changing their whole life. I mean, for decades and decades and decades, that's what people have been doing. The people that have healed all kind of do the same thing. It's the stuff I'm telling you and teaching you about. Let's do what's working for most people and not

run after some fringe experimental fad diet therapy that endorses bacon, which is a Group 1 carcinogen! It causes cancer.

And by the way, don't take your dietary advice from a chiropractor, okay? I love chiropractors, but most of them are on this ketogenic diet bandwagon and really have spent zero time researching anything. They're just like in the echo chamber and parroting what everyone is saying. "Well, the ketogenic diet is the best anti-cancer diet."

And I'll just say one other thing. A lot of people who claim they're on a ketogenic diet aren't. I'm following this closely and I read things online where people say, "I'm on a modified ketogenic diet. I don't actually check my ketones but blah, blah, blah." If you're not in ketosis, and you're not checking your ketone levels every day, you're not on a ketogenic diet. There's no such thing as a modified ketogenic diet. You're either in ketosis and you're ketogenic or you're not. But you see a lot of people that are like, "Well, I'm on a ketogenic diet and I feel great." I'll be like, "Oh, really, you're checking your ketones?" "No." They've never confirmed that they've ever actually been in ketosis. They're just eating a lot of fatty foods and telling everyone they're on a ketogenic diet. They're basically on a low-carb diet and telling people it's ketogenic. I don't know. The whole thing is just a big mess. It's like saying, "Well, I'm partially vegan." No, you're not. You're either all or nothing. There's no partial veganism.

### **3. What are your thoughts on a 100% plant-based ketogenic diet for cancer healing, prevention, health, and weight loss?**

Look, the plant-based ketogenic diet is certainly better than the animal fat-based ketogenic diet. In terms of hierarchy of good, better, best...it's okay. I mean, I feel like it's pretty restrictive. It's no big deal to cut off the grain, so that's not an issue. Berries are the most potent anti-cancer fruits, so that's fine. You can eat berries. But beans and legumes are wonderful, so I do have issue with excluding those because I think they're beneficial. Again, it's like, what are you eating though? I'm not even sure what a person would eat – how to stay in ketosis – eating this plant-based diet.

I mean, it seems like you've got either like a lot of avocado and a lot of coconut oil, which is not really a healthy thing in excess. And maybe a lot of nuts, which are good; high fat vegetables and fruit, like avocado is a fruit. And then, obviously, you can have some salad-type stuff, which is good – like broccoli, cauliflower, kale, salad-y stuff. And then, berries. I mean, that's all good. I just feel like it's a little more restrictive than necessary.

And are you actually in ketosis? Are you monitoring your urine ketones several times per day? Those are the kind of questions I'd be curious about. It sounds like what

you're doing is not that far from SQUARE ONE. It's just that you're not having any starches or carbs, and you're not having much fruit except berries. I mean, it sounds okay. That's the best I can say.

It's hard to get into ketosis though. That's the thing. That's why I was wondering if you are in ketosis, because it's hard to stay in ketosis. I mean, there's a lot of food that can knock you out of ketosis. You really have to be consuming either very low calories and/or very high fat food. That kind of goes back to what I said in the beginning of this Q&A where I said that a lot of people think they're on a ketogenic diet and they're not actually in ketosis. I'm not saying that's you, but it reminds of what I see a lot.

#### **4. The Gerson Therapy does not allow pineapples, berries, basil, cinnamon, nuts, and beans. What are your thoughts?**

Dr. Gerson had a very restrictive diet for cancer patients. He basically eliminated berries, nuts, beans, and many herbs and spices. The Gerson Diet is 13 juices a day – mostly alternating between carrot apple juice and a green juice. Those recipes are in the SQUARE ONE Recipe Guide. As far as the solid food they could eat, it was a lot of potatoes every day. The Hippocrates Soup recipe is also in SQUARE ONE – that's a potato-based soup. A variety of cooked vegetables and salad, too.

But Gerson died in 1955, and we've had a lot of amazing nutritional science come out. We know that there are powerful anti-cancer compounds in berries, cinnamon, basil, and even nuts and pineapple – everything that you mentioned. I think if Dr. Gerson had lived two or three more decades, his opinion probably would have changed as all this amazing science was published about the anti-cancer contents in these foods that he excluded from his diet.

That's all I can say about it; it's totally speculative. The Gerson Therapy diet is one of the most restrictive diets for cancer. It restricts a lot of foods that I feel like are powerful and beneficial. But I know many people who have gotten well on the Gerson Therapy – lots and lots of people. It's another option. If you don't get the results you want with SQUARE ONE and you want to get even more hardcore, you can do Gerson Therapy.

#### **5. Do you know anything about Hulda Clark and the idea that parasites have a connection to cancer?**

Yeah, I recommend the Hulda Clark parasite cleanse. Somebody hasn't gotten that far in the course yet. But yes, I recommend her parasite cleanse in the Supplement module. Hulda Clark was a huge force for good in the holistic cancer healing world. In

fact, I have her massive book, *The Cure for All Cancers*. And she was hardcore. I recommend this book; but I also kind of don't recommend it, because it will kind of freak you out and make you insanely paranoid. And I feel like it just might be a little bit overwhelming for some people. But there's a lot of value to it, too.

But yes, the Hulda Clark parasite cleanse, from the Hulda Clark store (<http://www.drclark.net/en-us/>). You can buy her parasite cleanse formula. It's very inexpensive. It's three different supplements that you take for 18-21 days – wormwood, black walnut hulls, and clove. And I think it's like maybe \$70 for three supplements. You can also get them on Amazon, but just get them from the store because you can also download or view the daily protocol online, because you kind of ramp up the doses over the 18-21 days. I've met people who reversed their cancer with just that protocol, which is pretty amazing.

## **6. What is your stance on the Weston Price Diet?**

Weston Price traveled around the world and examined the diets of different indigenous peoples, like the Inuit and the Masai. And he wrote a famous book called *Nutrition and Physical Degeneration*, which is a great read. It's a good perspective on the difference between a whole foods diet and a Western diet. He was a dentist, he wasn't an MD, and he wasn't a real scientist. But he made some valuable observations about the importance of getting back to a simple, unprocessed diet.

The problem is, people have taken Weston Price's work and turned it into a movement of people that are eating way too much meat and dairy. They're drinking tons of raw milk and they're eating loads of butter, cheese, and eggs. Yes, they're eating grass fed meat and raw organic dairy, which is less bad. But eating a high animal protein diet like that...that's a King's Diet. You're eating a King's Diet if you're eating the Weston Price diet, and you're going to get King's diseases.

I know Weston Price fanatics who are way overweight. They're not healthy, and they're like, "Oh yeah, I'm nourishing my body with grass fed, pasture-raised meats and raw milk, cheese, and butter." And I'm thinking, "You're obese! You're overeating. You're eating a King's Diet. Why can't you see that it's not helping you?" These people have totally drunk the raw milk "Kool Aid," so to speak. The core principles of Weston Price are good, but people have taken it too far and they just use it as an excuse to eat gluttonous amounts of meat and dairy.

**7. What is your opinion on the Eat Right 4 Your Type diet and the importance for some to eat meat?**

The metabolic typing diet has basically been debunked scientifically because there's been studies published where they try to find some validity to it and there just isn't. And the reality is that the healthiest, longest living people – without exception – on every continent eat a plant-based diet. They do need a little meat. It's fine; they eat a little bit. 95% plant-based is the average, so that means they might eat some animal food a few times a week to a few times a month.

It could be eggs, it could be fish, it could be lamb, it could be pork (although I'm not a fan of scavengers), it could be beef, it could be chicken. Typically, it's not beef though, because the poorer cultures (which happen to be the longest living) don't have access to beef. Cows are huge. I could kill a cow and it's a ridiculous amount of beef. And how do you keep it fresh? So, typically, it's small stuff, like fish and fowl. And if they're eating beef or they're eating pork, it's because there's some kind of special occasion – like there's a feast or a party or a wedding or some event where a lot of people are getting together.

But I don't think eating meat is important. I just think the healthiest, longest living people eat a little bit, and we don't know if the meat they eat is actually helping them or if it's just not enough to hurt them. Nobody knows. The best epidemiological experts that I've ever listened to are all like, “We don't know. We can't say. We know what they're doing; we can't say for sure whether or not a little bit of meat is helping or it's just not enough to hurt them.”

So, the metabolic typing, I think it sounds good. I understand like, “Oh, I've got a different type of blood. I should eat a special diet because I'm a type-O.” I like the idea, but it doesn't have traction in the real world, in terms of the healthiest, longest living people. Because they're all different blood types. I mean, you know, if you go to Ikaria, one of the blue zones, they're not all the same blood type; but they're all eating basically the same thing, and they have one of the largest groups of people living past 100.

**8. I tried being vegan after listening to your program, but I believe in biochemical individuality and I do not believe I'm the right body type for being a vegan. Do you agree about bio-individuality, or should I be trying harder?**

I believe this means that they eat milk, eggs, and fish, but don't eat other meats. Yeah, generally speaking, I do not agree on bio-individuality, unless you're an Eskimo. Eskimos have a little bit of evolution in their genetics with their diets. So, people living in extreme conditions for multi-generations can handle a high-fat diet better than your



average person, like you or I. They're not great examples of health anyway, they have short life spans. First of all, the blood type diet has been debunked. There's no science behind it at all.

The closest animal to a human is a primate. Primates are herbivores, mainly frugivores. And we know this because, anatomically, their teeth are just like ours. They don't have canines. Now, we may have teeth called canines, but they're really not canines. Canines are teeth that are designed to kill and tear another animal's flesh from their body. And if you look at a cat (which is a carnivore) or a dog or a bear (which are omnivores), or monkeys in the primate family, like chimpanzees, that actually do kill other animals, they've got giant canines. Those are meant for meat-eating. Carnivores also have very short digestive tracts, because they eat only meat. Meat needs to move through very quickly because it putrefies, it causes irritation, inflammation, fecal mutagens, and all kinds of unhealthy reactions in your gut, if it stays in there too long. Meat also causes constipation.

So, humans have a long digestive tract, which is good for extracting more nutrients out of vegetation. So, physiologically, your body, as a human, is meant to eat plants. One of the biggest misconceptions that we were all told in school is that humans are omnivores. We're not omnivores. Dogs and bears are omnivores. Humans are herbivores/frugivores – plants and fruit. That's what we thrive on. Now, the human body's adaptive. So yes, we can eat meat and survive for long periods of time; but it's not ideal. And a high meat diet and a high animal fat diet causes all kinds of problems. It causes diabetes, cancer, and heart disease.

So, I don't think that a diet with lots of eggs, dairy, and fish is an ideal diet. If you eat those foods, they need to be less than 5% of total calories. And that's based on all the population studies of the healthiest people around the world and the way they eat. When I say “healthiest,” I mean the people who live the longest. They're the healthiest. Long life equals a long life of health, and not just somebody on a respirator for the last 20 years of their life. I mean, healthy, thriving populations like are documented in National Geographic's *Blue Zones*.

So, where I'm going with this is, those populations consistently eat a diet that's 95% plants. Plants, plants, plants, fruits and vegetables, very little animal products. So, if your meat, dairy, and egg consumption is less than 5%, you're in the safe zone. But if you're trying to heal cancer, I think you need to be 100% plant-based, because I think those foods fuel cancer growth. I talk about it in module three, and maybe also a little in module four. But, anyway, I talk about animal protein raising IGF-1 and methionine, and things like that. So, that's what I think.

**9. I have an aggressive form of non-Hodgkin's lymphoma. I'm working with an MD and I'm questioning his “no fruit but berries and only steamed veggies, green juice, organic eggs, and bone broth.” It’s based on Dr. Kelley’s cure.**

I don't know about that. It doesn't sound like Dr. Kelley, at all. If you want to know the Kelley protocol, read *One Man Alone*. That's the Kelley protocol. I'm pretty sure bone broth isn't in there. The book's amazing though, and it's got many case studies in the back.

I don't like your MD's advice. I think you need to do SQUARE ONE. I have friends that have healed non-Hodgkin's lymphoma. One of them is my friend Courtney Campbell ([AntiCancerMom.com](http://AntiCancerMom.com)). Courtney did tons of vegetables every day, mostly raw, and healed it. It's been many years for her. The other one is my friend, Ryan Luelf. He basically healed it with an all fruit diet. Also, there's my friend, Cathie Grout, who wrote a book called *Rabbits Don't Get Lymphoma*. She killed her non-Hodgkin's lymphoma. I've also interviewed other people who've healed lymphoma. Just search “lymphoma” on [ChrisBeatCancer.com](http://ChrisBeatCancer.com).

**10. Are you familiar with Dr. Morse? Can you comment on his teaching about an all fruit diet and how it can be used along with SQUARE ONE?**

Yeah, I recommend Dr. Morse in the SQUARE ONE Guide Book, in my list of practitioners. Dr. Morse is a brilliant guy, he's got a lot of YouTube videos. He is a major advocate of fruit and herbs for healing, and he often puts cancer patients on an all fruit diet. Sometimes it's an all fruit juice diet, like straight lemon juice for weeks at a time, or freshly squeezed grape juice – not Welch's. Grapes and lemons are both astringent and they break up mucus and stuff in the body. Really amazing.

Dr. Morse is fascinating. I know people who've healed on an all fruit diet, and of course Morse does too. And he helps people heal with an all fruit diet. I've got no problem with the guy at all. And again, for some people he might be the right guy. But the majority of people I know who've healed, did it with the principles I talk about in SQUARE ONE – so lots of vegetables too. I'm definitely not against the guy. I think he's brilliant and great. And that's why I put him in there as a resource. If you're interested in him, then go do a consultation.

I would say, before you do that, make sure what you're doing isn't working. Because there's no reason to change course. There's a lot of shiny objects out there. It's like, “Oh this is interesting. What about this? Or what about that?” And there's a lot of attractive and compelling protocols, therapies, and theories about health and healing and cancer reversal and things like that. That all make sense and sound good. But the

one thing you don't want to do is jump from one thing to the next thing, and never monitor and test, and have no idea what's going on in your body.

If you're following SQUARE ONE and you're getting testing, and there's just no evidence it's helping you at all – your tumors are growing as fast as ever and it's just not stopping – then okay, go consult with somebody else. Maybe Morse; maybe the all fruit diet is exactly what you need. But don't jump off of this ship onto another ship if you don't know if this ship is actually taking you where you want to go, which is to Healthy Island.

Again, just pick a protocol. Work it. Do the testing. If things improve, then keep doing what you're doing. And I get it. I know how attractive shiny objects are. I fell in this trap when I was getting well. Fortunately, even though I was compelled to chase after a lot of different things, I also had the wherewithal to just know my own limitations, and realize I just had to stick with this.

### **11. How do you feel about the NORI Protocol? They use a light chemo, right?**

NORI does not use chemo. The NORI protocol is a mostly fruit protocol, similar to Morse. But they use sodium selenite, which is selenium. And selenium is toxic to cancer cells, but not to you. So, it's not chemo at all. But they use a targeted sodium selenite and a few other nutraceuticals, with a basically no methionine diet. Those of you who've gone through SQUARE ONE might have heard me mention methionine restriction. An all-fruit diet is a methionine restricted diet. There's no methionine in fruit. And methionine is an amino acid that cancer cells need to grow. Certain types of cancers are more susceptible to methionine restriction and an all-fruit diet.

But even the SQUARE ONE diet is very low methionine, because the highest sources of methionine are animal foods. When you cut out animal foods, you're already dropping methionine significantly in your body. But then, if you cut back on nuts, grains, or beans, then you cut it out even more. And then, if you cut out vegetables, you cut it down even more. And if you're only eating fruit, you're basically getting no methionine.

But I like Morse. I like NORI. I don't think you should jump to another protocol, unless you're certain that SQUARE ONE is not helping you. Then you can get more hardcore. More hardcore might be Gerson. More hardcore might be NORI. More hardcore might be Dr. Morse. But don't jump ship unless you're certain that your ship is not taking you to Healthy Island.

**12. I purchased the ProLon Fasting Mimicking Diet. After a phone consult, they advise that they can't yet recommend it for cancer patients who aren't doing traditional treatment. What are your thoughts?**

Do it anyway. Definitely do it. They have to be extra cautious. They're fully entrenched in the conventional cancer treatment and research world. So, the answer they gave you is the answer I would expect them to give you: "We can't recommend this for cancer patients." They don't want any liability.

But a three- to five-day water fast is so powerful and so amazing for your body. And the ProLon Fasting Mimicking Diet is the next best thing to a three- to five-day water fast. It's five days, for those who don't know. And you do get to eat some food. They send you what you eat. It's essentially a plant-based ketogenic diet, but it's only five days. And then, you go back to your regular diet, like whatever you're eating. Go back to your junk food diet, or you can go back to SQUARE ONE or whatever.

So, that's the only form of ketogenic diet that I think is helpful and beneficial, because they spent 20 years and \$20 or \$25 million researching and developing this. So, they've got human clinical trials, not specifically with cancer patients on the ProLon, but on a version of ProLon called Chemolieve, which is even less calories than ProLon. Anyway, I can get on a whole rabbit trail about ProLon. But yes, I think I would totally do it. Do it.

**13. What do you think about incorporating the Budwig diet into SQUARE ONE?**

So, I have mixed feelings about it. I'm very, very wary of dairy. And because of the growth hormones in dairy, I'm just not a big fan of it. I don't have any issue with the flax oil. But, I also understand. It's in Gerson Therapy, so it may be okay. And with the amount included, I don't know. Is it enough to help? Is it not enough to hurt you? I know people that have included it in their protocols and got well. But they did a ton of stuff. They did the equivalent of SQUARE ONE, like all this stuff, and they had some Budwig in there. And I know other people that have gotten completely well, and they didn't have any of that in their either.

**14. Is there anything beneficial to the ayurvedic diet?**

Yeah, I'm not crazy about it. I mean, look, there's some great principles in ayurvedic medicine, like turmeric and amla. That came from India; those spices came from India, and the use of them, medicinally, came from India. Amla is not a spice, it's a fruit. Turmeric is a root, amla is a fruit. But the point is that ayurvedic has got some great principles. But yeah, I just don't think it's a good idea for cancer.

**15. If you had a choice of doing a medical marijuana regime of CBD THC or hemp oil, what would you choose to do? What dosage ratio would you take?**

If I had cancer and I wanted to take CBD oil, I would just go to the Rick Simpson protocol. I would follow Rick Simpson's protocol and advice to a T. I can't tell you exactly what it is. I think it's a gram a day; I think that's what he recommends. You work your way up to taking a gram of cannabis oil that contains the full THC; and it is extracted from indica. But that's what I would do. I would take Rick Simpson Oil and follow his protocol. I think that's got the best track record, in terms of testimonials of people healing their cancer with cannabis oil.

**16. What is the protocol for taking cannabis oil?**

There are links right there in the interview with April that will take you to the videos and the Rick Simpson website, which will tell you exactly what to do – how much to take, how to make it, everything. Just follow those instructions.

<https://www.chrisbeatcancer.com/how-april-healed-stage-4-breast-cancer-in-3-months/>

You take about a gram a day, but you've got to work your way up to taking a gram a day. You take it over three months. But you have to step one: get high Indica strain cannabis. Step two: make the oil, which takes the better part of a day to make at home. You have to use a solvent to extract the beneficial compound. You have to cook it down to the resin, then you have to get like a syringe and pull the resin out into a syringe. And then, step three: you dose yourself with the syringe – not with the needle – and you just squeeze a little tiny bit out of the syringe. You start with a half a grain of rice, that's about the equivalent that you would squeeze out of the syringe. And you work your way up to one grain of rice, three times a day. And then, you work your way up to even more of a blob.

The Rick Simpson video on how to make it is very thorough. I mean, he makes the oil right in front of you. You see him do the whole thing. He talks about the dosage.

**17. Are you familiar with Lorraine Day? Did her work and testimonies have any influence on your path to healing and wellness?**

I am very familiar with Dr. Lorraine Day. Dr. Day was very influential and encouraging to me in 2004, when I found her book and VHS tape called *Cancer Does Not Scare Me Anymore*, which was lent to me by a family friend who I'm deeply grateful to. Dr. Lorraine Day is an MD and has an amazing breast cancer healing story. She had a

huge lump coming out of her breast and healed it with nutrition, specifically raw food diet and juicing. I have great respect for her.

But unfortunately, she's also got some very weird fringe beliefs. Some stuff that I've read that she's written is bothersome to me and is, I'm going to say, borderline racist and other things. Anyway, I don't really talk about her or recommend her publicly because, again, she says stuff that I wish she wouldn't. She's just written some very strange things, even strange things about her beliefs about God and stuff too, that I think are just kind of cooky, honestly. What are you going to do? But she has an amazing cancer healing life story, I can tell you that much.

### **18. What's the five-year survival rate of nonconventional therapies?**

There is no five-year survival rate. I mean, first of all, there's hundreds of different types of cancers. So, you can't average them all together and say, "Here's a five-year survival rate of people who drink carrot juice." There's never been a study on people like us. There's no five-year survival rate. By the way, five-year survival rates are highly, highly statistically skewed and manipulated by the cancer industry. Their survival rates are so unbelievably dubious and cannot be trusted at all because they diagnose people way early. And even if they die, they're counted towards five-year survival because of early diagnosis. They're not saving lives, they're catching cancers earlier. And that's made five-year survival "increase" on paper. But the cancer death rate has not changed in 60 years.

This sets a whole long topic. And by the way, my book is coming out in September and just wait. The cancer industry should be very worried when my book comes out because it is brutal. I really hold their feet to the fire across multiple chapters on this kind of thing we're talking about. Anyway, just don't worry about arguing with your husband. Just take care of yourself. Just eat healthy. Just have joy in your life. And don't try to convince somebody that wants to argue; you're just going to frustrate yourself.

### **19. Are you gluten free?**

There's a special term for me: I am gluten free intolerant. Which means I have no tolerance for anything that's gluten free. That's a joke. I have done the gluten free thing, just to see if it affected me in any positive way. It really didn't make any difference in my life. And I was already doing well at the time, so it was fine.

Now, during the first 30 days of my cancer healing journey, which is similar to the first 90 days of SQUARE ONE, I was technically gluten free during those first 30 days.

Because I wasn't eating any grains, or bread, or wheat, or even oatmeal. I was just doing the juices, Giant Salads, and fruit smoothies. So, I was technically gluten free during that time. But then, I did add back Ezekiel bread and Manna bread. Those were the two organic sprouted whole grain breads that I would eat occasionally.

And I think, in most people, gluten is not the problem. The problem is RoundUp. That's the problem. The problem is that RoundUp is sprayed on all non-organic grains, which I talk about in SQUARE ONE. And also, almost all non-organic vegetables are sprayed with Roundup, which destroys your gut. It's poison. It's toxic. And it's cancer-causing.

If you guys aren't following me on Facebook, follow the Chris Beat Cancer page. I shared an article today that is mind-blowing. This new research just came out this week where instead of just testing the toxicity of glyphosate on human cells, they decided to test RoundUp – the whole product, glyphosate plus all the other ingredients. And they've discovered that RoundUp is more toxic than the “toxic active ingredient glyphosate.” There's a synergistic toxicity of all of it in there. It's like, “Really? Nobody thought to test this? They've been using roundup for like 30 years, maybe longer.”

So, the big issue with a lot of people when they get off grains or gluten and they feel better, is that it's not the gluten. It's that they've gotten away from all of these foods that are sprayed with RoundUp. Because all grains are sprayed with it, unless they're organic. And then, they spray beans with it, they spray potatoes with it, they spray beets with it. They spray all this stuff with it. That's the issue, I think, most people have with gluten. Unless they're celiac; that's a legitimate gluten intolerance.

But yeah, for the most part, when you look around the world, the healthiest longest living populations are not gluten free. They eat grains. Grains are a staple of their diet – whether it's wheat, millet, teff, spelt, quinoa, corn, oats. Although, oats are technically gluten free. But grains are abundant around the world. And the healthiest, longest living people eat bread, and they eat grains, and they eat beans. The foods that are demonized by the paleo community inconveniently happen to be the foods that the longest living people eat. That's the diet that I think is the healthiest diet for anyone who's interested in longevity. And again, if you're trying to heal cancer, a little bit of grains are fine. Just make sure they're organic.

## **TREATMENTS/THERAPIES**

### **1. Talk about the Rife treatment.**

Royal Raymond Rife developed a technology that supposedly would kill cancer cells with specific frequencies, in the early twentieth century. But after word got out, his lab was raided by the FDA or the AMA, and they destroyed and/or stole his equipment. So, no one's really sure exactly what the schematics of his device were. There are companies that make Rife machines today, but they're all very expensive. And I tend to stay away from promoting products that are thousands of dollars and that tend to be in the "miracle cure" category. So, if you're super rich and money's no problem and you want to buy a Rife machine...buy a Rife machine. Use it, put it in your bedroom while you sleep, or whatever. Maybe it will help. But if you're still eating Wendy's cheeseburgers and frosties, then it probably won't help.

### **2. Did you ever use PEMF?**

I do have a PEMF device – the SOTA Magnetic Pulser. It's a small handheld PEMF device. But I didn't use it when I had cancer. I got it later, just because I was like, "Oh, a nerdy health device." But it can be very helpful, for sure. I think PEMF technology, which is pulsed electromagnetic frequency, is pretty amazing. And I am an advocate of it. I don't talk about it in SQUARE ONE, because there's only so much you can cover in 10 hours. But I talk about it in the Advanced Protocols Class. And I talk about it in pretty good detail in there. So, that'd be a good place to learn about it.

### **3. I have the SOTA light therapy device. Do I need to put the correct color red over the correct body part to get the benefits?**

It needs to be directly over the area. It directly impacts the cells that are in the direct field that the frequency and color wavelength is affecting. If you have oral cancer, you want to shine that red light, or infrared light, on your mouth, not on your elbow.

### **4. What are your thoughts on IPT (insulin potentiation therapy)?**

It's actually IPTLD. They give you a shot of insulin, and that tells your cancer cells to open up to receive glucose. When you eat sugar, your pancreas secretes insulin, the insulin circulates and tells all your cells, "Get ready because here comes some sugar," which is fuel. So, all the cells are like, "Feed me," and they open up. And then here comes the sugar, and they absorb the sugar, and they burn it and use it for fuel. What happens with insulin potentiation therapy is you get this shot of insulin, and then the



cancer cells, which have something like 15-17 times more insulin receptors than a normal cell, are like, “Oh, here comes the sugar.” And then they give the low dose of chemo—about 10% of the dose—and it targets cancer cells. It goes directly to cancer cells, typically, and doesn't hurt normal healthy cells.

So, in terms of a chemotherapy treatment, I think it's much better. It's safer, and most people that go through IPT don't have any symptoms. They don't lose their hair. They feel fine because it's only 10% of a normal chemo dose. I think it's a much smarter way to get chemotherapy, if you're going to get it. If you have a life-threatening tumor that's closing up your windpipe or threatening to block your bile duct or your colon or something, then IPT might be a way to shrink it, temporarily, while you're trying to heal it with nutrition. So, I'm not opposed to it. I think it's a much safer alternative to regular chemotherapy for solid tumor-type cancers. Maybe also for blood cancers, too, but I just haven't seen much about that.

So, I definitely think it's a good way to target cancer cells with chemo, versus just like blasting the whole body with as much chemo as they can get in there. It wouldn't be my first choice. But in some cases, if your cancer is life threatening and you need something more aggressive, then I do think it's a viable option. I think it's okay. I've never done IPT, but I've talked to people who've done IPT and many of them didn't have any side effects at all. They didn't feel bad; they didn't lose their hair or anything. It's an option. It's not a cancer cure, but it could injure the cells and buy you some time while you're trying to heal and rebuild or regenerate your body, with minimal collateral damage.

**5. If I'm in remission after Rick Simpson cannabis oil, does it make sense to submit to IPT? If it isn't in remission, do you recommend IPT?**

Well, it doesn't really make sense to me to have IPT if you're in remission. I don't know. Not necessarily. Again, the risks of IPT are pretty low and the benefits could be good. I don't feel like it's a cure, but it can kill some cancer cells. But the goal is to really heal your body and create an environment where the cancer can't thrive. SQUARE ONE is all about doing that,

The same thing with Rick Simpson oil. I mean, it's kind of a targeted thing that helps your body kill cancer. But you really need to change the internal terrain, as well. I think the people that do the best with Rick Simpson oil are the ones that also change their life and their diet; not just the ones that are like, “I'm taking Rick Simpson oil and I'm eating Wendy's.” Like, don't get your hopes up.

You've got to address all facets of health. Any targeted therapy where it's like, "This is going to kill your cancer," is typically a bad idea, if you're just doing that one thing. Because you can kill cancer all day long, but your body is going to keep making it. You've got to stop making the cancer. And in order for your body to stop making it, you have to change the internal environment. That's what you do with food and mindset – attitude, stress, emotions.

## **6. Did fasting and/or calorie restriction have a role in your healing?**

That's because you didn't change your daily diet first and solidify those new healthy eating habits. So, the fast was just a crash diet and then you went right back to your old ways. I have a friend who's a textbook crash dieter. He's great at losing weight and he's great at gaining it right back. By the way, I know the feeling when finish a fast and you're just like, "Raghhhhh," and you want to eat everything in sight. But you have to follow-up a fast with a hardcore, healthy diet to get the most benefit. It's what you're doing long-term that matters the most. So, you need to create an environment where you are not able to pig-out on Doritos and ice cream when you finish a fast. You have to break your unhealthy food addiction. Fasting can be a jumpstart in that process, but you have to have lots of healthy food ready for you to eat when the fast is done, like juices and fruit—not a pantry full of junk food. I've done juice fasting, water fasting, and caloric restriction fasting. Even without fasting, a plant-based diet (especially all raw) is much lower in calories than the Standard American Diet. So, you're going to naturally be on a lower calorie diet when you eat the SQUARE ONE diet. If weight loss is a goal, a raw food diet is great for that, and you can stuff yourself full of fruits and veggies and still lose weight. You never have to be hungry!

## **7. I'm fasting 16 hours a day. Sometimes I reach the period where I'm supposed to start fasting but haven't eaten enough for the day. Is it better to start the fast or make sure you get enough healthy foods into your system?**

Well, I don't know. I mean, I could really make a case for both. But you definitely want to get good food in your body. You want to get cruciferous vegetables, garlic, and onions. You want to get fruit in there; you want to get juices in there. You want to get all that good stuff in there. And so, we know clinically that you definitely want to eat all your meals within an 11 hour window. Is an 8 hour window better? I don't know. It could be. There are people that claim it is. But we know from clinical research that at least an 11 hour window or less is better. I would start with that as your benchmark. And don't panic too much if it's like, "Oh it's not within 8 hours." To me, it's probably not that big of a deal. Just make it less than 11; closer to 8 is okay. Just make sure you get your meals in.

**8. What is the fasting effect on cancer cells? What can you tell us, after meeting with Dr. Valter Longo, that we might take away – from dealing with recovery from cancer, avoiding recurrence, or dealing with recurrence? I get lost when you mention going over 13-14 hours of fasting. Can you comment on ProLon and Chemolieve?**

If any of you want to deep-dive into fasting, watch my interview with Dr. Valter Longo. He's been studying fasting and cell regeneration for many decades. He's one of the world's leading science research experts on fasting and human longevity (<https://www.chrisbeatcancer.com/dr-valter-longo-on-fasting-longevity-and-the-fasting-mimicking-diet/>). And it's just an absolutely cool interview. But the big takeaways, which I have already mentioned earlier, is that fasting causes a process called “autophagy,” where healthy cells go into internal house-cleaning mode. I talk about this in SQUARE ONE. They break down all the old and damaged parts, for lack of a better word, inside the cell, and recycle them. And then, old and damaged cells die off in your body. And when you start eating again, your body ramps up production of new stem cells – brand new immune cells and brand new healthy cells all over your body.

So, fasting is such an incredible process of regeneration in the body that most of us don't even experience almost ever in our life, because we never fast. We have an abundance of food, unlike our ancestors that naturally went through periods of food scarcity, where they might go for a few days without eating. Fasting was also more common as a religious practice with our ancestors than it is with us now. So, bottom line is, humans hardly ever fast, at least in the US and other industrialized countries. The benefits are huge. So, whether you're trying to heal, prevent cancer, or just promote longevity, it's a wonderful thing to do periodically. If you're trying to heal, three to five days on water once a month is about as aggressive as you want to get with fasting. If you are trying to prevent cancer, then I recommend between two and four times a year. So, that would be either every three months, do a three to five day water fast, or every six months. That's the prevention strategy.

Now, Valter and his team did a ton of studies on fasting, and they did studies with cancer patients and had them fasting. And what they found was that, as powerful as fasting is, they had a hard time convincing cancer patients to do it – even with all the research. And the ones they convinced to do it, they had a hard time keeping them on the fast, because most cancer patients are not like you. They're unhappy, they are reluctant to do anything out of the ordinary, and they're not open to changing their life at all. Somehow, they talked some conventional patients into fasting while they were doing treatment, and they actually demonstrated that fasting made chemo and radiation treatments work better, because it weakens cancer cells. Cancer cells get weakened to a much larger degree, during a fast, than healthy cells do.

But, saying all that, they had a problem: patient compliance. They spent \$20 million. I don't know where this money came from – lots of grant money, I guess. And they developed an alternative called “ProLon.” And ProLon is a fasting mimicking diet. It's a kit they'll send you, and it's five days' worth of meals. But it's calorie restricted, so it's essentially a ketogenic diet, plant-based, for five days. And it consists of soups, nuts and seeds, kale crackers, hibiscus tea, spearmint tea, a few key supplements, and there's some little snack bars. I've gone through the ProLon five-day fasting diet, and all the food tastes good. But, you know, hunger is the best condiment, so...

But it's very easy to do; it's easier than a water fast. The benefits are pretty close. I mean, I haven't seen a quantified, side-by-side proof that water fasting is better or that ProLon is better. But the benefits of calorie restriction are almost as good as a pure water fast. Valter would argue that it's better because you're giving your body some nutrition during the process. But I brought all that up for you just to say that that's an alternative for someone that can't get through a water fast. The best thing is a water fast. The next best thing would be the ProLon fasting mimicking diet. I think it's maybe like \$200 for five days of meals. And that is an option. Now, they have another version called “Chemolieve,” and that's specifically for cancer patients doing treatment. It's just like ProLon, except it's even less food. ProLon is like 700 calories a day. I think Chemolieve is like 400 or 500 calories a day.

**9. Could you give some more details on five-day water fasting, and any potential dangers to consider or signs that you should stop? Do you continue taking all of your supplements while on a fast? Is it okay to fast if you have no weight to lose? Do you have to ease back into eating, or can you go back to normal meals when you're done?**

So, three to five days on water is optimal. You get the most benefit in a three to five day window, on a water fast. Yes, you can take supplements. Technically, you can even drink green tea or herbal teas on a fast. It's not enough to influence the effectiveness of the fast. You could even drink lemon water. The main purpose of the fast is severe calorie restrictions. So, you're good as long as you're not eating food or drinking juices that have sugars – carrot juice, apple juice, orange juice. You're restricting calories severely, and you will get the full benefit of a fast. It doesn't have to be 100% water. You can have the same benefit with teas and even lemon water.

It's a little bit tricky with supplements. Generally speaking, they're probably okay, but...I don't know. There could be some weird complications. Like, for example, some supplements are recommended you take with meals because if you take them on an empty stomach, they could make you queasy and that kind of thing. So, you know, you might cut back or eliminate supplements while on a fast. It's probably the best strategy. Things like vitamin D or B12 are not that big a deal – some of the basics. But

if you're taking advanced, high dose supplements, then you might want to give them a break on a fast. So, either way, I don't think the risk is very high if you stay on them. Yeah, I know it sounds like I'm bouncing around on it, but I'm just trying to process it in my head. Even though I'm asked this question lots of times, I still go back and forth on it. It's hard to answer without knowing what supplements you're taking. That's really the bottom line.

And then, yes, you can fast even if you have no weight to lose. Here's the thing, you're going to lose weight on a fast. That happens. If you fast for five days, you'll probably lose about five pounds; but the weight will come back on. Some of that weight is just the weight of food in your system. At any given time, you have two or three meals in your body that are digesting. So, when you fast, that flushes out. So, you lose some of that food weight. It's not actually body fat. And you'll put the weight back on once you start eating again. So, I wouldn't worry about that.

If you're overweight and you do a fast, and you lose, let's say five pounds, and then you continue eating a very healthy diet, then you'll continue to lose weight. Because a healthy diet that's rich in fruits and vegetables – whole foods – will promote weight loss, if you're overweight. If you're normal weight, it will help you maintain. And if you're underweight, you may need to eat a little more to catch back up to your normal weight; but it's not hard. You just have to eat a little bit more than normal to get the weight back on, within a few weeks.

And then, easing back into eating... So, most people don't have to ease back in. Most people are fine. They can just go ahead and start eating again. But if you want to ease back in, then just start with fruit. So, just have some fruit for your first meal back in eating. Have a banana or two. Have some oranges. Have some watermelon, pineapple, grapefruit. Fresh, juicy fruit is very easy to digest. Also, cooked veggies, starches, potatoes, oatmeal, rice, and beans are very easy to digest. I wouldn't make the giant salad for your first meal, but it should be fine for dinner on day one, or even day two.

Fasting is surprisingly pretty easy. You'll be surprised. The toughest part about the fast is usually day two. And then, most people, if they get through day two, on day three they start feeling pretty good. And then, days four and five, they feel pretty good on those days, too.

I say in SQUARE ONE that fasting is one of the most powerful therapies you can do. If you're really serious about getting well, then doing a three- to five-day water fast once a month is a very, very good idea. It's just so powerful, what it does in the body. It causes autophagy, it weakens cancer cells, and it is a very powerful detoxification therapy. Fasting's amazing. We don't do it enough. That's the problem.

**10. I had a very negative experience trying to do the three-day water fast – nausea, increased heart rate, and lightheadedness on day three. I’m too scared to try another fast. What should I do?**

It sounds like it was low blood sugar. The risk is very low that you were in any actual health jeopardy. Day three is really when the magic happens. And you might feel terrible as your body transitions to burning stored fat into survival and protection mode, and ketosis. You may feel that. That is part of your energy.

Obviously, I don’t want anybody to faint and break their neck, or smash their head on a coffee table or something. So, be careful. But I want to encourage you to try it again. And if you feel that way on day three, stay in bed. Just stay in bed. Just let your body heal. It’s okay. Do it over a weekend. Day one on a Friday, and then day two and three on a weekend where you don’t have any commitments, and you can just lay in bed all day.

Once you get over that hump and you get into the end of day three, or day four, you will have a surge of energy. That’s typically what happens. And they feel great for days four and five. I know it’s tough. I’m proud of you. Two days doing a water fast for the first time is something you should be proud of too. But don’t be afraid to try it again. Try it again.

**11. Do you suggest any IV therapies?**

I did vitamin C IVs. Studies have shown it to be beneficial for cancer at high doses. Vitamin C has been shown to cause cancer stem cell death and even helps chemo work better. Vitamin C is an antioxidant, but at high dose IV levels, it transforms from an antioxidant into a pro-oxidant that attacks and damages abnormal cells and cancer cells, but doesn’t harm normal cells. If you have access to IV vitamin C and you can afford it, it could be very helpful.

If you don’t have access, consider the High Dose Oral Vitamin C Protocol, which I wrote about on my site: [ChrisBeatCancer.com/high-dose-vitamin-c-protocol-for-cancer](http://ChrisBeatCancer.com/high-dose-vitamin-c-protocol-for-cancer).

The main thing is, you’ve got to get the foundational principles right; the diet and everything else I talk about in SQUARE ONE. Then if you want to add IV therapies like vitamin C, then yes, they could be helpful. They can add more anti-cancer firepower to what you're doing.

**12. Can you tell us more about your experience with IV vitamin C? It seems my symptoms are getting worse.**

I did not have any adverse reactions to IV Vitamin C. But it was expensive, and I was like 26, 27 and I was doing good to afford the supplements and organic food. And a lot of people don't have access to it. I have an article about how to do high-dose oral C at home. It's just super, super cheap. The IVs are potent and can be very beneficial.

If you're feeling like your symptoms are getting bad, and you're feeling bad, the alpha-lipoic acid might be doing it, or that IV vitamin C might be doing it – maybe both together. So, you might stop both and see if you feel better. Stop both and see if you start feeling a little better. Or stop one. It doesn't parallel my experience, but I'm just trying to help you think it through. If you start to feel bad, maybe it's something you're doing that's making it feel bad.

**13. Could you please tell us what you think about IV mistletoe? I have a friend who is doing it for Stage 4 breast cancer with mets to the bones. When she stopped the mistletoe, the cancer came back after a few months. Thoughts?**

Well, here's the thing. I don't know what else your friend is doing, but mistletoe could be very, very beneficial. I am an advocate for mistletoe therapy. Believe Big is a great resource to find mistletoe practitioners. But mistletoe should be part of a much larger protocol, i.e. a SQUARE ONE-type protocol. There's lots of therapies that will shrink tumors or kill cancer or whatever, but they don't actually change your internal terrain. That's what has to happen to stay cancer free. You've got to change the terrain. You've got to make your body a place where cancer cannot thrive. Mistletoe doesn't do that. Chemo definitely doesn't do that.

Chemo makes your body a place where cancer can thrive even more, after the initial damage. SQUARE ONE – fruits and vegetables, hardcore life change, emotional change, emotional healing, spiritual healing, and all these wonderful things I talk about – is how you change your internal terrain. So, doing that, plus something like mistletoe, can be extra beneficial. But I would never say, "Hey, just do mistletoe. That will cure your cancer," because, in my experience, it probably won't.

**14. What do you think about oxygen therapy, like an oxygen chamber, or orally taking hydrogen peroxide or peroxide IVs?**

This also would include ozone therapy. So yeah, oxygen therapy can be very beneficial. In fact, one of those rat studies I mentioned with the ketogenic diet – the ketogenic diet plus hyperbaric oxygen -- the rats lived longer than they did just on the ketogenic

diet. They still died, but there's a benefit to oxygen, for sure, in the body. So, if you have access to hyperbaric oxygen, it can be very, very beneficial and helpful to you. And if you can afford it, because it can be a little pricey. It's about \$100-150 a pop, or whatever. The most effective is the oxygen chamber.

The oral hydrogen peroxide therapy, where you're talking like medical grade hydrogen peroxide, could also be beneficial. But you'll have to google that. The IV hydroperoxide is pretty risky and I'd be wary of that. So, I'm not sure. I can't recommend a practitioner that does those. But I'd be very wary because it can be dangerous doing hydrogen peroxide IVs.

### **15. What do you think about ozone?**

Ozone is a detoxifier in the body. And probably the most common method of ozone treatment is an ozone sauna. Although there may not even be a practitioner where you live. You could look into it. It's where you get into a sauna from the neck down, and it's hot, and they pump in ozone. Like the one that I went to – which was not while I had cancer, it was after the fact – they pump ozone, and then you actually cup ozone over different parts of your body, while you're in there. And they pump a little in your ears. And you can also do it rectally and vaginally. So, that's an option.

Ozone therapy is a potent detoxifier for the body; but it's a little hard to get. And then, you can bubble it into water and drink ozonated water. You can also bubble it into oil and have ozonated oil. So, there are a lot of ways to get ozone in the body. But the point is that when it's in the blood, it detoxifies the blood, and that's why people do it. Some clinics will actually remove your blood, treat it with ozone, and put it back in. So, that's another, sort of, advanced therapy that's safer than IV ozone.

### **16. Is there any ozone therapy method you trust more than another for healing lung cancer?**

I don't know. I don't know what to tell you on ozone therapies, as far as methods. I really don't know what method is the best. I mean, ozone sauna is sort of a method that's been around a long time. And then, there's other things. Some practitioners that do ozone saunas will also do like rectal or vaginal insufflation where they just blow it in there; or they do it in your ears. It's no big deal. You can't inhale it though because it can damage your lungs. That's not the method. And then, some people do ozone IV therapy, which is kind of risky and I would be weary of that.



**17. We purchased a Kangen machine. It alkalizes, which I know you don't think is beneficial. But it also infuses oxygen. We definitely saw benefits after using it. Ozonated water is used to disinfect fungus and bacteria. Wouldn't drinking it in oxygen-infused water from an ionizer be better?**

So, I'm not a fan of the Kangen machine because the filtration on it's not very good. I've never seen any evidence that it increases oxygen in the water. I understand it ionizes it and alkalizes it. But ozonated water increases oxygen in the water without a doubt, because you're bubbling in O<sub>3</sub>. So, O<sub>3</sub> is three oxygen molecules. So, it increases oxygen in the water. And then you drink the oxygen, it goes in your blood stream, and it increases blood oxygen.

What does that extra blood oxygen do? It detoxifies your blood and your body. It is a known detoxifier of the blood and body. That's why I prefer it. Also, a water ozonator, like the SOTA water ozonator, is only \$380. But the Kangen machine is like \$4000. The SOTA machine doesn't filter, it just bubbles ozone. I use a Berkey water filter. And if I want to drink ozonated water, I get the SOTA machine out, put the tube in my glass of water, and I bubble it for five minutes, and I've got ozonated water. That's how I do that.

For anybody that's like, "What are you talking about?" Ozone's a detoxifier. So, if you're suffering from a lot of detox reactions, if you know your body's just full of crap and you got to get it out, ozone can help reduce the symptoms of detoxification, especially early in the healing process. People do ozone enemas; they bubble the ozone into the water and do an ozone enema. They will also pump ozone gas rectally and vaginally, and then drink ozonated water. They will even do ozone saunas, where you get in a very hot sauna, neck down, and they'll pump ozone into the sauna; that way your pores open up. Sometimes practitioners will have you cup. So, you've got the tube coming in and there's a cup you use to cup over parts of your body to increase the ozone exposure to your body.

**18. Have you heard of, or recommend, 35% food grade hydrogen peroxide to kill cancer (two drops in a glass of water)?**

I have 35% food grade hydrogen peroxide downstairs in my fridge. And I've read up on it; I understand it. But it's in that "miracle cure" category, so it's not part of SQUARE ONE on purpose. Could it be helpful? Maybe. I've never met anyone that actually cured their cancer doing that, so...not sure. I know there's a book called *The One Minute Cure*. I've read it, but it wasn't written by someone who actually cured their cancer. So, take that for what it's worth.

I can tell you this, though. When you take high doses of vitamin C, it creates hydrogen peroxide in the body, which is an anti-cancer agent. We do know that hydrogen peroxide is created in the body and has anti-cancer effects. So, drinking the food grade may, in fact, do that...if it does make it through your stomach into your bloodstream. But, again, I haven't seen enough science on it to feel like I should be telling everybody in the world to drink it.

### **19. Is it okay to do coffee enemas for prevention?**

I wouldn't do coffee enemas every day for prevention. It's okay to do them occasionally for prevention, even water enemas are fine. I don't think you should worry about that at all, if you want to do them once a week or every few weeks. I don't think it's necessary to do it every day. And I don't feel compelled to do them in my own routine, because I'm eating tons of fruits and vegetables. I know I have a very clean liver that does not need any help detoxifying, because I've eaten this way for so long. I get lots of exercise and enough sweat. I have normal bowel movements. Yeah, I don't have any reason for them. But it's up to you. If they make you feel good and you feel like they're helping, then sure. Why not? Once or twice a week is not a problem. You're not going to hurt yourself doing coffee enemas, as long as you don't jam it in there.

For any of you that are fasting, if you do a water fast, enemas – even just a water enema – can really make you feel a lot better during a fast. When you fast, your digestion stops, but you still have waste in your colon. There's a process in your body called peristalsis. Peristalsis is a series of muscle contractions that are triggered when you eat. So, when you eat a meal there's these digestive muscle contractions that happen. Basically, your body is like, "We have more food coming in, let's go ahead and move the food that's in there out the back door." But when you stop eating, the peristalsis stops. So, you have waste that's just stuck in your colon that can putrefy, and you reabsorb some of it and it makes you feel extra lousy during the fast. So, for any of you doing a juice or water fast, a daily water enema can be very helpful to clear out your colon and help alleviate some detox symptoms.

### **20. Did you do coffee enemas during your cancer treatment?**

Yeah, I did them a few times. They were not a part of my regular protocol because I didn't have very much information on coffee enemas, and I didn't know how powerful and effective and widespread they were used. I just thought, "Wow, this is interesting. It's kind of weird, but I'll try it." Gerson patients do them three times a day, sometimes more. I think it depends on your situation. If you're healthy, I don't think you really need coffee enemas.

Coffee enemas stimulate the liver to secrete bile, and that can accelerate the detoxification process. So, if I had advanced cancer, like Stage 4, I would definitely be doing coffee enemas daily; maybe two or three times a day, like Gerson Therapy patients do.

## **21. Are coffee enemas absolutely essential for detoxification?**

No. But they may be very helpful if you are Stage 3 or 4 with active tumors. They are not necessary. But they can be very helpful, depending on how toxic you are. If you're overweight, if you've been eating junk food, fast food, processed foods, and tons of animal food for a long time, and you switched to a juice fast or raw food, then detox is going to happen pretty fast. And the enemas can really help get your bile moving, get things flowing, and get things out of there, especially if you have a tumor burden.

So, if you have multiple tumors, and if your body starts breaking those tumors down, you don't want to have tumor lysis. Tumor lysis is like an overload of toxins from tumor breakdown. You've got to keep that bile flowing out. And that's what coffee enemas are good for. They're also good for pain relief. So, people that get in the habit of coffee enemas love coffee enemas. There's a lot of people in the SQUARE ONE Support Group that are like, "I love coffee enemas!" They make them feel good and they reduce their pain. So, they're not necessary, but you might find them very enjoyable and beneficial, even though they seem super weird.

Coffee enemas don't cure cancer. The main purpose of a coffee enema is to assist your liver – to help your liver detoxify. If you don't have active cancer in your body, your situation is not as urgent as someone who has tumors everywhere. If the person has tumors everywhere and they're trying to detoxify – to kill tumors, to kill cancer – then their liver needs help. Because if you have tumor die off, it can overload the liver. Hence, the coffee enemas were incorporated by Dr. Max Gerson, and many other clinics since then, to help ease the burden of detoxification.

So, they're not absolutely critical, but they can be very, very helpful. And I hear a lot of people in SQUARE ONE and other cancer patients that say over and over again, "I love coffee enemas. Yes, they were weird at first, and now I love it. And they make me feel so good. They reduce my pain." It could be beneficial, but I didn't do them. I didn't know much about them in 2004. I just did a couple of coffee enemas because I just thought it was weird and was like, "Well, I got to try this and see what happens."

**22. How long should one continue doing coffee enemas?**

I would do them until you're well. And if there's no sign of cancer, maybe daily for a few years is about as much as you need to do them, assuming you get well. And then you can just back off.

**23. Have you ever had a colonic? What are your thoughts on that vs the enema?**

Yeah, I've had a colonic. It's not something I did regularly. It's fine. I don't know. It's a little weird to have another person squirting water up your butt and trying to make conversation while they're doing it. But, it's okay.

Now, I can tell you that someone I know had a colonic, and it messed their digestive system up for a while. It might have been dirty equipment or bacteria, or something. But it basically gave them IBS after the colonic. So, you want to be careful with that. Eventually, they were fine; they got over it. But it was like a few months of like IBS after doing one colonic. So, they're okay, but I think the enemas are fine. They're just easier. You can do them at home, it doesn't cost you anything. So, I don't think the colonics are really necessary.

**24. What do you think of the olive oil Epsom salt concoction for liver detox, and the green balls that it releases? Are they actual stones or just quantified oil?**

I don't know. I've seen that stuff. I've done the kidney/liver/gallbladder flush detox stuff. In the Incurables Program, there's a concoction that is olive oil and grapefruit juice and it's interesting, to say the least. Interesting going in and coming up. I just don't know if those are stones, whatever toxins, or if it's just a product of what you just ate. But I feel like it's a pretty harmless therapy. The risk is very low. It can't hurt you and it might be helpful. I did it. Anybody who wants to learn about that, just google "liver gallbladder flush."

## FAQ - Testing/Facilities

(Q&A: Mar-Apr 2017, Feb-June 2018)

### TESTING

PG.109

1. Do you **still get tested** or monitored?
2. How often, in the beginning, did you get **scans**?
3. What **specific tests** do you think are the most useful?
4. What tests inexpensively measure **deficiency levels**?
5. Are there alternative ways of **detecting cancerous polyps**?
6. What do I need to know about **CTC**?
7. Did you find out your **CTC count** after your surgery?
8. Is there any value in testing **urine PH** to monitor acidity?
9. If you get a **CT scan** every three months, is that too much radiation?
10. Did you do the **CT** as much as they recommended?
11. Does a lower **Navarro score** mean cancer is not spreading?
12. Thoughts on **thermography** versus **mammograms**?
13. Will **thermography** show dental cavitations or infections?
14. **Scans** aren't showing change. What do I do?
15. Can **positive results** be trusted, or are they too good to be true?
16. What **blood tests** are important?
17. How do you **diagnose a lump** without doing a biopsy?
18. How do I **check lumps** without doing another lumpectomy?
19. What do you know about the new **IvyGene Test**?
20. When should I start **freaking out** if my scans aren't getting better?
21. What does a slight increase in **tumor markers** signify?
22. What tests would you recommend for **upkeep**?
23. What's the best way to check **hormones**?
24. Can infection light up a **PET scan** and not be cancer?
25. How often should I get an **MRI for DCIS**?

### FACILITIES/PRACTITIONERS

PG.123

1. How do I find doctors or facilities that offer **thermography**?
2. How do I find an **integrated medical doctor** in my area?
3. What is the best way to find a **specializing naturopathic doctor**?
4. What **type of practitioner** should I search for to help me?
5. Do you have any recommendations on where to get **vitamin C infusions**?
6. Where do you get a **micronutrient profile test**?

## TESTING

### 1. Do you still get tested or monitored? How often and what tests?

So, I had a CT scan basically every six months for the first couple of years. So, I had a total of four or five. I never had a PET scan. And I actually had a reaction on the second or third one, to the dye. I was eating so clean. I was like all raw, juicing, hardcore doing SQUARE ONE, exactly what many of you are doing. And I went in there for, I think it was my second CT scan, and my body was like, “No. What is this?” I broke out in hives when they injected me with the dye, and then they had to give me Benadryl.

I'd had some CT scans and had that reaction and then it was like, “Okay, I really don't want to do these anymore.” So then, I did have one or two more after that because it was in that really critical time. You know, the first two years are super critical, in terms of your risk of recurrence. For me, my risk of recurrence was really high, and so we were paying very close attention. But then after that it was like, “Okay. I'm good. And I don't need any more.” And then, I didn't get any more. I was like, “I'm done with this.” I hit the five-year mark and it was like, “Good. Just start living.”

So, full body thermography and blood work are a great way to monitor your cancer. Now again, thermography only shows hot spots and changes in inflammation. But if you have breast cancer, thermography is good for that. You can really see changes in inflammation. So, if the inflammation is spreading, that's not a good sign. If it's shrinking, that's a good sign. Neither one of them can definitively say your cancer's shrinking or spreading; but they indicate that they are. And then, same with the blood tests that I talk about in the Testing module. There's a lot of blood markers that indicate whether your cancer is progressing or regressing.

So, absolutely. You don't have to do MRIs or PET scans if you don't want to. It's your life. If you don't want to do them, then don't do them. You don't have to. You're not required. They're definitely not going to make you any better. But I do think you should find some system of monitoring, and do it regularly so you can keep an eye on your progress. I also did monthly blood work. So, every month I got my blood drawn by my integrative oncologist, the late Dr. Roy Page. Then every six months, I got a CT scan, for the first couple of years. So, we just paid a very close eye. And he was looking at my CEA; that was the main cancer marker he was looking at, along with the other typical things like my white count and just all the other standard blood markers, liver enzymes, and stuff like that.

But yeah, I do blood work about once a year, just to take a look at things. And so far, it's always good. The colonoscopies are recommended to me. The last time I went they said to come back in five years. And I'm not even sure when that was; I think that

might have been like three or four years ago. So, I'm probably due for another one. I may or may not do it. I mean, every time I go it's perfect. My colon is super healthy – no polyps, no lesions, nothing. So, I just don't feel compelled or like, “Oh, I've got to keep an eye on it,” because of the way I'm eating. I eat a starch-based diet, like tons of starches, fruits, and vegetables. Like the rate of colon cancer in rural Africa, for many years, was 50 times lower than the US. Currently, as of this year, I think it's 38 times lower because the rate of colon cancer in the US has come down. But the rate of colon cancer in rural Africa has not gone up.

So, the US is actually a little better because of screening, like colonoscopies. They've been able to find a lot of polyps and snip them off before they become colon cancer. The colonoscopy is a controversial procedure. Some people are just opposed to it and others think it's great. I tend to think, “Hey, if you can catch a colon polyp and snip it off, that's great. Why not prevent it? Snip it off.” So, I'm okay with colonoscopies.

So, I just do blood work about once a year, and then a colonoscopy every five years-ish. And I don't anticipate getting a CT scan, PET scan, MRI or anything like that ever again, unless I'm in some kind of life-threatening emergency situation.

## **2. Aside from routine blood test, what specific tests do you think are the most useful for cancer and assessing health?**

There's so many. I've heard of the organic acids test. It's best for the entire picture – heavy metals, parasites, saliva, hair analysis. There's tons of testing, and a lot of practitioners make money by ordering tests for you. They want you to do this test and that test. And there's interesting things to be learned when you do those tests.

I don't know. I don't have an opinion on what tests are the most beneficial, aside from routine blood work. The micronutrient test can be helpful, to see if you have any deficiencies. Now, regular blood work can show deficiencies, as well; but it doesn't get into specific vitamins and nutrients, like a micronutrient test.

A couple of the most important markers in blood work is C-reactive protein. C-reactive protein is a marker of inflammation in your body. And if it's elevated or if it's even just normal, then you have more inflammation than you should. Normal is unhealthy for most blood ranges. You want to be in the abnormal range, in a lot of ways – like on the low side of a lot of things. So, normal cholesterols are unhealthy.

Why do I say normal is unhealthy? Look around. Look at the American population. Normal people have heart disease, high blood pressure, diabetes. Normal people are getting cancer. Normal people are eating a normal diet, living a normal sedentary lifestyle, or getting normal chronic western diseases. So, when you look at your blood

work, a lot of times, you want to shoot for being on the low side of normal. So, definitely, the low side of normal cholesterol is good.

And with C-reactive protein, the lower the better. The last blood work I had, my C-reactive protein was 0.15, which was crazy low. That's so good. I'm just so happy to see that. So, you want cholesterol at 1.50 or under. You want C-reactive protein as close to 0 as possible. So, 0.15 is amazing. A lot of people's C-reactive protein is like 2 or 3 or 5, and mine is 0.15.

You want to look at that. You want to look at your D3. You just have to add that on to blood work because if they just did a regular blood work, they may not be looking at D3. So, you have to ask to look at your vitamin D. That's an easy add on. Your protein levels, your liver enzymes, all in normal ranges; even your Y count. Being on the low side is good because when you have normal immune system activity, that actually can promote inflammation in your body.

What a lot of people don't understand about the immune system is that everybody wants to boost your immune system. That's good to an extent, but if your immune system is boosted, it can also be inflammatory because some immune cells are inflammatory. So, I'm trying not to get too complicated and to keep the point clear. The point is that when you're getting blood work done, inflammation is really the key that you want to get under control. And C-reactive protein is what you want to get down as low as possible.

And what gets inflammation down is fruits and vegetables – a plant-based diet. Inflammatory foods are meat and dairy. And so, that's just going back to the basic at SQUARE ONE – eating tons of fruits and vegetables, turmeric, ginger, and garlic. All those are potent anti-inflammatories. Amla, moringa, green tea. So, all these things I talk about over and over. So, I wouldn't worry about getting all these other tests done unless you just want to be geeky about it. I get testing done like that because I'm a nutrition geek. It's not out of fear of paranoia. I'm doing this enzyme test to look at my enzyme levels. And a woman I interviewed is a practitioner, and her belief is that this one test is more valuable than any of the other tests out there – like the organic acids test, or heavy metals, or any of those other ones. And so, I'm really curious to get it, see what comes back and see what she says.

### **3. What are some tests that can be run – that are less expensive than the Greek Tests – to measure deficiency levels?**

What you want to look for are walk-in blood labs. These labs can do all kinds of blood work for you. What you want to ask for is “a micronutrient profile test.” That test is going to test micronutrients; it's going to test vitamins, minerals, and all kinds of stuff



in your body to see where your levels are. So, are you low in selenium, for example? Are you low in vitamin D? There's a long, long list of all the vitamins, minerals, and nutrients in your body...and they'll tell you what you need or if you need anything. This test costs \$399 at Any Lab Test Now, but may be cheaper elsewhere. It's much less expensive than the Greece test, for sure.

**4. If I don't want to have a colonoscopy and a biopsy to see if polyps in the colon are cancerous, are there other reliable ways of detecting this? Assuming the polyps are cancerous, will your diet make a difference in shrinking them?**

Look into the ColoPrint test, which is a fecal blood test. They check for blood in your feces. So, if any of the polyps are bleeding, then they can tell if they're cancerous with this test. If the polyps are not bleeding, then the test is not going to tell you anything. Your doctor could also look at your CEA cancer marker to see if it's elevated.

And yes, you should definitely change your diet if you have polyps, whether they are cancerous or not. Here's what we know for a fact: the rural Africans have a 50 times lower rate of colon cancer than in the US, and they have extremely low rates of diverticulitis, polyps, hemorrhoids, and appendicitis. All of these gastrointestinal diseases that we have in Western nations are rare in rural Africa. The diet of the rural Africans is a plant-based diet – lots of starches like lentils, beans, peas, cabbage, collard greens, carrots, beets, turnips, and corn. All those wonderful vegetables and starchy foods, and no meat and dairy or processed food.

So, yeah, you should go hardcore. SQUARE ONE is all about a hardcore, plant-based diet. You could give yourself 90 days, and go back and have them check out your polyps again. If you're not willing to have a colonoscopy, you can have a sigmoidoscopy, which is shorter than a colonoscopy. They don't go all the way up, they just go part way. It's safer, with less risk of puncturing your colon and stuff. So, if there are visible polyps that a sigmoidoscopy could see, then in 90 days you may see a difference. Some of them may be gone, some may be smaller. So, yeah, absolutely. Go for it. And who knows? You might see significant improvement in 90 days, and then you'll know to keep going. If you don't see any change in 90 days, I still say keep going. Give your body time to heal. It just may take more time.

**5. Please talk more about CTC (circulating tumor cells).**

I talk about it in SQUARE ONE. But here's the deal that people need to know: as soon as cancer starts forming and dividing in the body in one spot, it's going to release circulating tumor cells. People have been talking about this for a long time. But there was actually some amazing science that came out in 2016, which found that

circulating tumor cells leave the primary tumor site long before the tumor is even big enough to detect. So, when the tumor is still less than a millimeter in size, circulating tumor cells have already left the tumor site. Which totally throws cancer staging out the window because they act like Stage 1 means it's totally contained, and they can just cut out this little lump or bump, and then they got it all. But this is not true. You have circulating tumor cells in your whole body. But don't freak out. Your immune system is designed to handle these things. This is why the industry's changing. They're recommending treatments like radiation and chemo for some early stage cancers now because they know there are circulating tumor cells in other parts of the body.

The point is, you have to treat it like it's metastatic, even if it's Stage 1. You've got to change your whole life and support your body's ability to repair, regenerate, and detoxify. Do everything in SQUARE ONE. Do it all: forgiveness, exercise, and hardcore nutrition. Remove toxic crap from your house, stop putting it on your body, and stop putting junk food and garbage in your mouth. Do everything you can to support health and healing.

## **6. Did you find out your CTC count after your surgery?**

No, they didn't look at my CTC count, as far as I know. We were looking at the CEA; that was the main marker we were looking at back in 2004. I'm not even sure if they were looking at circulating tumor cells back in 2004. I don't know. We never had the discussion. Neither oncologist that I saw ever talked about it or mentioned it.

## **7. Is there any value in testing urine PH to monitor acidity?**

I say no, there's no value in it. It'll just frustrate you because it probably won't be "alkaline" enough. Just eat tons of fruits and vegetables, and trust that nutrition is supplying your body's need. Either you're nourishing your body with vitamins, minerals, nutrients, enzymes, antioxidants, all the phytochemicals that you find in plant food...or you're not. If you are, you don't have to worry about acid and alkaline. You just stop eating acid-forming foods and your body is naturally going to "alkalize" when you stop eating tons of meat and dairy, processed sugar, refined foods, junk food, and fast food. Just stop eating all that junk, then you're not promoting acidity. And when you don't promote acidity, then you won't have an acidity problem.

## **8. If you get a CT scan and a full bone scan every three months, isn't that a lot of radiation you're taking in?**

Okay, first of all, watch Module 10 about testing and monitoring your progress because there may be some alternate test that you can do to monitor, besides the scans. The PSA test is an obvious one, but there are others. So, watch that module.

I think it does make sense to have a PET scan or two during the process, if you want to get confirmation on the status of your cancer. Every three months is a bit excessive. That is an excessive amount of radiation. I had a CT scan every six months, for the first couple of years. So, I had about four, maybe five and then, I was just like, "It's enough. I'm done."

If you watch [April's interview](#), there's a really interesting point that she brought up and that we talked about. Basically, a CT scan does not confirm whether cancer is alive or dead. April had three CT scans over the course of about nine months, and all three of them showed that her tumor had not changed. First of all, that's really good. The tumor had not grown; it hadn't spread. That's great. But she was discouraged because she thought, "Well, I thought what I was doing was working. And the tumor is still there." So then, she decided to have a PET scan, and guess what the PET scan found. The PET scan found that that spot that the CTs were showing was dead. The cancer was dead. The CT scans led her to believe it was still cancer. But it turns out that it was just scar tissue or a dead tumor or whatever.

It's very important to understand that a CT scan can show a tumor getting larger or shrinking, but it doesn't confirm how much of that tumor is still active cancer. So, half of it could be dead or it all could be dead. The only way to confirm is with a PET scan, or with a biopsy. And yes, there's radiation involved, for sure. So, you don't want to get too many. Just limit it to a few. It's good to have a baseline scan to see where you're at, which you may already have. And then, at some point in the future – three months, six months, a year – have another one and see where you're at.

In the meantime, investigate some of these non-invasive blood type tests and see if any of them would be applicable to his situation. The PSA would be an easy one. You can do the PSA every month.

## **9. Did you do the CT as much as they recommended, or just the colonoscopy?**

The colonoscopy is based out of few years for me. And now they're saying, "Come back every five years." I might be due for one this year or something, but all of my colonoscopies have been so absolutely perfect that I'm not really worried about that. The first couple of years, I had a CT every six months; that's what they recommended

and I didn't really know any better. I was just like, "Okay." Knowing what I know now, I might have opted to just space in out a little more. But there's value to doing a scan and seeing what's there or not there. It gives you some peace of mind if you say like, "Great! The two were shrinking and that's exciting," or, "No recurrence! That's exciting." The psychological benefit of a scan, I think in some ways, can outweigh the risk. You want to be careful of cumulative radiation because it can increase your cancer risk over time; so, you want to minimize that as much as possible. Yeah. Scans. It's a thing. It gets you nervous all the way up to the day of the test, until you get the results, really. And then, hopefully it's good news.

**10. After doing hardcore SQUARE ONE for 90 days, I did a Navarro urine test. It showed a score of 52.6. My score this month is 52.4. It's awesome that the number is lower, but not that much. Am I good? Does the lower score mean it's not spreading? Should I be doing more?**

Yeah, that's a lot of second guessing. A lower Navarro score, generally speaking, is better. It's showing improvement; so, be glad about that. You can't get a test every day, so most days, you don't know. You just don't know what's happening in your body, other than how you feel. So, if you're feeling good, that's certainly a good thing.

I can't say if you should be doing more because I don't know what you're doing. So, that's not possible for me to answer. But I would say to just stick with SQUARE ONE. Just keep up with the intensity.

Keep it up because we really want to have a two-year target. This is for everybody – two years, hardcore SQUARE ONE. Just think long-term because the first two years is the most critical. That's when cancer is most likely to come back or spread or metastasize or whatever. So, don't slack off now. Then, after two years, obviously, don't go back to Burger King. You still want to stay hardcore. But you can live a little. You can ease up a little and relax a little, and allow yourself to enjoy some of the treats and old things and whatever. But again, generally speaking, the plant-based diet is the best anti-cancer prevention diet. You want to stay on a plant-based diet – very little animal food, very little processed food, refined food. If you want to live a long healthy life, those are the best things you can do for yourself.

**11. What's your opinion on thermography for breast exams vs. mammograms?**

Thermography is great for some things. One, it can't hurt you. There's no possible way. There's no radiation. It's just a picture – a heat-sensitive camera. And it takes a picture of temperature variations in your body. And so, thermography can detect hot spots, which are typically indicative of inflammation. So, if you have a bright red spot

on your breast, then you've got some inflammation there; and that could be cancer. And so, thermography does not diagnose cancer, but it does allow you to see areas of inflammation that could be cancer.

And so, if you've already a cancer diagnosis, you know there's a tumor right there, you go get thermography, the thermography shows this red-hot spot, then that's confirmatory that the thermography is detecting the cancer. So, you know, that validates it for you in your mind. And then, if you use thermography for follow-ups, if you don't wanna do other scans, then you can see changes in that area. So, you can see if the inflammation is spreading, that's probably not good, right? That may mean the cancer is spreading. Or if it's shrinking, if the hot spot is getting cooler and smaller, then that's an indication that you may be healing.

So, that's about as far as thermography goes. But it can't diagnose you as having cancer or as being cancer-free, but it can give you some key indications. And then, you can use those to continue what you're doing, or you can go get further, more specific testing, like a biopsy. You know, even mammograms don't diagnose cancer. The only way to diagnose cancer is with a biopsy. But, anyway, that's the value of thermograms – thermography.

## **12. Will thermography show dental cavitations or infections?**

Yeah. Thermography will pick up hot spots in your face, jaw. It can't diagnose those things, but it can pick up inflammation. And if you have an infection in your mouth, it should show up in thermography, if there's a lot of inflammation around it. I feel like thermography is probably best for monitoring, after you have a diagnosis, versus for prevention. Because in some cases, you might have cancer, but it might not be very inflammatory, so it may not show up on the thermogram.

## **13. Do you think it's relevant to increase the number of scans?**

No, not if you don't want to. Look, it's your life; it's your choice. So, you can get monitored as many or as few times as you want because, again, there's no therapeutic benefit to a scan. It's just to measure progress. If you're comfortable not knowing for six months or a year, that's your choice. It's your life. You can just feel free to say, "I understand you would prefer me to get scans every three months, but I prefer to get one every six months." That's what you say. Or nine months, or never again. It's up to you.

**14. After seven months on SQUARE ONE and 90% plant-based, I feel really great. But my scan shows scary things. My melanoma tumors are growing in size and number. I want to stay the course, but I'm scared. Any suggestions?**

Well, 90% plant-based is pretty good, but I think you've got to go to 100%. Because hormones, animal fat, animal proteins, methionine, IGF-1, iron – all of these components that you get when you eat animals – can all fuel cancer growth. So, I think it's possible that they could be working against you. You've made these massive changes. You feel better. Lots of things are better. But if the cancer's still growing, then you want to take a step back and ask, “Am I missing something?”

I don't know exactly what your diet is looking like – if you're doing the Giant Salads and how much you're juicing. So, it's a little bit hard to comment any specifics. But, generally, go back through SQUARE ONE. Watch them all again, because I promise you there's stuff in there that the first time you heard it, it just went over your head. And when you hear it again, you'll be like, “Oh. Whoa, wait, how did I miss that before?” I'm telling you, this is a dense program. There's a lot of stuff in there. It took me years and years and years to learn it all, to think through it, to sort it out in my brain, and then organize it and present it to you. Your brain can only absorb so much at a time.

So, I would take a closer look; go back through again. And there may be some supplements you could add that are potent. There may be some other things in there too that really jump out at you. Coffee enemas could be a big help. And I don't know your religious status, your faith status, but if you haven't, I want to encourage you to find a local church. Go there and get them to lay hands on you and pray for you. That's huge. If you're not doing that, or haven't done that, do that.

**15. I was diagnosed with invasive breast cancer. I passed on mastectomy, chemo, and radiation. Tests look good. I have not done a mammogram or MRI. I feel better than a year ago. But can results be trusted, or too good to be true?**

Well, it sounds like you've got some great results. You should be celebrating, instead of worrying that it's too good to be true. That is just fantastic. And I hope they're true. You feel better. You look better. Your markers are in normal range.

Why not get a thermography, which will show you if there's any inflammation in the breast – any hot spots. And it's a good way to monitor and measure changes in inflammation. So, it doesn't diagnose; but it lets you see if there's a hot spot. If there's a hot spot right where your tumor is, then it's like, “Okay, well, it's seeing it.” And then, you can see it get hotter and bigger and spread, if you're getting worse. Or see it

shrink and get cooler. Hot colors will be red and then orange and yellow, as it cools down. And then into the blues and greens would be the cooler colors.

So, thermography would be a great thing to do, just to take a look at it. And just keep doing what you're doing and enjoy. Just enjoy your life. If you really are feeling nervous, you could do some of the monitoring tests that I recommended in the Testing module. If you want to get some different confirmatory markers, you can look at the IvyGene test, for example, or the Enox2 test, or the American Metabolic Laboratories CA Profile test. So, there are other tests available, if you just want more confirmation. But all signs point to yes.

## **16. What blood tests are most important?**

Well, it's a little hard to answer this because are you asking about blood tests or blood markers? If you go through the SQUARE ONE Testing and Monitoring Guide, that module will explain all the different tests and markers to you, and then you can decide which ones apply to you and which ones you want to pursue.

## **17. I'm learning not to do a biopsy because it opens the walled off cancer cells. How else should we diagnose a lump?**

There's an ongoing debate on whether or not needle biopsies can cause metastasis. There are some studies that indicate that they can. And there are some studies that say they don't. So, I think there's still maybe some risk there. If you want to be on the safe side and not take risks, then you don't do a biopsy. But if you don't do a biopsy, you cannot diagnose it as cancer definitively. Some of the blood tests I talk about in the Testing module could give you a pretty good indication that it's cancer, based on the markers that they measure. So, you could do some of these different blood tests and, depending on the results, they may say, "Yes, this just looks like cancer based on the blood markers." But the only way anyone can diagnose cancer for sure is with the biopsy.

So, you have two choices. One, you get the biopsy and you get the diagnosis. Two, you do a blood test and it comes back and the numbers look suspicious. Or if they look like it's obviously cancer, like, "We're pretty confident it's cancer based on your blood markers." Or if you just do nothing, no tests, then you should still treat it like its cancer. If you're not sure, you should treat it like its cancer. If it's cancer, treat it like its cancer; if you're not sure, treat it like its cancer. That's my answer. Treat it like it's cancer.

**18. My lumpectomy was not done right. Half the cancer's lump is in my right breast. I've been on SQUARE ONE for four months. The lump has just gotten bigger. It was never tested whether it was estrogen receptive or not. How do I check that without doing another lumpectomy or removing lymph nodes?**

I don't know. I don't know how to test that. That's a question for your doctor. I don't know if they can test whether a cancer is estrogen positive without doing a biopsy or lumpectomy. But it's something you probably need to go back and get them to do it right. That's just weird that they didn't take it all out. It's frustrating to read that, and I don't really know what to tell you. I'm just inclined to think you should maybe go back and have them do it right.

Here's the thing. You said the lump's gotten bigger. That could be because when you have surgery, your body secretes proteins, compounds, hormones, and all that stuff in the area of the injury to speed up wound healing and cell regeneration. If you've still got cancer there, then that's going to accelerate the growth of those cancer cells. That's how surgery can create metastasis, because your body is producing these chemicals that accelerate wound healing and cancer growth. That's why surgery can cause metastasis. And again, it may be why the half of lump that you had grew bigger after surgery. If you're going to have surgery, they need to get it all out, at least. And if not, they either leave it alone or take it all out. But this halfway stuff just doesn't make sense to me at all.

**19. What do you know about the new IvyGene test? Is it accurate enough to make the decision not to go into surgery?**

There's a new test called the IvyGene test, and it has basically taken the place of the ONCOblot. So, I talk about the ONCOblot test in the Guide Book, and for some reason you can't do it anymore, or something's changed recently; and I don't know why. But IvyGene is an emerging test that's very similar, and some people are using that. But that's one you could look into for a non-invasive monitoring test.

It is like an early detection cancer monitoring blood test that is getting a lot of attention. Your doctor may or may not know about it. Some practitioners may or may not know about it yet; some do. I don't know if it is accurate enough. I've done a little bit of research on it to try to learn and understand, and I will do more. But, I can't say with any confidence how accurate it is, or not. Not like the MammaPrint. The MammaPrint has gone through human clinical trials, and that's extremely accurate in predicting whether or not a breast cancer patient needs chemotherapy after surgery. Same with ColoPrint. The IvyGene Test is not predicting whether someone needs chemo, but it's detecting cancer activity in the body.



But, anyway, for those of you that might be looking for another monitoring option – monitoring test – you can google “IvyGene” and do some research on it, and see if it makes sense and is something you want to try and you can get access to. And in the meantime, I’ll be trying to learn about it, understand it, and see if it’s worthwhile.

**20. I’ve heard you say that sometimes numbers of tumors may increase after you radically change your lifestyle/before you start healing. My scan showed tumors increasing in size/number. When should I start freaking out?**

Never freak out. I’m just talking to address that pretty easily. So, this answer is based on observations of a lot of people – they’ve gone through the healing process. And everyone’s different. I interviewed a woman today, miraculous turnaround in four months, went from Stage 4 breast cancer to no cancer. But for other folks, it takes a lot longer. It can take a couple of years to get well. And there’s no reason for it, necessarily. Sometimes you get worse before you get better. When you’re really sick, when your body’s really in bad shape, then it’s going to heal other stuff first before it gets to the cancer.

In some cases, I’ve seen people’s cancer get worse temporarily, and then they turn a corner and they start getting better and eventually get well. That can happen. And hopefully, that is what will happen with you. There could be a point where, if the cancer spreads to an extent or grows to an extent where it’s life-threatening – where it’s closing up your colon, or shutting down your liver, or threatening to close your esophagus, or something like that – then you might need to take some drastic measures, some surgical intervention or whatever doctors think is appropriate. If you feel great, that’s awesome. Just keep going. Don’t let fear take over. Keep living your life. Stay on top of it. Pay attention to what’s happening and just give yourself more time.

**21. Can a slight increase in tumor markers signal die off, or does it mean growth? Am I getting worse or actually getting better?**

A slight increase can mean either. I talk about this in SQUARE ONE. Sometimes, tumor markers go up. In fact, they do go up when cancer dies off. In the short term, you don’t know. In the long term, that’s when you figure it out. In the first 90 days, you can have a big spike in tumor markers, which could mean you’re getting better. But it takes six months to a year to a couple of years to really see the trend and to know, “Okay. That big spike. Was the cancer getting worse or it was actually the cancer dying off?” You can have your tumor markers going up, then you get a scan, then the cancer’s shrunk, and it’s like, “Okay. We know what was dying.”

**22. For someone without cancer or disease who follows SQUARE ONE, what tests would you recommend for upkeep? Heavy metals? Parasites?**

Well, the micronutrient profile test is a good one. That's at least to make sure that your routine is supplying your body with all of the vitamins and minerals that it needs. That's a great one. The heavy metals testing is beneficial. If you're curious whether you have any heavy metal toxicity or exposure, you will find out if you do a heavy metals test.

That's the thing about testing. You learn stuff. I don't think any of it is critical or necessary, but a lot of it can be interesting and informative. I'm about to do a 24-hour urine test that relates to enzyme activity in your body. I'll be reporting on those findings. I'm really curious to see. I do some stuff like that. But the main thing is just normal blood work and micronutrient profile testing.

Parasite testing can be helpful. There are so many parasites in the body, and a lot of them are basically harmless. But some can be harmful, and that shows up on tests. That's a little bit of a challenge. I think it's better to just do a heavy metal detox and to do a parasite cleanse, whether you've got them or not, or whether a test shows them or not. The whole Dr. Clark Parasite Cleanse that I talk about in SQUARE ONE is a great one. It's an inexpensive 20-day protocol, with three supplements; it's less than \$100.

**23. What's the best way to check hormones? How much attention should I be giving hormones? Should they be balanced?**

I think your hormones will normalize. They will level out eventually. I don't think you necessarily need to try to balance them right now. You said, you're finally menopausal. Yeah. I mean, this is just a season where hormone production just can be all over the place. Hormones can be very tricky, and I'd be just very cautious about trying to artificially balance or level out hormones in the body. If they're all over the map of blood work but you feel okay, then I'll really wouldn't worry about it.

**24. Can infection light up a PET scan and not be cancer?**

Yes. Absolutely yes. Infections can light up on a scan and not be cancer. You can ask your doctor. That happens regularly.

**25. This is a DCIS question. I didn't do the lumpectomy, didn't do the radiation, and I'm not taking Tamoxifen. I'm getting an MRI in two weeks to check the status. what can an MRI see? If they recommended another biopsy, should I do it?**

DCIS is so low-risk. That's the thing about DCIS. You really need to research it and see that it's just women who are being overtreated for something that, for most women, does not ever become cancer. It's precancerous. But they want to get you in the system. They want to over-treat you because that's how they make money.

The MRI can see if it's grown, if it's bigger. But even if it's bigger, it doesn't mean it's turned cancerous. I don't necessarily think you need another biopsy. But they want to do a biopsy to see, if it has turned into cancer yet. That's the purpose of the biopsy. So, if you really need or want to know, then that's what you should do. Do the biopsy.

## **FACILITIES/PRACTITIONERS**

### **1. Do you know of a site on the Internet that would direct me to doctors or facilities that offer thermography?**

No. But it seems like you should be able to google “thermography” and the name of your city, and see what comes up. If there’s one in your city, it’s going to come up – or nearby cities. If you live near Chicago, google “thermography and Chicago” and there’s got to be a handful of them there. Apparently, Thermology Online (<http://thermologyonline.org/>) has a list of clinics. But it’s just simpler to google your city and thermography.

### **2. How do I find an integrated medical doctor in my area? Is there a script I can use?**

Yeah, it’s a challenge. It is a challenge to find a doctor. If you google “RGCC,” you might be able to find a link to an integrative oncologist. Google “integrative oncologist and Memphis” or whatever. That’s the first thing I would do. See who pops up.

And then, as far as the script, you kind of need to look at their website and see what kind of therapies they offer. Try to figure out their philosophy. Most of them that call themselves integrative are still doing chemo. So, you go in there and they’re like, “Well, you need chemo. But we’re also going to give you some vitamin C IVs or some supplements and things.” So, you might be disappointed at their approach because it’s probably going to be fairly conventional, with a little bit of supplements and things. But at the same time, you don’t have to do what they say.

You just need to meet them. And if you like them, you say, “Listen, I have made a decision to take control of my health and change my whole life. And I’m looking for a doctor that will work with me and monitor my progress as I move forward. I’m not interested in doing chemotherapy or drug therapies, at this time. But I do want a relationship with a medical doctor that can help me monitor my progress.” That’s the pitch. And some of them might say “yes.” They might say, “Okay, we can do that. I can do that for you.” And if they do, great.

Now, you’ve got to be weary. They might say “yes” and then every time you go in there, they might try to talk to you into chemo. If that happens, you might want to be like, “Oh, okay, this isn’t working,” and find someone new. It’s called the old bait and switch.

### **3. What is the best way to find a naturopathic doctor that specializes in healing a specific type of cancer, a successful cure rate, with a practice near a certain location?**

Step one is to google “naturopathic doctor in [insert location].” Then something will come up, probably. Or a few people will come up, in your area.

In terms of specific types of cancers or cure rates, don't bother. Cure rates are so impossible to calculate. And anyone that's using cure rates is misleading you – including the cancer industry. Why are cure rates misleading? Because everybody is different. And what are we talking about? Are we talking about curing Stage 1? Are we talking about curing Stage 2, 3, or 4? What type of cancer are we talking about? You've got all these different types of cancers, you've got all these different stages, and you've got male and female, different ages, etc. So, when you get all those factors together, you can't just throw everybody in a big group and say, “I've got such and such cure rate.” Stay away from cure rate claims.

What you want to ask is, “Hey, have you helped anyone heal cancer with nutrition and natural non-toxic therapies?” If they say, “Yes,” then you say, “Okay, that's awesome. How many people have you helped heal?” “Three.” “Great, can I talk to them?” If they say “yes,” great. Get their phone numbers, call them, make some new friends, and find out about what they say about this doctor. That's what you need to do.

The other big factor about cure rates, by the way, is at what point did they come to this person? So, for example, let's just say two cancer patients come to a naturopathic doctor. One of them was just diagnosed yesterday and they're like, “I'm not doing any chemo, no radiation, nothing. I'm going to go natural.” The other one has been through every treatment on planet Earth, their body is destroyed, they've had the maximum dosage of chemo and radiation, and they've been sent home to die. Those two patients are totally different. And that's what happens a lot in the alternative world, with alternative and natural practitioners. They're seeing so many patients that it's their last ditch effort after everything else has failed. And believe me, the odds are stacked against them to help this person. And that's going to hurt the cure rate when everything else has failed, the person's body's destroyed, and then they're like, “Can you help me?”

Again, it's much easier to heal if you haven't been totally brutalized by treatment. But there are still people who've healed after treatment failed, like my friend Dr. Dale Figtree. Watch that interview, if you haven't. It is awesome; I love her.

I just want to help you get the right mindset about cure rates; just don't worry about it. “Have you helped anybody heal? Yes? Okay, then how many people? Can I talk to them?” That's really all you need to know. Then, hopefully, those people that he's

helped heal can also be a part of your team. You can call and ask them for help. “What do I do? What do you think?” And bounce ideas off of those people, because they are a few steps ahead of you in the cancer area. If they're well, they're multiple steps ahead of you. And they've been through ups and downs, and pitfalls, and they will have wisdom to share, ideas, information, and resources, and they'll help you.

#### **4. What type of practitioner should I search for to help me in diet and supplementation, as well for ordering follow-up exams like the Greek Test?**

I've got a list of practitioners in the SQUARE ONE Guide Book, so look in there. Also, Dale Figtree is amazing. She isn't in the SQUARE ONE Guide Book, but I need to put her in the next printing because I totally love her. And also, just google “naturopath in your area.”

One more tip about naturopaths, by the way, is that a lot of naturopaths have gotten sucked into the ketogenic diet hype. And on the front end, you want to screen them and see if they recommend the ketogenic diet. Because if they do, run away. Run away. They don't know what they're doing and I would stay as far away as possible. Unfortunately, the ketogenic diet has infected the natural health and cancer community with very little science, very little research, and very little actual patient survival testimonials from the diet. Unfortunately, because it's gotten so much hype, many naturopathic, functional medicine practitioners are now like, “Oh, the ketogenic diet, that's the best diet for cancer.” “Based on what? Have you cured anybody with it?” “Nope.” So, that's the other thing to make sure when you're interviewing potential naturopathic doctors.

#### **5. Do you have any recommendations for getting vitamin C infusions? What sources can be trusted? And where to get them or recommend getting them?**

So, I think I wouldn't worry about untrustworthy sources. Vitamin C infusions are a very simple process. They put an IV in your vein, and they drip 40-60 grams of ascorbic acid into your blood. So, it's very low-risk. But what I would just do is google “vitamin C infusions” or “IV vitamin C” and then the name of your city. So like, “IV vitamin C, Memphis” and see what comes up. There may be some practitioners that do them in your area. And if there are, they're probably fine. I mean, it's just such a low-risk type of treatment. I don't think it's even possible to hurt yourself or die providing vitamin C. So, that's what I would do. Just do a google search and see if there's anybody in your area doing them. And then, typically, they're going to do between 40-60 grams – usually dripped over a couple of hours.

## **6. Where do you get a micronutrient profile test?**

You can get them anywhere they do a walk-in blood test. These places have popped up all over the place. A lot of major cities have them. It's just like your local blood lab. And you can just walk right in. If you want to get an AIDS test or whatever, you could walk in and get tested for HIV. They offer all of these different tests. You can get cholesterol, vitamin D. You can get a complete blood panel. You can get a hormones test. You can get a testosterone test. There are all of these different blood markers that you can check. You just walk in and pay for it, they draw your blood and send it off.

Any Lab Test Now is one company that might be in your city. Who knows how many of those companies there are. I would just google "blood work Minneapolis" or "blood testing St. Louis" or something, and see what comes up. Different companies have different names. It's basically called a micronutrient profile test. If you say that and they look at you cross-eyed, say, "Like a test where it shows your levels of vitamins and minerals in your body," and they should be like, "Yeah, okay, that would be this right here."

## FAQ - Lifestyle/Personal Care

(Q&A: Mar-Apr 2017, Feb-June 2018)

### EMOTIONAL

PG.127

1. Can **removing stress** be enough to keep cancer from growing?
2. Can you talk about **stress** and tumor growth?
3. Do you have a suggestion for **prioritizing**?
4. The oncologist said I'll die if I don't do **chemo**. What should I do?
5. Can you recommend a really good cancer **meditation**?
6. What **books** do you go to for continual strength and discernment?
7. What do you do to kick **cravings**?
8. What should I do if a loved one is **scared to stop treatments**?
9. Should I be **doing more** besides your diet?

### BODY

PG.134

1. Can you talk about the body's **healing priorities**?
2. Why is one tumors shrinking while another **tumor grows**?
3. What kind of **sunscreen** do you use?
4. What are your thoughts on **breast implants**?
5. Is it possible to heal breast cancer with **implants**?
6. Does **melatonin** increase the likelihood of having cancer?
7. I'm concerned about **losing too much weight**.
8. What can I do about **muscle wasting** and **weight loss**?
9. What can you do to rebuild **lost muscle mass**?
10. What can I do to help **osteoporosis**?
11. What are some natural remedies for **diabetic neuropathy** in feet?
12. Do you have any suggestions on boosting **nerve damage** healing?
13. What can you do to reverse **radiation damage** to tissues and bones?
14. Any suggestions on natural remedies to help with **severe back pain**?
15. Why do I have a **moving muscle pain**?
16. What can you take to help with **pain**?
17. Should cancer patients **exercise**?
18. What can I take to help strengthen my **nails and hair**?
19. What are some topical recommendations for skin lesions?

### TEETH

PG.145

1. What's your opinion about getting **tooth implants**?
2. Should I remove the **silver fillings** in my teeth?
3. Is **mercury filling removal** safe?
4. How do you keep your **teeth from staining**?
5. Do you do **oil pulling**?
6. My dentist is recommending **titanium implants**; is that okay?



## **TOOLS/GADGETS**

**PG.147**

1. What **cookware and microwaves** do you use?
2. What is the best way to **clean produce**?
3. Do you make any exceptions to **buying organic**?
4. Is using a **Vitamix** enough to get a daily dose of vitamins and minerals?
5. Can cancer patients eat **Instapot** pressure cooked food?
6. Why did you choose a **water filter** over reverse osmosis?
7. Can the **Berkey** lab results be trusted?
8. How do you **clean turmeric** from the juicer?
9. Are you currently using any **EMF devices**?
10. Do you have any experience with **Smart Dots**?

## **GENERAL HEALTH**

**PG.151**

1. How aggressive should I be with **removing cancerous tumors**?
2. What do you suggest for combating **effects of radiation**?
3. What can pull **radiation** out of the body?
4. How should **nodules** be handled?
5. What would you recommend doing if you're **still not better**?
6. Why is my **tumor** still growing?
7. Are **viruses** cancer-causing?
8. Any suggestions for **rotating foods** or other strategies?
9. What is the most effective way to **shrink or eliminate tumors**?
10. How do I support my **prevent DCIS** from returning?
11. Any thoughts as to the nature of **DCIS**?
12. Can you interview anyone healed of **advanced prostate cancer**?
13. What are your thoughts on **cancer in children**?
14. How do I help my **PSA**?
15. Can you please say anything about **triple negative breast cancer**?
16. What are the **most important things** to focus on to cure my cancer?
17. Should I do **surgery**?
18. What do you suggest for people with **autoimmune disease**?
19. What should I expect to be careful of with **cancer die off**?
20. What's the best course of action until **reversing my colostomy**?
21. What's an **average day** in the life of Chris?
22. What's your experience with **lymph drainage**?
23. What are your thoughts on **recurrence statistics**?

## EMOTIONAL

**1. If the majority of the stress triggers are removed, could that be enough to keep further cancer from growing, along with a healthy diet and exercising daily, without doing the full protocol? Sometimes I find myself getting more stressed about what to eat and what not to eat.**

I talk about stress in Module 6 of SQUARE ONE. Definitely watch that a few times. One thing I really am conscious of and try to not do is create “food fear.” I don't want you to be afraid of food. I'm trying to educate you on healthy food and unhealthy food. But in doing that, people can get paranoid, fearful, and stressed. Stress is the enemy, for sure.

Is removing stress enough to stay well? For some people, it is. For some people, that's the main issue in their life. They were already eating healthy and exercising and “doing everything right,” but the stress was a huge problem. Most cancer patients have stress, in addition to a horrible diet and lifestyle. SQUARE ONE is about a total life change, so I can't really recommend doing any less. I think you should change everything. But if the process of changing your life and adopting these new habits is creating more stress than you had before you started, that's not good. I want to encourage you to find a balance. You don't have active cancer in your body right now, so that's great. You want to get your stress as low as possible, remove all the stressors from your life, and then create new routines and habits that make it easy to stay healthy. Create systems that make it easy to do things that promote health. Stress comes when we want to do something, but we haven't prepared in advance so we don't do it. It's like the expression, “If you fail to plan, then you plan to fail.”

My advice is to work on creating systems that make it easy for you. For example, eating the same meals every day, planning your meals in advance and juicing in big batches, but not beating yourself up if you forget to take supplements one morning. If you had a busy day and couldn't make your juice that day, it's okay. Just be mindful and remind yourself, “Wait a minute, I don't need to be stressed about this.” You've got to catch yourself in the stress and be like, “This is silly, I have so much to be thankful for...” Gratitude is the antidote to stress and unhappiness. You've got to catch yourself in the stress and say, “I'm not going to stress about this. There are people dying in the hospital right now. There are people starving in third world countries...” There are so many people in the world in way worse situations than you. So, you've got to talk yourself out of your stress, out of a funk, out of a bad mood, bad attitude, fear, and anxiety.

That's what I'm trying to help you do with SQUARE ONE, to create diet and lifestyle habits that make it easy to be healthy. When you eat the same thing every day, it's easy: Giant Salads, juices, fruit smoothies, delicious plant food. And it gets easier. But

there's an adjustment period and in the beginning, it's a little tough. You've got to make some big changes, but don't be overwhelmed. There's another comment saying, "The entire protocol can be overwhelming, time-wise and financially." So, again, just do what you can in the time you have and with the money you have. And don't let what you can't do stress you. If you can't afford all the supplements, it's okay. You just have to do what you do and trust God with the rest.

## **2. Can you talk about stress and tumor growth?**

Stress suppresses your immune system. There's even a study that used two groups of mice with cancer. One of the mice groups they put them under stressful conditions, and their tumors grew much faster than the mice that were just chilling, hanging out with cancer – that weren't stressed. There's a lot of metabolic and genetic activity that is influenced by stress. And again, it can increase tumor growth; it can increase metastasis. Stress is horrible for your health and that's why there's an entire module about eliminating stress.

There's another module about spiritual healing that ties into stress, as well. Because if you're spiritually unhealthy and you've got a lot of unresolved spiritual issues, and you haven't really surrendered and gotten right with God, then you're going to have a lot of emotional turmoil and stress. So, that's the deal. So, watch Module 6 and 7 lots of times, until stress is out of your life; until you've gotten right with God and you're at peace, and you have joy and happiness in your life.

## **3. Do you have a suggestion on how to prioritize?**

Priority number one is stress. So, removing as many stressors as you can and getting really organized. Disorganization and chaos produces stress. But order and organization produces peace. So, number one is organizing your life. You have a lot of responsibilities, you've got work, you've got kids. So, you have to run your life in a very systematic way. If you don't have time flexibility, just say, "Okay, here are little time blocks where I need to take care of myself. And these little time blocks are for work. And these time blocks are for the kids." At the end of the day you can look back and say, "Great, I took care of myself, I did my work, and took care of the kids. Successful day." That's what you've got to do. Reduce stress with organization, that's number one priority. Number two priority, obviously, is the diet. So, plant-based diet, hardcore nutrition, juicing if you have time – you may need to make your juice in batches – and eat tons of fruits and vegetables every day.

Priority number three is exercise. Even if it's just walking every day. You have more time than you think. When we really look at our schedules, we waste a lot of time doing stuff that doesn't matter. Just 5-15 minutes of vigorous exercise is wonderful. Everyone has 5 minutes do sit-ups, push-ups, jumping jacks, air squats, and lunges before you take your shower for the day. (An air squat is a squat with no weight.) It doesn't have to be hard.

And you have a creative, problem-solving brain. You know how to solve problems. You're solving problems all the time. You just have to take your own problems, put your problem-solving hat on, and ask yourself, "How can I get this done?" Sit down with the calendar, with your weekly planner, and look at the week and plan it out. The plan will reduce stress, you'll get more done, and you'll know your limitations...and you just have to be okay with them.

#### **4. The oncologist said if I don't do chemo I will have less than 12 months, and if I do, possibly 3 years. What should I do?**

Well, don't panic. Don't freak out. If you don't want the chemo, don't do it. It's your life. Don't believe the "If you do chemo, you'll have three years and if you don't, you only have a year." Don't believe that crap. Do not believe that. That's what they told my cousin. He had Stage 4 colon cancer, similar to you, and they said, "If you do chemo, you'll have two to three years. If you don't do chemo, you probably only have about six months." He did the chemo and he died in three months.

So, just don't believe that. Take control of your life and health. Radically change everything. Focus on joy and happiness. If all they're doing is injecting fear into you, they don't have a cure, so what's the point? You're just going to chemo because they think you're going to live a little longer, because that's what their sales pitch is: "If you do this, you'll live longer...and then die." Guess what? Living longer while you're sick and being poisoned with chemo, you're not going to enjoy. That's not going to be a good quality of life. All things being equal, if you're going to die and it's irreversible, wouldn't you rather die feeling good as long as possible, and filling your life with joy and happiness, and having some adventures, and getting on a cruise ship and traveling around the world or whatever?

I can talk about this from a lot of different angles, obviously. But don't let fear motivate you to make a decision that you might regret later. Again, you have nothing to lose. They've already told you that they can't cure you. So, all they're trying to do now is just talk you into treatment so you can live longer. I've just seen it too many times where the promise of living longer was a lie.

## **5. Can you recommend a really good cancer meditation?**

I don't know of any. The best thing I can recommend is that you watch or listen to the stress module over and over. The more you listen to it, the better it gets. I'm telling you. Listen to that one over and over, and the spiritual healing module. Listen to those two on repeat; listen to them a lot. The more you hear it, the more things will click for you. It took me years and years to understand the things I talk about in those modules. And I think for a lot of people, when they first hear it, it kind of goes over their head. But on repeated hearing, it's like, "Okay. Okay. Now I understand what I need to do to forgive, to let go of emotional baggage, and all those things."

## **6. Can you please recommend a book, passage, or practice you come back to for continual strength and discernment?**

So, I did a fair amount of Bible study during this time, like reading the Gospels – Matthew, Mark, Luke, and John – reading the words of Jesus, who is the ultimate healer. And then, reading the psalms – a lot of psalms are David crying out to God for help and for healing and for rescue, in times of trouble. And so, I got so much encouragement and inspiration from the psalms and from the Gospels. But, in terms of books outside of the Bible... I mean, that's the best place to go. I mean, just go right into the Word; I would just go right into God's Word, and that's where you're going to get it.

There was a book I read, it was pretty powerful, by E.W. Kenyon called *Jesus the Healer*. And I don't even know if it's in print because my mom had it – my mom and her insanely awesome library of books. But yeah, *Jesus the Healer* by E.W. Kenyon is another one that kind of rocked my world, back then. So, those are the two. The Bible and *Jesus the Healer*, if you can get your hands on it.

## **7. What do you do to kick cravings? Do you ever eat chips, popcorn, cake, and the like? How often do you eat those?**

Well, if you're craving carbs at night, have some carbs. Have an apple. Have a banana. Have some oranges. Have some fruit. Fruit is awesome. It's delicious; it will satisfy you. Your body wants ice cream, but when you give it the apple, it will actually like it. It's just will power. So, that's easy to do. Do I ever eat chips? Yes. Last night for dinner, my wife made like a bowl with lentils, freshly made guacamole, and diced sweet potatoes, with organic corn tortilla chips. So, it was kind of like a taco salad, I guess. So, yeah, we had some chips last night – organic corn tortilla chips.

I don't really eat popcorn, but it's okay. I mean, there's just not a lot of nutrition in popcorn. It's kind of empty. But if you bought organic corn kernels and popped your own popcorn, it's fine. Put some Bragg Nutritional Yeast on it; that would be a good addition. Maybe add a little bit of sea salt. It's okay. As far as cake, no, not really. I mean, occasionally, I might have a bite of a piece of cake somewhere like a family function or something, or maybe even a slice occasionally. But we don't buy cakes or cupcakes. When was the last time I had a cupcake? I think maybe at my daughter's birthday we got some cupcakes and I had one. It was good. But like, I'm not going to go running in there and start eating cupcakes every day or every week or anything. Yeah. So, just on occasion I might have something like that.

### **8. What are your thoughts on helping someone scared to stop treatment?**

If somebody's scared to stop treatment, you don't want to stop treatment. That's the thing. If they're scared to stop, it's not going to be good psychologically to try to talk them into stopping. The thing is, just focus on giving them as much good stuff as possible – SQUARE ONE type stuff, like the SQUARE ONE protocol, juices, smoothies, fruits and vegetables, supplements (as much as possible), exercise, rest, forgiveness, stress reduction, etc. I think you should research that with your mother. Just say, “Mom, I know you're scared to stop, but let's just research this together.” So, research it together, talk about it. If it stresses her out too much to research it, then just let it go for the time being.

### **9. I have a half inch breast lump. Not sure what to do. I have not seen a doctor. I'm following your diet. Wonder if I should do more.**

Well, that's the unanswerable question: “Should I be doing more?” The thing is, if you're doing SQUARE ONE, it's a radical life change. You're changing your diet, you're exercising. There's so much to do in just following the SQUARE ONE protocol. I try not to make it overwhelming, but you're changing your whole life. I think you do that, and you just have to be okay with “this is enough for now,” and you monitor your progress. It's just really important that you don't let the worry of “I need to be doing more. Am I doing enough?” happen. Because you're doing a lot, if you're doing SQUARE ONE. You've changed everything. And then just give your body time to heal, and put your mind at ease. You don't want the stress of worrying about not doing enough to become counterproductive. Monitor your progress every 30, 60, and 90 days. Thermography is a great way to see breast inflammation, to monitor changes in inflammation. So, for example, if you see a hot spot—inflammation—and then after 30, 60, and 90 days, if the hot spot is significantly smaller, then you may be going in the right direction. You can't know for sure. It's not a definitive test. But that would indicate that you are getting better as inflammation reduces.

## **BODY**

### **1. Can you talk about the body's healing priorities?**

Healing happens in phases. You're not sick because you have cancer; you have cancer because you're sick. The tumors are a symptom of a larger problem, which is a sick body. Your body is sick, therefore you have tumors. So, when you start the healing process, your body prioritizes. It's going to heal what it thinks needs healing the most first. Sometimes things heal simultaneously, but sometimes they don't. So, your body may be rebuilding your liver or rebuilding your bone marrow before it turns its attention to the tumors.

Again, healing happen in phases. Someone shared in our Facebook group, she had these big tumors on her neck. And in the first three months of doing SQUARE ONE, she couldn't even see them. And then, for a period of another three to six months, she didn't have any more progress. The progress had kind of stalled. But then, it picked back up again and for the next subsequent three months, her blood work markers improved again and again and again. It's just the absolute perfect example of the phases of healing. So, sometimes you get great health results initially, and then things kind of plateau for a while. That's okay. Then, they start improving again. Or sometimes you go backwards a little bit, and they start improving again.

Some of those factors are like stress in our life – things happening in our personal life that can affect us physically as we live through the process. The whole point of it is to just stay the course. Keep pointing your ship toward Healthy Island. You can get knocked off of course, just point it back toward Healthy Island and keep going. Don't give up. Keep doing everything you can do. Don't let fear and discouragement and uncertainty knock you off course or lead you to make rash, emotional decisions that you might regret later.

### **2. My mom has Stage 4 breast cancer. The primary tumor has stopped growing. There was a very tiny tumor below it, which is increasing in size. Is that okay?**

That's great. That is not uncommon, okay? Sometimes, when there are multiple tumors in the body, during the healing process, some will shrink and some will grow. Just stay the course. That's the best I can tell you. But yeah, the body just prioritizes healing. So, it may be focused on killing the big tumor. It stopped it from growing and it's killing it and it's dying off. But it's not really paying attention to the little one, so the little one's growing. But once it's done killing the big one, then it'll turn its attention to the little one. That's a very simplistic analogy, but that's kind of the way it happens a lot. So, be encouraged that the big one has stopped growing. Just keep after it; don't let up.

### **3. Do you use sunscreen? Which ones do you recommend?**

Go to [ChrisBeatCancer.com/do-sunscreens-prevent-cancer-or-cause-it](http://ChrisBeatCancer.com/do-sunscreens-prevent-cancer-or-cause-it), and you'll see some brands that we use. On my face, I use Annmarie Skin Care: Sun Love. It's mineral-based and it's great. It's expensive and the bottle's very small, so I only use it on my face because I don't even know if the whole bottle would cover my whole body. It's also tinted, which is awesome. So, when you put it on, you don't have the white face that you can never get rubbed in (and then you look like a doofus on the beach). For the rest of the body, Aubrey Organics is a really good, highly-rated, non-toxic brand. Badger Sunscreens is another good one. Kiss my Face is a good kids' sunscreen. There's a list on my site.

### **4. Please share your thoughts on breast implants.**

A breast implant is a foreign object in your body. And there are many reports of women becoming ill after getting implants. I know women who've had them taken out because the implants were making them sick and feel awful. Even some famous celebrities. Their health went downhill almost immediately after getting them put in. Implants can cause headaches, fatigue, fibromyalgia, all kinds of problems in the body. Textured implants are linked to a rare type of cancer called "breast cancer induced anaplastic large cell lymphoma" (ALCL). I understand why some women want bigger breasts, but it's risky.

### **5. I have Stage 4 breast cancer. Is it possible to heal with implants? Or do they need to be removed? Would removal be too hard on my immune system?**

Can you heal it with implants? Yes. I did an interview with someone that you should try to reach out to and consult with. Her name is Shannon Knight. She had Stage 4 breast cancer, has implants, and she's been alive and well for many years. And she's a wonderful person. I don't think you necessarily have to have them removed. There are a number of testimonials online of people who have breast implant associated sickness – chronic fatigue, problems, and whatever. They realized it started after they got their breast implants. If that's you, then you might want to consider getting them out – if they're messing with you and causing problems in your body.

<https://www.chrisbeatcancer.com/how-shannon-healed-stage-4-breast-cancer-with-alternative-therapies/>

There's a very, very rare type of cancer that can be caused by breast implants. It's called breast implant-associated lymphoma. But again, it's super rare. I'm not trying to scare you. I just want you to be informed. But you're right, having the removal surgery could be a burden on your immune system. And I think that's probably risky,



and I don't think it'd be a good idea at this point. Maybe down the road, after you get well and you're like, "Okay, I'm good" and the cancer's gone, then maybe that might be a time to get rid of them – if you decide you want to.

**6. I remember reading that you should refrain from using melatonin because it increases the likelihood of having cancer. Is this true?**

I have neither read research that supports or refutes that. It's the first I've heard that melatonin increases the likelihood of having breast cancer. Now, it's not something I recommend taking for prevention, but melatonin is one of the most powerful anti-cancer hormones in your body. As you know, if you've watched SQUARE ONE, I talk about this in the exercise and rest module. It's only produced at night when you sleep in total darkness. The earlier you go to bed, the more melatonin your body produces – especially if you sleep in total darkness. So, it's really important. You want to maximize your melatonin. And there have been studies that's shown that cancer patients who take 20 milligrams of melatonin per night have better survival. I do know those two things to be true. I don't know and I've never heard that taking it contributes to breast cancer. If you have cancer and you're trying to heal it, you want to maximize your melatonin at night. So, taking some before bed could be helpful. But even if you don't take it, you want to do everything you can do.

This is such a deep well I'm trying not to dive into. The problem is that most prescription drugs interfere with melatonin production in your body. You've got all of these people taking prescription medication for all kinds of stuff – not to mention cancer patients – and it's inhibiting the production of melatonin. You have less melatonin in your body already because these drugs are blocking the production of it. And then, if you have poor sleep habits, you keep the lights on too late at night, you're not sleeping in total darkness, or you're not getting enough sleep, then you have even less melatonin than that.

Melatonin is what keeps your cancer at bay. It keeps it from growing at night; it keeps it under control and can even shrink tumors. Melatonin is good, that's all I know about it. Again, if you have a link to a study about taking melatonin and contributing to breast cancer, I would love to see it.

The other thing that I recommend is blue light blockers – the blue light blocking glasses – BluBlocker. You all remember the BluBlocker commercials from like the 80s and 90s for old people. Anyway, I do wear blue light blocking glasses at night. As soon as the sun goes down, I put them on because indoor light or light at night past sundown delays the onset of melatonin in your body.

Melatonin is what makes you sleepy. If you go camping, you'll find that you get sleepy really early. As soon as the sun goes down, you start yawning because that darkness signals your body to start producing melatonin and go to sleep. But we live in electrified boxes, so we turn all the lights on. And all that light at night keeps us awake, delays melatonin onset, delays our bedtime, and reduces the amount of melatonin dose that we get each day.

I bought my first pair of BluBlockers, and they looked better on the website. These are both from a website called Swanwick. I bought my first pair and my wife thinks they make me look like a child molester, which is not the look I was going for. Anyway, I got another pair, and they're really not any better. They're just equally dorky and different. Now I have two pairs and I can alternate. In person, they are just a little bit like a creepy guy in a van that wants to abduct your children from the park or something. Anyway, they are great. I really do recommend them. They have some different frame styles besides those two, and they have some women styles. Again, you just put them on when the sun goes down. When you're on your phone, watching TV, indoor lighting, all that kind of stuff, the glasses block blue light from entering your eyes, which allows your body to think that it is night time. And then, melatonin comes on.

## **7. I'm concerned about losing too much weight.**

Everyone loses weight when they start eating super healthy (plant-based diet, lows of raw foods, juices, etc.). That's normal. Your body will lose weight in the beginning. But then it will find a resistance point where it levels off, where the number of calories you're consuming matches the number of calories needed per day—that will be your new normal. The main thing to look at is your Body Mass Index. Google “BMI calculator” and figure out what your normal weight range is for your height. If your BMI is in a normal range, then you are fine and you don't need to worry about your weight. Most people, I've found, who think they've lost too much weight are still within a normal BMI range. If your BMI is clinically underweight, then you need to eat more cooked food and starches.

Start with my Supercharged Oatmeal Recipe for breakfast and add hemp, flax, chia seeds, and almond butter to it. As for starches, beans and potatoes are wonderful. Rice is great. Go with brown, black, or red rice. They're more nutritious. Preferably not from China. Organic is best. White rice is the least nutritious; skip it. Black beans, garbanzo beans, navy beans, kidney beans, split peas, and lentils are amazing. So, a variety of cooked legumes are wonderful. Also, sweet potatoes and yams are terrific. I talk about this in Module 4. If you need more calories, you just need to eat more cooked foods. So, definitely add those healthy starches: oats, beans, rice, quinoa, potatoes, and even organic corn.

## **8. Is there anything I can do about muscle wasting and weight loss?**

The thing about muscle wasting and weight loss is that you have to eat more. You have to eat more food. And sometimes it's hard because the patient isn't hungry, and they're not motivated; they won't eat and you can't do anything. If you can't get them to eat, they're not going to gain weight. And then, the less they eat, the more weight they're going to lose. I've seen this, personally, in my own cancer experience. In the very beginning, I kind of stopped eating because I just felt bad. And I've seen other patients who feel bad and you can't get them to eat, and they keep losing weight, and losing weight and losing weight.

Juicing, smoothies, and liquid foods can help a lot because liquid calories are easy to consume. There's not much chewing involved. That's my best advice. Try with the liquid calories – juices and smoothies – to get them in there and get her to eat. The patient has to be convinced and believe that they need to eat. But you're going to lose weight if you're eating healthy, so there's a flip side to it. When you start eating tons of fruits and vegetables, typically you're going to lose weight because they're less calorie dense. And that's fine. You might get thin, and it's okay. You just want to make sure you're not too thin where you're actually clinically underweight and risking muscle wasting, and being catabolic where you're muscle wasting.

## **9. What can you do to rebuild lost muscle mass?**

You can lift weights. Lifting weights is how you rebuild muscle. You have to tell your body that you need more muscle. You've heard the expression "use it or lose it." If you don't use it, you will lose it. But if you start using your muscles, your body will reinforce them. It will strengthen them. Fitness and exercise builds muscle. It strengthens muscle, and it builds muscle. That's what you've got to do. And as you exercise, your appetite will also increase.

Eating more will also contribute to building more muscle, to an extent. I mean, I weigh somewhere between 160-165, and I'm probably never going to weigh more than that. I exercise every day; I lift heavy weights. My body has this level where I've got muscle, I'm strong, I can do a handstand, push-ups, way more pull-ups than the average person, and I'm about as big as I'm ever going to get. That has to do with my metabolism and my body type. Everybody's a little bit different.

But the main thing is, exercise builds muscle. You want cardiovascular exercise – aerobic exercise – to improve your VO2 max, your circulation, your cardiovascular health. To switch off those cancer genes, to get your sweat going, to detoxify your body. All aerobic exercise is great for that, and it also strengthens muscle. But then, strength training – getting in those machines, picking up the dumbbells, doing some

curls, pressing overhead, doing push-ups, using any of the machines at the gym that require you to really push and strain, push something heavy – that builds strength and muscle.

#### **10. What can I do to help osteoporosis?**

I cover this in Module 8. Exercise prevents osteoporosis. You don't need to take calcium, you just need to stress your bones more. You need to stress your bones with weightlifting because when you lift heavy weight, it sends signals to your muscles and bones to get stronger. The reason that our bones get weaker and brittle with age isn't because we're not getting enough calcium, it's because we become more and more sedentary and don't do as much physical work. Beyond that, plant food is rich in calcium, so you'll get plenty eating fruits and vegetables.

#### **11. Can you please discuss natural remedies for a cancer survivor with diabetic neuropathy in her feet?**

I don't know, it's complicated when it's caused by a drug. I don't know. I'm just not sure. I mean, the thing that you really need with diabetes is circulation. You need exercise, you need circulation in your feet. You've got to get the blood moving. And you need to eliminate saturated fat from the diet. There's a really good site called Mastering Diabetes. Those guys are both Type 1 diabetics and have both turned their diabetes around. And they coach other people on how to do it with a plant-based diet with lots of fruit. Fruit is wonderful for diabetes, which most people don't understand. So, that's the resource I would look to.

#### **12. I'm suffering from peripheral neuropathy after undergoing chemo. Any suggestions to boost nerve damage healing?**

One, go to Nutrition Facts and type in "neuropathy." He may have aggregated some studies on preventing or reducing neuropathy. So, look there.

Second, eat tons of fruits and vegetables. Because all these wonderful compounds in plants accelerate healing.

The third thing is circulation. So, you want to make sure you get a lot of exercise and circulation in your hands and feet. Anything that's really getting the blood pumping – push-ups, pull ups, anything, all exercise – increases circulation. Anywhere there's increased circulation, increases healing. So, you want to increase circulation to your fingers and toes, to your hands and feet.

Another way you can do that is with hot and cold therapy – like an ice bath or an ice bucket, and steaming hot water. So, you can get a bucket, and fill it with ice and water. So, you've got a bucket of ice cold water. And then, you've got your tub. So, you turn the tub on hot water. Put your hands on the hot water – as hot as you can stand it – and get to where your hands are turning red and you're like, “Oh man.” Don't burn yourself, but find that healthy balance where you can handle the heat. And then, plunge in the cold. And you want to go back and forth about seven times; about 30 seconds hot, 30 seconds cold, back and forth. And that forces those tiny capillaries – tiny blood vessels – in your hands and your feet to, when they get hot they expand, and when you force them in the cold they contract. And it forces blood into areas that may not be getting great circulation. And so, that is what I would do if I was trying to heal neuropathy; I would do hydrotherapy.

By the way, this applies to any type of skin disease; I mean, any type of skin issue. Hydrotherapy is wonderful and I did it multiple times as my part of my daily cancer routine. I think I talk about it in SQUARE ONE. I definitely talk about it in the Advanced Protocols Class. In the shower, hot as you can stand, and then cold. And I would go back and forth – hot and cold – seven times. You never get used to it. The cold is just brutal. But then, after you've gone back and forth a couple times, your skin kind of goes numb and it's easier to do the rest. Your skin just kind of gets numb and tingly, and it's not so bad.

### **13. Is there anything one can do to reverse radiation damage to tissues and bones, especially the face, or help it heal or regenerate?**

You know, I don't know that there is. I mean, when your skin or your tissue is damaged, your body has healing mechanisms. It's going to start healing that area. Now, if you are eating a nutrient-rich diet – tons of fruits and vegetables, tons of food from the earth, not eating junk food and processed food, and all that stuff – then you're giving your body all of the raw materials that it needs to rebuild, as best as it can under the circumstance. Beyond that, it's going to do the best it can do with the resources it has. And even if you're giving it everything it needs, you still might have scarring and stuff. So, it may require some plastic surgery or whatever to correct it, if you have really significant facial damage or disfigurement or something like that.

So, yes, I know that's probably not the best answer and the answer you may not want to hear. But there's things you can do. I mean, shea butter is wonderful; aloe is wonderful. Any kind of fruit, it sounds weird but fruit paste is wonderful for the skin and may be helpful. It certainly isn't going to hurt. For wound healing, if it's a fresh wound, honey is amazing. If you have a fresh wound, honey not only kills the bacteria, it dries it out; and it's way better than Neosporin.

In fact, I shared this on Facebook, they've got this research coming out of Africa where they are proving and demonstrating that white sugar is helping patients heal wounds and ulcers that would not heal because they were antibiotic resistant. So, antibiotic resistant bacterial infections were healing with sugar – putting sugar on the wound and just wrapping it up. And that sounds crazy and like, “Well, wouldn’t sugar feed the bacteria?” But apparently, sugar dries out the wound like salt would, only less painful. And when you dry out a wound, the bacteria starve and die because the bacteria need that moisture to thrive.

And so, sugar’s amazing for that. And this researcher in Africa grew up in the rural African village. They used to always put sugar on wounds and cuts, and then he went to university and became a scientist. And he kind of revisited this folk remedy as a professional researcher, and now they've got this really cool study coming out about it. And then, they found that honey was even better than sugar because honey has natural antibacterial properties in it.

**14. My mom has Stage 4 breast cancer and is having severe back pain. Any natural remedies to help?**

Well, it depends on the cause of the pain. So, it could be muscular, it could be tumor pain, it could be in her spine. Cannabis oil is a powerful pain reliever. In the short term, that would be helpful. And it has anti-cancer benefits, too. So, it could also be helping heal the cancer.

**15. I seem to have a moving muscle pain that feels like a pulled muscle, that goes away and reappears somewhere else. I wonder if this is losing muscle mass, or not getting protein or calories, or detox?**

Yeah, I don’t know. Who knows? I have no idea what that could be. If you’re losing weight, then it could be a symptom of weight loss and muscle loss. That’s possible. If you’re maintaining your weight, I would encourage you to do some just some basic strength-maintaining exercise – push-ups, air squats, sit-ups, pull-ups. Real basic exercises that helps maintain strength and muscle mass without just killing yourself at the gym or whatever. That’s always a good thing to do.

Aches and pains could also be a symptom of dehydration and possibly detox, as well. It could be any of those things. But more water helps the detox. Exercise helps with muscle mass. And if you’re losing weight, then you need to eat more calories to maintain or gain a little weight. Eat those great starchy plant foods – beans, rice, potatoes, lentils, flat peas, chickpeas. Those are just wonderful. Oatmeal, hemp seed, flaxseed, chia seed, almonds, walnuts – all of those are wonderful foods that give you

the healthiest calories and will help you maintain and gain weight. Unless you're me and you have the highest metabolism in the world. No, they do help me. If I didn't eat those foods, I would be super skinny.

**16. My niece had a double mastectomy six years ago for her HER2 positive breast cancer. What can she take to help with the pain she has after six years?**

Well, my first thought is that the SQUARE ONE diet is an anti-inflammatory diet. When you're eating only fruits and vegetables – no meat, no dairy, no processed food, no junk food – you're eating a diet that is rich in antioxidants and anti-inflammatory compounds. Pain is caused by inflammation, typically. And if she has chronic inflammation, she'll have chronic pain. The first thing you'd want to address is the inflammation. And you want to eat a hardcore anti-inflammatory diet. That's the SQUARE ONE diet. Tons of fruits and vegetables is anti-inflammatory.

Beyond that, she can also take anti-inflammatories, which would be like high dose curcumin. The article about Dieneke, who reversed her myeloma taking eight grams of curcumin per day, would be something to look into. It cost about \$100 a month. Read that article. There's links to curcumin on Amazon. And that is something that would be very easy for her to do. But I think you need to get the foundational anti-inflammatory diet in place. Although, the curcumin could help by itself. But I would do the diet, and I would do the curcumin for sure. Curcumin is powerful and a very potent anti-inflammatory. <https://www.chrisbeatcancer.com/how-dieneke-ferguson-beat-multiple-myeloma-with-curcumin/>

Off the top off my head, I think that's the best first strategy. And if those things don't help, I don't know what to tell you. It just could be some problem that was caused by the surgery, and there's muscle or tendon damage. It could be caused by muscle weakness or muscle loss. There's so many possible causative factors. But address the inflammation and see what happens.

**17. Should cancer patients exercise?**

The Oncology Society of Australia has now come out that they officially recommend exercise to be prescribed to every cancer patient. This is so awesome; it's really great because we know that exercise improves survival. It is that important. Now, of course, they want everybody to do chemo and radiation; but they also want them to do exercise with it. Even if you're doing conventional therapy, exercise reduces the side effects, makes you feel better, reduces toxicity, and improves survival. That means people who exercise live longer, they have a lower risk of recurrence, and better overall survival – higher rates of remission.

If exercise can benefit patients doing chemo and radiation, guess what? It can also benefit patients not doing chemo and radiation. Exercise is amazing. If you haven't, listen to the Exercise and Rest module of SQUARE ONE. Or even if you have, listen to it again because it will get you excited about exercising. The main takeaway that's so important for everyone is that you need at least 20 minutes of moderate exercise – the minimum is brisk walking. The minimum is 20 minutes of brisk walking – walking at a brisk pace. Hopefully, get a little bit sweaty. Get a little bit huffy and puffy. Get your heart rate up. Rebounding is another super low-impact moderate exercise. So, 20 minutes of moderate exercise per day, six days a week. That's the bare minimum. More is good too, but you've got to do at least that much. I'd say shoot for 20-30 minutes.

And then, they also recommended – and this isn't a new idea, this is in line with the international recommendations – some kind of strength training, two to three days a week. So, lifting some weights, doing something that's a little more challenging, on two to three days of the week. Anybody can do this stuff. It doesn't matter what kind of exercise you like, whether it's karate, yoga, swimming. Although, swimming's a little risky with chlorine pools; I'd stay away from it unless you're in the ocean. But jazzercise, Zumba, anything you enjoy where you're getting in there, and you're sweating, and your heart's beating, and you're breathing heavy, and you're just getting a good workout is great. It's great to see that. And then, hopefully, that'll translate around the world and even to the US, where oncologists will start prescribing exercise for their patients, because it is that important.

**18. What can I take to help strengthen my nails and strengthen my hair? I think weakness may be caused by an aromatase inhibitor.**

So, I think what's probably happening, and you should google this to make sure, but the aromatase inhibitor is probably preventing the absorption of certain minerals that your body uses to build your hair and your nails. So, I'm not sure if taking more minerals will help, or if it's just going to be a problem while you're on this aromatase inhibitor.

I've never been asked this before. So I, again, am just trying to think it through. But that's the most likely scenario – that it's blocking absorption of key minerals that help your hair and your nails grow. So, if I were you, I would just google this. And just start combing through articles and links, and maybe you'll find some research about other patients that are like, “I had the same problem and here's what I did.” Like, “I took a multivitamin and my hair and my nails started growing back and are healthy again,” you know, something like that.



It wouldn't hurt to take a women's whole food multivitamin. Mega food is a reliable brand you can get at Whole Foods or on Amazon. Garden of Life used to be a reliable brand. They haven't really made any changes yet, but Nestle just bought them. But I don't think anything's changed. So, you know, I feel okay saying Garden of Life women's multi is probably fine, for now. I don't know what it'll be in a couple of years. But that's where I would start. Just start with a multivitamin – a whole food multi. And then, research and see if you can find any other answers, because it may be one specific mineral. Maybe it's magnesium, maybe it's potassium, maybe it's selenium. I don't know.

### **19. What are some topical recommendations for skin lesions?**

Curaderm! Curaderm for basal and squamous cell carcinoma. It has been proven to reverse it. So, I'd look that up.

Then, also, cannabis oil can be great for skin lesions. And the more aggressive and riskier thing would be Black Salve – Two Feathers' Black Salve or Amazon Black Salve (which is Alpha Omega labs). Those are the two most reputable brands – Alpha Omega and Two Feathers. Those are really more for melanomas because Curaderm works fine for basal cell and squamous cell.

## **TEETH**

### **1. I have inflammation in one of my root canal treated teeth. I'm planning to get the tooth removed. What's your opinion of getting implants?**

The risk of an implant is much lower than a root canal. I've never had a root canal and never had an implant, so I'm not the voice of experience. I'm just regurgitating what I hear a lot of other people say that have had root canals removed. If I was in that situation, I would get the root canal out, and replaced with a spacer to give my body time to fully heal the site, and then have an implant. You just need to do research. Go to [IAOMT.org](http://IAOMT.org) to learn more.

### **2. I have silver fillings in my teeth. How serious is it to keep them in?**

I think it's pretty serious. Silver fillings are 50% mercury and releasing toxic mercury vapor every day into your body. I think you need to find a holistic dentist and get them out. Make sure they know what they're doing and that they use safe extraction techniques.

### **3. Is mercury filling removal safe? Could it add more toxic load to the body? If your immune system is compromised, should you wait to get the fillings removed? Or should you get the fillings removed as one of the steps to healing and restoring the body?**

Mercury filling removal needs to be done in a very specific way to protect you from additional mercury exposure. You want to find a dentist that is a certified holistic dentist. I talk about this in Module 5. [IAOMT.org](http://IAOMT.org) has a network of certified dentists that don't use mercury fillings. They use very specific methods to protect you while they remove mercury fillings. I don't think you should wait. If you have the means to do so, and you have access to a holistic dentist, then you should get them out.

### **4. How do you keep your teeth white while drinking tea and juice?**

You know what's amazing? I drink fruit smoothies every day that are like purple, and they don't stain my teeth. I don't drink coffee, so that's not a problem. And the teas I drink don't stain my teeth either. I don't have a special routine. I don't do oil pulling. I just get up, brush my teeth well, and I brush my teeth every night before bed. Some days I brush my teeth in the middle of the day, or after a meal, if I feel like brushing them.

Two of my favorite fluoride-free toothpastes are JASON PowerSmile and Dr. Bronner's Peppermint Toothpaste. Healthy white teeth come from the inside out. They come from your diet. If you have a diet that is rich in fruits and vegetables, vitamins, minerals, enzymes, antioxidants... All that good stuff goes into your bloodstream, your blood supply goes to your teeth, and your teeth regenerate like everything else in your body.

So, my teeth are probably healthier now than they were 10 years ago, or even when I had cancer. I've regenerated all my bones, teeth, and everything, from what I've put in my mouth. But if you're really self-conscious about having yellow teeth I'm not opposed to teeth whitening, like Zoom or something. There are way worse things in the world than getting your teeth whitened. I haven't done it, but I'm not opposed to it. People who are self-conscious about their teeth rarely smile and that's not good!

## **5. Do you do oil pulling?**

I've done oil pulling, but I don't do it regularly. There are a lot of claims but a surprising lack of actual science verifying any benefits to oil pulling. It would be so easy to measure the effectiveness of oil pulling. You could just have somebody oil pull for 20 minutes, spit it out, and then analyze it in the lab and see if it actually pulled toxins out of their body. I still have never seen that research. So, I'm a little skeptical that it really is doing anything more than swishing with water would do.

I wanted to clean my mouth really well, I will mouthwash and gargle with colloidal silver, because that's an antibacterial for sure. I don't do it every day, but I do it regularly. I do the oil pulling type method for a few minutes (not for 20 minutes) with colloidal silver—really swishing it around every which way, and then I gargle it. Many times, when I've started to get a scratchy throat, I would get about an ounce of colloidal silver, swish it for a few minutes, gargle a few times, and then swallow the whole thing. I've knocked out colds many times by doing that. It's pretty incredible. Just get a bottle and keep it handy, and if you start to feel a little run down, mouthwash and gargle with colloidal silver, along with high doses of vitamin C.

## **6. My dentist is recommending titanium implants. Is that okay?**

That's kind of weird. I think you should ask questions. I'm always a little hesitant about putting anything metal permanently in your body. Ceramic might be better. I've never had to deal with that, so I really don't have that personal, working knowledge about dental implants and things like that.

## **TOOLS/GADGETS**

### **1. Please talk about cookware and microwaves.**

We got rid of our microwave a long time ago, and we don't miss it. I don't even think about microwaves. It's been so long since I even had one. If I need to warm something up, I just throw it in a pan and warm it up on the stove, or put it in the oven or the toaster oven. It just takes a few minutes. I don't have to have my food warmed up in 15 seconds. I'm just not that impatient. I'm okay if it takes a few minutes to warm something up.

Now, as far as cookware, we have a hodgepodge of cookware. For about 10 years we used the enameled cast iron pots and pans that Mercola used to sell. We have a few newer pieces that we got from World Market that I really love because they're lightweight, enameled cast iron. And we have a Green Pan. Those are my go-to now.

### **2. Is using the Vitamix enough to get the daily dose of vitamins and minerals? Or would using a juicer be more beneficial?**

Yeah, it's always great to get the whole thing. I always did both. So, if you have to choose between one or the other, then use the Vitamix. Blend it all up and get the whole thing in your body. If you can also add juice, then that's more nutrition and that's better. Juice is like medicinal food. You're getting extra nutrition in your body that you wouldn't be able to eat, because there's only so much food you can eat in a day. You can get a lot more nutrition in your body when you're “dosing” with juices every hour or so. So, that's the reason for drinking juices.

### **3. What is the best way to clean bacteria and pesticides from produce?**

Fruit and vegetable wash. You can wash with apple cider vinegar. If you're really serious, you can put your produce in a pot of water and bubble ozone into the water with a SOTA water ozonator. That will kill all bacteria. People even do it with meat, which is weird. But I don't go to those great lengths. We just wash our vegetables, and I don't worry about it.

If they're using toxic pesticides, you can wash some of that off, but some of it is absorbed into the food and you're going to eat it. So, organic is best if you can afford it, if you can find it, and if it's available. If not, you're still better off eating lots of fruits and vegetables, then not. So, that's what we do. Here's the thing. There's a certain level of trust. You don't want to go so far down the rabbit hole into paranoia that you can't trust or believe anything. That's not healthy, psychologically. I'm very

conscientious about not creating “food fear” in you, so that you're just afraid to eat anything...because I've been there. I was in that mental state for a while when I was first trying to get well, when I just literally thought everything was going to kill me. Again, I don't want you to be that extremely paranoid because that's not healthy.

#### **4. Do you make any exceptions to buying organic, like items that are peeled?**

If you don't eat the peel, it doesn't have to be organic. Oranges are not as big of a deal as apples. Apples, you eat the peel. Oranges, you don't. Same with pineapple, cantaloupe, or melons. If you're eating the skin, buy organic. If you're peeling the skin, you can get away with conventional; especially if you're on a tight budget.

#### **5. Can cancer patients eat Instapot pressure cooked food?**

Generally speaking, yes. You can eat cooked food. I mean, I don't know anything about the Instapot for me to say like, “Oh, don't eat anything out of an Instapot because it's got contamination, or whatever.” I have no idea. But assuming it doesn't have any weird non-stick coating or Teflon or some weird lining inside, then that's fine. Yeah. Cook some veggies in the Instapot enjoy them.

#### **6. Why did you choose a Berkey water filter over reverse osmosis?**

Reverse osmosis systems are great filtration methods, but they are more expensive to maintain than the Berkey Water Filter ([BigBerkeyWaterFilters.com](http://BigBerkeyWaterFilters.com)). If you buy one, you can use the coupon code "chrisbeatcancer" and you get 5% off at checkout. People that have a Berkey are like people who own Apple Computers or a Vitamix. Their customers are rabid fans. I used to use a countertop distiller but I kept hearing about Berkey for years. I started researching it, and I saw the impressively long list of contaminants that it removes. It removes hundreds of contaminants to levels of 99.99%. And I love it because it's portable and it doesn't require water pressure or electricity. I have a little bit of that “prepper” mentality, and I like the fact that if I lost power or water pressure, I could still have clean drinking water. You can filter pond water, rain water, or even your own urine in a Berkey water filter.

In my opinion, it is the best for those reasons. It's an amazing filter. So, that's my Berkey water filter pitch for you. Reverse osmosis filters will filter out tons of contaminants and purify your water. But they're a bit of a pain. They require some installation, you have to have water pressure, and you have to change the filters often. The maintenance costs are higher, but they are effective. If you're using one now, stick with it. It's fine.

## **7. Can we trust Berkey lab results?**

I haven't had any independent tests done. They've sent me their tests, and they're pretty comprehensive. So, I don't know. And I haven't seen any of the tests that you're referring to, that other people have done and said the Berkey water was worse, or whatever. Now, as to the aluminum issue, the fluoride filters do use a form of aluminum that binds to fluoride. That's how you remove fluoride from the water. And they don't add more aluminum to the water. That's my understanding. So, that's the best I can tell you at this point. It wouldn't be a bad idea to test it, I mean, just for my own curiosity, to see. Maybe I'll do that soon.

## **8. How do you clean turmeric from the juicer? It stains everything.**

That is correct. If you figure it out, let me know. Turmeric does stain everything orange or yellowish orange. We have white counters – like quartz – and yeah, I've got to wipe it up really quick because it can lead to a stain if you don't.

## **9. Are you currently using any EMF devices for cell phones, smart meters, laptops, or house protection from all the dirty electricity wiring inside the walls? What would you recommend?**

Not really, no. There's a couple practices that I think are very simple, which I talk about in Module 5: How to Detoxify Your Body & Your Environment. Putting your Wi-Fi on a timer so it turns off at night is a very simple thing to do. I do have an earthing mat under my desk. This plugs into the ground in the wall and it's connected to the ground rod, which goes into the ground outside my house. It's not necessarily EMF protection, but it keeps you grounded.

I have a Trifield Meter 100XE, which is a tool you can use to measure dirty electricity around your house. It'll measure magnetic fields, electric fields, and radio and microwave radiation. I've gone around my house, checked all the walls and outlets, and gone all over the place, and I feel very comfortable that I don't have a dirty electricity problem in my house.

I've also installed "kill switches" in some of the rooms that allow me to turn the circuit off in that room. The way you can do that is, if you know anything about electricity (which most people don't), most rooms have electrical outlets along the wall and they're all usually wired in parallel. There can be some shared circuits, but they're all typically on one circuit. So, if you disconnect the first outlet in the circuit, it kills the power to all the rest. You can install what I call a "kill switch," but it's just an outlet with a switch in it. They sell them at Home Depot, Lowe's...everywhere.

Have an electrician install this, or you can do it yourself if you know what you're doing. And if you find the first outlet in the circuit, you can flip a switch at night and it'll kill all the power in your bedroom. Anyway, I have some of those. I actually installed some of those in the bedrooms of my house, but we realized that they're just not putting out enough electricity to pick up on the meter for it to even matter.

I do keep my cell phone away from my body. I talk about this in Module 5. I just keep it off me and I put it on airplane mode, a lot. I'm very conscientious about cellphone radiation. I use earbuds and speakerphone. I keep it off my body and away from my body. I don't sleep with it by my head. That's probably the thing I'm most conscientious about, and I think you should be, too. Now, someone gave me one of those little things to put on the back of my phone like the Q-Link or MRET. I don't know if they really do anything. But somebody gave me one, so I'm like, "Sure, I'll stick it on there." I haven't seen real science that proves that it actually protects you, but it's definitely not hurting my phone or me.

#### **10. Do you have any experience with Smart Dots that a person might wear to protect them against EMFs?**

I don't think they work. I don't think they do anything. The problem is that there's a lot of companies that sell those, and they all claim that they put a shield around your body or whatever. But if that was true, it would be very, very easy to measure it. It would be very easy to measure if a device was blocking electromagnetic frequency. All you'd need is a gauss meter. You'd turn on your Wi-Fi, you'd hold the gauss meter up to it (or in the room), you'd measure the room, or you'd hold it next to your body and you'd measure. And then, you'd put that little necklace on, or the thing on your phone, measure again, and see if there was any difference. The problem is that most of these companies selling that stuff don't even have any kind of video, measurement, study, or anything. It's just an unsubstantiated claim that it's going to protect you from EMF.

So, I think the best thing you need to do that is to keep your phone away from your body. Just keep your phone off of you as much as possible – use the speaker phone, use earbuds. Put it into airplane mode, if you're carrying it in your pocket. Then turn the airplane mode off and check your messages, or whatever, periodically through the day. But just keep it on airplane mode. And then, turn your Wi-Fi off at night when you're sleeping. I've got a NETGEAR Nighthawk Wi-Fi router, and it actually has a button. I love this because I've been wanting one that had this. There's a button right on the top of the machine where you can turn the Wi-Fi off, but it doesn't cut your internet. So, my computer is hard wired to my router, and I can turn the Wi-Fi router off without turning the power off. So, when I'm working in my office, I just turn the Wi-Fi off so there's no Wi-Fi.

## GENERAL HEALTH

### **1. Please comment on people who have had surgery to remove cancerous tumors and how aggressive they should be. Should I assume the cancer is there and do the full protocol? How long does it take to build a new body and back down the anxiety and ease of recurrence?**

If you have had cancer and you've had surgery and they took it out, and they told you they got it all, but the recurrence rate is 50%, you absolutely need to go hardcore. A 50% recurrence rate is serious. If they told you it was a 2% recurrence rate, then I guess you could go back to eating cheeseburgers. I'm kidding. But you need to go hardcore because, look, you still have circulating tumor cells in your body. Period. Every person who has cancer, or has had cancer cut out, has circulating tumor cells that your immune system may be able to eliminate.

But if your body is still hospitable to cancer, if it's still cancer friendly terrain, those circulating tumor cells and circulating stem cells are going to find a new place to set up camp and start multiplying. So yes, you need to go hardcore for at least two years. That was my situation, almost exactly. They took the tumor out and said, "We got it all," but then they wanted me to do chemo because they knew there was a very high recurrence rate for me. Stage 3C colon cancer in a young adult is super aggressive.

How long does it take to build a new body? Two years. As for the anxiety of recurrence, you have to give it to God. You can't be worrying about the recurrence. You just have to say, "You know what, I'm going to take care of my body. I'm going to change everything. I'm going to eliminate stress in my life. I'm going to exercise every day, six days a week. I'm going to flood my body with nutrition, with fruits and vegetables, and do everything I can do to stay well, without stressing myself about it. And I'm going to enjoy every day."

Enjoy the process, don't take it on as a burden. If you approach SQUARE ONE as a burden, a chore, and a drudgery, you're working against yourself. You can't go into it with a negative, reluctant attitude. You're going to sabotage your progress. You have to be determined to stay positive, to always flip the switch back to positivity when you start to go negative. And look at it like a new adventure. That's the reason it says, "Let's start your healing adventure" on the SQUARE ONE membership site. This is a healing adventure.

This is a new season, a new chapter in your life, and you need to treat it that way. This is an all new You 2.0. You're building a new body, you're rearranging your life, and you're becoming a new, better person.



## **2. What do you suggest for combating the effects of radiation?**

Tons of fruits, vegetables, juicing, and smoothies. Radiation damages tissue and you need to heal that tissue. The way to heal that tissue is with tons of vitamins, minerals, nutrients, enzymes, protein, fat, fiber, and carbohydrates. You're going to get all that from fruits and vegetables. Aloe accelerates wound healing. That's a special plant, so drinking aloe vera gel could help a lot, especially healing the gut. So, I would incorporate that as well. But just overdosing on nutrition will only help you heal. Just get as much good stuff in your body. Everything I talk about in SQUARE ONE. I wouldn't say do anything extra. That's already a lot.

## **3. What can pull radiation out of the body?**

You can't pull radiation out of the body. That's not the way it works. Radiation causes damage, and the damage is done. The damage happened. What you've got to do is repair the damage. But you don't really have lingering radiation from scans. That's not really an issue. The issue is the DNA damage to your cells that it's caused, that you want to repair. And the way you do that is with fruits and vegetables. You want to make sure you're getting tons of antioxidants, phytonutrients, vitamins, minerals, enzymes – all that good stuff is in food from the earth, that your body can use to repair and regenerate.

You can't really detoxify radiation. It's not like you're ingesting radioactive isotopes or something like that, which would be absorbed by the thyroid, and you'd want to try to block that. If there was some kind of nuclear fallout, you'd want to take iodine so your thyroid wouldn't absorb radioactive isotopes. It's not like that. Again, you just want to load up on fruits and veggies – antioxidants. And that helps protect yourselves from radiation damage and repair post-radiation damage. That's why the best thing you could do when you go to the beach is drink a giant fruit smoothie for breakfast. Load up on berries and antioxidants, because it helps protect your skin from sun damage, and repair from sun damage as well.

## **4. Can you give me your opinion on nodules and how it should be handled? Should I be worried?**

Well, worry accomplishes nothing, so you definitely should not be worried. Don't worry, okay? Do not worry. What you should do though is take it seriously. If you're doing SQUARE ONE, just do it hardcore, all the way. No excuses. Don't slack off. This is your life. It's your health. Take it seriously. But don't be worried. Just make a commitment like, "Okay, I'm just going to treat it like it's cancer, or like it could turn into cancer. So, I'm going to take care of myself in a way that I never have before." Do

that and then make a decision on what you're comfortable with, in terms of monitoring. If you're not comfortable with every three months, you set the schedule and tell your doctor what you want to do. Think about it, pray about it, and just decide, "Okay, this is what I'm comfortable with: every six months or every nine months or every three months or every year." Whatever it is, that's what you need to do.

**5. What if you're eating as healthy and clean of a diet as you can, you've cleaned up your environment, and you get regular outdoor exercise, but you're still not better? What would you recommend doing?**

This is one of those questions where it's not enough information for me to know. If I could come to your house, spend the day with you, and just observe exactly what you're doing, then I could say, "Oh, here's an idea" or, "You know what, this might actually not be helpful. This might be harmful. This thing you're doing or this thing you're eating" or whatever, right? But without really seeing all the details of what somebody is doing, I don't know. I can't say.

Maybe try cannabis oil; most people aren't doing that. Most cancer patients are not taking cannabis oil because it's a challenge. You've got to get it illegally, and you have to make a batch of oil. And then, I'd say look at high dose curcumin. I would say amp up the garlic, for sure – like garlic, garlic, garlic. It's the most potent anti-cancer food we know. And amp up the lemons, as well, because lemons are amazing, super potent anti-cancer fruit. More garlic, more lemons.

There's a study the team is helping me work on. It's a study I found that's really cool, and somebody shared it in the SQUARE ONE support group. It's about garlic and lemons, and the anti-cancer power of them synergistically combined. Basically, in this study, they took garlic and whole lemons with the peel, and blended them up. Then they extracted the juice, like you would run through a cheesecloth or whatever, and made an extract. This is a mouse study, but 80% of the mice that they gave this extract to – which were implanted with breast cancer cells – were cured. 80% of the mice were cured. I mean, that's crazy. Again, it's just garlic and lemons.

By the way, that's way better than any ketogenic diet mice study. Way better. But I'll be working that up for you guys and share it as soon as possible. We're breaking down the study on exactly how to do it, what the dosage should be for humans. So, we're going to get that all figured out. I've got a copy of the entire paper, so we're breaking it down. Maybe we'll make a video where we'll make the extract and show you how to do it. Because what's the harm? It could be just super powerful. We know garlic and lemons are super powerful anyway because there's lots of anti-cancer science on them already published.

**6. I followed everything suggested for Stage 4 breast cancer and still my tumor continues to grow. Any suggestions?**

Well, it's hard to answer questions like this because I really don't know exactly what you're doing. This may not apply to you, but I've seen many times where someone says, "I've done everything and nothing is working," and then when I'm able to drill into what they're doing, I find that they really haven't done everything. They've done some things and haven't been consistent, and have jumped around from one thing to the next, not giving their body enough time to get well or adapt or whatever. So, these kinds of questions are just hard to answer.

One thing I would suggest is that you probably have not done cannabis oil. I just posted an interview with April, who had a miraculous Stage 4 breast cancer reversal. It was all over her body and she did the Rick Simpson protocol – cannabis oil protocol – which is a three month protocol ingesting cannabis oil three times a day. I would highly encourage any of you who have not watched that interview, go watch it on my site, and then go to Rick Simpson's site. You can watch a video with Rick demonstrating how to make your own oil and there's a link to the Phoenix Tears website to learn more. And there's a link to the documentary about Rick Simpson cannabis oil called *Run From The Cure*.

[chrisbeatcancer.com/how-april-healed-stage-4-breast-cancer-in-3-months/](http://chrisbeatcancer.com/how-april-healed-stage-4-breast-cancer-in-3-months/)

The problem with cannabis oil is it is still illegal in many states, so you have to get it illegally. You've got to ask around, you've got to find somebody who can get you some weed. And it needs to be really, really good; it needs to be an Indica strain. But I would highly suggest that. I mean, if it means saving your life, yes, I would definitely do an illegal therapy. And yes, by the way, it's all natural. So, that would be my biggest suggestion. And then, just revisit SQUARE ONE again. Go through it again, watch the videos again, and just really try to evaluate what you're doing, based on what I recommend in the videos. Maybe there's something missing, maybe there's something you haven't really gone hardcore enough on. Maybe there's some supplementation you haven't tried, like eight grams of curcumin per day.

**7. Are viruses cancer-causing? Any relation between cold sores herpes versus STD herpes? Have you had any experience with homeopathic solutions eliminating herpes and viruses?**

Yeah, there are numerous cancer-causing viruses, and some of them are in the herpes family, for sure. I talk about it in Module 2, if you watch it or rewatch it. I talk about cancer-causing viruses. And yeah, several of them are in the herpes family. The thing is that once you boost your immune system, your immune system can keep viruses under control and in check. The main thing is healing your body and rebuilding your

immune system with nutrition – the SQUARE ONE principles. And exercise is huge for the immune system. Blueberries are amazing; they increase your natural killer cell production. All of the wonderful fruits and vegetables in SQUARE ONE will help your immune system; and your immune system will address viruses. Stress can suppress the immune system, which can allow viruses like cold sores to flare up. Keep that in mind, too.

The other antiviral therapy – targeted for viruses – would be the Bob Beck protocol, which I talk about on the site. I think I might mention at SQUARE ONE; I don't remember. It's in the Advanced Protocols Class, for sure. But check out my post about Bob Beck. His protocol is an anti-viral, -bacteria, -parasite, -pathogen, electromedicine protocol. <https://www.chrisbeatcancer.com/bobbeck/>

**8. I've had many food sensitivities. Your protocol requires eating the same foods daily, which contributes to food sensitivities. Any suggestions?**

Here's the thing. I've done food sensitivity testing and what I found was that it was highly inaccurate. The test that I did is called ALCAT. It's pretty widely used. And I did the ALCAT test twice in one month. And guess what it told me? The first test had a list of foods that I was sensitive to and a list of foods that I should eat. On the second test, the results were almost entirely flip-flopped. So, within less than a month, all of a sudden, I'm sensitive to all the foods I should be eating and I'm not sensitive to the ones they said I shouldn't be eating.

I thought, "Oh, this is going to be cool. I'm going to get this test and I can blog about it and explain this to my audience and show them the benefits of this." And what I learned was that it was highly unreliable and could frankly be just a bogus fraud – worst case that it's just completely bogus. So, I don't put much stock into food sensitivity testing, so I wouldn't get too worried about it. I eat the same things every day and I am great. I think for most people, it's fine.

But if you want to rotate, that's great too. I mean, technically, our ancestors rotated food based on what was in season. We have the luxury of having broccoli 12 months a year, but our ancestors did not. So, if you really want to be as close to nature as possible, then you would stick to eating only foods that are in season and that would grow in your climate. Again, these are pretty hardcore dietary restrictions that make sense to me. I have no problem with them. But in reality, it can be pretty difficult to stick with them. The other thing is a hybrid, which is trying to eat more of those foods when they're in season and focusing your diet a little more on seasonal food. In the fall, eat more pumpkin. Have a pumpkin soup and just eat more pumpkins in the fall. Things like that you can do pretty easily without being completely obsessive and like, "Well, I can't eat that because that's a spring food and it's fall."

## **9. What is the most effective way to shrink or eliminate tumors?**

If anyone had the answer to that question, then we would basically have a cure for cancer, right? The most effective way to shrink a tumor is typically chemo; but the problem is then it keeps growing, and usually it keeps growing more aggressively. So, the fastest tumor shrinkage typically happens with chemo. And sometimes it'll eliminate some tumors. But again, it wrecks your immune system, it makes existing cancer stem cells more aggressive, and it has a host of unintended and unwanted side effects. And often it leaves patients worse off than when they started. So, that's the most effective way.

The way that I feel strongly about is a slower way; but it's a holistic healing approach where you are changing your entire life, you're changing your diet, you're changing your attitude, you're exercising, you're taking care of yourself like you never have before. You are getting right with God, you're forgiving everyone who's ever hurt you. And, in the process, your body starts to heal.

And so, it's not about killing tumors, it's not about killing cancer, it's about healing it. So, that's really what SQUARE ONE is about. It's about healing. It's a healing cancer coaching program. It's not about killing the cancer, it's about healing your whole body and the cancer in the process. So, I think that is the most effective way. SQUARE ONE is compatible with chemo. And you can do chemo and do almost everything that I talk about in SQUARE ONE. The two are not mutually exclusive.

## **10. How do I support my lymphatic system now and prevent DCIS from ever returning? Also, estrogen blockers?**

The best way to support your lymphatic system is exercise, exercise, exercise, exercise, movement every day. I'm currently walking, moving my lymphatic system. I actually just got back from the gym. So, I was at the gym an hour ago – sweating, heart pumping, red face. I'm just getting there and getting after it. And then, now, I'm still walking. I'm still moving.

So, movement is the best way to move your lymphatic system. Anything you'd like to do – Rebounding, running, rock climbing, karate, yoga, Zumba, going to the gym. Whatever you enjoy, just get in there, and move your body and sweat. Do some gym classes, I would say, three to six days a week. And then, on those other days, at least do some brisk walking every day for 30 minutes, or rebounding or something. Just move.

As far as estrogen blockers, I don't think that's really necessary. If you're eating SQUARE ONE, like a lot of those wonderful cruciferous vegetables are estrogen

producers anyway. And phytoestrogens are estrogen blockers. So, phytoestrogens are present in a lot of plants that we eat, but especially in legumes and soy. Yes, I said soy and flax. And despite the fact that they'd been demonized, the studies and the science shows women who eat soy have lower chance of breast cancer recurrence, and they have better survival. Women who eat soy have lower breast cancer diagnoses, and better survival if they're diagnosed with cancer. So, soy and legumes are wonderful. Flax is wonderful. Phytoestrogens block the absorption of harmful estrogen. So, that's good.

And if you think I'm crazy, just go to Nutrition Facts (<https://nutritionfacts.org>) and in the search bar type in, just for starters, "breast cancer." They've got a ton of videos on breast cancer, on all the science related to breast cancer diet. Or you could type in, specifically, "estrogen" and he'll just lay the science out for you and show you the studies.

### **11. Any thoughts as to the nature of DCIS?**

Yeah. DCIS is very slow growing cancer – not even a cancer. There's a huge debate in the cancer world – not the alternative guys, but in the conventional cancer community. There's a faction of doctors, researchers, and experts that are saying, "Stop calling DCIS cancer because most of it doesn't turn into cancer. And the tenure survival rate of women with DCIS is 100%." It's the same as women who don't have cancer. This is just what's so crazy about it. Literally, the tenure survival of women with DCIS is the same as women who don't have cancer. We have an overdiagnosis and overtreatment problem, especially with breast cancer. Because women are diagnosed with DCIS and then colon cancer patients, and treated like cancer patients. I think you made the right choice. Sometimes lumps and bumps hang around in the body for years. But as long as it's not cancer, they can't spread and kill you.

### **12. Have you any plans to interview anyone healed of advanced prostate cancer? Or are you aware of someone whom we might emulate?**

That's a good question. I don't know what it is about people that reach out to me, but you know, it's like most of the people that reach out are not prostate cancer patients. And I don't know why that is. I really don't. I think prostate cancer is so slow growing, typically, that most patients just pretty much go conventional. So, I find that I don't get a whole lot of people with prostate cancer reaching out to me. Although some of the best studies on reversing prostate cancer with nutrition have been conducted and are published.

Like the Ornish study, which was early-stage. But then there were some follow-up studies using the same method on late-stage, and they had these incredible survival results. I talk about these studies in the book – the book that's coming out. I've got a couple of studies like: an orgasm a day can keep prostate cancer away; also, tall men have a bigger risk of aggressive prostate cancer. Those are a few of the studies that I've collected. Go to Nutrition Facts (<https://nutritionfacts.org>) and type in “prostate cancer,” because he's got some great videos about it. And you'll probably find some of the same studies referencing Gregor that I'm talking about here.

### **13. What are your thoughts on cancer in children and treatment options?**

Well, let me answer the second question first. The treatment options are slim. I mean, it's like only conventional treatment, if you have childhood cancer. But the good news is that childhood leukemia is highly curable. They've really made tremendous strides in the survival rate for childhood leukemia. And so, if your child gets cancer, childhood leukemia is the one you want to get because, again, it responds very well to chemo. Now, a childhood cancer like neuroblastoma, brain cancers, that's more difficult to treat. And the survival, I mean, it's not as good with conventional treatment.

But I've interviewed several kids who are alive today because their parents either were turned down for conventional treatment or they refused it or like went to Mexico – like one girl that had lymphoma, an Amish girl. So, there's a few interviews on the site with parents who just did SQUARE ONE type stuff – like all the fruits, vegetables, juicing, supplementation, exercise, sunshine, and fresh air. You know, they just did all that stuff. And their kids are alive.

My friends Ryan and Teddy Sternagle have a site called The Stern Method (<https://thesternmethod.com>). They're super wonderful people, and their son had cancer when he was really little. They had to go through the conventional treatment world, then they really went nuts with integrative and alternative and natural treatments, as well. And so, they're a wealth of information on how to take care of a child and best support a child with cancer through conventional treatment, and do everything you can for them to help them survive. So, that's a great resource.

But the causes of cancer in children...I mean, there's several. It's not decades of bad living. They've only been alive for months, or a few years. So, it's not that. One of the main causes is viral; I talk about it in SQUARE ONE. So, the CMV virus – cytomegalovirus – children that are born with that, they get it from their mother and have a much higher risk of cancer, before they turn five. So, that's one of the biggest drivers. The most controversial driver would be childhood vaccines causing cancer. No one wants to talk about it, but I think it's a risk factor for sure.

And then, genetically – it could be a genetic mutation that developed in the womb and it came out with it. It could be as a result of the host environment, like mom's body's toxic. And the mom doesn't know. She's just got a lot of lead, mercury, aluminum, and toxic stuff in her body that's downloaded into the baby. So, that kind of stuff can happen too, and does happen. So, those are factors for childhood cancer. And again, I don't want to try to blame the mom or whatever. But it's just the reality is that a lot of us are exposed to a lot of toxic stuff. We're carrying toxins around in our bodies. We don't know it. And getting pregnant, sometimes the perfect storm could lead to a child with cancer that was related to toxicities that she was exposed to. Hopefully that makes sense to you.

**14. I have Stage 4 prostate cancer. My PSA was at a 12; now, it went up to a 16. Any ideas? I am on a very limited budget, eating veggies and beans mostly.**

So, I would definitely go 100% plant-based if you're not, because prostate cancers are very hormonally sensitive. So, they just tend to be very, very sensitive to the hormones that are in animal food – meat, dairy, eggs, fish. So, if you haven't, eliminate all animal food. That's step one. And then, beans are wonderful. But I'd really try to get those cruciferous vegetables – the Giant Salad – in your body because those are the most potent. Beans are great; have beans every day. But make sure you're eating as much broccoli, cauliflower, kale, cabbage, garlic, onions, cayenne, pepper, curry powder, turmeric, oregano, mushrooms, everything in the Giant Salad. That's the most potent anti-cancer concoction, period. It can't be beaten; it can't be topped. It's all the best anti-cancer veggies. And so, I would try to amp up your consumption of that.

I had a friend that had prostate cancer; I should interview him. Somebody brought that up about prostate cancer survivors, and I do have a friend that went through it and he ate the Giant Salad, he did ozone treatment. So, yeah, I should to talk to him. Maybe I'll get him to do an interview for the blog for you guys. And he lives in Memphis, so we could actually get together.

Fasting should really be my default answer for everyone. Everybody...do a fast. I cannot emphasize enough how powerful fasting is and how beneficial it is to your body. It will flip switches that have never been flipped before – enzymatic switches, genetic switches, metabolic switches. Fasting is amazing for you.

So, do a three- to five-day water fast. You've really got to get to three days. That's when the magic happens – on day three. On days one and two, you feel like crap. And that's when you want to quit. The hardest day is usually day two. On day one, most people can get through most of the day without eating, and then they're kind of like, “Oh gosh. I feel kind of hungry,” but they don't feel bad. And then, day two is usually when you feel kind of bad and you're like, “Man, I'm hungry. And I'm hangry. And I have no



energy.” That's why you want to do a fast over a weekend, so that day two is on a Saturday. It's good if you can just lay in bed and drink lots of water – lemon water is fine. Or herbal teas are fine, like rooibos tea or peppermint tea or hibiscus tea. I wouldn't do the green tea, because you can be extra sensitive to caffeine on a fast. But lay in bed watching Netflix and drinking lots of fluids. And then, day three is when the magic happens. And then, day four and five, more magic.

So, minimum three-day water fast. If you're taking pharmaceutical drugs and stuff, you should do that under supervision. I don't want to be liable for anything that could happen. So, you're doing it at your own risk. Although I feel like, for most people, there's no risk, other than just the risk of being hungry and grumpy. So, do the three-to five-day water fast.

Or do the ProLon Five-Day Fasting Mimicking Diet, which costs like \$200 or maybe \$250. And that's easier than strictly water, because you get three meals. They're small meals, but you get breakfast, lunch, and dinner. And I think a couple of the days you get a little snack too. And the food's good. It's some soups and some little snack bars, like a little kale bar. And then, there's like a chocolatey, nutty bar. It's all plant-based. There's no crazy crap ingredients in it or anything. It's pretty solid. It's not organic, but it's still really good. It's like the only non-organic exception I would make – the ProLon fast.

So, this is for you, but also for everybody. If you haven't done a fast, do a fast. And if you're trying to heal cancer, I think you should do a three- to five-day water fast once a month. Do it once a month. If you're into prevention, then consider doing it either once every three months or twice a year. It's just a good life longevity practice. I'm about due for another one.

### **15. Can you please say something about triple negative breast cancer?**

You know, I don't have anything specific to say about triple negative or HR positive or PR positive or PR negative or HR negative. To me, there's no difference. I know what the meaning of the different designations are. But you treat them all the same way. When you're talking about holistic healing, you're treating everything the same way. You're trying to heal the whole body. You're trying to heal your mind, your heart, and your emotions through forgiveness, getting right with God, letting go of anger and resentment. You're not just healing your body with nutrition. You're just healing it all. And you're exercising, you're removing stress from your life, you're removing toxic stuff from your environment.

So, it's a whole comprehensive approach that is not specific to one type or another type. It's for all cancer, all disease. And so, I know it's like, "Oh, but what about triple negative?" But you know, you just treat it like any other cancer. You've got to change your whole life and do everything in your power to support health and healing and wellness in your body. Read and research, and trust God with your life and health. So, you're working, and you're trusting him, and you're just doing it. Just living every day. So, that's my advice to *everybody* watching.

## **16. Could you advise the most important things to commit to 100%?**

I get this question a lot, but it's the way you phrase it is a little different. So, there is a lot of conflicting advice about diets and cancer. And I had to wade through all of this stuff myself. I had to wade through it over the years, and every new dietary idea that's come along. Keep in mind, I've been in this world since December 2003 – so 15+ years. And I've pretty much seen it all. I've explored it all. And I can tell you that the best anti-cancer diet is a plant-based diet. 100% vegan is really the best plan, if you're trying to heal. Vegan, 95% plant-based, if you just want to stay well and you'd like to reduce your risk of most cancers, heart disease, and diabetes. A mostly raw diet is very powerful for healing short-term, for a year or two years, but not forever.

And anyone that says any different, I just think they're wrong. It's not just because I think they're wrong. I think they're wrong because pretty much everyone I know who has healed cancer, did it following a plant-based diet, mostly raw, organic. Well, it doesn't have to be organic; but usually, if someone's going down that road they are going all organic, 100% plant-based – or pretty close, maybe 95%. And then, it's mostly raw food. I see that working for people over and over and over again. That doesn't mean it works for everybody, but it's worked for most of the survivors I know; like the vast majority, that's what they did. So, when you see something that's consistently working, that's kind of what you want to do first. You want to do what you see working for other people, instead of reinventing the wheel.

Now, human nature, humans love new shiny objects. Humans love new trends; humans are attracted to trends and fads. And so, fads come along like paleo, the ketogenic diet, and Weston Price. These are fads. Now, Weston Price is a little less fad-ish than the other two, but even pure raw veganism is a fad. The healthiest populations around the world are not raw vegans. They're not even vegans. But they eat a diet that's 75% plant-based, on average. And you can find, again, the longest living groups of people on every continent have that in common. So, I always have to go back to epidemiological research, which hasn't changed. It's not a fad. And consistently, study after study after study, decade after decade, the healthiest, longest living people eat plant-based diets. So, you've got to 100% commit to a plant-based diet. If you have cancer, I would go 100% plant-based. So, that's huge.

Now building on that, if you've gone through SQUARE ONE you know there's a lot more to health and wellness. Your mindset and attitude are huge. Exercising and sweating every day is so powerful and so vital. In fact, I talk about this in SQUARE ONE, but I came across a study recently that got me really excited. Sweating is one of the most effective detoxification methods...period. You really detox some very toxic metals, which are eliminated from your body in your sweat to a degree that's much higher than you can pee them out.

So, the study I mentioned found that you sweat out 10x more cadmium, than you pee out – 10x more! You sweat out about 15x more nickel than you pee out. You sweat out about 16x more lead than you pee out. And it steps down from there, but this also includes bismuth, manganese, and aluminum, which is a big one. And by the way, you sweat out 7x more aluminum than you pee out. So, this is only a sampling of heavy metals, it also includes chromium, uranium, and cobalt. You actually sweat out 5x more uranium than you pee out. So, sweating is really good. It's way better than you thought. You're not just losing sodium – salty sweat – you're sweating out toxic heavy metals.

There's another really cool piece of information and research that I've learned this week, that I'll probably share on the blog and put together a post about it, but you guys are going to hear about it here first. Silicon-rich water is a very powerful and effective detoxifier of aluminum in the body. I've come across several studies that just blew my mind where, basically, they just had patients drink silicon-rich water, which I'll talk about in a second, and then they measured their pee. The excretion of aluminum was exactly as high as the excretion of silicon.

So, silicon basically goes into your bloodstream, circulates in your blood, crosses the blood-brain barrier, binds to aluminum, and carries it out in your urine. This is something really cool and exciting. It's exciting for me because I'm a geek. But silicon-rich water detoxifies the body – the aluminum – along with sweating. I mean, Alzheimer's, ALS, autism type stuff – aluminum has been implicated in lots of serious diseases, and you want it out of your body. And we're exposed to more aluminum now than at any time in human history. It's everywhere.

Silicon-rich water is water that contains the mineral silicon from the earth. And guess what one of the highest silicon-rich waters is? It's Fiji water. Fiji, the brand that you can get everywhere. Yes, it's in a plastic bottle; it's a BPA free bottle. That doesn't necessarily mean there isn't some plastic residue and stuff in there, but whatever. They've actually done these studies with Fiji water – not sponsored by Fiji water. But if you look on the back of Fiji water, it lists the amount of silicon per liter; I think it's an 86 milligrams per liter, or something like that. But you can see it right on the back of the bottle. So, that is something that blew my mind this past week, and I'll be doing some more research on it. So yes, look, detoxification is huge.

### **17. Should I do surgery? Is there anything else I can do, or a clinic I can go to?**

So, if you've been doing SQUARE ONE for a few months, and it appears that your tumor is growing and surgery is an option, then yeah. I mean, surgery's not that big a deal. Have the surgery. Just get it out. That's fine. Then just continue with SQUARE ONE, hardcore fruits and vegetables, supplements, continue doing what you're doing. Now, it's hard for me to say what else you could be doing because I'm not sure exactly what you've been doing, just based on the comment. But, there's lots of clinics and stuff, and all that. But I am hesitant to recommend clinics. I do have a list of clinics in the SQUARE ONE Guidebook. You could look at those, contact some of them, and see if you feel like it's a good fit for you. But again, if you've got a tumor and it's not shrinking, or it's growing, and surgery is an option, have the surgery. I mean, surgery's not a big deal compared to radiation and chemo, which can cause a lot of unwanted side effects, and make cancer more aggressive. Surgery is very unlikely to do that.

### **18. I have an autoimmune disease and want to avoid getting cancer. What do you suggest doing to stay healthy?**

Autoimmune is tricky. Autoimmune is inflammation. You have inflammation. Your body is attacking something. I don't think it's attacking itself, but it is attacking and fighting something. You need to get to the bottom of what's causing the inflammation. That's the key. What is causing inflammation? We know that animal products fuel inflammation. Certain fruits and vegetables – more vegetables than fruit. Some plant foods can be inflammatory for some people. Nightshades, sometimes, can be inflammatory for some people.

You may need to do a very strict elimination diet and really start cutting things out of your diet for weeks at a time, maybe longer. Then reintroduce them to how you feel. The best way to jumpstart it is with a fast – a three to five-day water fast. I mean, you're removing all the inputs. No supplements, just water, and then you know right away. I'm not putting anything in there. Then you can gradually introduce foods and see how you feel. Keep a food journal. Autoimmune can be so tricky and mysterious, and you really have to be methodical and scientific, because no one else is really going to do that for you. I mean, you really have to take charge of your situation and be determined to get to the bottom of it.

Generally speaking, staying healthy is through a plant-based diet. It's exercise every day. It's low stress. Just all the stuff. Trying to live as close to in harmony with nature as possible. That's the thing. Think, "How far away from nature am I living right now? How can I get closer to nature?" Spending time barefoot in the grass, in the woods, earthing, forest bathing, fresh air, sunshine, exercise, tons of plant food.

## **19. What should I expect to be careful of with cancer die off?**

The main thing is just to make sure it's not overloading your liver. Coffee enemas are good for that. Coffee enemas stimulate the liver to secrete bile. It excites the liver to secrete bile and detoxify. That's the purpose of coffee enemas – to keep the liver and bile moving. Exercise also moves the lymph system and stimulates detoxification. That's important. And then, the SQUARE ONE high-fiber diet. That's going to absorb all that junk and help carry it out. Keep that in mind.

## **20. I have a temporary colostomy. What's the best course of action for me until reversing my colostomy?**

I did not have the colostomy, but they took out about a foot and a half of my colon. They said they got it all, but they wanted me to do chemo because they know they didn't really get it all. They just got the obvious cancer. The circulating stem cells and circulating tumor cells are still in your body. They're still in there; scary as that may sound, it's true. Now, your immune system may be able to mop them up, but typically the immune system doesn't. And new tumors form, because a person's body is still a hospitable environment to cancer. So, your body is still a place for cancer can thrive.

SQUARE ONE is all about radically changing your body and creating an environment that is not hospitable to cancer. The best course of action is hardcore fruits and vegetables. With the colostomy, it might be helpful if you did it all just as a liquid diet. So, take the Giant Salad and throw it in a blender. Add some water; liquefy it. It's not going to taste great. It's going to taste like a bunch of vegetables blended up in water. At this point, you've just got to pump that stuff into your body as much as you can. Get as much nutrition in there as you can – overdose on nutrition. Your body will use what it needs.

Then, when it's time to make that decision about chemotherapy, you'll know. If you're feeling better, if your blood work is looking better and things are better, then you may just want to keep doing what you're doing. If you're not getting better or cancer is spreading, then maybe do chemo. But the best course of action is hardcore fruits and vegetables any way you can get them in there.

## **21. What's an average day in the life of Chris?**

An average day for me. I get up. I make the Green Light drink that I've talked about in SQUARE ONE. Right now what's in (and has been in it for a while) is pHresh greens. I rotate greens powders, but I'm on pHresh greens right now. I do a teaspoon of pHresh greens, a teaspoon of moringa, half a teaspoon of matcha green tea powder, a

teaspoon of amla, and I squeeze an entire lemon or lime into it. Then a little splash of apple cider vinegar. And that's the green light for me. Some mornings, I'll sweeten it with a little bit of honey. And some mornings, I don't. I don't know. Sometimes I crave a little sweetness, a little honey, and other mornings I don't crave it. So, whatever. Just shake it up and drink that thing. So, that's Green Light.

And then, I put some water in to boil and I put on stuff in the bowl – so oats, flax, chia, hemp seed. I do a teaspoon of turmeric powder in my oatmeal (a little shake), a little cinnamon, and allspice. Sometimes I chop up some dried apricots or figs, and put those in there. I'll put fresh blueberries, blackberries, raspberries. We have fresh berries on it, some blackstrap molasses, and some date sugar or grounded dates. I pour that boiling water over it, and I eat it. That's breakfast. It's a big bowl.

Usually, I'm not even hungry at lunch time, but I need the calories for the high metabolism. So, I make a giant smoothie – four cups of frozen berries (big bags of frozen berries from Costco). I'll throw a bag of organic spinach in the freezer and then crunch it up, and grab a handful or two of that. Then I add almonds, walnuts, and apricot kernels in there. I put more hemp seed in there, for the calories. And sometimes I'll do a plant-based protein powder, again, just for the calories for the protein because I'm pretty active at the gym. That's lunch. It's a huge smoothie, [inaudible 01:14:46] of entire Vitamix full. It's like 50 ounces, more than most people would drink. But that's my lunch.

Then dinner is variety of cooked veggies, usually; maybe salad too, I think, on the night. Last night my wife made an African peanut stew with sweet potatoes, chickpeas, and peanuts; it was delish. We might have black rice, lentils, beans, white potatoes, new potatoes, purple potatoes, sweet potatoes, green beans, collard greens. Just name a veggie; we eat them. A variety of cooked veggies and raw veggies too, if it's salad. And that's dinner.

That's my day. And of course, I would work in between meals. I'm working on this treadmill – so actually either standing or walking. Then about three to five days a week, I go to the gym at around 4:45 and workout. And I do CrossFit stuff. I've been doing it for years. It's a little more aggressive than I think a cancer patient should do, but I'm conditioned for it now. I've been doing it so long that I enjoy it. It's fun. And I have friends there. And that's my routine. That's my day.

## **22. What's your experience with lymph drainage by lymph node cancer?**

I'm not sure how to answer this, but I'll just put it this way: your lymph system is like the sewer system of your body. There's a sewer system underground and when you poop, it goes in those pipes; it's carried away. Your lymph system is like that. It's your

body's sewer system. And so, you want to keep your lymph system moving. A lot of people just think your digestive tract is your sewer system, but your lymph dumps into your liver and into your digestive tract to be eliminated. That gets toxins out. You get metabolic waste away from yourself and eliminated. You want to keep your lymph system moving. Some people are afraid because they think, "It'll help spread the cancer." You want to keep it moving, yes. Cancer can spread through your lymph system; that is true. But if you have a stagnant lymph system, you could die. It has to keep moving. The more you can move it, the better.

**23. Percentages are 60-70% for recurrence in five years. If I do nothing, it jumps to 90%. Any thoughts?**

It's a tough decision to make when the statistics they give you seem to be almost foolproof – like 90%. "If you do all of these treatments, you have 90% risk of recurrence." Sorry, like 90% of patients who do this are cancer-free in five years, is basically what they're telling you. I know. It sounds like, "Of course, why wouldn't I do it?" It's rarely the case that those statistics are correct. I remember, those cancer industry statistics are always inflated, so I don't know what the real statistic is. I do know that women who were told those things come to me and say, "My cancer's back." I'm not trying to talk you out of it, but I think you really need to do a lot of research on your own and figure out if these numbers are accurate. And look at the risks associated with the drugs they want to give you because it's three different drugs, right? Taxol, Herceptin, and Tamoxifen all together can cause some problems in the body, for sure.

And make an informed decision. Don't rush into it. And listen to your instincts and your intuition and your gut. Don't say no to treatment because "Chris said, 'Don't do it,'" or whatever. Chris didn't say that. It's tricky! It's just tricky. It's almost easier when the doctors say, "You have Stage 4; you're incurable," right? Then it's like, "Okay, I'm free. It's scary, but they just said they can't cure me. So, now I've got to go change my life and take control of the situation." That, to me, is almost easier than to be in a situation with your life. Treatments are you're going to rehab 90% success rate in five years or whatever. Here's the thing though. With breast cancer, the risk of recurrence stays elevated for 10 years, so a lot of recurrences don't even happen until 8-10 years out.

That could be one of the reasons the five-year survival percentage is so high. There's a couple of reasons. One is that the recurrence just usually don't happen until beyond the five year mark, anyway. And two, so many patients are being overdiagnosed and overtreated that it's use the statistics. DCIS is basically not cancer, so we take all a big chunk of these cancer patients – I think something like 20% or 30% of diagnosis might be DCIS – that are being treated as if they have cancer. And those patients don't have

a recurrence in 5 or 10 years, right? That skews the statistics and makes it look like the treatments are helping everybody, because they're treating these people that were never going to have a recurrence ever. That's how the statistics get really convoluted and become deceptive, because so many patients are being treated unnecessarily that it makes it look like they're helping the patients that they really aren't helping. You guys understand that? I know it's complicated. But anyway, there's a lot of rabbit trails when you're trying to explain the problems with statistics and treatment, and effectiveness, and patients being over-diagnosed.

Anyway, I hope that's helpful. I hope some of you understand what I'm saying here. It's a tough decision. There's no way to know for sure. You'll probably never get to the bottom of it, and that's why you really have to listen to your heart. Pray about it. Ask for answers. Do SQUARE ONE. Change your life. It's only going to help. You might give yourself some time. If you just don't feel right about doing all these rough therapies, then give yourself some time.