



Conquering Cancer Digest

BY NATHAN CRANE

How to Make the Best Cancer-Fighting Juices & Smoothies

BY NATHAN CRANE

I am a huge proponent of both juicing and smoothies, although they serve slightly different purposes when it comes to your cancer healing goals.

Both will help you to consume more greens, vegetables, and other healthy plant foods than you might otherwise. The most important thing is knowing exactly what's in your juice or smoothie – especially if you're not making it at home.

When I refer to "juice", I don't mean the bottles, cans, and cartons of various types of juices that line supermarket store shelves. These are essentially sugar water and will fuel cancer growth. The "smoothies" that are sold at McDonalds, Starbucks, and establishments like Jamba Juice are no better. While they may contain some vitamins and minerals from the fruit, the sugar and unknown processed ingredients they contain outweigh any benefits.

Juicing, when done properly, is one of the best tools for giving your body all the nutrients it needs to support your immune system and fight cancer growth.

It uses a mechanical or electrical machine to squeeze, grind, and pulverize the liquids out of vegetables and fruit and separate out the fibrous tissue. In this way you're able to easily consume the nutrients from large quantities of vegetables without the time and effort to chew everything up.

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Juicing is excellent for:

- Detoxification and giving your digestive system a rest.
- When you're in a weakened state, such as post-chemo, -radiation, or -surgery.
- Flooding your body with immune-boosting nutrients that help fight cancer.

TIP: Don't gulp down your juice. Swish it around in your mouth or try "chewing" it before swallowing. Digestion begins in the mouth, and this action will activate your salivary glands for better digestion.

Smoothies

Smoothies, on the other hand, retain the fiber from fruits and vegetables which is beneficial in countless ways – especially for bowel health. The blending action helps to break down the plant cell walls, making it easier for your body to digest and assimilate all the antioxidants contained within the plants.





Opt for more “green smoothie” type recipes that include at least one leafy green vegetable and keep your veggie to fruit ratio high. In other words, your smoothie should contain way more vegetables than fruit.

The options for delicious and satisfying smoothies are endless.

If you’re not a veggie lover yet, spinach, cucumber, and frozen cauliflower rice all have a mild taste when blended into smoothies. Frozen berries add color and vitamins. A half of a frozen banana or a few dates can be added for sweetness and ginger, lemon, and raw cacao powder are great for adjusting the flavor.

Green Juice Recipe

Elaine Gibson has beaten stage 4 cancer twice without chemo or radiation and considers green juice as one of her best health tools. To stay cancer-free, Elaine drinks at least 32 ounces of green juice daily. This is her go-to juicing strategy and recipe.

Elaine's Go-to Juicing Recipe

Use celery and cucumbers to create a good volume of liquid.

Rotate through various types of greens (e.g., spinach, kale, collard greens, dandelion, parsley).

Use lemon, ginger, and mint for flavor.

If needed, add a bit of carrot or green apple for sweetness.

OPTIONAL: add garlic cloves if you can tolerate raw garlic.

Example of a juice Elaine makes to last her 3 days (fills 3 large Mason jars)

- 10-12 cucumbers
- Large container of organic spinach (10 oz package)
- Bunch of organic kale
- 2 lemons
- 4-inch piece of ginger



Juice all of the ingredients, alternating the cucumber with the leafy greens to maximize the amount of liquid extracted.

Stir well and pour into glass jars up to the top, screw on the lids, and store in the fridge as quickly as possible. Juice begins to oxidize and break down immediately so keep it out of the light and consume within 3 days.



Are You Metabolically Healthy? And Why it Matters for Cancer Risk

BY NATHAN CRANE

You might have heard the term “metabolic syndrome” which is being spoken of much more frequently these days. Metabolic syndrome is a cluster of 5 conditions that can occur together and increase your risk of heart disease, stroke, and type 2 diabetes... **which in turn increases your risk of cancer.**

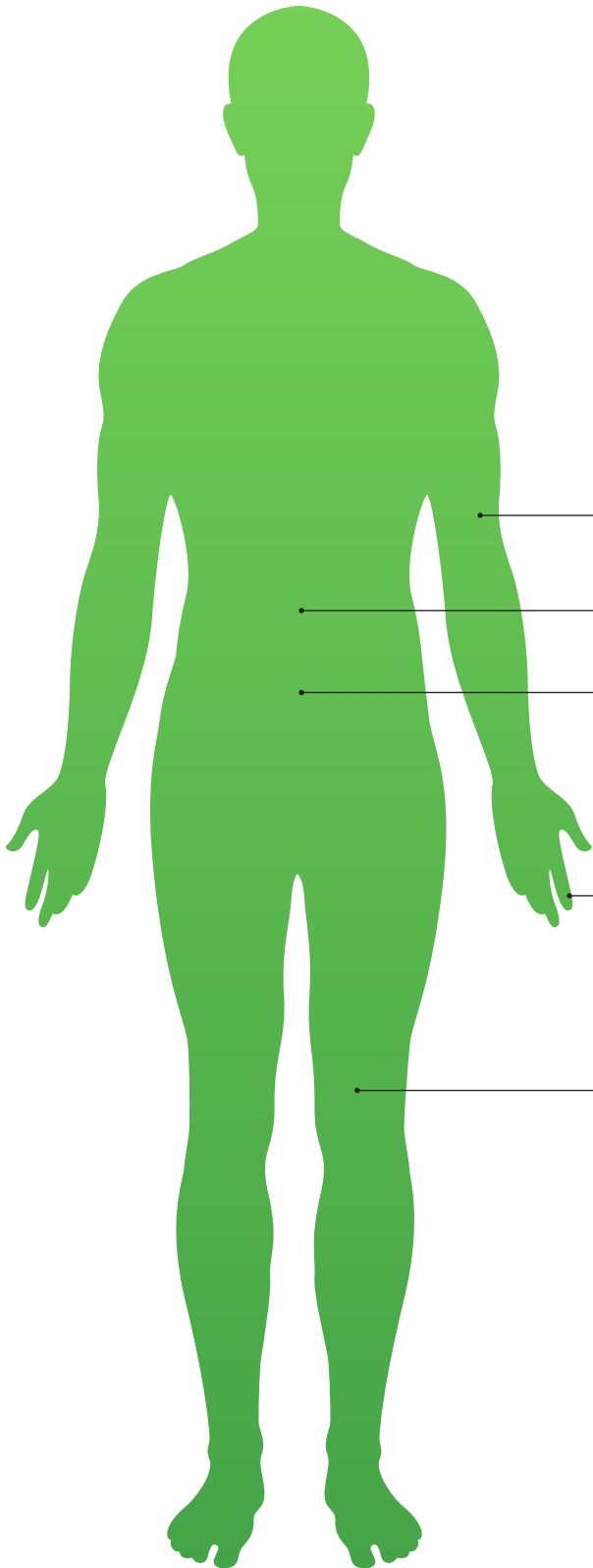
A 2018 study by researchers from the Gillings School of Global Public Health found that only 1 in 8 of American adults is actually achieving optimal metabolic health.¹ This works out to a mere 12% of the population... meaning that **88% of Americans are NOT metabolically healthy!**

Are you wondering whether you're part of the metabolically healthy 12% or the not-so-healthy 88%?

There are 5 criteria that go into evaluating metabolic health.² They are:

1. You have an ideal waist measurement,
2. Are not prediabetic in your blood sugar,
3. Have normal, not hypertensive (high) blood pressure,
4. Have normal blood fats (triglycerides & HDL), and
5. Do not take medications for any of these issues.

What Is Metabolic Health?³



Normal blood pressure*

Stable appetite & energy

Minimal belly fat

Normal blood sugar*

Muscles, bones & joints that let you be active

**with no medications*



Determining Your Risk Factors

Here are the specific measurements doctors use to determine metabolic health, as outlined by the American Heart Association.⁴ If you have 3 or more of these risk factors, you are diagnosed as having “metabolic syndrome”.

Large waist circumference or “apple-shaped” body

- Men - greater than 40 inches
- Women - greater than 35 inches

High fasting glucose (blood sugar)

- 100 mg/dL (5.6 mmol/L) or more, or you’re taking medicine for high blood glucose

High blood pressure

- 130/85 millimeters of mercury (mm Hg) or more, or you’re taking medicine for high blood pressure

High levels of triglycerides in the blood

- 150 milligrams per deciliter (mg/dL) or more, or you’re taking medicine for high triglycerides

Low levels of HDL (“good”) cholesterol in the blood or you’re taking medicine for low HDL cholesterol

- Men - Less than 40 mg/dL
- Women - Less than 50 mg/dL

These are all common tests that any doctor can run and you can easily measure your own waist circumference at home with a cloth tape measure.

Tip: Waist measurements are supposed to be taken mid-way between the lower rib margin and the upper border of the iliac crest. If you simply align the tape measure to your belly button, keeping it straight all the way around, you’ll be close enough.

The review also noted the following important points regarding diabetes and certain types of cancer:

- A recent meta-analysis of 88 cohort studies documented a 94% increase in the risk of pancreatic cancer in individuals with diabetes compared to nondiabetic individuals.
- Diabetic individuals are highly prone to colorectal cancer in comparison with nondiabetics.
- A positive association between diabetes and risk of breast cancer has been reported in females.
- A strong positive association of diabetes with increased risk of endometrial cancer has been reported in females.
- Type 2 diabetes was found to be independently associated with a greater risk of renal cell carcinoma (kidney cancer) in women but not in men.

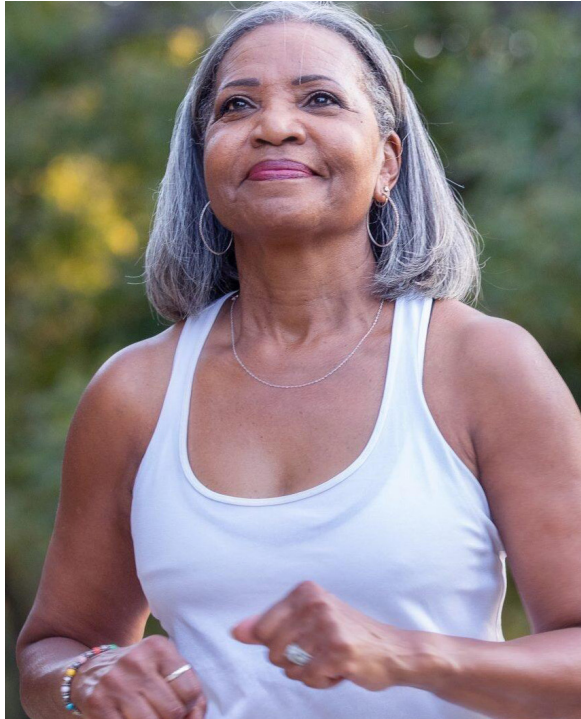
The Link Between Diabetes and Cancer

There have been numerous studies looking into the relationship between diabetes and cancer. A 2019 comprehensive review of these studies published in the Journal of Research of Medical Sciences⁵ examined the known relationship between type 2 diabetes and cancer.

This review stated that “epidemiological studies provide evidence that diabetes and prediabetes are associated with an increased risk of total cancer.”



The study author concluded that “Based on the survey of the published data, analysis from this review indicates that diabetic individuals have an enhanced risk of developing cancer. Yet, whether diabetes lead to cancer or cancer causes diabetes is still obscure.”




Takeaway Message:

Your metabolic health matters and working to improve your personal risk factors for metabolic syndrome (e.g., smaller waist circumference, normal blood pressure, etc.) will lower your risk for cancer, diabetes, heart attack, and stroke.

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A full-page background image showing a person's hands holding and releasing a stream of small, light-colored seeds or grains into the air. The scene is set in a field of tall, golden grass at sunset, with a warm, orange glow and a blue sky with soft clouds. The hands are positioned on the right side of the frame, with the top hand releasing the seeds and the bottom hand catching them. The overall mood is peaceful and natural.

Beta Glucans: Natural Immune Boosters

BY NATHAN CRANE

Beta glucans are naturally occurring compounds that have been shown to safely and effectively help with digestion, along with lowering diabetes and cardiovascular disease risk. As you shall see, beta glucans also significantly enhance your immune system to help your body fight against all diseases – including cancer



What Foods Are Beta Glucans Found In?

Beta glucans are found widely in nature, in barley fiber, oats, and other cereal grains, and in edible mushrooms. They are also present in algae, seaweed, bacteria, yeast (including Baker's yeast), and fungi.

What Are Beta Glucans Made Of?

Structurally, beta glucans are made up of long end-to-end chains of a form of glucose known as beta-D-glucose. Scientifically, glucose is known as a monosaccharide, and so these long chains are called polysaccharides. Depending on their source, beta glucans tend to vary in length and their branching structures.



How Are Beta Glucans Used?

Beta glucans are used commercially as texturing agents in various nutraceutical and cosmetic products. When consumed as a dietary supplement, beta glucans produce gel-forming, soluble fiber in our gut. In addition to its immune-boosting effects, beta glucans can also have an impact on lowering cholesterol, while also helping to keep blood sugar within safe limits.¹ They also help fecal matter retain water in our large bowel, resulting in bulky, soft, easy-to-pass stools.



Do Beta Glucans Lower Cholesterol?

Certain types of beta glucans have been shown to reduce cholesterol levels in both laboratory experiments and human clinical trials.^{2,3} Daily consumption of 3 grams of beta glucans from oats and barley has been linked to **significant reductions in total cholesterol, LDL cholesterol, and triglycerides** – all well-known risk factors for cardiovascular disease.^{2,3}

These findings and others led the U.S. Food and Drug Administration (FDA) to authorize the use of health claims on oat products, attributing the lowering of cardiovascular and diabetes risk to the daily consumption of at least 3 g of oat beta glucan.

Beta glucans also enhance immunity. For instance, consumption of beta glucans obtained from Baker's yeast was seen to increase the levels of immune cells in children with chronic respiratory problems, likely increasing their protection against infectious threats.⁴



Understanding How the Immune System Works

(Innate vs Adaptive Immunity)

Our immune system is made up of two components known as innate (general) and adaptive (specialized) immunity.⁵ These two systems work closely together to protect us, but they handle completely different tasks.

Innate immunity refers to our general, nonspecific, and rapid defense mechanisms. Innate immune mechanisms are activated very quickly after an invading pathogen or toxin appears in our body, or if we get injured. **They also respond to cancer cell formation.**

Innate immunity includes physical barriers such as our skin and mucous membranes, immune proteins including enzymes in our blood and lymph, as well as a number of first-response immune cells.⁵

Adaptive immunity is a much more complex, specialized, and long-term response system.

This form of immunity typically comes into play after an antigen – such as a chemical, toxin, pollen, or a specific protein on the surface of bacteria or viruses – has been processed and recognized by our immune system.

“
Both your innate
and adaptive
immunity play a
very important
role in deter-
mining how your
body deals with
cancer.”

Once the antigen has been recognized, our adaptive immune system creates an army of immune cells and targeted protein complexes, known as antibodies, that have been specifically designed to attack that particular antigen.

Most impressive of all, adaptive immunity also includes a long-term “memory” component. This makes our body’s responses to a particular antigen much more rapid and efficient the next time it enters our body.⁵ Indeed, adaptive immunity is the reason we get some illnesses just once in our lifetimes and then never again.

Beta Glucans and Their Role in Trained Immunity

“Trained immunity” is a term used to describe the ability of immune cells that are part of the *innate* immune system to store the memory of previous infections, thereby protecting us against reinfection by the same or similar pathogens.^{6,7}

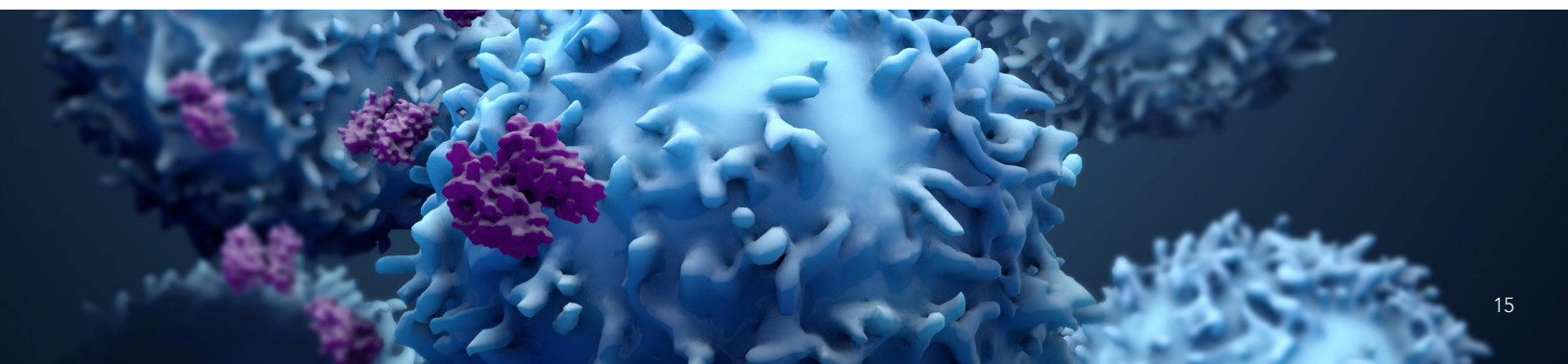
The discovery of trained immunity came as somewhat of a surprise to researchers in the field. Until recently, it was believed that only the adaptive immune system could develop this type of immunological memory.

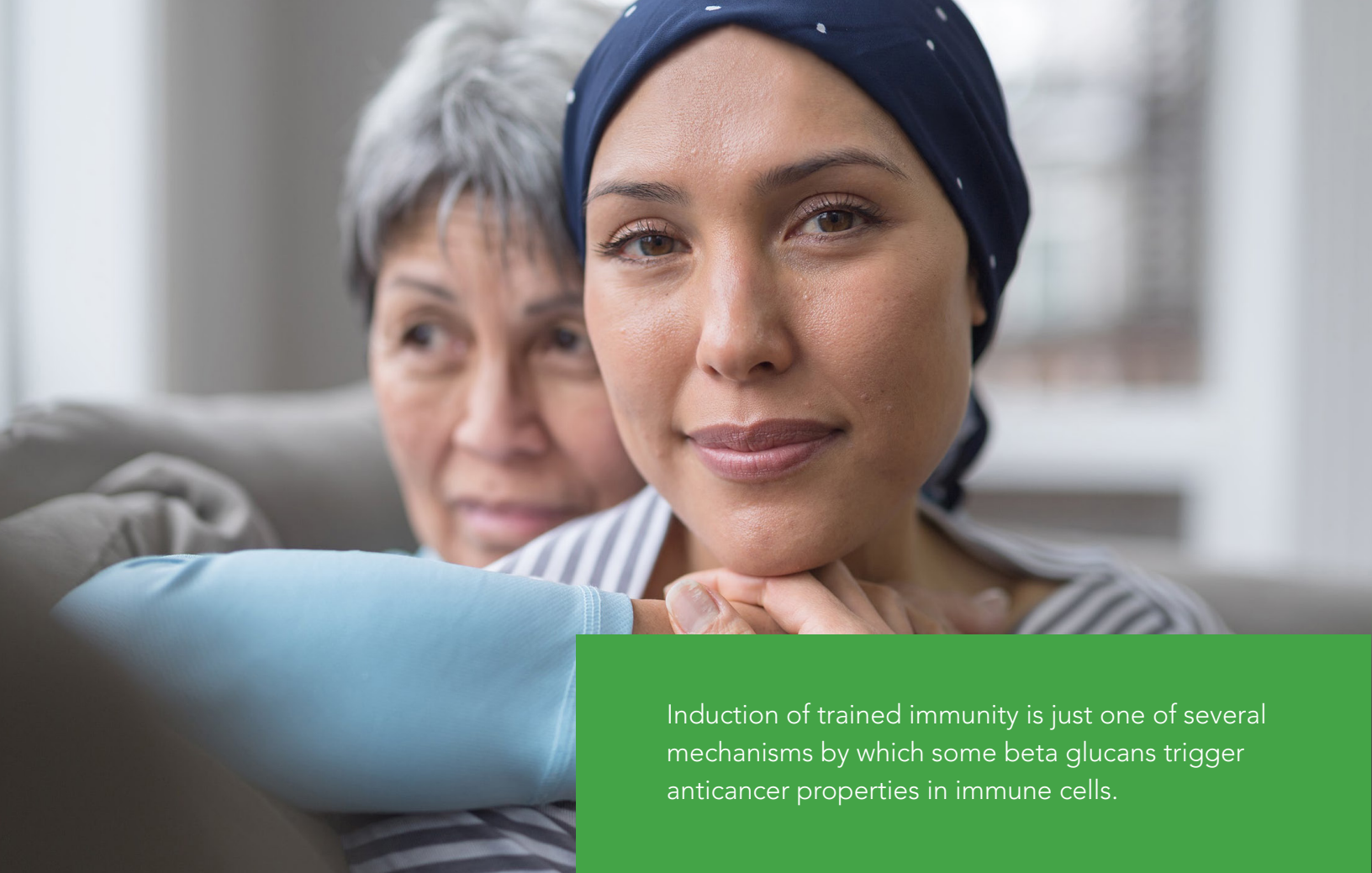
However, there are still significant differences between trained immunity and adaptive immunity. For instance, trained immunity is much less specific than adaptive immunity for pathogens and antigens. Also, trained immunity appears to be a short-term response, unlike adaptive immunity, which can “remember” specific antigens for months, years, and even decades.



Intriguingly, **beta glucans seem to be able to induce trained immunity.**⁷ In a laboratory experiment, a beta glucan from the yeast *Candida albicans* was seen to induce trained immunity in innate immune cells known as monocytes, leading to the production of various immune signaling proteins and an overall activation of the immune system.^{7,8}

Yeast beta glucans have also been shown to **facilitate the conversion of monocytes into the more functionally advanced and long-lived macrophages**, which are specialized immune cells that surround and kill invading bacteria and viruses.⁹ Macrophages also ingest and remove dying, dead, and abnormal cells in our body – including cancer cells (a process called *phagocytosis*).





Induction of trained immunity is just one of several mechanisms by which some beta glucans trigger anticancer properties in immune cells.

Can Beta Glucans Fight Cancer in Multiple Ways?

Beta glucans are known to bind to three specific proteins, including a protein known as Dectin-1, that are present on the surface of nearly every type of immune cell.^{10,11} In other words, **beta glucans are the keys that open these 3 different locks to gain access to immune cells.** Binding of beta glucans to these three surface receptors is believed to activate and “prime” specific immune cells to attack cancer cells.¹⁰⁻¹²

For instance, treatment with beta glucans was seen to induce trained immunity in immune blood cells known as neutrophils in mice in a laboratory experiment, leading to reduced growth of their tumors.¹³ What’s more, transferring these “trained” neutrophils to other mice, which had not been treated with beta glucans, was seen to slow down the growth of their tumors as well.

How Beta Glucans Impact Tumor Growth

Tumors and the *tumor microenvironment* (TME), or the immediate environment around tumors, are known to constantly interact with and influence each other, profoundly influencing tumor growth.

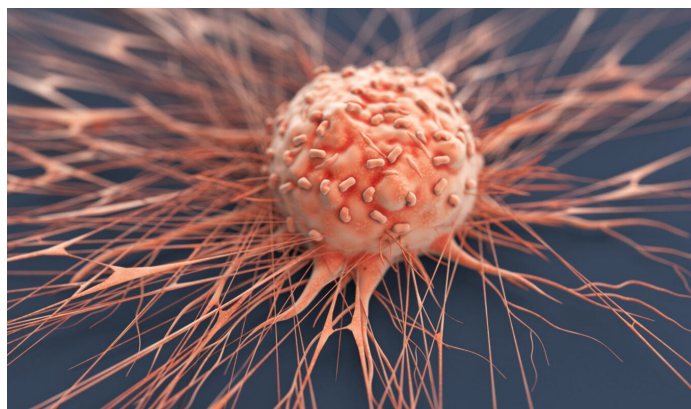
The TME has become a key target area for anticancer therapy, especially immunotherapy.¹²

Studies show beta glucans can manipulate various aspects of the immune system within the TME, **potentially improving the clinical outcomes of anticancer therapies**, including immunotherapies.^{10, 12}

For instance, macrophages in the TME are known to play an important role in cancer progression.^{12,14} Pro-inflammatory, anticancer macrophages are known to be present in the TME during the early stages of cancer. However, for unknown reasons, they become anti-inflammatory and cancer-promoting as the tumor continues to grow over time, which has been linked to a poor cancer prognosis and patient survival.¹²

Beta glucans have been shown to bind to the Dectin-1 receptor protein on the surface of macrophages in the TME and **reprogram them back to a pro-inflammatory, anticancer state**. Naturally, this is likely to improve both cancer prognosis and patient survival.¹⁴

Similarly, B-cells are a very important component of the adaptive immune system. Beta glucans also activate B-cells, again by binding to the Dectin-1 surface receptor, and induce the production of immune signaling molecules, enhancing overall immune system activity.¹²



In other words, along with being a safe and effective digestive aid, lowering heart disease risk, and helping to safely manage blood sugar levels, beta glucans are also powerful, natural immunomodulators that help to fight cancer better. In fact, they are already being used as an adjuvant treatment for countries in other countries, including Japan, Taiwan, and Korea.



3 Advantages of Beta Glucans as Immunomodulators:

- They themselves don't trigger an immune response.
- They appear to be completely non-toxic. For instance, a dose of up to 10 mg/kg was well tolerated, with no reported adverse effects.
- They have very specific effects on our immune system, because they act on immune cells via specific surface receptors.

Nathan Recommends

Of all the sources of beta glucan available in supplement form, *Saccharomyces cerevisiae* stands head and shoulders above the rest. It is a form of beta-1, 3D glucan extracted from Baker's Yeast.

I recommend the formulations from [BetterWayHealth](#), which come in different strengths, depending on your immune system needs. Tests show these supplements range from 2x to 32x more effective than other beta glucan supplements on the market.

All of BetterWayHealth's beta glucan formulas are non-GMO, gluten-free, 100% natural, GMP certified, FDA Gras certified, and have no known side effects or allergens.

FIND OUT MORE HERE



Finding the Best Sources of Beta Glucans

Different cultures have relied on different food sources of beta glucans depending on what was available to them. For instance, mushrooms have long been revered in Asian culture, whereas oats and Baker's yeast are readily available forms of beta glucans in the United States.

In thousands of studies, beta glucans have proven beneficial for obesity-related conditions, heart health, and improving immune function. They appear to be the ideal complement to anticancer therapy because they boost anticancer activity of our innate and possibly adaptive immune systems,²¹ reduce the debilitating side effects of chemotherapy and other anticancer treatments, and significantly improve quality of life and extend survival in cancer patients.²²



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Mushroom and Barley Soup

BY DR. JOEL FUHRMAN

SERVES: 4

Pair up the classic combination of barley and mushrooms for a satisfying and soothing soup. The recipe calls for arugula but any green leafy vegetable would make a nice addition.

Directions

Heat 1/4 cup water in a large soup pot and water saute onions, carrots, celery, and garlic until softened, about 6 minutes. Add mushrooms and coconut aminos and cook until mushrooms release their juices, about 5 minutes.

Add barley, vegetable broth, black pepper and thyme, bring to a boil, reduce heat, cover and simmer for 60 minutes or until barley is tender. Stir in arugula and heat until it is wilted.

NOTE: Hulled barley and hulless barley are two different varieties of barley; both are considered whole grains. Quicker cooking pearl barley has been refined and is not a whole grain.

Ingredients

- 1 medium onion, chopped
- 1 cup chopped carrots
- 1/2 cup chopped celery
- 3 cloves garlic, minced
- 20 ounces mushrooms, sliced
- 1 teaspoon coconut aminos
- 1 cup whole grain barley (see note)
- 8 cups low-sodium or no-salt-added vegetable broth
- 1/4 teaspoon ground black pepper or to taste
- 1/2 teaspoon dried thyme
- 2 cups arugula

Per Serving

Calories 257, Protein 11 g, Carbohydrates 51 g, Sugars 7 g, Total Fat 1.8 g, Saturated Fat 0.3 g, Cholesterol 0 mg, Sodium 357 mg, Fiber 11.3 g, Beta-Carotene 2844 ug, Vitamin C 10 mg, Calcium 112 mg, Iron 3.7 mg, Folate 60 ug, Magnesium 88 mg, Potassium 889 mg, Zinc 2.2 mg, Selenium 27.1 ug



Scrambled Oats

BY DR. JOEL FUHRMAN

SERVES: 3

Shake up your morning breakfast routine with these savory scrambled oats.

Directions

Combine oats, water, nutritional yeast, miso and turmeric in a saucepan and cook, stirring frequently, for about 20 minutes or until oats are tender. Stir in spinach and mushrooms and cook until spinach is wilted.

Garnish with grated onion.

For added nutrient density, add a handful of other vegetables such as shredded carrots or cherry tomatoes, sliced in half.

NOTE: You may also use old fashioned oats in this recipe. Reduce cooking time to 5 minutes.

Per Serving

Calories 266, Protein 12 g, Carbohydrates 44 g, Sugars 1 g, Total Fat 4.4 g, Saturated Fat 0.1 g, Cholesterol 0 mg, Sodium 181 mg, Fiber 8.3 g, Beta-Carotene 1126 ug, Vitamin C 7 mg, Calcium 69 mg, Iron 3.7 mg, Folate 46 ug, Magnesium 24 mg, Potassium 219 mg, Zinc 0.8 mg, Selenium 2.6 ug

Ingredients

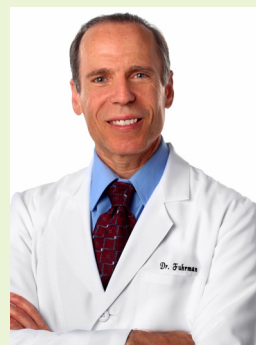
- 1 cup steel cut oats (see note)
- 2 cups water (or no-salt-added or low sodium vegetable)
- 1 tablespoon nutritional yeast
- 1 teaspoon reduced sodium miso paste
- 1/2 teaspoon turmeric
- 2 cups fresh spinach or other leafy greens
- 1 cup lightly sauteed sliced mushrooms
- grated red or yellow onion for garnish

Joel Fuhrman, MD

is a board-certified family physician, nutritional researcher and six-time *New York Times* best-selling author.

He serves as the President of the Nutritional Research

Foundation. Dr. Fuhrman has authored numerous research articles published in medical journals and is on the faculty of Northern Arizona University, Health Science Division. His two most recent books are *Eat to Live Quick and Easy Cookbook* and *Fast Food Genocide*.



Mama Z's Skin Cancer Salve

BY **NATHAN CRANE**
WITH **SABRINA ZIELINSKI**



I have had the pleasure of interviewing Sabrina Zielinski (aka “Mama Z”) from Natural Living Family on several occasions. One of the most intriguing tips Sabrina has shared me is about the skin healing salve that she makes with Aloe vera gel, coconut oil, and essential oils.

Not only did this simple salve recipe clear up her father’s skin cancer spots, but it has also proven effective for a wide range of troublesome skin conditions. Here is Sabrina’s recipe.

Salve Suggested Uses

- Skin cancer spots
- Psoriasis
- Eczema
- Radiodermatitis
- Other skin irritations

Instructions:

If coconut oil is solid, gently melt it by making a hot water bath. Scoop the solid oil into a small clean glass bowl and place it in a larger bowl or in the sink with hot water (being careful so no water gets into the bowl with the coconut oil). Do NOT use a microwave to melt the oil. Keep the oil around 70-72°F (21-22°C).

Filet (slice open) a piece of fresh Aloe vera plant and scrape out the gel or use organic bottled Aloe vera gel.

Stir the Aloe gel into the coconut oil and add in essential oils, mixing well. If making a large batch, you could use a hand blender for a lighter, fluffier texture.

Store mixture in a clean glass jar with lid in the refrigerator.

To Use:

Wash your hands and use an organic cotton pad to cleanse the area with Bragg apple cider vinegar. This will help to normalize the pH of the skin and gently exfoliate the area.

Use a spoon and scoop out a small amount of salve (which will now be solid from being in the fridge).

Apply the skin healing salve to the affected area(s) one or more times per day. The heat from your fingers will melt it into your skin.



What You Need

- Bragg Organic Apple Cider Vinegar
- Small glass container with cover to store salve
- 1 oz Aloe vera gel (fresh or bottled)
- 1 oz organic coconut oil
- 4 drops lavender essential oil
- 2 drops frankincense essential oil
- 2 drops tea tree essential oil

Optional Oils for “Extra Strength” Version

- 1 drop helichrysum essential oil
- 1 drop sandalwood essential oil (Hawaiian sandalwood is excellent)

Recipe can easily be doubled, tripled, or quadrupled. Just keep the same ratios as shown above.

IMPORTANT: When making something to help heal skin cancer, be sure to use organic ingredients and pure essential oils. Many oils on the market are “fragrance” oils and can contain toxic additives. Look at the ingredient label. You should see only the name of the plant with no additional ingredients.

Frankincense Cream Helps Prevent Radiation Skin Damage in Breast Cancer Patients



A placebo-controlled study found that frankincense-based cream helped prevent skin damage and provided relief to breast cancer patients undergoing radiation treatments.

The European study used a cream known as Bosexil™ that's made using *Boswellia serrata* extracts. There are different kinds of frankincense trees with *Boswellia serrata* being one of the most common.

Topical steroids are the most commonly prescribed topical medications for the treatment of rash, eczema, and dermatitis. However, they have potential nasty side effects – including systemic effects (affecting the whole body) – particularly when used long term.

According to the study authors, the frankincense-based cream reduced the need for topical corticosteroids and was well tolerated by the patients.

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11 Ways to Promote “Micro Moments” of Healing

BY NATHAN CRANE

WITH DR. MELISSA PETERSEN

In a recent interview I did with Dr. Melissa Petersen, she shared some tips for moving the body from the sympathetic state to a parasympathetic state. Dr. Petersen is a licensed Doctor of Chiropractic, Epigenetic Human Performance Success Coach, and author of “The Codes of Longevity.”

Without getting into a long anatomy lesson, **think of your parasympathetic nervous system as the “rest and digest” part**

of the nervous system and the sympathetic as the stressed out “fight or flight” part. Most of us spend far too much time in the sympathetic state which (despite its misleading name) isn’t kind and loving on your body.

As Dr. Petersen explains, by moving more frequently into the parasympathetic state, **you can give yourself micro moments of rest and reprieve where healing can occur.**



So, just how can you put yourself into a parasympathetic state more often?

Here are 11 activities that Dr. Petersen recommends to move from a sympathetic to a parasympathetic state:

“

People like to eat because that automatically activates your parasympathetic ... A lot of foods are not necessarily the best tool in our stress response, so let's think of other ways to activate it.

- DR. MELISSA PETERSEN

01

EATING (this is a key reason so many people stress eat!)

02

HUMMING

03

BREATHING slowly in and out through your nose

04

CHIROPRACTIC ADJUSTMENTS

05

MASSAGE THERAPY

06

SINGING

07

GARGLING

08

MEDITATION

09

TAPPING (EFT)

10

CHANGING YOUR POSTURE (stand with your shoulders back, chest out, chin slightly tucked)

11

RAPID EYE MOVEMENT (keep your head facing straight forward but look straight up with just your eyes)



How to Do a Coffee Enema

BY NATHAN CRANE

If you've researched alternative cancer therapies, you've likely come across the mention of coffee enemas as a healing tool. They're one of the cornerstones of the Gerson Therapy for Cancer and are highly recommended by many natural and functional medicine practitioners for detoxification, pain relief, and cleansing the liver, colon, and small intestine.

“Coffee enemas is one of the signature protocols of the Gerson Therapy. It's absolutely vital for reversing advanced terminal cancer.”¹

- DR. PATRICK VICKERS, DIRECTOR & FOUNDER OF NORTHERN BAJA GERSON CENTER

¹ <https://www.youtube.com/watch?v=q-lAp5eMq-Y>

If the idea of enemas as a health tool is foreign to you, rest assured that enemas have been safely used for thousands of years and coffee enemas specifically have been written about in medical literature for the past 150+ years:

- They were used to treat accidental poisoning in the 1800s.
- Dr. WJ Mayo (founder of the Mayo Clinic) used coffee enemas as part of routine post-surgical care in the late 1800s.
- Coffee enemas were used during WW1 to treat pain and shock in soldiers.
- They've been a key part of the "Gerson Therapy" cancer protocol for decades.
- Coffee enemas were included in the Merck Manual (a medical reference guide for doctors) from 1899-1997.

The liver (your main organ of detoxification) produces an enzyme called Glutathione S-transferase that goes through the body mopping up toxins and free radicals. It uses palmitic acid as the base to produce Glutathione S-transferase. **All coffee contains palmitic acid** and research shows that even one coffee enema increases the Glutathione S-transferase in the body. This is a key reason why coffee enemas are so effective as part of a detoxification protocol.



Clinical experience has shown coffee enemas to be safe and beneficial when used up to 6 times per days (once every 4 hours). This frequency is typically only used with advanced cancer patients and should only be done under the supervision of a qualified health practitioner.

“

There is not a more potent way to detoxify the human body than a coffee enema.”²

- DR. PATRICK VICKERS

For detoxification and general health maintenance purposes, a far less rigorous schedule of a couple of times of week up to once a day is recommended.

Are you inspired to try coffee enemas? Consult with a qualified healthcare practitioner to ensure they're an appropriate therapy for your current health situation. If you get the all-clear, here's how to do them.

NOTE: If you're doing enemas multiple times per day (or there are multiple people in the household doing them), you don't want to go through all the steps of properly brewing the coffee each time and should start by making a coffee enema concentrate. If you're just doing an enema once a week, follow the steps for a single coffee enema.

² <https://www.youtube.com/watch?v=q-lAp5eMq-Y>



Key Benefits of Coffee Enemas

- Improves bile flow and helps cleanse the liver
- Eliminates constipation and "cleans out" the colon
- Improves digestion and bowel function
- Increases the detoxification capacity of the liver & small intestine
- Aids the body in absorbing and digesting cancer tumor tissue
- Helps eliminate harmful yeasts, parasites, and other toxins
- Stimulates the parasympathetic nervous system
- Improves mental clarity
- Increases energy levels
- Helps increase glutathione production (the "Master antioxidant")

How to Make Coffee Enema Concentrate

Makes 8 Enemas

Can be stored in the fridge for 2-3 days

Instructions

Add 2 cups of coffee grinds + 8 cups of distilled/filtered water into a large saucepan.

Boil 3-5 minutes with the lid off and then simmer for 15-18 minutes with the lid on.

After coffee has boiled, remove the pan from heat and pour the coffee mixture through a strainer lined with cheesecloth into a large bowl/pan/measuring cup.

Pour strained coffee mixture into two large 32 oz Mason jars (there should be an equal amount in each jar).*

Top up each jar with plain distilled water so that it makes 32 ounces (this replaces the water lost as steam during the boiling process).

Screw on lids and place jars in the fridge.

**If you don't pour the coffee into the jars immediately, be sure to stir the mixture well first before pouring into the jars as the palmitic acid settles.*

What You Need

- Light roast ORGANIC coffee, medium grind (NOT decaffeinated)
- Distilled or highly filtered water such as reverse osmosis water
- Stainless steel enema bucket or silicone enema bag
 - Tip: Buckets are easier to clean while bags are easier for travel & to hang*
- Organic oil for lubrication (e.g., apricot kernel oil, olive oil, coconut oil)
- Space to lie down near a toilet
- Blankets and towels for under and over you (+ extra towels/wash cloths within reach)
- Watch or timer

To Prepare the Enema Liquid Using the Coffee Concentrate

Remove jar from fridge and shake well to stir up any sediment from the bottom of the jar (this is the palmitic acid salts that are so beneficial).

Measure out 8 oz (1 cup) of the coffee concentrate which is $\frac{1}{4}$ of the jar contents into a large saucepan.

Add 24 oz (3 cups) of distilled/filtered water to the coffee concentrate and heat up to body temperature on the stove (around 98-104°F / 37-40°C). You can test the temperature on the inside of your wrist like you would test milk for a baby.

Pour warmed coffee into an enema bucket or bag.



Steps for Preparing a Single Coffee Enema:

Use 3 TBSP coffee grinds + 4 cups of water

Boil 3 minutes & simmer for 15 min

Strain and add enough water to make 4 cups of liquid

Allow to cool to body temperature and place in enema bag/bucket and follow coffee enema instructions

Step-by-Step Instructions for Doing a Coffee Enema:

1. The best time to do a cleansing enema is after the bowels have been emptied.
2. Prepare your area by laying some washable soft blankets and towels on the bathroom floor (or very near a toilet where you can lie down). Have a blanket or towel handy that you can pull over yourself for warmth if desired and some extra towels or washcloths within reach.
3. Wash your hands and pour the body temperature coffee into the enema bag or bucket and carry into your enema area. The bucket should be sitting on a counter or shelf (or the bag hanging from a hook) 18-24 inches above where you'll be lying.
4. Eliminate all the air from the enema tube by allowing some coffee to flow into the tube and clamping the tube shut. (There should be about 6 inches of empty tube above the clamp with the coffee filling the rest of the tube.)
5. Remove the clothing from the lower half of your body and lubricate the first 6 inches of the tube and your anus with oil.
6. Lie on the floor on your RIGHT side with your knees pulled in toward your chest.
7. Gently insert the 6 inches of tube inside of you (into the rectum). If you encounter resistance, don't push. Pull the tube out some and try again at a slightly different angle.
8. Once the tube is inserted and you are lying on your right side, release the clamp. Gravity will flow the coffee into you. Try not to clench or tighten up as the liquid is flowing in.
9. Once all the coffee has flowed in (or as much as you can hold), clamp the tube shut.
10. Continue lying on your right side and hold the coffee in for 12-15 minutes (keeping the tube inside of you).
11. When the time has finished, get up from the floor, sit on the toilet, and remove the tube. Expect that a lot of liquid will come out at first, and will also continue to come out in 3-4 waves. Be prepared to sit on the toilet for around 10 minutes and be close to a toilet for the next 60 minutes.
12. Gently wash your bottom with organic soap and water and pat area dry.



Do's & Dont's

FOR COFFEE ENEMA SUCCESS:

DO check with your healthcare practitioner before attempting coffee enemas. While thousands of people have safely done them, there may be certain conditions (especially bowel-related) that make them unwise.

DO your coffee enema early in the day as you may experience increased energy and alertness.

DO your coffee enema after emptying your bowels.

DO use the highest quality ingredients: organic coffee, distilled or highly filtered water, glass or stainless steel cooking tools, stainless steel enema bucket or a silicone enema bag. Stay away from plastic, heating liquids in a microwave, and anything that might introduce toxins into your body.

DO follow good hygiene practices. Thoroughly wash your hands before and after and clean your enema tools completely after using.

DO start with a smaller quantity of coffee and work your way up, especially if you've never done an enema. Some people find it useful to flush with water first (i.e., doing a quick water enema before doing the coffee enema).

DO use liquid that's body temperature. Too hot can burn you and too cold can cause you to cramp up.

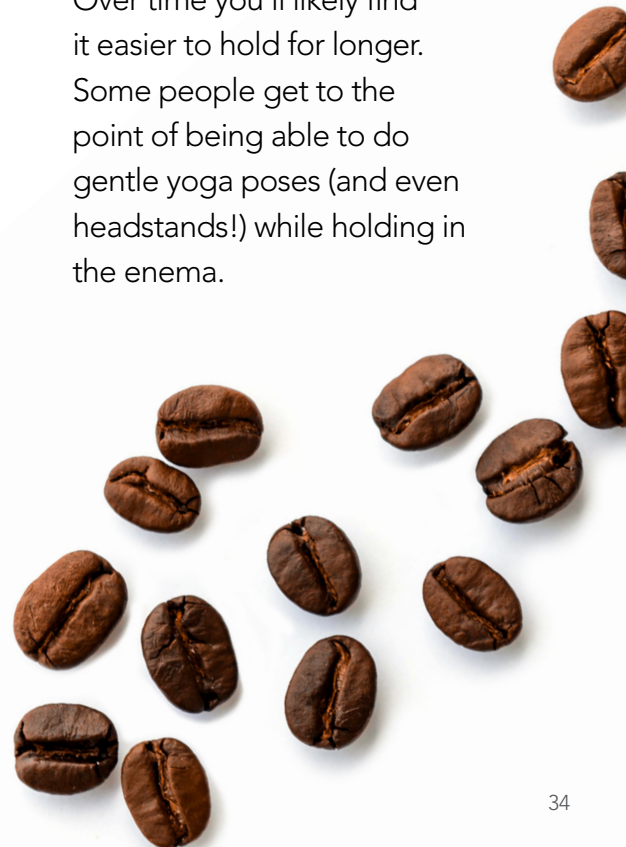
DO lie on your RIGHT side if liver detoxification is one of your primary goals. The coffee gets to the liver through the hepatic vein when lying on your right. Nurses are taught for patients to lie on the LEFT side for enemas so much of the available enema advice you'll see online says you should lie on your left.

DO stay hydrated by drinking lots of filtered water and consuming fresh, organic fruits & vegetables or you risk disrupting your electrolytes.

DON'T use coffee made with a coffee maker and a coffee filter. The coffee needs to be simmered to release the palmitic acid.

DON'T use decaffeinated coffee. It should be an organic light roast coffee.

DON'T be worried or embarrassed if you can't hold the enema in for the recommended 12-15 minutes or you don't quite make it to the toilet (it happens). One trick is to stretch your arm above your head while lying on the floor. Over time you'll likely find it easier to hold for longer. Some people get to the point of being able to do gentle yoga poses (and even headstands!) while holding in the enema.





Nathan Recommends

SA Wilson (they sell both coffee & enema kits)

Cafe Mam (Royal Blue Organics) Enema Coffee

What Type of Coffee?

What brand or kind of coffee should you use for your coffee enema?

At a minimum, make sure it's organic light roast coffee (medium grind).

All coffee contains some palmitic acid but there are special blends of coffee available that are marketed as "enema coffee" that contain even more of this beneficial palmitic acid.

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Nathan Crane



Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award-winning documentary film, *Cancer; The Integrative Perspective*.

Nathan discovered powerful holistic solutions to overcome years of trauma, homelessness, depression, and suicide attempts to find a life of meaning, purpose, health, and fulfillment.

He has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.

His website is NathanCrane.com