

# Chris beat cancer

Useful tips and important information.

Causes, life style, prevention, nutrition, tips and more.

You are the reason why things happen to you. The decisions we made in the past effect our reality today.

Cancer is natural and normal, everybody have cancer cells in their body but not everybody get cancer, why is that? The answer is ones immune system.

Why you have cancer and how to eliminate the causes:

- Diet
- Life style
- Environment

Pharmaceutical company know what is causing cancer but do not educate the public because cancer is a source of profit, they make money selling the treatment, 75 to 90% of cancer are caused by diet, life style and environment.

If you have cancer means the way you live your life is killing you. You don't have to feel ashamed or guilty, instead take power to change things.

A healthy life style and less toxic exposure equal to less cancer.

3 pillars of health:

- Life style
- Environment
- Stress

There are 2 types of diseases, infectious diseases caused by poverty, lack of hygiene, dirty drinking water.

Chronic diseases, western diseases, diabetes, obesity, immune system diseases, heart diseases and MS.

18 to 20% of cancer is linked to an infection.

A virus that can be avoid is bovine leukemia virus which is a cancer causing virus. Pasteurization take care of the virus in dairy but one can get it from undercooked beef.

H. Pylori bacteria cause inflammation, ulcers and stomach cancer.

## **What is an H. pylori infection?**

*H. pylori* is a common type of bacteria that grows in the digestive tract and has a tendency to attack the stomach lining. It infects the stomachs of roughly 60 percent of the world's adult population. *H. pylori* infections are usually harmless, but they're responsible for the majority of ulcers in the stomach and small intestine and stomach cancer.

The "H" in the name is short for *Helicobacter*. "Helico" means spiral, which indicates that the bacteria are spiral shaped.

*H. pylori* often infect your stomach during childhood. While infections with this strain of bacteria typically don't cause symptoms, they can lead to diseases in some people, including peptic ulcers, and an inflammatory condition inside your stomach known as gastritis.

*H. pylori* are adapted to live in the harsh, acidic environment of the stomach. These bacteria can change the environment around them and reduce its acidity so they can survive. The spiral shape of *H. pylori* allows them to penetrate your stomach lining, where they're protected by mucus and your body's immune cells are not able to reach them. The bacteria can interfere with your immune response and ensure that they're not destroyed. This can lead to stomach problems.

## **What causes H. pylori infections?**

It's still not known exactly how *H. pylori* infections spread. The bacteria have coexisted with humans for many thousands of years. The infections are thought to spread from one person's mouth to another. They may also be transferred from feces to the mouth. This can happen when a person does not wash their hands thoroughly after using the bathroom. *H. pylori* can also spread through contact with contaminated water or food.

The bacteria are believed to cause stomach problems when they penetrate the stomach's mucous lining and generate substances that neutralize stomach acids. This makes the stomach cells more vulnerable to the harsh acids. Stomach acid and *H. pylori* together irritate the stomach lining and may cause ulcers in your stomach or duodenum, which is the first part of your small intestine.

Dr. Denis Burkitt found out that particular diseases that were killing people in the western world were not existing in Africa because of their diet which is very high in fibers. He wrote a very interesting book about it, Don't forget fibre in your diet (available on amazon.com).

Plant based diet reduce the possibility of getting cancer. Vegetables rich in fibers: beans, peas, grains, sweet potato, lentils, starchy vegetables. The diet must be poor in dairy and meat, avoid sugar, white flour, bread, rice, GMO and man made processed food.

90% of corn, soya and canola are GMO. GMO crops that are sprayed with Monsanto roundup absorb the chemicals and can therefore not be washed away (glyphosate).

Non GMO crops are also very often sprayed with glyphosate to speed the drying process. Wheat, millet, flax, buckwheat, barley oats, beans, peas, lentils, corn, potatoes belong are sprayed with glyphosate. Wide spread use of glyphosate, not grains, is the culprit behind the high rates of celiac, gluten intolerance, auto immune diseases and more digestive and physiological disorders.

Get back to a simple diet of whole Foods from the Earth that God made for us.

In the past only the king could anything he wanted, whenever he wanted, now a days the king's diet is available to the most of us, it includes large consumption of dairy, meat, sugar, refined food, wine, beer.

Dr Burkitt weighted the feces of africans which were twice as big as american people's feces. They were also soft instead of hard. One can check the transit time by eating beets and check daily, one will know how long it took from the mouth to the back door when the poo turn red.

Rural Africa transit time is about 30 hours, america/european transit time is about 72 hours because of meat, dairy and processed food.

What you discharge today can be something you ate 3 days ago. Switching to a plant based fibre diet is a remedy for constipation.

Why is important to reduce the transit time to the minimum?

The liver is the number 1 organ responsible for the detoxification of the body. The liver dumps metabolic waste into the digestive track. When you eat food, whatever is not digested get picked up by the digestive system to be brought to the back door. High fibre diet, healthy diet, make sure the toxics which are secreted from your liver are quickly absorbed and carried out. Meat and dairy move very slowly, they pick up the toxics secreted by the liver and instead of bringing them out as soon as possible, they move very slow and start to putrefy in your intestine. This way they produce toxins called fecal mutagens which irritate and inflame your colon. It can be also called auto intoxication,

your body is re-absorbing some of your own feces. Vegetables and fibers help you eliminate toxic metabolic waste.

Jack Lalane said: if it is man made, don't eat it.

Too much food, increased calories consumption causes obesity, overweight, diabetes, heart diseases and cancer.

Obesity is the second leading cause of cancer, obesity weakens your body.

Sigaret smoking is the First cause of cancer and not only lung cancer.

In the last 100 years there have been some changes in our diet, we are eating 4% less carbohydrates but from processed grains and as result the fibre consumption has gone down 10%. We are now eating 20% more on animal products, 60% more fat, mostly oil and 10% more cholesterol.

Make sure your diet is rich in organic food free from toxic chemicals and not GMO, you need to cut down in toxic as much as possible.

Invest in your health and make the mind switch.

## Water

Drinking water have added chlorine and fluoride, it contains also antibiotics and pesticides.

Fluoride is the toxic waste from aluminum en pesticede factories. The industry convinced the government to buy their chemicals waste they were not allowed to dump in River and put it in the drinking water supply. The fluoride is supposed to make your theet healthier but that isn't true, fluoride damages your brain too.

Purchase a good water filter, Chris reccomend Berkey which removes fluoride from your water, more information on <https://www.chrisbeatcancer.com/berkey/> .

## Things to avoid

Alcohol, drugs and prescription drugs, they are heavy on your liver which is the number 1 detox organ. They also work in a synergig way against you.

There are more than 100 prescription drugs that suppress the production of melatonina which is the number 1 cancer killing hormon.

Prescription drugs cause insomnia, lack of sleep is making the body prone to developpe cancer. Melatonina is produced during sleep.

Avoid sedentary life style, too little movement promotes diseases.

All small changes you make are piling up. AVOID STRESS.

Avoid animal products, they feed the cancer.

Avoid barbecue, shellfish, tuna.

In 2013 the FDA reported that 81% of turkey, 69% of pork, 55% of ground beef and 39% of chicken in the supermarket were infected with antibiotic resistant superbug called Enterococcus. Nearly 80% of antibiotics in USA are used on animal raised for food. 30 million pound of antibiotics are used on animals every year.

Remember, what you put in your mouth will either promote disease or health. You can chew your way to the grave if you choose so.

## Environmental pollution and cancer causing chemicals bombardment

Unfortunately living in the country side is not as healthy as one may think because of the chemicals sprayed on the crops.

Your house is also full with harmful chemicals, shampoo, nail polish, soap, deodorant, air freshener, scented candles and cleaning products.

Top rated cleaning products:

- **Dr. Bronners**
- **Earth friendly**
- **Ecover**

Check your house for mold.

Also body products like deodorant, make up and cremes contain dangerous chemicals too, use chemicals free products.

Check the brands on [www.ewg.org](http://www.ewg.org) (environmental working Group), you'll find home and body products without toxic components.

The more you reduce the toxic load, the better your odds of preventing and healing cancer.

## Exercise and stress control and a bit of faith

Exercise and rest activate healing.

Try to move as much as possible, walk to work, when not possible, park the car as far as you can.

- Walk at least 30 minutes a day.
- Eat 5 extra serving of fruit and vegetables every day.
- Jump on the trampoline, not high jumping, just bounce up and down, don't let the feet leave the trampoline.
- Avoid extreme exercise.
- Exercise Works much better than antidepressive.
- Allow your self to rest, go to bed early, sleep more in the winter months. An experiment on mice proved cancer growth when their sleep was interrupted.
- Take naps.
- Take one day off a week.
- Bring your self in motion everyday.
- Make your bedroom like a cave, dark, cool and quiet.
- Use sunrise alarm clock.

Eliminate stress and heal your heart.

Stress comes from negative thoughts and emotions like unforgiveness, fear, anger, bitterness, resentment, jealousy, guilt, shame, insecurity, regret, worries and anxiety.

Stress hormones are adrenaline and cortisol.

Adrenaline gives you strength, cortisol gives you energy.

Cortisol makes your liver produce glucose that goes in your bloodstream and all the cells, glucose is muscle fuel. These two hormones switch off some activities in your body like digestion, reproductive system. Stress hormones also switch off your immune system and part of your brain, it becomes hard to think clearly and rationally, you become like an animal, you switch to the survival mode. The memory system gets also switched off. These two hormones are very useful in extreme situations, like a car accident for instance, they give you the strength to free someone trapped in the car, or if you face a wild animal gives you the strength to run faster, they give you somehow some superhuman powers. Stress hormones are good only in extreme situation. A stress situation must be short, like if you are running from a tiger, once you are safe everything goes back to normal, all the body/brain functions get turned on again.

Chronic stress is very unhealthy, the 2 hormones promote infections which promote tumor growth. They also lower our immune system making us vulnerable for all kinds of diseases.

### **Get enough sleep.**

Get rid of negativity. The news nowadays give us constantly stress because of the negativity of it. Don't watch the news, get away from negative people, focus on happy things. Don't say yes to too many things, keep it simple and above all, learn to say no!

Nowadays daily life for the most of us: alarm clock → coffee → rush to work → stressful work → coffee and fast food → traffic → pick up kids → fast food → news and/or television till late.

Stress that needs to be eliminated is divided in 3 categories;

- **Problems**
- **People**
- **Projects**

Example:

news cause stress = problem    Stop watching = solution

Write down who stresses you and talk to them or redefine the relationship on your terms, choose what works for you. Solve the problems, get rid of extra stuff, don't postpone doing the taxes, just do it, a weight will fall from your shoulder and you won't need to stress any longer.

- **Practice forgiveness and positive thinking**
- **Think positive about other people**
- **Be grateful**

**Unforgiveness is like drinking poison hoping it kills other people.**

Make a list of people you need to forgive, pray for them, name them in your prayers, ask God to bless them, bless them yourself and let go.

Forgiveness is a choice not a feeling.

Don't have expectation. Don't expect nasty people to behave in a correct way.

Fear is also a source of stress, offer your fears to God. Choose to trust.

Have faith, ask God over and over again to help you, to heal you, to show you the way to your healing.

Encourage yourself everyday:

- **I am good**
- **I am strong**
- **I can do it**

Find devotional music that you like and listen to it, sing along. Visit sacred places, ashram, mosques, churches and temples, whatever matches your philosophy/religion.

Make faith based decision, not fear based decision.

## Cancer healing herbs and supplements

**Aloe vera** gel promotes the growth of anti-cancer agents [www.aloe1.com](http://www.aloe1.com)

**Amla** is very rich in vitamin C. An average American meal has 20-25 units of vitamin C, one spoon of amla powder contains 800 units.

It is 200 times more antioxidant than blueberries, antioxidants neutralize free radicals. Chemicals and chemo produce high quantities of free radicals.

**Apricot almonds** contain vitamin B17, a person who weighs 75 kilos should eat between 45 and 60 apricot almonds a day [www.apricotpower.com](http://www.apricotpower.com)

**Moringa** nutritional value:

- 10 times more vitamin A than carrots
- 17 times more calcium than milk
- 15 times more potassium than bananas
- 25 times more iron than spinach
- 9 times more protein than yoghurt

### **Greens**

**Beta Glucan** a person who weights 75 kilos should take 500mg twice a day

<https://www.betterwayhealth.com/products/beta-glucan?variant=34181652426>

**Thymoquinone** is an emerging natural drug with a wide range of medical applications:

*Nigella sativa* L. (Ranunculaceae) (*N. sativa*) is an annual herbaceous plant native to (and cultivated in) South West Asia, and cultivated and naturalized in Europe and North Africa. *N. sativa* seeds are commonly known as black cumin, and have been used as a spice and a condiment. In traditional medicine, *N. sativa* has been used in different forms to treat many diseases including asthma, hypertension, diabetes, inflammation, cough, bronchitis, headache, eczema, fever, dizziness and influenza and cancer.

2 tbsp of black seed oil twice a day plus 2 tbsp of ground black cumin a day.

<http://www.amazingherbs.com/blackseedoil.html> also available on [www.amazon.com](http://www.amazon.com)

and [www.drfit.com](http://www.drfit.com)

### **Colloidal silver**

**Turmeric**, use it fresh in smoothie and the powder form in your food.

Some of turmeric many qualities:

- Anti inflammatory
- Stops cancer cells from deviding
- Stops tumors for spreading
- Prevent tumors from forming new blood vessels
- Cause cancer cells to commit suicide

And many other <https://draxe.com/turmeric-benefits/>

we recommend **Kurkuma C3 complex**

**Frank incense, Boswellia**, is as strong as turmeric and work together sinergically.

**Vitamin D3**, number 1 anticancer vitamin.

**Vitamin C**, google IVC- University of Kansas Vitamin C protocol, riordan IVC, IV vitamin C plus your city or land to find a practicioner nearbij you.



Overdose in vitamin C until you get diarrhea, reduce the dose of 20% and take that every day. The sicker you are the more vitamin C your body will absorb. Google: high dose vitamin C protocol for cancer.

**Mushrooms**, mushroom are immune buster, some mushroom supplements:

- **Garden of life RM-10**
- **Host defence my community**
- **Mushroom wisdom Maitake D-fraction**

Available on [www.amazon.com](http://www.amazon.com)

## **Probiotics**

**Biotics research ADP oregano oil** (anti fungus).

Standard dose: 1 tablet with each meal and 1 tablet before bed.

Advanced dose: 5-6 tablets 3 times a day for a week, after that, 3-4 tablets 3 times a day for 4 weeks and stop taking it.

**Biotics Research FC-Cidal**, 1 capsule twice a day, available on [www.amazon.com](http://www.amazon.com)

**Quercetin** (flavonoid):

- Anti inflammatory
- Anti cancer
- Works against allergies, it is an histamine blocker
- Stels iron from cancer cells and causes their death

Quercetin can be found in apples, red onions, green and black tea, red grapes, raspberries, cranberries, citrus fruits and green leafy vegetable.

Daily dose for cancer patients: 1000mg 3 times a day.

Good brands are: Mega food, Thorne reasearch, Jarrow formulas and source natural.

**Ginger**, ginger is a powerfull antioxidant and anti inflammatory, it shrinks tumors and Block the formation of tumor's blood vessels.

**Proteolytic enzymes** (protein digesting enzymes also known as pancreatic enzymes)

These foods are high in proteolytic enzymes:

- Pineapple.
- Ginger.
- Papaya.
- Sauerkraut.
- Yogurt.

- Kefir
- Miso soup

**Fermenting certain foods also reduces any enzyme inhibitors that may be present, so these are wonderful additions to your diet.**

**Proteolytic enzymes** exposes cancer cells to the immune system by taking the proteins out of it.

**Important: NOT TO BE TAKEN WITH FOOD, ONLY ON EMPTY STOMACH!**

## Anti-cancer teas

**Dandelion root tea.** Dandelion greens are high in fiber, which helps your body shed waste. These greens also contain vitamins C and B6, thiamin, riboflavin, calcium, iron (crucial for generating red blood cells), potassium (to help regulate heart rate and blood pressure), and manganese.

**Dandelion extract (root)** [www.kalyx.com](http://www.kalyx.com) and [www.nutricargo.com](http://www.nutricargo.com)

### Essiac tea

From the 1920s through the 1970s, Essiac was promoted as a cancer treatment by Rene Caisse, a Canadian nurse, who claimed that it had been given to her by an Ontario Ojibwa patient she treated. Funny fact, her surname spelled backwards is Essiac.

How it works. Essiac is a product that is composed of four or more herbs, two of which — Sheep Sorrel and Burdock Root — are known to kill cancer cells. The other two herbs build the immune system and deal with detox and protecting the organs. Essiac Tea is a long-proven method of curing cancer.

Essiac four herbs formula:

- Sheep sorrel
- Burdock root
- Slippery elm bark
- Turkey rhubarb root

For Essiac eight herbs formula add:

- Red clover
- Blessed thistle
- Kelp
- Watercress

The cheapest way is to buy the different herbs and make the tea yourself.

Please visit [www.essiacfacts.com](http://www.essiacfacts.com) for more information regarding this amazing tea.

Follow the instructions of Mali Klein on [www.youtube.com](http://www.youtube.com)

Drink 1 cup a day.

**Jason winter tea**, original formula:

- Red clover
- Chaparral
- Oolong leaf
- Herbalene Spice blend

This tea has a nice taste, drink as much as you can, the limit is 4 liters a day.

**Green tea**

**Rooibos tea**

**White tea**

**Hibiscus tea**

Always add lemon to your tea.

## Detoxification supplements and tips

The body detox all the time. The liver is the first detox organ, then the kidney, after that the lungs expel toxins through exhale and the skin through the sweat.

**Zeolite**

**Broccoli sprouts**

**HMD** heavy metal detox (chlorella and cilantro).

**HMD** herbal drainage formula:

- Dandelion root
- Milk thistle
- Burdock root
- Turmeric
- Hydrangea
- Uva ursi

Please visit [www.detoxmetals.com](http://www.detoxmetals.com)

**Coffee enema**, the coffee enema kit is available on [www.amazon.com](http://www.amazon.com)

**Dr. Hulda Clarck's parasite cleanse**

- Black walnuts hulls
- Wormwood
- Clove

<https://www.drclarkstore.com/>

the 8 days protocol can be found on [www.amazon.com](http://www.amazon.com)

Supplements and dosage schedule available on [www.drclarck.net](http://www.drclarck.net)

**The incurable program** is a 30 days detox program,

<https://www.herbdoc.com/30-day-detox-program>

How to proceed:do First the Dr. Clarck's 18 days parasite program, in month 2 or 3 start **the incurable program**.

**Important:** start immediately with **the incurable program** in case of emergency, when the doctors give you no hope.

### **Fasting**

Fasting is an excellent way to get rid of toxins. You can do a 3 days fast only on water or a 3-7 days fasting drinking only fresh juice, use **Champion juicer** to make your fresh juices, very expensive but also very good. As we said before, you should invest on your health. Try to find a good alternative if you can not afford it. good juicers are also **Omega juicer** and **Green star juicer**.

### **Chlorella**

### **Wim Hof breathing method**

### **Ozone therapy**

### **Soda water ozonator**

## **Books**

**The blue zone – 9 lessons for living longer, Dan Buettner**

**The China study, T. Colin Campbell, PHD and Thomas M. Campbell *II***

**Healthy at 100, John Robbins**

**N.B.** This document is the result of years of work and research made by Chris Wark who got himself a cancer free life without undergoing radiation or chemo therapy. His site is available to everyone of us, <https://www.chrisbeatcancer.com/> you need to subscribe though.

We hope this document will help you find the way to healing and an healthy life style.



