

# Understanding Cancer & Its Treatment

## 1: AMERICA'S DEATH WARRANT (Understanding Cancer)

"It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." {MH 127.2}

"It is the duty of every person to become intelligent in regard to disease and its causes." (HL 19.5)

"Gather up all the knowledge possible that will help to combat disease." This may be done by those who are diligent students." {MM 320.2}

## 2: HOW?

"But few can take a course of training in our medical institutions. But all can study our health literature and become intelligent on this important subject." --MS. 19, 1911. {MM 320.3}

"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regards to disease, its causes, prevention, and cure." {CH 506.1}.

God's people are to know how to prevent, understand, and cure cancer.

## 3: FOUR MAJOR CAUSES OF DISEASE:

According to Scientific Statistics, the top 4 killer diseases in the nation are:

- Cancer
- Heart disease
- Medical error
- Stroke

**According To The SOP And Most Recent Scientific Statistics, The Top 4 Killer Diseases In The Nation Are:**

- **Drug Medication** – "More deaths have been caused by drug-taking than from all other causes combined." (2SM 450.2)
- Cancer (it is now ahead of heart disease)
- Heart Disease
- Medical Error

4: In 1945, 1 out of 15 people died of cancer; in 1971 it was 1 in 6; in 1976 it was 1 in 5; now it is anywhere from 1-2 people will get cancer out of every 3.

5: People dying every day. This puts cancer as the 2nd leading cause of death in the U.S., although some research shows that this number has actually increase, and Cancer is now considered by many the #1 cause of death in the U.S.

- In **MEN**, the 2nd & 3rd most frequent occurring cancers are **prostate & colon cancer**
- In **WOMEN**, it's **CANCER** of the **BREAST & COLON**

While cancer death statistics can vary from place to place, it is generally estimated that roughly 7.2 to 7.5 millions people worldwide die from cancer each year.

In the United States, where cancer death statistics are highly monitored each year, there has been seen a steady death rate of 550,000 to 600,000 people year after year. That is approximately 1,500 that die daily.

## 6: CANCER STATISTICS

**Prostate Cancer Info:** China Study pp 177-81; 300-302; 367

**Colon Cancer Info:** China Study pp 91-92; 169-176;

**Breast Cancer Info:** China Study pp 3; 21; 65; 70-71, 79; 83-89; 158-168; 210; 271-285

## 7: WHAT ARE THE 4 BASIC TYPES OF CANCER?

1. Carcinomas
2. Leukemia's
3. Sarcomas
4. Lymphomas

(Cancer Pictures found on pages 798-800 of NRE, 7th Edition)

## 8: THE 15 MOST FREQUENT TYPES OF CANCER ARE: (See NRE pages 782-783)

1. Skin Cancer
2. Mouth or Throat
3. Larynx
4. Lung
5. Breast
6. Leukemia
7. Stomach

## 9: THE 15 MOST FREQUENT TYPES OF CANCER

8. Bladder & Kidney
9. Ovaries
10. Endometrium
11. Cervical & Uterine
12. Prostate
13. Testicles
14. Colon
15. Lymphoid Tissue

## 10: SIGNS/SYMPTOMS (S/Sx) of CANCER

In the Medical Field, they use an acronym called C.A.U.T.I.O.N.

**(C) = Change in bowel habits;** Sign of colorectal cancer

**(A) = A sore that does not heal** on the skin or in the mouth (could be malignant)

**(U) = Unusual bleeding** or discharge from rectum, bladder or vaginal area. Could be colorectal, prostatic, bladder, or cervical cancer.

**(T) = Thickening of breast tissue** or a **new lump** in

## 11: SIGNS/SYMPTOMS

**(I) = Indigestion or trouble swallowing.** Cancer of the mouth, throat, esophagus, or stomach.

**(O) = Obvious changes to moles or warts.** Could be skin cancer

**(N) = Nagging cough** or hoarseness that persists for four to six weeks. Could be cancer of lung or throat.

## #12: Q: WHAT IS CANCER?

**A:** An uncontrolled proliferation of cells producing a malignant tumor. It invades surrounding tissues and may entail metastasis, which could possibly lead to death. According to Sir Arbuthnot Lane, England's greatest surgeon, "Cancer is essentially a nutritional disease; a disease of faulty feeding, plus the adsorption of poisonous drugs." (The Divine Prescription, pg. 314)

**NOTE:** Cancer beings when the DNA is healthy cells become sick.

## #13: WHAT IS CANCER?

Inefficient immune system. For good cells to become cancer cells, the DNA must be altered by foreign substances.

## TO LEARN MORE:

Understanding the Nature of Cancer, Read: THE ANSWER TO CANCER pg. 11. This book may be purchased at <http://www.meetministry.org/publications.html>

## 14: WHAT CAUSES CANCER?

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions." {MH 234.1}

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working..." (MH 234.1)

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health..." (MH 127.1) \*\*\*See: Proverbs 26:2

## 15: THINGS THAT CAUSE CANCER:

A lack of the: **FIVE NEEDS OF THE CELL**

1. **Oxygen** (Without Oxygen, cells die in about three minutes)
2. **Water** (Without water, cells would die in a few days)
3. **Nutrients** (Without nutrients, cells would die in several weeks)
4. **Waste Elimination** (Without adequate elimination, the cells die within hours)
5. **All Poisons are to be kept out** (this includes additives, preservatives, artificial food coloring, HFCS, Agave, artificial sweeteners, everything with MSG, including the 25 names of hidden MSG, vinegar, pepper, spices, sugar, condiments, coffee, tea, tobacco, all forms of alcohol, medication, etc.)

**16:** Additives, preservatives, artificial food coloring, HFCS, Agave, artificial sweeteners, everything with MSG, including the 25 names of hidden MSG, vinegar, pepper, spices, sugar, condiments, coffee, tea, tobacco, all forms of alcohol, medication, etc.)

## \*ALL POISONS TO BE KEPT OUT

"Our food should be plain and free from all objectionable elements, but let us be careful that it is always palatable and good." {LLM 545.3}

"Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.

God holds you responsible to obey the light He has given you on health reform. The rush of blood to the head must be overcome. There are large blood vessels in the limbs for the purpose of distributing the life-giving current to all parts of the body. The fire you kindle in your stomach is making your brain like a heated furnace. Eat much more sparingly, and eat simple food, which does not require heavy seasoning. Your animal passions should be starved, not pampered and fed. The congestion of blood in the brain is strengthening the animal instincts and weakening spiritual powers..." {CD 102.1}

"Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite..." (9T 113.1)

#### 17: THINGS THAT CAUSE CANCER:

Something to Keep in Mind When Treating Others with Cancer: - "Thousands need to be educated patiently, kindly, tenderly but decidedly, that nine-tenths of their complaints are created by their own course of action. The more they introduce drugs into the system, the more certainly do they interfere with the laws of nature and bring about the very difficulties they drug themselves to avoid." {15MR 281.3}

#### 18: THINGS THAT CAUSE CANCER

(These items are not listed in any particular order)

- **Animal protein** (Casein = Animal protein...Animal protein = #1 item to turn on the cancer cell....Be sure to read labels).
- **Decreased Oxygen Levels in the Body** (improper breathing/improper posture/lack of oxygen/anything that prevents air from getting into the lungs)
- **Decreased Nut/Seeds/Legume intake**
- **Lack of fruit & vegetables in the diet** (fruit should be eaten in raw state as much as possible).

#### 19: THINGS THAT CAUSE CANCER

Coarse vegetables are not to be eaten raw. They lack in nutrients and cause a weakness.

"In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, **COARSE VEGETABLES**, candies, condiments, and pastries **fail of supplying proper nutriment.** Many a student has broken down as the result of using such foods." (Ed 204.3)

#### 20: LACK OF SUNSHINE

(Vitamin D levels should not be less than 80-100 ng/ML)

\*\*\***Be sure to have a 25 Hydroxy test done.**

\*\*\***There is a 40-70% reduction in cancer when Vitamin D levels increase to where they should be.**

"I must GET ALL THE SUNLIGHT that it is POSSIBLE for me to obtain. I must have wisdom to be a faithful guardian of my body." {CD 302.3}

- Lack of Water
- Overeating (Limit portion sizes...think of Lean Cuisine, Weight Watchers, and Jenny Craig...they all have small portion sizes)
- Excess Salt & the wrong type of salt
- Improper Rest
- Stress

21:

- **Inactivity** – (Those who do at least 4 hours of exercise a week cut their risk of breast and colon cancer more than 33%.)
- **Meat eating** (EFH pg. 372-373) (84% of the cows tested, tested positive for leukemia) (see pg. 315 of The Divine Prescription).
- **“The liability to take disease is increased tenfold by meat eating.”** {CD 386.4}
- “Those who use flesh meat disregard all the warnings that God has given concerning this question. They have no evidence that they are walking in safe paths. **They have not the slightest excuse for eating the flesh of dead animals.** God's curse is resting upon the animal creation. Many times when meat is eaten, it decays in the stomach, and creates disease. **CANCERS, TUMORS**, and pulmonary diseases are **LARGELY CAUSED BY MEAT EATING.**” (CD 383.4)

22:

- **Fish** (EFH pg. 372-373)
- **Shellfish** (EFH pg. 372-373)
- **Eggs** (a contributor of Leukemia in small children) (EFH pg. 372-373)
- Increased **Fat/Animal Fat** (Lard) (See pg. 49 in HEALTH POWER)
- Increased Cholesterol Levels
- **Spices** (EFH pg. 372-373)
- **Coffee** (EFH pg. 372-373)
- **Tea**
- **Sugar** (EFH pg. 372-373)
- **Refined Products** (EFH pg. 372-373)
- **MSG**
- **Aspartame**
- **Additives**
- **Preservatives**
- **Food Coloring**

23:

- **Smoking/Tobacco**
- **Second hand smoke**
- **Third hand smoke**
- All forms of **Alcohol** (EFH pg. 372-373) (See PLANTS THAT HEAL, pg. 53, bottom right corner) “Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.” (Proverbs 20:1)
- Cosmetics – **“Many are ignorantly injuring their health and endangering their lives by using cosmetics...”** When they become heated...the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone.” H. R. {HL 189.2}

**COSMETICS** (Noah Webster's 1828 Dictionary)

Beautifying; improving beauty, particularly the beauty of the skin

24:

n. Any preparation that renders the skin soft, pure, and white, and helps to beautify and improve the complexion (this could include lotion, perfumes, body sprays, skin cream, etc.)

- **Hair chemicals** (major cause of leukemia in women)  
[http://www.health-report.co.uk/harmful\\_toxic\\_toiletries\\_chemicals\\_cancer\\_causing.html](http://www.health-report.co.uk/harmful_toxic_toiletries_chemicals_cancer_causing.html)  
[http://www.ezilon.com/information/article\\_15719.shtml](http://www.ezilon.com/information/article_15719.shtml)  
<http://www.canceractive.com/cancer-active-page-link.aspx?n=223>
- **Industrial Pollution** (Move to the country)
- Products with **Chemicals** (also cleaning products...**The Naturally Clean Home** by: Karyn Siegel-Maier)
- **Polluted Water** (be sure to filter your water...be careful of **alkaline & distilled water...soft water is important for health**)

25:

- **Aluminum**
- **Fluoride** (For making natural toothpaste, also be careful of making yours with Baking soda...this is poisonous to the blood)
- **Mammograms**  
<http://www.youtube.com/watch?V=5Bnk9u7Sya8>
- **Radiation**
- **Chemotherapy** (this zaps the Immune System...Please watch a video by Dr. Lorriane Day called: CANCER DOESN'T SCARE ME ANYMORE...She talks about the dangers of Chemo)
- **X-Rays**  
"I have been instructed that the X-ray is not the great blessing that some suppose it to be. If used unwisely it may do much harm. The results of some of the electrical treatments are similar to the results of using stimulants. There is a weakness that follows." {PH095 19.4}
- **Biopsies** (these tend to spread the cancer)

26:

- **Medication** (This includes Vitamins/Minerals that come from a Pharmacy...See 2SM 278.4-279.1)  
\*\*\*See [WHY NOT DRUGS](#) document
- **Nitrites** (BBQ Grills)  
They say BBQing is like smoking 60 cigarettes at one time. It increases your risk of Cancer. (See [Encyclopedia of Foods & Their Healing Power](#), pages 276-278)
- Self-Abuse (AKA Masturbation)
- **["The practice of secret habits surely destroys the vital forces of the system.](#)** All unnecessary vital action will be followed by corresponding depression. Among the young the vital capital, the brain, is so severely taxed at an early age that there is a deficiency and great exhaustion, which leaves the system exposed to disease of various kinds. **[If the practice is continued from the ages of fifteen and upward,](#)** nature will protest against the abuse she has suffered, and continues to suffer, and will make them pay the penalty for the transgression of her laws, especially from the ages of thirty to forty-five, by numerous pains in the system and **[various diseases,](#)** such as affection of the liver and lungs, neuralgia, rheumatism, affection of the spine, diseased kidneys, and cancerous humors. Some of nature's fine machinery gives way, leaving a heavier task for the remaining to perform, which disorders nature's fine arrangement; and there is often a sudden breaking down of the constitution, and **[death is the result."](#)** {CG 444.1-.2}

27:

- **Improper Dress**
- "Satan is constantly devising some new style of dress that shall prove an injury to physical and moral health...Many have become lifelong invalids through their compliance with the demands of fashion. Displacements and deformities, **CANCERS** and other terrible diseases, **[are among the evils resulting from fashionable dress."](#)** {4T 634.4}

**["Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course."](#)** (CG 427.1).

## 28: SOME THINGS TO KNOW:

Studies show that if you are angry for 5 minutes, this can suppress your immune system for 5 hours. **[One bitter thought changes the blood chemistry from alkali to acidic.](#)** The more you chew, the more your WBC production increases.

## 29: CANCER TREATMENT

Some Good News Regarding Cancer: “...IN NINE CASES OUT OF TEN, if they would eat temperately, and engage in healthful exercise with a cheerful spirit, they would regain health and save time and money...” (CD 302.1)

“Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies...If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then...

## 30: CANCER TREATMENT (continued)

They will in nine cases out of ten recover from their ailments.” {MM 223.4}

## Q: WHAT ABOUT THOSE CASES THAT HAVE BEEN GIVEN UP BY DOCTORS & SENT PATIENT HOME TO DIE?

A: “Before there were any sanitariums among us, my husband and I began work in medical missionary lines. We would bring to our house cases that had been given up by the physicians to die. When we knew not what to do for them.” {WM 325.3}

## 31: CANCER TREATMENT (continued)

We would pray to God most earnestly, and he always sent his blessing. He is the mighty Healer, and He worked with us. We never had time or opportunity to take a medical course, but we had success as we moved out in the fear of God and sought him for wisdom at every step. This gave us courage in the Lord.” {WM 325.3}

## 32: CANCER TREATMENT (continued)

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“Our Sabbath-keeping families should keep their minds filled with helpful principles of health reform and other lines of truth, that they may be a help to their neighbors. BE PRACTICAL MISSIONARIES. Gather up all the knowledge possible that will help to combat disease.” {MM 320.2}

33: “As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...” (CH 506.1”)

There is a cure for cancer (See 'Cancer is Curable Now') and 'Healing Cancer Inside Out'

## 34: CANCER TREATMENT (continued)

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.” {MH 235.1}

## 35: CANCER TREATMENT (Why Not Drugs?)

“Deals out poisonous medicines, or something called a soothing cordial... If it was not diseased in reality before, it is after this process. It suffers now from drug-disease, the most stubborn and incurable of all diseases.” (2SM 468.1)



"A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased ten fold..." {4aSG 133.2}

**#36: CANCER TREATMENT** (Cancer is a germ)

"People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated." {CD 388.4}

**CANCER IS A GERM;** A Germ = Fungal, Viral, Bacterial, and Protozoa.

(See [www.kidshealth.org/kid/talk/qa/germs.html](http://www.kidshealth.org/kid/talk/qa/germs.html) )

Therefore, a Cancer Program should include treatments that are:

**#37: CANCER TREATMENT** (Cancer is a germ continued)

- Antibacterial
- Antifungal
- Anti-Protozoa
- Antiviral

"Always study and teach the use of the simplest remedies, and the special blessing of the Lord may be expected to follow the use of these means which are within the reach of the common people." {2SM 298.6}

"...give those who are sick the simple treatments that will relieve them, and then PRAY with them..." (Ev 516.1)

**#38: CANCER TREATMENT** (The treatment)

**CAUTION: DO NOT USE ALCOHOLIC TINCTURES:**

"The watchword at the portals of this institution is total abstinence from alcohol in every form. There are no alcoholic tinctures in medicines, no mild tonics, reinforced by other stimulants or narcotics, but total abstinence from the use of alcohol in any form..." {RH, February 10, 1885 par. 9}

**#39: CANCER TREATMENT** (The treatment continued)

**1. Do a Lifestyle Assessment on the person** to find out what they are doing that they should not be doing, or that they are not doing that they should be. Put a red check mark in these areas. All the red check marks are the violations. (Send an email to [newstarthealth.foryou@yahoo.com](mailto:newstarthealth.foryou@yahoo.com) to get a copy of this Lifestyle Assessment form sent to you).

**2. Follow all the Laws of Health** (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust in God, Dress, Cleanliness, etc.

**#40: CANCER TREATMENT** (treatment continued)

Thinking/attitude, service to others. "The greatest objection to health reform is that this people do not live it out; and yet they will gravely say they cannot live the health reform and preserve their strength.

We find in every such instance a good reason why they cannot live out the health reform. They do not live it out, and have never followed it strictly, therefore they cannot be benefited by it." (CD 298.3-399.1)

**#41: CANCER TREATMENT** (The treatment continued)

**Additional Treatment**

- **Garlic** - Fresh is best...6-10 cloves daily (divided up in 2-3 doses taken with food)



- **Flaxseed** - 2 T. freshly grounded each day (2 T. of seeds every day is important)
- **Essiac Tea** - (use according to directions) **BE SURE TO PURCHASE THE AUTHENTIC ONE**...it comes in a small brown bag.

The ingredients of Essiac Are: a. sheep sorrel; b. burdock root; c. slippery elm bark; d. turkey rhubarb root

**#42: CANCER TREATMENT** (The treatment continued)

**OR**

**YOU MAY USE THE FOLLOWING HERBAL TEA FORMULA:**

**Blood:** 1 Herb for the Blood (Red Clover, Chickweed, Chaparral, etc.)

**Liver:** 1 Herb for the Liver (Dandelion, Barberry, Yellow Dock, Milk Thistle, etc.)

**Medical Condition:** (Cancer) 2 Herbs for this: (Red Clover, Chaparral, Yellow Dock, Black Walnut, Olive Leaf, etc.)

**#43: CANCER TREATMENT** (The treatment continued)

**Saw Palmetto is great for prostate cancer in men...** Be sure to look up the type of cancer you are dealing with to see which are the most recommended herbs.

- **Lemon Juice**  
(The juice of 2 lemons every morning mixed in 16 oz. of water...May do a slice in every cup thereafter).
- **Barley Life** (3-4T/3-4 x day...the more aggressive the cancer, the more you give).
- **Olive Leaf Powder** - 3 capsules/3 x day (be sure they are pure veggie caps without any additives).

**#44: CANCER TREATMENT** (The treatment continued)

Especially **MAGNESIUM STEARATE**

- **Turmeric** - One of the most powerful treatments for cancer.... (take about 1 t. each day)

<http://articles.mercola.com/sites/articles/archive/2011/06/13/this-powerful-herb-changes-your-genes-tocombat-cancer.aspx>

**Turmeric is actually a root** (ginger is a root too and is also good for cancer)

"There are simple herbs and roots that every family may use for themselves and **need not call a physician any sooner than they would call a lawyer.**" (2SM 279.1)

**#45:** (4-12 grams per day...approximately 1-3 teaspoons per day...the more...the better the results shown)

(Reduces tumors by 81%...decreases Polyps by more than 60%)

<http://www.youtube.com/watch?v=jqj6EqjSWW8>

<http://www.youtube.com/watch?v=QNLt1fZR1BI>

[http://www.naturalnews.com/037879\\_curcumin\\_cancer\\_cells\\_turmeric.html](http://www.naturalnews.com/037879_curcumin_cancer_cells_turmeric.html)

<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/herbsvitaminsandminerals/turmeric>

**#46:** <http://naturalsociety.com/woman-stuns-researchers-by-overcoming-cancer-with-turmeric-spice/>

<http://www.livestrong.com/article/400679-how-much-turmeric-should-one-take/>

- **Vitamin B-17** (Apricot seeds) (eat according to directions)

- Include 1 citrus fruit in your diet every day (have 3 fruit, but at least 1 citrus) (**cherries are excellent in the treatment of cancer**)
- Eat one of the following vegetables every day with your vegetable meal (Brussel sprouts, broccoli, or asparagus)...**BE SURE TO COOK...NEVER EAT RAW!!!**

**#47:** “The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, **COARSE VEGETABLES**, candies, condiments, and pastries **fail of supplying proper nutriment.** Many a student has broken down as the result of using such foods.” (Ed 204.3)

Also, **eat dark green leafy vegetables every day...** 1 of the above + 1 dark leafy green or 1 orange vegetable.

**#48:** “**So much liquid taken into the stomach was not healthful,** and that all who subsisted on such a diet placed a **great tax upon the kidneys,** and so much watery substance debilitated the stomach.” {CD 105.2}

- **Castor Oil packs** for tumors and painful cancer areas
- **Drink Water** and apply water for Water Treatments

“In health and in sickness, **pure water is one of Heaven's choicest blessings.** Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. **Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease.** The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. **A cold or cool bath is an excellent tonic.** Warm baths open the pores and thus aid in the elimination of impurities. **Both warm and neutral baths soothe the nerves and equalize the circulation.**” {MH 237.1}

**#49:** **Cold Sheet Treatments** are great for Cancer as are **Hot & Cold Treatments** which build up the Immune System

**“What power there is in water!”** {GH, October 1, 1899 par. 6}

**#50:** “Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But **none should feel excused for ignorance or indifference on this subject.** There are many ways in which water can be applied to relieve pain and check disease. **All should become intelligent in its use in simple home treatments...**” (MH 237.2)

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, **the use of water,** trust in divine power-- these are the true remedies. **Every person should have a knowledge of nature's remedial agencies and how to apply them...**” (MH 127.2)

**#51:** **To get free online training, go to:**

**<https://www.youtube.com/playlist?list=PLCB13C900BA26CA2B>**

And then when you get there, **LOOK TO THE RIGHT OF THE SCREEN** for “**Basic Hydrotherapy**” videos. There are a total of 19 to watch.

**Below is a list of information regarding water treatments/therapies found in the Natural Remedies encyclopedia, 7th Edition.**

Basic Things to Know about **Hot & Cold Water Treatments:** 211-214

#52: Special Cautions regarding Hydrotherapy, 209, 214-216  
Chart for Hot & Cold Water Treatments, 217  
Water Treatments Terminology, 218  
Different Water Treatments Explained, 219-221  
Water Therapy Demonstrations, 222-268

#53: Ear, Nose, & Throat Irrigations, Douches, 268-271  
Water Treatment Temperature Table, 271  
Disease Index for Water Treatments, 273-275

(Our next health topic will be completely on the use of water. We will be seeing many wonderful ways water was used for many ailments.)

## WHAT ABOUT SUPPLEMENTS IN A CANCER PROGRAM?

#54: "From our study of the testimonies and the little work, how to live, we can see that the Lord is strongly opposed to the use of drugs in our medical work... several of the students are in doubt as to the meaning of the word 'drug' as mentioned in How To Live. Does it refer only to the stronger medicines as mercury, strychnine, arsenic, and such poisons, the things we medical students call 'drugs,' or does it also include the simpler remedies, as potassium, iodine, squills, etc.?"

#55: "We know that our success will be proportionate to our adherence to God's methods. For this reason I have asked the above question." "Your questions, I will say, are answered largely, if not definitely, in How to Live. DRUG POISONS mean the articles which you have mentioned. The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary. There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless..." (2SM 278.3; 279.1)

#56: "The question of health reform is not agitated as it must and will be. A simple diet, and the entire absence of drugs, leaving nature free to recuperate the wasted energies of the body, would make our sanitariums far more effectual in restoring the sick to health." {CD 304.1}

"My dear friends, instead of taking a course to baffle disease, you are petting it and yielding to its power. You should avoid the use of drugs, and carefully observe the laws of health...drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease." {CD 82.5}

## Could supplements be one of the reasons as to why we don't see a 90% chance of recovery among us?

#57: **CANCER TREATMENT** (continued)

### NO SMOOTHIES:

"Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point; you should educate your stomach to bear a more solid diet." {CD 105.1}

### COOK GRAINS WELL

"Grains used for porridge or "mush" should have several hours' cooking..." (MH 301.3)  
(toast oats, and any grain on a cookie sheet in the oven at 170 degrees for 2-3 hours....then store and use when recipes call for. This will kill the phytic acid that is dangerous in the body when the levels are too high.

### #58: WHAT ABOUT ALL THESE DIFFERENT APPLIANCES PEOPLE ARE NOW USING AT THEIR LIFESTYLE CENTERS?

"There is danger of spending far too much money on machinery and appliances which the patients can never use in their home lessons. They should rather be taught how to regulate the diet, so that the living machinery of the whole being will work in harmony." {CD 445.2}

### #59: WHAT ABOUT COLONICS?

"There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefited. But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness." {PH095 18.5}

### #60: SOME THINGS TO BE CAUTIONED ABOUT:

**DON'T EAT REAL HOT or COLD FOOD/DRINKS** – "Very hot food ought not to be taken into the stomach. Soups, puddings, and other articles of the kind, are often eaten too hot, and as a consequence the stomach is debilitated. Let them become partly cooled before they are eaten. **COLD FOOD.** I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on." {HL 91.1-.2}

### #61: SOME THINGS TO BE CAUTIONED ABOUT (continued)

Work of digestion can be carried on..." {HL 91.1-.2}

**NO BAKING SODA** (we are counseled in Counsels on Diets & Foods that this stuff is not good).

**DON'T FOLLOW AFTER THE WORLD'S WAY OF TREATING THE SICK:** (this includes herbalists...let's stick with what we have been given).

To get the Two Month Program outline that covers all these areas and when to do each one,  
You may contact: [newstarthealth.foryou@yahoo.com](mailto:newstarthealth.foryou@yahoo.com) and ask for the handout.

### #62: CANCER VIDEOS

1. Cancer is Curable Now
2. Healing Cancer Inside Out
3. Cancer Doesn't Scare Me Anymore

### VIDEO ABOUT ESSIAC TEA WITH RENEE CAISSE:

<http://www.youtube.com/watch?v=rCG84hOqbOw>

### My blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/understanding-cancer-its-treatment.html>