

MILTON ARCH

SEIZE YOUR HEALTH

THE ANSWER FOR CANCER, TYPE 2 DIABETES, HIGH BLOOD PRESSURE,
HIGH CHOLESTEROL, ARTHRITIS, AND MANY OTHER DISEASES REVEALED!



FREE DOWNLOADABLE E-BOOK

Seize Your Health

The Answer for Cancer, Type 2 Diabetes, High Blood Pressure, High Cholesterol, Arthritis, and Many Other Diseases Revealed!

By Milton Arch

Seize Your Health by Milton Arch

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Library of Congress Cataloging-in-Publication Data

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About

If you have ever been disillusioned by religion, even by a lot of the Christianity you hear preached, or if you are looking for the truth and want to feel God's love, then you have come to

the right place. Maybe you feel as though you are under a curse, because everything you touch comes out wrong. Maybe you feel as though you have failed God, and He is just done with you. Perhaps you put on a great show to others on the outside, but on the inside, you are dying. You desperately want to know God in a more intimate way, but at the same time, you may feel cut off from God in many ways. You may feel as though you can never live up to God's high standards, and you see that others that claim to be living up to these standards are really just being hypocritical.

You may feel as if you are in the bondage of religion and hypocritical living yourself, and you just can't seem to feel any closer to God despite your best behavior and religious activity. Maybe you are a point where you finally understand that you can never live up to God's high standards or even the standards of others. If this is the case, then congratulations, because you are now in a position to receive God's grace and learn the real truth about Christianity. Once you realize that even your best behavior can never please God, even a little bit, then you are finally in a place to truly receive grace.

Christianity has been turned into a set of rules and dos and don'ts by many people. The truth is, all you have to do is place your trust in Jesus Christ, and all of your sins, past, present and future are fully paid for. If you are counting on your behavior to earn you even a little favor with God, then you are no longer operating in faith,

but rather relying on your dead works to justify you. Is it any wonder why so many Christians and others are living under a curse?

God's love for you is why He sent His son, Jesus Christ, to die for your sins and to taste the bitter wine, so that you could savor sweetness in your spirit and in your life. The truth is that all you have to do to is **nothing**, because Jesus Christ already did it for us, when he freely chose to die for our sins. Our part is simply to accept Jesus Christ as our savior and to believe that the blood spilled at Calvary was enough to both fully pay for our wickedness and remove the curse that was upon us.

Therefore, don't let anyone cheat you into thinking that clinging to grace, and grace alone, is somehow wrong or spiritually immature. Because the truth is that those that move away from grace and onto to so called "spiritual meat" have cut themselves off from God. *Professing to be wise, they became fools. Romans 1:22. But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty. 1 Corinthians 1:27.*

Once you start to really accept the grace of God in a new and radical way, then God will begin to pour his grace and favor on you. You will literally proceed to encounter miracles in your spiritual life and in your everyday life as well. You will see transformations and healing in parts of your life that you had given up on. You will only regret that you didn't discover this

secret sooner. However, you will be happy that you have finally discovered the real grace of God. Because living by grace and grace alone, is an all-encompassing, life changing experience and way of life.

Come and experience the real truth about God's grace, and be set free! *Therefore, if the Son makes you free, you shall be free indeed. John 8:36.*

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God's Original Health Care Plan

God had a plan for humanity before he ever created man. The foods that God originally planned for mankind to eat and the level of physical exercise that man was supposed to get daily were laid out for us in the first two chapters of the Bible (Genesis chapters 1 and 2). Also, the foods that animals and birds were to eat were also laid out for us in the Bible. *Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground — everything that has the breath of life in it — I give every green plant for food." And*

it was so. Genesis 1:29-30 The LORD God took the man and put him in the Garden of Eden to work it and take care of it. Genesis 2:15

As you can clearly see, mankind was never supposed to eat meat or processed foods. God also commanded Adam and Eve to take care of the Garden of Eden, partly because God knew that this would provide man and woman with all of the necessary exercise they needed. However, man sinned and everything changed as God cursed mankind and the Earth. *To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."* Genesis 3:17-19

Now people eat meat and processed foods at almost every meal and most don't get enough exercise through their work. Also, most people don't exercise outside of work regularly. I am not suggesting that people refrain from eating all types of meat or that they all get jobs that involve physical exercise, because the world

changed as God cursed mankind and the Earth and subjected both to frustration. *For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope. Romans 8:20* What I am suggesting is that we need to understand what types of foods we were designed to eat and also realize that regular exercise is something we were designed to do.

Naturally, because God cursed the Earth, it is alright for healthy individuals (or after you recover) to eat a tiny amount of animal meats to get all the necessary nutrients that God took out of the Earth. Later, God said that we could eat meat: *“Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything.” Genesis 9:3*

However, we only need to eat a very small amount of animal meat to get all of the necessary nutrients that our bodies need. And that should only be done by healthy individuals (or after you recover). Actually, the main types of foods that we should eat are what God originally planned for us to eat. Namely, we should be eating raw fruits, raw vegetables and raw nuts.

Many people mistakenly feel that we should follow dietary and nutritional laws found in the Old Testament of the Bible, specifically

Deuteronomy 14 and Leviticus 11. However, nothing could be further from the truth, because Jesus Christ came and liberated us from these commandments or laws and declared all food as clean. *“Are you so dull?” he asked. “Don’t you see that nothing that enters a man from the outside can make him ‘unclean’? For it doesn’t go into his heart but into his stomach, and then out of his body.” (In saying this, Jesus declared all foods “clean.”) Mark 7:18-19*

Galatians 3:13 adds, *Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a tree.”*

As you can see from this passage the law that God commanded was actually a curse that mankind could not carry out perfectly, thus creating the need for a new commandment. And anyone trying to carry out the law is actually cursed. *All who rely on observing the law are under a curse, for it is written: ‘Cursed is everyone who does not continue to do everything written in the Book of the Law.’ Galatians 3:10*

The Bible also clearly states that there is a new law that is effect, and that the old law is done away with. *If perfection could have been attained through the Levitical priesthood (for on the basis of it the law was given to the people), why was*

there still need for another priest to come — one in the order of Melchizedek, not in the order of Aaron? For when there is a change of the priesthood, there must also be a change of the law. Hebrews 7:11-12

God felt it was so important that we not return to the law that an entire book of the Bible (Galatians) is devoted and to make sure that we don't do that. He also points out that anyone that tries to get us to do so is a false worker. *As we have already said, so now I say again: If anybody is preaching to you a gospel other than what you accepted, let him be eternally condemned! Galatians 1:9*

If you still have any doubts in your mind, I strongly encourage you to read the entire book of Galatians in the New Testament.

So now we have an idea of the types of foods that we should be eating and we know that we should be getting some exercise. However, many people are already ill from eating the wrong types of food, not to mention that the ground is now cursed so foods no longer contain all the nutrients that they use to have. They now have to do something different to restore their bodies back to health. Once we are healthy for an extended period of time, then we can go back to eating foods closer to what God had originally

planned for us to eat. However, certain changes must be made to all our diets because as I mentioned, the earth is cursed and we have to find ways to boost our immune systems. We now have widespread pollution, harsh chemicals, pollutants, radiation and other harmful substances everywhere.

However, rather than correcting our diets and adding super foods and exercise to our lifestyles, we instead have opted for quick fixes. We now turn to medicines, vitamins or supplements for quick fixes for our illnesses, but we don't treat the underlying causes of the diseases. We then wonder why we have to take many of these medications, vitamins or supplements for the rest of our lives. Worse yet, we are astonished when we see people die, despite receiving treatments for cancer, or other diseases. We have gotten away from the roots of medicine that recommended that we eat the right types of foods to cure ourselves of illnesses. Hippocrates, the father of medicine said, *“Let Food Be Your Medicine and Medicine Be Your Food.”* We can see that modern medicine has turned a blind eye to what is in our best interest and has opted for record profits instead. This is no great mystery since Satan is now the ruler of the earth. *We know that we are children of God, and that the whole world is under the control of the evil one. 1 John 5:19*

Modern Medicine

The medical community has told us that cancer, type 2 diabetes (both insulin dependent and non-insulin dependent), high blood pressure, high cholesterol, arthritis and a host of other diseases are currently incurable, and that we can only manage these diseases. What is alarming is not that that the medical community has told us these lies but rather that we have believed these lies. The medical community prescribes drugs for people that have cancer, type 2 diabetes (both insulin dependent and non-insulin dependent), high blood pressure, high cholesterol, arthritis and a host of other diseases. However, despite all these different medications, most patients with cancer, type 2 diabetes high blood pressure, high cholesterol, arthritis, and many other illnesses get sicker and sicker.

At first glance, we think that modern medicine has done all that it could for these people. However, only when we critically investigate matters further do we begin to arrive at the truth. First of all, we must understand that the medical industry is fueled by the pharmaceutical companies. Pharmaceutical companies spend billions, not millions, of dollars researching

different medications and getting their drugs approved by the Food and Drug Administration. Conversely, natural cures and treatments for different disorders are not thoroughly researched, because there simply is no money in doing this. The reason for this is that foods cannot be patented. So when doctors research what to give their patients, they only find what the pharmaceutical companies want them to find. The problem does not lie with doctors; they are just repeating what they have learned in school. The pharmaceutical companies are the ones that have turned a blind eye to natural cures in favor of patentable drugs, which in many cases must be taken for the rest of one's mortal life.

A cure for these diseases would spell catastrophe for the pharmaceutical companies. A cure, even if patentable, would mean the end of people having to take medications every day for the rest of their lives. Recurrent pharmaceutical sales are what the pharmaceutical companies are built upon. Recurrent revenues are literally a multibillion dollar part of their business. Can you imagine what a cure that was not patentable would do to the pharmaceutical companies? Widespread cures could literally put these giant companies out of business overnight. When we learn of this corruption, we naturally turn to cancer

associations, diabetes associations, heart associations, arthritis associations, etc. We put our trust in these organizations, and we follow their recommendations on how to manage diseases. However, when we dig a little deeper we discover that many of these associations are actually funded by pharmaceutical companies. Pharmaceutical companies give these organizations millions and millions of dollars every year. And despite annual fundraising drives for cures for cancer, diabetes heart disease, arthritis, and many other diseases, cures are never found. The reason for this is that cures would obviously spell disaster for the pharmaceutical companies.

In the United States alone, we have some of the brightest minds in the world, yet we can't seem to find cures for cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis, and a host of other illnesses. The reason for this is that the pharmaceutical companies don't want to find cures. They want individuals with illnesses to take medications every day for the rest of their lives and to eventually have the need for several different medications daily. This spells big profits for the pharmaceutical companies. A cure would naturally spell disaster for pharmaceutical companies. Anyone working for these companies who promoted a natural cure would be fired, ridiculed or conveniently

silenced. There is just too much money, literally billions and billions of dollars, at stake. After all, pharmaceutical companies are in business to make as much money as possible.

When confronted with these truths, we have a choice to make. We can continue to put our trust in the medical community, which has proven itself to be either corrupt or grossly misinformed, or are we can embark upon the path of natural healing. The path to natural healing requires us to think outside of the box and to possibly face ridicule from many people, including the medical community, and even members of our own family. However, just because we are embarking on a different path does not mean that we are going to throw logic and critical thinking out the window. On the contrary, we will use science and test results to our advantage. However, before we embark on the study of natural healing, we must first understand the paradigm or theory that the medical community relies upon when studying cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis, and a host of other illnesses. We have to understand its inherent flaws and shortcomings. The reason for this is that if we don't understand how the medical community views these diseases, we are doomed to repeat the same mistakes ourselves.

The medical communities' approach to treating cancer is to view the cancer as something foreign, that somehow must be removed or destroyed. They do not study cancer as the natural consequence of a "sick" body and as the body's natural way of adapting to this "sick" environment. In essence, the medical communities' approach to treating cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis, and a host of other illnesses, is to treat the symptoms. The root cause of these illnesses is never addressed. To give you an analogy, imagine that you saw oil dripping from your car and that you took your car to the mechanic shop. After examining your car, the mechanic tells you have a leak in your car's oil pan caused by a rusty hole. But rather than patching the hole in your oil pan, he tells you to pour oil in your car every day or to add oil thickener to your motor daily. If a mechanic offered you such advice, you would instantly fire the mechanic for this bad advice. If you followed his advice, the leak in your rusty oil pan would get worse and worse until the leak was so big that your oil pan could no longer hold any oil at all, and your motor eventually would completely burn out.

However, we do not fire our doctor when he essentially tells us the same thing. He recommends that you take medications daily for

the rest of your life. And when the medication no longer works, he either increases the dosage or changes your prescription. He never bothers to tell you that your condition is progressively getting worse and worse, or that your body is still being severely damaged by your illness despite you diligently taking your medication. This is why many people with type 2 diabetes, high blood pressure, high cholesterol, and several other diseases end up with heart disease and/or kidney disease requiring an organ transplant, despite diligently taking their medication. We blindly follow the advice of these so-called experts until finally our bodies succumb to organ failure or death. These ill patients failed to apply the same logic that they applied towards fixing their cars. We put our trust in these so-called experts and throw common sense out the window. We stop doing research ourselves and rely entirely on the advice of our doctor. We do not take this approach when dealing with other “experts” that we encounter daily in our lives. We do not blindly trust everything that our real estate agent, salesperson, mechanic, lawyer or other expert tells us to do. Rather, we weigh what they say and then draw our own conclusions. Likewise, we must weigh everything our doctor tells us to do and then draw our own conclusions after doing our own research.

Doctors will recommend only treating the symptoms of cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and many other diseases. It is not that doctors are evil; they just are not taught about natural cures. They will prescribe the same medications for themselves. However, we must understand that treating symptoms usually will not rid us of cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis or many other illnesses. We must deal with the root cause of the illnesses or we will be doomed to serious health consequences.

Another misconception in the medical community is that cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis, and other diseases are hereditary and there is virtually nothing we can do to prevent or cure ourselves of these diseases. This information largely comes from studies done on family histories. However, what these studies fail to look at is that we have a tendency to eat the same foods that our parents did. And although there are obviously genetic predispositions towards getting diseases, this does not mean that we are doomed to get them. For instance, if you are allergic to honey, as long as you avoid eating honey you are not at risk for an allergic reaction. Another way of looking at what role genetics play in our developing illnesses is to

categorize people in terms of their susceptibility to these illnesses. Some people have an iron-clad constitution and never develop any serious illnesses. Other people only develop serious illnesses very late in life. Others develop serious illnesses early in their lives. However, just like the example of avoiding honey, if these people had ate the proper foods, most of them would not have developed any of these serious illnesses. So we see that genetics do play a role in getting type 2 diabetes, high blood pressure and high cholesterol, however, we still hold our fate in our own hands. We can literally choose whether we want to be well or sick. The power lies in our food choices.

So we can see that the medical community views cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and a host of other illnesses as hereditary illnesses that people are predisposed to get. They view these illnesses as having no cure. They often feel the best they can do is treat the symptoms. Consequently, cures are not even looked at or studied. Don't forget that for centuries everyone believed the world was flat. This was just accepted and no one questioned it. This reminds us that just because something is accepted as being a fact does not make it true. The approach to dealing illnesses that the medical community has taken is obviously insane if we look rationally for a

moment at it. But, we have to remember what the famous German Philosopher Friedrich Nietzsche said: *“In individuals, insanity is rare; but in groups, parties, nations and epochs, it is the rule.”*

Having understood where the medical community is coming from, we can now step outside of the box and begin exploring natural healing. First of all, rather than thinking that that cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and a host of other illnesses are incurable, let’s start thinking that there is a cure for these illnesses that we need to learn about or discover. After all, if we don’t believe there is a cure, we obviously cannot find a cure. We must ask ourselves the proverbial question, “Is the glass half empty or half full?” Recently I unfortunately spent half an hour in a car with someone driving around in circles, looking for “no spots to park in.” The idea that there was “no spots to park in” clouded this person’s view as to where to look for parking spots. Consequently, this person just kept driving around in circles until I recommended we try looking in a different area. Almost immediately we found a parking spot. So we see that we have to look in different areas to find cures, and that we must believe that a cure does exist. Otherwise, we will keep looking for cures in the same places and keep accepting what

people tell us. Albert Einstein said that, *“the definition of insanity is doing the same thing over and over again and expecting a different result.”* So naturally, if we keep on looking in the same places we will always get the same results.

So, if we believe that a cure does truly exist, we now have to ask ourselves where to look for it. To know where to look for a cure, we have to understand what are the true causes of cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and a host of other illnesses. This is precisely what I did to find a parking spot. We were looking for parking spots close to the entrance of a mall. I deduced that the reason that we could not find any spots was because everyone was looking for spots there, and that people were parking in newly vacant spots before we could reach them. However, I realized that there was a large parking lot far away from the entrance to the mall that would require a 5 minute walk to get inside the mall. I deduced that most people were too lazy to walk that far, despite the fact that we and others had been looking for a parking spots for more than 25 minutes. I then recommended that we look for parking spots at the mall’s perimeter. Sure enough, we found dozens of open parking spots. We then parked and literally walked by many of the same people driving around in circles looking for parking spots. It would not surprise

me if some people went home without parking or if they were still looking for a parking spot 30 minutes later.

As you can see, we often have to abandon conventional thinking if we are going to succeed where others have failed. I am not suggesting abandoning critical thinking and logic, of course. Remember, once most everyone believed that the world was flat and that you could literally sail off the edge of the earth. Christopher Columbus did not blindly sail off towards the west for India. Instead he used science to convince Queen Isabella that the world wasn't flat. She overruled the experts, and the rest is history. So we can plainly see that we often have to abandon what the medical community tells us is the cause of many illnesses. We have to look for the real culprit. Some still may think that we are going to abandon science at this point and go on mere intuition. However, nothing could be further from the truth. We are actually going to study the Nobel Prize awarded to Dr. Otto Warburg back in 1931. Dr. Otto Warburg was awarded the Nobel Prize for explaining how normal cells become cancerous. Basically, Dr. Warburg discovered that a cancerous cell goes from aerobic respiration to anaerobic respiration, involving the mass consumption of sugar. In other words, a healthy cell breathes oxygen to stay alive, but a cancerous cell does not breath

oxygen. Rather, a cancerous cell consumes large amounts of glucose (sugar) to stay alive (anaerobic respiration). Dr. Warburg discovered that a cancerous cell uses 19 times more glucose than a normal cell does, and that it gives away two positively charged potassium ions and takes in three positively charged sodium ions. Since the cell can no longer “breathe,” it has to use large amounts of sugar to stay alive. Without delving into this process much deeper, what is important to realize is that the cell can no longer breathe and out of necessity has found another way to stay alive.

So we can see that cancer is the body’s way of keeping cells alive. However, since the cancerous cells grow in unhealthy ways, cancer ultimately leads to death. Many other diseases essentially operate on this same principle. Type 2 diabetes, for example, is not a result of our bodies not producing enough insulin, but rather is a result of our bodies becoming insulin resistant. So, the real problem is not a lack of insulin but rather the body’s inability to properly utilize insulin. Consequently, if our bodies are insulin resistant, it would be insane to prescribe insulin or drugs that make our bodies produce more insulin. However, this is exactly what the medical community does. Think about it like this: Pretend that you were trying to fill up a bucket with water from your hose. But imagine that the

bucket had a lid on it with only few small holes in it. You have two options for filling the bucket. One, you could blast the hose and force some water into the holes. This would eventually fill the bucket, however, this would not be effective and the same process would have to be repeated every time you wanted to fill the bucket. Moreover, if more of the holes kept closing, you would have to keep turning up the hose pressure higher and higher. Removing the lid would be much more effective and would be a permanent solution (a cure).

A type 2 diabetic body is much like the bucket with only a few holes in the lid. So, the solution is not to add insulin or to create more insulin, but rather to take the lid off the bucket (make them no longer insulin resistant). Many other diseases operate on similar principles. In the case of high blood pressure, high cholesterol and a host of other illnesses, different substances can no longer enter the cells efficiently and thus body is thrown off its equilibrium. It is like plastic is wrapped around your cells so that nothing can enter or escape. So we can plainly see that these diseases are the consequence of our body's cells not being able to breathe properly. If cells cannot "breathe" (get oxygenated), illnesses are a natural consequence. Thus, logically if we can get cells to "breathe" (get oxygenated) again, then

illnesses will naturally disappear. I refer to this phenomenon as cell respiration theory.

Some people might not agree with this theory, however, this reminds me of a story. A woman travels to Paris, France to visit the Louvre Museum. She enters the museum and notices some of the masterpieces by Michelangelo and Leonardo da Vinci. She immediately starts scoffing and saying, *“I don’t see what makes these paintings and sculptures so great, my son paints better than this.”* The curator of the museum overhears her and says, *“Madam these paintings and sculptures are not here for you to judge. The world’s greatest artists, art historians and art experts have already passed upon the merits of these art works and have agreed that they are masterpieces. Madam these works of art are not here for you to judge, but rather they are here to judge you, to see whether you can appreciate them.”*

We are now ready to study the answer for cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and a host of other illnesses. However, before we can do this we have to study the cause of these illnesses. Otherwise we will never get rid of these illnesses, or they will return if cured. The real cause of these illnesses lies in the foods we eat. It may shock you to find out that you may have given

yourself cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis or a host of other illnesses and that the real hereditary link, might just be that you tend to eat the same types of foods that your parents ate. However, before you get depressed or angry with yourself, you have to realize that the foods that cause cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and many other diseases are everywhere and very hard to avoid if you don't know what to look for. For instance, even health food stores are jam packed with disease-causing foods.

There are two main classifications for foods that we will use. The first is foods that cause diseases, the second is either foods that help cure diseases or that are neutral. Foods that cause diseases are those that are processed or those that contain harmful fats/oils. Cancer, type 2 diabetes high blood pressure, high cholesterol, arthritis, and many other illnesses are caused by harmful fats/oils and by consuming processed foods. These harmful fats, oils and preservatives surround healthy cells and do not allow oxygen and a host of other substances to enter into the cells, thus causing several different illnesses. The body mistakes these oils as good oils, and allows them to invade our cells and wreak havoc. The problem with many oils is that they are heated or treated

with antioxidants to extend their shelf life. Once a healthy oil or fat gets heated or treated, it becomes toxic in most cases. Preservatives likewise take the “life” out of foods and leave them nutritionally “dead” or toxic.

Fats and oils to avoid include, but are not limited to: margarine, canola oil, vegetable oil, soybean oil, peanut oil, partially hydrogenated oils, hydrogenated oils, fully hydrogenated oils, all fish oil, even the so called “cold pressed” fish oils (they all have been treated in one form or another), all fish oil capsules or pills, all flaxseed oil in capsules or pills, pre-ground flaxseeds, vegetable shortening, lard, and all oils or fats that has been heated or treated to extend their shelf life. Flaxseed oil never should be consumed by itself, only in the way the protocol outlines (this will be explained later). Butter should be avoided, and we should keep olive oil use to a bare minimum or avoid it all together. Cold pressed sunflower seed oil, walnut oil, coconut oil or olive oil can be used in very small amounts by healthy individuals (or after you recover). However, avoid overheating them or they will be destroyed and become toxic to your body. Avoid all artificial sweeteners (including high-fructose corn syrup). Avoid all soft drinks. We must also avoid eating any sugar, maple syrup, or molasses. This is especially important to people that have cancer, since cancer feeds off of sugar.

I have heard reports of people on the flax protocol that died after eating sweets again, despite doing well prior to this. You can use a small amount of raw honey to sweeten your foods, but those with cancer should limit this to no more than one teaspoon a day. Corn is also something that should be avoided or kept to a minimum because of the large amounts of pesticides used on these crops. White bread, white rice and regular pasta also should be eliminated from your diet. Soy products should be avoided or kept to a minimum as well (research tells of the many harmful effects of soy). Fresh whole grain bread and whole grain types of pasta may be eaten in limited amounts by healthy individuals (or after you recover). Also, one should avoid or keep microwave use to a minimum. Teflon and aluminium cookware or foil should also be avoided.

Avoiding harmful oils may seem easy do at first, but when you actually start to carefully read food labels, you will see that this is no easy task, since these harmful fats are in virtually every type of food. They are in virtually every type of packaged food, bread, and are even used in both the preparation and cooking of foods. This makes going out to eat at a restaurant a virtually impossibility without some preplanning. Again, the reason for this is that

almost all foods cooked in restaurants either contain these oils or are cooked in them.

However, sometimes situations arise where this is unavoidable. However, if I was fighting cancer, I would go hungry rather than jeopardize my life.

You have to understand that even fish oil, fish oil capsules or flaxseed capsules have been treated (even the so called “cold pressed” oils) and are now toxic to your body. Another source of bad oils are red meats, pork, poultry, eggs, non-fat-free dairy (fat-free dairy products may be consumed), and eggs. All of these foods contain saturated animal fats and need to be eliminated by people who have cancer. However, for people without cancer (or after you recover), a very limited quantity of the right types of all meats, eggs and regular dairy products may be consumed, and this is covered in the chapter entitled, additional information. Keep in mind that if you do not eliminate harmful oils and fats, the program will not work and you will be wasting your time, as you were never on the program in the first place. Also, seafood consumption should be kept to a minimum as there are toxins in seafood, especially in the skin. Occasional seafood consumption is permitted by, as long as no oils are used in the preparation or the cooking of the seafood. You should avoid the skin. More information about

seafood consumption is covered in the chapter on additional information.

Another thing that is harmful and that must be eliminated are unnecessary vitamins/supplements that are not being taken for a specific purpose. For instance, it is important to supplement with vitamin C and folate if homogenized dairy products are used, in order to protect against inflammation and potentially irreversible arterial damage. The supplements do not provide complete protection against homogenized products, but they are quite helpful. Many supplements and vitamins contain antioxidants and many other harmful ingredients in them that take the oxygen out of your body. Some vitamins and supplements can actually counteract the cure I am proposing. Antioxidants and other ingredients that come from natural foods are not harmful. Rather, they are helpful because they are contained in foods the way that God intended for them to be consumed. Taking natural or synthetic antioxidants, apart from the natural foods that they come from, should be avoided for the cure to work. Some vitamins and supplements are prescribed by doctors or health care professionals or are taken by individuals for specific reasons, still should or must be taken by certain individuals. However, many people I encounter have been taking vitamins and/or

supplements on their haphazardly for years and don't want to stop taking them. I ask them if the vitamins and/or supplements they are taking have completely cured them of their illnesses or are helping with some specific issue. The answer is usually "no" or they would not be looking for cures. Of course, it is human nature to want a quick fix. There are no short cuts or "free lunches," however. Many vitamins and supplements often sabotage the cure we are using. However, some are necessary for specific reasons, and should or must be continued.

We also should avoid eating processed, packaged and canned foods as much as possible. These foods are nutritionally "dead." Processed and packaged foods contain preservatives, which take the oxygen out of the foods. The canning process forces the oxygen out of the foods as they are heated to high temperatures in order to preserve them. However, frozen foods are perfectly fine to eat. There is even an argument that frozen produce is better for you than fresh foods since they were frozen at peak ripeness. Remember, often we will bring produce home and not eat it for over a week. By that time, the produce has lost many of its nutrients. However, as far as I am concerned, frozen and fresh produce are equal in nutritional value. Individuals who don't have cancer (or after you recover) who desire to eat

rice, should eat whole grain rice as opposed to white or even brown rice. And those that want to eat bread, should eat fresh whole grain bread rather than packaged bread. In essence, we should consume foods that are as close as possible to the way we find them originally in nature.

We are now ready to look at the answer for cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis, and a host of other diseases.

The answer for these diseases comes from scientists that have either won or that have been nominated for Nobel Prizes. God has placed knowledge and wisdom in the hearts and minds of individuals before they were even born. So, we ultimately must give God the credit for all answers. *“Before I formed you in the womb I knew you,” Jeremiah 1:5a*

Or as written in 1 Corinthians 4:7b: *What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?*

We will explore the work of Dr. Johanna Budwig, who was nominated for seven Nobel Prizes. Dr. Budwig was a pioneer in curing people of cancer by applying science derived from the work of other Nobel Prize winning scientists. Dr. Budwig,

who developed much of the answer we are studying, pointed out that there are several other substances that we must avoid for the answer to work. For instance, Dr. Budwig along with several other scientists strongly opposed the use of chemotherapy and radiation. They saw it had the exact opposite effect on the body and deprived the body of oxygen. This somewhat relates to the fact that a strong correlation has been observed between exposure to ionizing radiation and cancer incidence. Also, chemotherapy and radiation both weaken the immune system dramatically, which in turn does not allow the person's body to "fight" the cancer. *Disclaimer: Always consult with your doctor or health care professional before eliminating chemotherapy or radiation treatment or before embarking on any alternative health program.*

The theory behind chemotherapy is to basically kill cells within the body, with hopes that the fastest reproducing cells (cancer cells) will be completely destroyed while causing less damage to the other cells. Basically, the theory is to kill all of the cancer while leaving the person half dead. However, the reality is that the person is usually permanently damaged from the chemotherapy. Even if the cancer is killed, it often comes back with a vengeance since the person's immune system can no longer fight off

the cancer at all. When the cancer comes back the second time, death often follows. For as much as chemotherapy is used, its success rate is less 3%.

Furthermore, only 2% to 4% of cancers respond to chemotherapy (Ralph Moss, Ph.D. 1995 Author of *Questioning Chemotherapy*). However, it is given to people with many different types of cancer. A study of more than 10,000 patients with Hodgkin's disease (lymphoma) showed that patients who underwent chemotherapy were 14 times more likely to develop leukemia and 6 times more likely to develop cancers of the bones, joints, and soft tissues than those patients who did not undergo chemotherapy. (*NCI Journal 87:10*; John Diamond). Children who were successfully treated for Hodgkin's disease are 18 times more likely later to develop secondary malignant tumors. Girls that were successfully treated for Hodgkin's disease, face a 75 time greater than average chance of developing breast cancer by the time they are 40 (*New Eng J Med*, March 21, 1996). These facts support the theory that chemotherapy both weakens the immune system and also causes permanent damage to the body. Success rates for radiation therapy are not much better than that of chemotherapy. Radiation therapy also can lead to many harmful side effects and also can weaken the immune system while causing

permanent damage to the body. It is believed that some patients actually develop a secondary type of cancer as a result of their treatment with radiation and chemotherapy.

Polls and questionnaires show that 75% of Doctors would refuse any chemotherapy because it is too dangerous and ineffective. This is just a small sample of what many doctors and scientists have to say about chemotherapy and radiation:

“The majority of the cancer patients in this country die because of chemotherapy, which does not cure breast, colon or lung cancer. This has been documented for over a decade and nevertheless doctors still utilize chemotherapy to fight these tumors.” (Allen Levin, MD, UCSF, “The Healing of Cancer”, Marcus Books, 1990).

“If I were to contract cancer, I would never turn to a certain standard for the therapy of this disease. Cancer patients who stay away from these centers have some chance to make it” (Prof. Gorge Mathe, “Scientific Medicine Stymied”, Medicines Nouvelles, Paris, 1989).

Dr. Budwig and many other scientists also strongly recommended against the use of medicines. *“According to medical associations, the notorious and dangerous side effects of drugs*

have become the fourth main cause of death after infarction, cancer, and apoplexy” (Journal of the American Medical Association, April 15, 1998). It seems that many medications effect the cure and do not allow the answer to work properly. However, obviously some medications have to be taken forever and should be continued. For example, thyroid medication would have to be taken forever by a person who had their thyroid removed. Dr. Budwig stated that not all medications interfered with the cure and that one had to be flexible on this issue. Dr. Budwig also knew it was necessary to sometimes gradually phase out medications rather than completely eliminate them all at once. However, the sooner you can get off medications with your Doctor’s help, the faster that the program will work. *Disclaimer: Always consult with your doctor before eliminating or cutting back on any medication or painkiller.*

I have heard about many people cutting back or eliminating the need for medications within as little as two weeks of commencing the full protocol discussed in this book. While it took others as long as two or even more months. Many of these people initially either cut down on their medications and then completely came off them after seeing their readings or other measurable factor begin to normalize.

Pain killers are another substance that can interfere with the cure. Certain oils can be applied to the skin (this is covered in the chapters on cancer and additional information) and are often enough to alleviate pain. However, Dr. Budwig did allow a glass of wine or champagne to be taken daily to help with pain, and it often helped with insomnia as well.

Hormone treatments are also something that should be eliminated, if possible. Obviously, sometimes hormones must be taken, as in the case of those that have had their thyroid removed, or others you need to take. With your doctor's approval, if it is possible, hormone treatment should not be used. Hormone treatment in some cases can cause a worsening of health conditions and a reversing of the effects of the answer.

We had previously discussed that Dr. Otto Warburg was awarded the Nobel Prize in 1931 for explaining how normal cells become cancerous. The medical community, however, instantly rejected the natural cures that followed his line of thinking. Dr. Warburg discovered that a cancer cell goes from aerobic respiration (breathing oxygen) to anaerobic respiration (not breathing oxygen) involving the mass consumption of glucose (sugar). We can see that unhealthy cells are deprived of oxygen, so we

need to learn how to oxygenate our cells while avoiding the deoxygenating of our cells. We just learned how to avoid deoxygenating our cells by avoiding bad oils, animal fats, vitamins, supplements, and processed foods, etc. So the question remains, how do we oxygenate our cells?

We need to look at the work of other scientists that either won or were nominated for a Nobel Prize to find the answer. Dr. Szent-Gyorgy won the Nobel Prize in 1937 for discovering that essential fatty acids combined with sulfur-rich proteins (such as those found in dairy products) increase the oxygenation of the body. Building off this work, Dr. Johanna Budwig, a seven time Nobel Prize nominee, was able to apply Dr. Szent-Gyorgy's theory to cancer patients. Dr. Budwig applied this discovery in clinical trials by feeding cancer patients twice daily a mixture of flaxseed oil and the equivalent of fat free cottage cheese (quark) liquefied in a blender.

Dr. Johanna Budwig was a German pharmacologist, chemist and physicist with a PhD in physics who worked as the chief expert-consultant for drugs and fats at the former Bundesanstalt für Fettforschung (Federal Institute for Fats Research). Described as “the world's leading authority on fats and oils”, Dr. Budwig studied in-depth the effect of

hydrogenated and other treated and heated fats upon human health, and found it to be disastrous. She also discovered the truly “essential” and powerfully healing nature of essential fatty acids on all manner of degenerative diseases including cancer. She worked with cancer patients and cured them successfully until her death in 2003. Dr. Budwig also noticed that many of her cancer patients were also cured of diabetes, high blood pressure, high cholesterol, arthritis and a host of other illnesses. In essence she viewed illnesses as a result of the person’s body being deprived of oxygen, and diseases as secondary to this.

Unfortunately, the medical community ostracized Dr. Budwig. The manufacturers of harmful fats vigorously pursued her legally in an attempt to both discredit her and to destroy her professionally. Several other people also had success working with people with cancer, type 2 diabetes, high blood pressure, high cholesterol, arthritis and myriad of other illnesses. Many of these people also were ostracized by both the medical and scientific communities and suffered many hardships due to this. Note that God has sent into the world many prophets who were all rejected by mankind, so it is no surprise that many organizations rejected the people that He sent with answers. *They were stoned; they were sawed in two; they were put to death by the*

sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated—the world was not worthy of them. They wandered in deserts and mountains, and in caves and holes in the ground. Hebrews 11:37-38

We will not be following all of anyone's protocol 100% exactly. We have made a few what I felt were necessary changes for practicality, maximum effectiveness, and for letting people live a normal life as possible while recovering from illness and afterwards. However, I have found the following article and the people behind it to be extremely helpful. And if there any difference between what I say and what they say, it is only because I am trying to make things easier for people to grasp and actually follow. I ultimately, would defer to what they say, as they know more than I do by far. I am simply trying make things more practical and easier to actually follow. My desire is ultimately to help people and that is why I give this book away for free. Here is the link to the article and people that I am referring to:
<https://healthwyze.org/reports/190-the-true-budwig-protocol>

The Answer

At long last, here is the answer, which is derived from the work of Dr. Johanna Budwig

To prepare the answer, you will need the following ingredients: Fat-free milk, fat-free cottage cheese and flaxseed oil. You will also need fat-free Greek yogurt and whole (not pre-ground) golden flaxseeds. Do not use flaxseed oil that has antioxidants added to it or that has been heated or treated. Also, do not use flaxseed oil that has whole lignans (flaxseed shells) added to the oil. These lignans are either: sitting on the bottom of the bottle, floating around in it, or ground into the oil. Lignans take up space and make it harder to tell if the flaxseed oil has turned rancid and can possibly harm the flaxseed oil. Also, if possible never use flaxseed oil that has any antioxidants added to it or that has been heated or treated. Here is a partial list of common antioxidants that are added to flaxseed oil, which should be avoided; rosemary extract, mixed tocopherols, tocotrienols, and citric acid.

Flaxseed oil can be purchased inexpensively if a little research is done. I purchase a 16 ounce bottle of flaxseed oil for under \$8.00 USD a bottle online. Keep in mind that flaxseed oil does go bad quickly. Consequently, it must be kept

refrigerated once it is opened and be used within a few days after opening. The oil should be golden in color. If the oil has turned black, cloudy, or if smells bad it could be rancid and may have to be thrown out or returned to the store. Also, never use pre-ground flaxseeds, as flaxseeds turn rancid 15 minutes after being ground.

The following mixture needs to be taken twice a day. You will need a blender (a small blender can make clean up much easier), and an actual measuring spoon Tablespoon (regular tablespoons from your kitchen drawer will not give you enough flaxseed oil per tablespoon). Take a blender and combine 4 tablespoons of pure unrefined flaxseed oil, 9 tablespoons of fat-free cottage cheese (low fat cottage cheese may be used if fat-free cottage cheese is not available) and enough fat-free milk (low fat milk, may be used if fat-free milk is not available) to make the mixture thoroughly blend, without over watering it down. The consistency should be like a smoothie. However, it is very important that there are virtually no lumps left from the cottage cheese left in the mixture, and that the oil has been thoroughly blended into the mixture. I call this mixture a “flax shake.” Do not substitute low-fat milk or low-fat cottage cheese unless fat-free dairy is not available. Dr. Budwig used quark instead of fat-free cottage cheese, as this

is readily available in Germany where she is from. Quark is a low-fat cheese sold in tubs that is very common in Europe. I personally use fat-free cottage cheese instead of quark, but quark will obviously work as well and perhaps even work better. I am lactose intolerant and have never been bothered by the flax shake, nor has anyone else I have heard of. Dr. Budwig also noted that no she ever treated had a problem with the dairy products, used within the context of the protocol.

Adding fruit to the flax shake can make it taste better and can help you get fresh fruit into your body, but it is optional. After and only after the mixture has been thoroughly blended can fresh or frozen fruit be blended or added. Dr. Budwig thought that bananas could cause cancer patients blood sugar to go too high. However, any other fresh or frozen fruit can be added to the mixture after it has been thoroughly blended first.

This mixture is very high in calories and each shake should replace a meal. Thus, the shakes will replace two of your meals per day (perhaps all of your meals), since you are required to consume two shakes per day. It does not matter which two meals you replace with this mixture. But they should be spread out over the course of the day. Especially, if you are fighting cancer. I

personally have one shake for breakfast and one for dinner.

The original protocol calls for the use of freshly ground flaxseeds to be added to the mixture, and it also called for eating freshly ground flaxseeds every three hours or eating something called Linomel (ground flaxseed and honey, as the honey preserves the ground flaxseeds). However, I have found that by breaking the cure into two parts makes things simpler, and easier to follow. It also lessens the need to eat freshly ground flaxseeds every three hours. Part two of the answer introduces fresh ground flax seeds to our diet.

There are many people that do not weigh very much at all, around 100 pounds or less. If these individuals cannot consume an entire shake in place of a meal, I would first them cautiously consume less of the shake if all else fails. For instance, the following mixture can be taken twice a day for people who only weigh 100 pounds or less: Combine in a blender 3 tablespoons of flaxseed oil, 7 tablespoons of fat-free cottage cheese and enough fat-free milk to make this mixture blend.

This mixture should be stored (unless frozen) and should be consumed within 15 minutes of making it or it could turn rancid.

The reason the flaxseed oil is combined with fat-free cottage cheese and fat-free milk is to turn the flaxseed oil from a fat-soluble oil to a water-soluble oil. This way it can reach inside all of your cells. If you recall, Dr. Szent-Gyorgy won the Nobel Prize in 1937 for discovering that essential fatty acids combined with sulfur-rich proteins (such as those found in dairy products) increases oxygenation of the body. This is precisely what we are doing here since flaxseed oil is an essential fatty acid while fat-free cottage cheese and fat-free milk are sulfur rich proteins.

The other part of the answer is to mix around 6 tablespoons of Greek yogurt with two tablespoons of whole flaxseeds. However, you must grind the whole flaxseeds first, otherwise this part of the answer will not work. I personally mix the freshly ground flaxseeds with one of those pre-packaged individual Greek yogurts that come in a four pack. You must not use pre-ground flaxseeds. You have to grind them yourself, and remember they go bad after 15 minutes of being ground. Measure two tablespoons of whole flaxseeds, and then grind them. I personally use whole golden flaxseeds. But all whole flaxseeds are good. I use a small coffee grinder to grind my flaxseeds, but a spice grinder and other grinders can also be used. I clean it out afterwards, to get rid of the extra ground flaxseeds that will eventually turn

rancid. I simply mix them together with a spoon and eat this mixture twice a day around the flaxseed shake meals. Usually three hours before or after eating the flaxseed shake mixture. The idea is to spread out the flaxseed combinations throughout the day. This way your body doesn't go to long without getting one of the flaxseed mixtures.

Since you are replacing two of your main three meals of the day with this mixture, people always ask what they should eat for the third meal. The real answer is to avoid eating bad fats. Good fats are always good choices. Raw nuts (walnuts and Brazil nuts are the best raw nut choices), avocados, fresh coconut oil are examples of healthy fats. There plenty of other healthy fats as well. Raw nuts do contain omega-3 fats but are still predominately comprised of omega-6 fats. I also would recommend consuming plenty of raw fruits (papaya is the best fruit to eat), raw vegetables, freshly squeezed juice and raw nuts. Do not consume many peanuts or cashews as they are not nuts (they are a legumes). However, you can consume beans. People with cancer should really not stray far from the main diet.

Again, raw nuts are one of the best foods to eat, especially walnuts and Brazil nuts which are very high in sulfur and contain some omega-3

oils as well. Eating plenty of raw papaya, fresh papaya juice, raw walnuts or Brazil nuts can greatly speed up the healing process. You should also consume raw fruits and vegetables. There are certain live enzymes and nutrients that are only available in raw fruits and vegetables.

Vitamins and supplements are almost completely worthless when it comes to healing your body. Ironically, often vitamins and supplements can cause more harm than good. Just go to the hospital and you will find person after person dying from various illnesses despite taking vitamins or supplements for years. People think that they can outsmart God by trying to extract the so called “good” parts of the fruits and vegetables. I think this is often just a way for people to try to compensate for not eating properly.

Inevitably, people always ask if they can eat this food or that food. I try not to answer such questions but rather point them towards the principles of which foods to avoid and which foods to eat. For instance, if the meal contains any of the bad oils or animal fats, it generally should be avoided. Also, if the food is processed, it should be avoided if possible, or kept to a minimum. And finally, one should consider if the meal contains some “raw foods” -- that is, does contain raw fruits, vegetables, nuts, etc. This

does not mean that cooked food cannot be eaten, as that would make life very difficult and unenjoyable. However, raw food is naturally better for us. But, certainly even I do eat cooked food, as eating lot of raw food is hard to do. Again, people with cancer should stick close to the diet and eat a lot of raw food when possible. So, when I consider if I can eat a certain meal, I simply run it through this checklist.

If you eat salads, be careful not to use prepared salad dressings. They are packed with bad oils. I personally use fresh lemon juice, mustard, or a thick version of the flax shake combined with herbs and spices as my salad dressing. Earlier I mentioned that you could eat some amounts of seafood. This is something that is allowed but don't overdo it. Eating a limited amount of seafood is certainly permissible. Just make sure to avoid eating the skin of the seafood, as that is where most of the toxins are located. Also, make sure not to cook the seafood in any oil.

There is a technique called braising, where you add enough water to a pan just to cook with, and then cover it. The idea is that the food will be cooked perfectly, and the water will evaporate just in time. This is the technique that I use for cooking a lot of foods. It takes some experimenting with, and you will often have to add water to avoid burning food. However, once

you master this technique you will wonder why you did not use it earlier.

Keep in mind that this diet allows for a variety of foods and is very inclusive. It is therefore easy to choose from hundreds of different options for your third meal or for a snack. The tricky part is just making sure you stick to these three main rules when planning a meal. The rules are listed in order of importance.

1. Does this meal contain any animal fats or harmful fats? (Animal fats should be kept to a minimum, and harmful fats will reverse the cure.)
2. Does this meal contain preserved food? (Preserved foods should be kept to a minimum when possible.)
3. Does this meal contain some raw fruits and vegetables when possible? This is not as important as rule 1.

Once you have been on the program for a few days, then it is necessary to get some natural sunlight everyday if possible. If possible not use sunscreens or suntan lotions (they are unnatural), but do not overexpose yourself to sunlight of course. The sunlight will help your body absorb energy. It is vital that you get sunlight (if possible), and this step is often overlooked and should not be. *Disclaimer: Check*

with your health care professional to make sure you are not overexposing yourself to sunlight. Artificial lights should not be substituted for natural sunlight. Also, the clothing you wear should be looked at as well. Natural clothing and bedding should be used if possible. You will notice that if you walk across a carpeted floor with shoes with rubber soles, that you will get a shock when you touch a metal door knob. However, if you wear shoes with a leather sole, no shock occurs. Synthetic clothing also causes static cling, whereas natural clothing does not. Synthetic shoes and clothing cause your body to unnecessarily lose valuable energy. The flaxseed oil mixture is packed with energy that directly oxygenates cells. The raw fruits, vegetables, and nuts, etc., also provide the body with energy. The idea is to oxygenate our cells and provide energy to our body -- and then to retain as much of that energy as possible. Natural clothing will help our bodies retain some of this energy. Now that we have allowed our cells to be able to take in oxygen, we can now explore ways to oxygenate our cells.

However, before we move on we need to cover how long you have to stay on this diet for. Once people are on this diet, they ask me how long they need to stay on it. The answer is as long as you need it. But I would say a one year minimum, and some people will need to stay on

it forever. After following the diet for one year, if you feel you are ready and then you can go down to one shake and one of the Greek yogurt and freshly ground flaxseed mixtures a day if you choose, assuming that you are in good health at that point. The other elements of the answer and protocol need to be continued for the rest of your life if possible.

Another question that I am often asked is how long someone has to be on this program until they see results. The answer varies from person to person, depending on how sick they are and for how long they have been ill. I have seen people, with their Doctor's approval come off of their medications in as little as two weeks, while on the other end of the spectrum it has taken others as long as two months or more to start to get things under control. Regardless of how quickly people begin to see results, it still generally takes about a year before the person can truly be considered healthy. However, I routinely heard of people doing well in as little 45 days or less. It generally takes longer than this for people that have cancer. Regardless, the protocol must be maintained for a full one year as a minimum. I follow it completely and will for the rest of my life. If you slip a little bit, it is alright, just continue.

Exercise

Besides eating raw foods, another excellent way to oxygenate our cells is through regular cardiovascular exercise. This however, is not a necessary element to part of this program. This is just something that provides good health in general. It does not need to be followed to see results with the program. Also, people with cancer should be careful not to overdo exercise and should limit the amount of demanding exercise that they do. I will explain how to properly perform cardiovascular exercise for maximum oxygenation. *Disclaimer: First check with your doctor or health care professional to see if you are healthy enough to exercise.* If you have cancer, read the chapter on cancer before performing any cardiovascular exercise.

When performing cardiovascular exercise, it is important that you warm up for five minutes before you exercise and cool down for five minutes after you exercise. Walking is one of the best ways to warm up and cool down. Do not do use a slow jog to warm up or you can cause knee damage, as your body has not gotten ready for jogging yet. It takes five minutes of walking (or an equivalent no impact exercise) to prepare your body for jogging or for another form of cardiovascular exercise.

After you have warmed up for five minutes, you are now ready to perform cardiovascular exercise. We are going to use a method that I call progressive resistance. What progressive resistance means is you gradually increase the intensity of your exercise over time. I will use the example of jogging on a treadmill for illustration purposes. A good routine might be to go on the treadmill at least twice a week. I would first go on the treadmill and walk for five minutes to warm up. After five minutes I may turn the treadmill up to a speed of 5 (all treadmills vary in settings) and jog for 20 minutes. After jogging for 20 minutes I then would slow to a walk for another five minutes. The five-minute walk would serve as my cool down. I would do the exact same routine that entire week. The next week I would still warm up and cool down in the same manner, however, I would now run at a speed of 5.2 for 20 minutes, for example. Once again, I would keep this same routine for the entire week. The following week I still would warm up and cool down in the same manner, but I would now run at a speed of 5.4, for example. I would continue to increase the speed at which I ran at until I was practically sprinting, reached the machines limitations, or reached my own physical limitations. Once you have gotten to a place where you can't run any faster or have maxed out the treadmill speed

setting, you can increase the length of time that you run for. For example you could run for 22 minutes the next week and keep increasing the length of time that you jog. You still need to warm up and cool down in the same manner. However, I have noticed that when I cool down, it is more effective for me if I cool down slowly rather than dropping to a walking pace all at once. This is a matter of personal preference. However, you should never begin jogging or performing any other cardiovascular activity until you have walked or warmed up for five minutes. Failure to do this could result in knee damage, even if you jog at a very slow pace. It is also important to cool down properly to avoid dizziness or possible fainting and also to aid the body in recovering from the exercise.

Jogging on a treadmill was only one example of an exercise that you could perform. You could use any number different cardiovascular exercise equipment. Or you could also simply run on the road, jog in place in your home, jog in a pool for less impact on your knees, or perform countless other forms of cardiovascular exercise that don't involve cardiovascular exercise equipment. There are literally hundreds of different cardiovascular exercises that you can perform. What is important is not the type of cardiovascular exercise that you do but rather that you perform the cardiovascular exercise for

at least 20 minutes straight at least twice a week, and that you increase the intensity of that exercise every week. I occasionally enjoy using the punching bag for cardiovascular exercise. Make sure that you properly wrap your hands and wear gloves if you are going to use a punching bag.

Once you have reached a peak in your workout routine, it is advisable that you consider changing the type of cardiovascular exercise that you perform. For instance, on the treadmill example that I gave earlier, you might eventually be jogging at a pace of 12 (the maximum setting on that particular treadmill) for an hour. At such a point, you may consider switching the way you perform your cardiovascular exercise for increased cardiovascular benefits, which in turn leads to increased oxygenation. For example, I remember that I had been using the treadmill for a long time, and then I was invited to play a game of full court basketball. I was very confident in my level of conditioning until I was five minutes into the game and was fully winded. As you can see, different types of cardiovascular exercise have a tendency to push our body to new limits, and this increases the oxygenation of our bodies' cells. However, because you are using progressive resistance, this will not be as critical as it would have otherwise been. I rotate through about three or four different

cardiovascular exercises. For example, I will use the treadmill for 12 weeks, then use the punching bag for 12 weeks, and then play full court basketball for 12 weeks. After this time, I return to jogging and start the whole process all over again. This variety challenges my body and keeps me in top shape. Not to mention it makes things more interesting. On this note, I started listening to audio books on my iPod years ago, and it has made my workouts more enjoyable as well as more spiritual, since I listen to the Bible a lot of the times.

I had mentioned changing your cardiovascular routine from time to time, but that is not nearly as important as performing progressive resistance. It is perfectly fine to never change your cardiovascular routine as long as you have reached a very high level of intensity through progressive resistance. It is important to note that it is a good idea to choose a type of cardiovascular activity that does not have a harmful impact on your body or that aggravates any previous injury that you may have. For instance, some studies suggest that riding a bicycle may lead to bone loss because a weight load is not applied to the bones. This lack of weight load may not signal the body to produce bone mass. Consequently, if you are going to ride a bicycle for cardiovascular exercise, make

sure you often switch to a different cardiovascular exercise.

Weight training is also very important in oxygenating our cells, since muscles absorb oxygen better than fat does. *Disclaimer: Make sure you check with your doctor or health care professional to see if you are healthy enough to weight train.* If you have cancer, read the chapter on cancer before performing any weight training. When weight training, it is important to use the concept of progressive resistance. I will give you an example of progressive resistance in weight training. For example, I may go to the gym on Monday to perform chest and back exercises. After warming up with a somewhat light amount of weight, I would go to the bench press and bench press 250 pounds ten times, and do this five times. That is 10 repetitions (reps) of 250 pounds on the bench press for five sets. I will run through an actual routine of mine that I have used in the past. I go to the gym and place 135 pounds on the free weight bench press and perform five repetitions and then wait around four or five minutes. This serves as my warm up. I then pick a weight that I can barely perform 10 repetitions on the bench press with. At the time this was 225 pounds. I perform 10 repetitions of this weight and then rest for a few minutes. After my rest, I lift the same weight as many times as I can for my second set, which is

around nine repetitions. After another rest, I lift the same weight as many times as I can for my third set, which is around seven repetitions. After another rest, I lift the same weight as many times as I can for my fourth set, which is around six repetitions. Finally, after another rest, I lift the same weight as many times as I can for my fifth and final set, which this time is around five repetitions. I then perform a similar routine using a weight training machine for my back.

I then would allow my chest and back muscles a full week to recover from the exercise, and then the following Monday begin the entire routine over again. Only this time I would increase the weight on both bench press and back machines by 5 pounds, and I would try to do the same number of repetitions. I actually used this routine until after 10 weeks I was able to bench press 270 pounds 10 times (I had started benching 225 pounds ten times). After this, it was time to change up my routine, as I had reached a plateau and could not get any stronger. On Thursday of that same week I was exercising my biceps, and abdomen using the same progressive resistance concept. I personally do not feel it is necessary to exercise your legs if you are doing cardiovascular exercise that involves your legs. However, this is only a personal preference. Exercising your legs separately can add many benefits, but can also

cause back pain in some individuals. In any event, after 10 weeks I change the entire way I work out all parts of my body.

I want to make it clear that exactly how you exercise is not as important as the concept of progressive resistance. For example, some people only like waiting a minute in between sets, while others prefer three minutes. Many women prefer to do at least 15 repetitions, as they fear “bulking up.” What is important is the next week at the gym you should either try to increase the weight you lift or the amount of repetitions you lift with that same weight. For example, let’s take a woman who goes to the gym and picks a weight that she can perform four sets of 15 repetitions each with a two minute rest in between sets. She may begin warming up by picking up a 2½-pound dumbbell in each hand and warming up with 10 repetitions. After two minutes she may grab two 5-pound dumbbells and do 15 repetitions. After a two minute rest, she would again grab the same two 5-pound dumbbells and perform another 15 repetitions. She would continue to do this until she performed her fourth and final set of 15 repetitions. As you can see, she both started and finished with the same number of repetitions and with the same amount of weight. However, when she comes back to the gym the next week, she may lift 7½pounds in each hand

for four sets of 15 repetitions, or she may lift the 5-pound dumbbells again for four sets of 17 reps each. Alternatively, she may lift the 5-pound dumbbells for five sets of 15 repetitions. The important point here is that you increase the resistance each time, as this will help your body build lean muscle and not necessarily build bulky muscle (unless that is your intent). If you do not want to bulk up, then you should always perform at least 15 repetitions.

Now that we have covered some different ways to use progressive resistance, we need to make sure that we are changing our workout routines every 8 to 12 weeks. Otherwise, our bodies will get use to the routine. Note that there are some power lifting routines that require you to change your routine every 4 to 5 weeks, and that is perfectly acceptable. There are many different types of routines and styles of working out from which to choose. We will only touch upon some general concepts and not explore anything in depth. There are many books on weight training, and I suggest that you read some that suit your goals. Some routines are designed to build strength while others are designed to increase muscle size, some increase muscle definition, while yet others are designed to help the person lose weight or “tighten up.” The important point that I am stressing here is that you use the

concept of progressive resistance and that you change up your workout routine regularly.

I personally lift weights for strength and will show you a good example of this principle in action. I will also give an example for a woman to use after this. Recall the example I gave earlier of a man choosing a weight and performing five sets of 10 repetitions. The amount of weight never changed; only the amount of repetitions changed. I was no longer able to perform 10 repetitions on subsequent sets, as my body had fatigued due to the heavy nature of the weight I chose to lift. As I mentioned earlier, I keep trying to increase the amount of weight every week. I perform this routine for approximately 8-12 weeks. After this time, I am much stronger than when I started. After 8-12 weeks, I change my routine. For example, I may now pick a weight with which I could perform five sets of 15 repetitions. I make sure that I could perform 15 repetitions on my last set as well. Every week I try to add more weight to the exercise I was doing while maintaining 15 repetitions on each and every set that I perform. I use this routine for approximately 8-12 weeks and then change to yet another routine.

The next routine I use involves choosing a weight that I can barely perform 10 repetitions

with after first warming up with a lighter weight. After resting for a few minutes, I add approximately 10 pounds and perform the next set for as many repetitions as I can perform, which is usually around eight repetitions. I then add approximately another 10 pounds and perform the next set for as many repetitions as I can perform, which is usually around six repetitions. Again, I add approximately another ten pounds and perform the next set for as many repetitions as I can perform, which is usually around four repetitions. Once again, I add approximately another 10 pounds and perform the fifth and final set for as many repetitions as I can perform, which is usually around two repetitions. I try to increase the amount of weight that I start and finish with each week. I perform this routine for approximately 8-12 weeks. After this I go back to my original routine that I started with and start the process all over again. From time to time I do add different routines to my workout regime. I also recommend changing the actual exercise I use to work out an area of my body to keep my muscles from getting use to a routine. For example, I may use a barbell to perform curls for my biceps for 8-12 weeks and then I may use individual dumbbells to perform curls for the next 8-12 weeks.

For women if you remember, I recommended a routine where she picked a weight that she could perform four sets of 15 repetitions. A similar routine is useful for men as well and provides a good change of pace. This routine will not cause woman to bulk up but will help men increase muscle mass. After a woman has done this routine outlined earlier for approximately 8-12 weeks, then she may need to try to increase the number of sets or number of repetitions performed. For example, a woman or man may perform four sets of 20 repetitions for the next 8-12 weeks for each body part that is exercised.

There are many ways to change up a workout routine, and we have only covered a few of them. Further discourse on this topic is outside of the realm of this book. Again, there are many books and personal trainers available that can teach you how to exercise. However, regardless of what you are taught, do not abandon the concepts you have learned in the book.

Exercise is indeed important but not required like the other elements of the program, especially consuming the flax shakes, ground flaxseeds and Greek yogurt and avoiding harmful fats and oils.

Besides exercise, ideal weight for our body type and percentage of body fat should also be looked

at as well. You should maintain the ideal weight for your body type and ideal body fat levels as well.

The following chart outlines ideal body fat percentages. You can buy inexpensive body fat calipers to estimate the percentage of body fat that you have. Some models can be purchased for less than \$10. I prefer calipers to many other methods, as they give a very good estimate of your body fat percentages. I did not provide a chart on weight as I feel body fat percentages are far more important. Besides, weight is dependent on muscle mass. I have seen two men of equal height and weight, where one man had a pant size of 30 and the other man had a pant size of 38. If you judged the man who wore a size 30 pant size based on a weight chart, it would recommend that he lose 40 pounds. However, he was actually at his ideal weight since he carried a lot of muscle. Percentage of body fat is a better indicator of overall health than body weight is. Keep in mind that having some body fat is important. For example, if a woman's body fat percentage is too low then she cannot menstruate. However, you need to try to keep your body fat percentage at a good or optimum level, especially if you are a type 2 diabetic. We will cover more of why this is important to type 2 diabetics on the upcoming chapter on type 2 diabetes.

Body fat percentage chart for men				
Age in yrs.	Optimum	Good	Borderline	At Risk
20-24	11.0	15.0	19.0	23.5
25-29	12.0	16.5	20.5	24.5
30-34	14.5	18.0	21.5	25.0
35-39	16.0	19.0	22.5	26.0
40-44	17.5	20.5	23.5	27.0
45-49	18.5	21.5	24.5	27.5
50-54	19.5	22.5	25.0	28.5
55-59	20.0	23.0	26.0	29.0
60+	20.5	23.5	26.5	29.5

Body fat percentage chart for women				
Age (Yrs)	Optimum	Good	Borderline	At Risk
20-24	19.0	22.0	25.0	29.5
25-29	19.0	22.0	25.5	30.0
30-34	20.0	22.5	26.5	30.5
35-39	21.0	24.0	27.5	31.5
40-44	22.5	25.5	29.5	33.0
45-49	24.5	27.5	31.0	34.0
50-54	26.0	29.0	32.5	35.5
55-59	27.0	30.0	33.5	36.5
60+	27.5	31.0	34.0	37.5

Type 2 Diabetes

Persons with type 2 diabetes should be careful with the amount of fruits, juices and carbohydrates that they consume until their blood sugar levels start to return to normal. The amount of time that this takes varies from person to person. I have seen this happen in as soon as one month to as long as three months or so. Type 2 diabetics often will see their A1c levels begin to drop after 30 to 45 days. Often their A1c levels are almost perfectly normal after a relatively short period of time. Type 2 diabetics also often will have normal 2-hour post meal blood sugar levels (postprandial) after being on the program for a relatively short period of time. However, many type 2 diabetics still will have moderately high morning blood sugar levels, despite having improved A1c and postprandial blood sugar levels. Many of these people actually can see their blood sugar level go higher from night time to the next morning, despite not eating anything in between this time. The reason for this is that the person's liver is still releasing large amounts of sugar at night. Adding cayenne pepper to the flax shake as outlined in the additional information chapter can help with morning blood sugar levels and improve circulation.

Many type 2 diabetics' livers could have been temporarily damaged by medications or by body fat surrounding the liver. This is known as fatty liver. The liver will heal itself over time, however, if the person is overweight the excess weight needs to be lost for blood sugar levels to come down to normal ranges for many individuals. Care needs to be given not to lose weight too fast or this could cause health issues. Generally losing 2½ pounds per week is considered ideal weight loss. The first week or two that someone is on a diet or if someone exercises a lot, the amount of weight loss may exceed this, and that is often perfectly normal. *Disclaimer: Check with your doctor or weight care professional before beginning a weight loss program.*

Cardiovascular exercise and weight lifting especially will help the diabetic. Cardiovascular exercise and weight lifting both greatly help the body's cells get oxygenated. Moreover, weight lifting will encourage weight loss as muscle burns more calories than fat. However, care must be given upon commencing an exercise program to not consume more calories than before, as the increase in the burning of calories naturally will increase appetite.

Type 2 diabetics especially need to maintain low body fat percentages. However, low body fat percentages without following the protocol will

often not help the type 2 diabetes much. Conversely, I have seen type 2 diabetics doing well without losing any weight or body fat. However, type 2 diabetics should maintain ideal or good body fat percentages.

Cancer

People with cancer have to exercise more care than those with any other diseases. For instance, a diabetic may make an occasional mistake on the program and that is acceptable. However, people with cancer should be much more careful. Organic produce should be used by people with cancer if possible.

Nobel Prize winner Otto Warburg pointed out that cancer cells also consume 19 times more sugar than regular cells. Thus, sugar needs to be removed from the diet in order to cut off the cancer's food supply.

It is also important that people with cancer not push themselves too hard when performing cardiovascular exercise or when weightlifting as their bodies are fighting the disease. Exercise should still can be done, however overexerting oneself is not advisable. There is a fine line between overexerting oneself and not exercising enough that each person with cancer has to

work out for him or herself. The person's body will tell them what is appropriate if they pay attention. *Disclaimer: Always check with your doctor or health care professional before commencing an exercise program.*

Individuals with advanced cancers may have to start off slowly on the diet for the first few days until their bodies get use to the flax shake. Some individuals who are too weak to eat, may have to start off with a straight flaxseed oil enema for the first few days until their appetite returns.

It is also necessary to reduce as much stress as possible. Stress can have a direct negative effect on the cancer. I heard of a man who had a massive heart attack and was told by his Doctor that it was stress related. He was told that if he did not reduce the stress in his life that he would probably die from another heart attack. The man learned to reduce the stress in his life without changing his job or getting a divorce, etc. He was asked how he managed to do this. His response was, *"I learned two valuable lessons while I was in the hospital. One, don't sweat the small stuff. Two, it's all small stuff."*

Battling cancer is a long term proposition, and results cannot be expected overnight. You will need endurance, thick skin and faith in order to help win your battle with cancer.

Additional Information

People that experience pain in certain parts of their bodies may consider applying flaxseed oil to their bodies once or twice daily. You can rub flaxseed oil on the body parts that are causing you pain. You can leave the flaxseed oil on your skin. However, it may soil your clothes and also may have a fishy smell. Another approach would be to apply the flaxseed oil to your skin and let it soak in for 5-10 minutes. After this, take a warm bath or shower without using soap to let your pores open up to absorb the flaxseed oil. Wait about 10 minutes and then take a regular bath with soap and water to remove the excess flaxseed oil from your skin. If possible, rest for 10-15 minutes after this.

A glass of wine or champagne also may be taken to alleviate pain or to help with insomnia, etc. However, no more than one glass of champagne or wine should be consumed per day.

Cayenne pepper is a great thing to add to your flax shake, especially if you have diabetes, high blood pressure, high cholesterol, or if you are trying to lose weight. *Disclaimer: Always check with your doctor before using cayenne pepper or if you experience any adverse reactions from using it.* Cayenne pepper is known to lower blood

pressure and cholesterol. It also is believed to help blood circulation, which is especially important to diabetics, and it is also believed to increase your metabolism as well. Diabetics suffer from poor blood circulation, and cayenne pepper also seems to improve blood circulation in the liver as well, which can lead to lower morning blood sugar levels. Your body takes a while to get use to cayenne pepper, and using too much initially can cause mild stomach discomfort. I would recommend adding 1/8 of a teaspoon of cayenne pepper to only one of your flax shakes the first day, and then slowly increasing the amount of cayenne pepper you use until you are adding 1/2 teaspoon to each flax shake daily. After a while, you may decide you no longer need to use cayenne pepper as I have done before from time to time.

Fat-free yogurt may be substituted for the fat-free cottage cheese used in the flax shakes. Greek fat-free yogurt is better than regular fat-free yogurt, since it is higher in protein, especially with certain brands of Greek fat-free yogurt. However, since fat-free yogurt contains less protein than fat free cottage cheese does, you should replace every tablespoon of fat-free cottage cheese with approximately 1 1/2 to 2 tablespoons of fat-free yogurt. Here is an example of how to use fat-free yogurt in your flax shake. First let's review the regular way to

make the flax shake that needs to be taken twice a day. Take a blender (a small blender or emulsion blender and a large glass, make clean up much easier) and combine 4 tablespoons of pure unrefined flaxseed oil, 9 tablespoons of fat-free cottage cheese (1/2 a teaspoon of cayenne pepper is optional) and enough fat-free milk (low-fat can be used when fat-free milk is not available) to make the mixture thoroughly blend without over watering it down. The consistency is like a smoothie; however, it is very important that there are virtually no lumps left from the cottage cheese, and that the oil has thoroughly blended into the mixture.

Now here is way to use yogurt in the flax shake. In a blender combine 4 tablespoons of pure unrefined flaxseed oil, around 16 tablespoons of Greek fat-free yogurt (a teaspoon of cayenne pepper is optional) and enough fat-free milk to make the mixture thoroughly blend without over watering it down. Remember that Greek fat-free yogurt has twice as much protein as regular fat-free yogurt and should be used if possible.

People sometimes want to make sure that they consume yogurt as it aids in the digestion process and is believed to be beneficial in fighting fungal infections. Yogurt consumption can help those that are lactose intolerant to consume more dairy products than they

normally could have. However, most people including myself that are lactose intolerant have no problem the consuming the fat-free cottage cheese contained in the flax shake. However, the addition of yogurt may help those who are lactose intolerant after a few days of use.

The right types of red meat, pork, eggs, regular dairy products and poultry are something that may be consumed in very small quantities by people on the flax protocol, except by those who have cancer. The problem with red meat, pork, poultry, regular dairy products and eggs sold in most grocery stores is that they contain too much omega-6 oils. The reason for this is that the cattle are fed with grain instead of grass and are confined to tight quarters, which is completely unnatural. God intended for livestock to be fed grass, not grain, and to roam freely, because that is how they originally lived. Chickens and pigs are not allowed to roam freely either, and they are not fed natural vegetarian grain or allowed to consume grass and bugs like they would normally do. The reason for this is economics. It is seemingly much cheaper to feed animals in an unnatural way. These unnatural fed animals are harmful to our bodies when we consume them. However, naturally fed animals are much healthier for us to eat. For instance, red meat that is grass fed has an omega-3 to omega-6 ratio, that is one-part omega-3 to 2.75

parts omega-6. Grain-fed red meat contains 1 part omega-3 to more than 20 parts omega-6. These ratios are repeated with unnaturally fed poultry (and eggs derived from unnaturally fed poultry) and pork. You cannot mistreat animals and expect that humanity will not pay the price for such abuse. *Do not be deceived: God cannot be mocked. A man reaps what he sows.*
Galatians 6:7

When people learn of the unbalance in omega-3 to omega-6 ratios in the food they eat, they often mistakenly get caught up with making sure that they have the right balance of omega-3 to omega-6 ratios in their diet. This is a mistake since there are vast differences in the types of omega-3 and omega-6 oils. What is important is that we follow the protocol outlined in this book. Fresh, raw foods naturally contain all the nutrients that we need. And the flax shakes will provide plenty of omega-3 oils.

The proper types of meats, eggs, poultry, regular dairy products and pork have the right balance of omega-3 and omega-6 oils, but should only be consumed a few times a month while you are on the one year treatment phase. At most, you could choose to eat a total of one of these types of foods per week. So, if you ate grass-fed beef this week, then you would have to wait until next week to eat eggs that are high in omega-3,

regular dairy products, locally raised free range poultry or pork. The most successful people on the flax protocol eat these items at most no more than once or twice a month. Once you have completed the treatment phase then you should eat these foods no more than twice a week in total if possible. For example, if you ate grass-fed beef on Monday and you had locally raised free roaming vegetarian-fed chicken on Tuesday, you should wait until the following week to eat free-range pork, omega-3 eggs, farm-fresh cheese or grass-fed beef. If you cannot find properly raised livestock products, then a small amount of meats, eggs, poultry and regular dairy products may be consumed, but no more than once a month. Raw dairy products are superior to pasteurized dairy products. *Disclaimer: Check with your doctor or health care provider before consuming raw dairy products.* Once again, the most successful people on the flax protocol eat these items no more than once or twice a month.

Seafood is something that can be eaten in moderation even for those with cancer; just make sure to remove the skin as this is where most of the toxins are located. However, for those that have cancer, seafood should not be consumed more than once a month. All others may consume seafood up to once or twice a week. Since you may be consuming more seafood than most other people, it is important to choose

seafood that is low in mercury. You can go to the Food and Drug Administration's Website (<http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/Seafood/FoodbornePathogensContaminants/Methylmercury/ucm115644.htm>) to get an idea of the amount of mercury contained in a particular type of seafood. It is also advisable but not necessary to choose seafood that is also high in omega-3 oils. Examples are sardines, salmon, steelhead (the meat looks like salmon), trout whose meat looks like salmon, herring or tuna. Stay away from canned fish if possible. You can eat fresh or vacuumed packed frozen fish.

Seafood, meats and eggs should not be cooked in oils or butter. They can be baked in the oven or braised on a stove top. Braising cooks food in steam generated from water which then is evaporated, leaving the food perfectly cooked and dry. Modifications to this technique can be used to create wonderful natural gravies and sauces.

Preventative Use for Healthy Individuals

I would advise all healthy individuals to go on the maintenance phase of the protocol and to remain on it indefinitely. This would help

prevent these people from developing serious illnesses in the first place. Thus, they would only need to eat one flax shake a day, and one of the Greek yogurts and freshly ground flaxseed mixture, but they would still need to follow the rest of the elements of the protocol on the less restrictive schedule outlined in the additional information chapter. Regular cardiovascular exercise and weight lifting would should also be followed for optimal health to be maintained. Likewise, good or optimum body fat percentages would also have to be maintained.

I thank God for giving me the wisdom and knowledge to write this book, as all wisdom and all good things come from God, and He is worthy of all honor and glory. *Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1:17*

Now to the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. Amen. 1 Timothy 1:17

Hope for the Future

I hope that many people will be blessed by this book. It is my sincere wish that cancer, type 2

diabetes, hypertension and high cholesterol and hundreds of other diseases become eradicated in the next decade. To achieve this goal, lawmakers will have to outlaw disease-causing foods. After all, the government is the one bearing the cost resulting from the irresponsibility of the greedy multinational corporations. However, unless something is done, the problem only will get worse and worse as time passes.

It is equally important that the medical community return to its roots in disease prevention and its reliance on natural cures. I am not sure when the greedy pharmaceutical companies hijacked modern medicine, but they now must be stopped. If we stop awarding patents for medicines, then natural cures once again will be promoted, and there will be hope for humanity in achieving global health. May God have mercy on us all.

About the Author

My name is Milton Arch I am an entrepreneur, and I teach about the grace of God that is granted to believers in Jesus Christ who have truly accepted the grace of God, which was demonstrated when Jesus Christ died for our sins while we were yet sinners. We start to encounter bounty, blessings, and miracles in

our lives once we simply accept the grace of God and stop trying to add to it. *For I testify to everyone who hears the words of the prophecy of this book: If anyone adds to these things, God will add to him the plagues that are written in this book. Revelation 22:18.* Too many times Christians get tangled up in the trap of trying to be good in order to earn favors from God. In fact, this serves to separate us from God because we are, in essence, implying that the blood shed at Calvary was not enough to pay for our offenses and gift us with an abundant life.

However, once God begins to show you how perfect you are in His eyes and how much He loves you, you will give your heart to Jesus freely and completely. Christ will then come into your life and change you into His glorious image, apart from your actions. Jesus Christ will bestow grace and favor upon you!

Jesus Christ enables me to teach on the real grace of God! The Lord uses me as a vessel to impart insight, simply because He loves you. Realize that because we accept Jesus Christ as our savior, our sins—past, present, and future—are fully paid for by the blood of Jesus Christ spilled at Calvary. This also eliminates the curse against us and ushers in blessings and favor upon us. Of course, some things about our behavior and our circumstances will remain unchanged to keep us focused on the grace of God, as the Apostle Paul talked about. *Concerning this thing, I pleaded with the*

Lord three times that it might depart from me. And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 2 Corinthians 12:8-9.

I started to gain insight once I truly understood the grace of God. Sadly, I lived most of my Christian life trying unsuccessfully to please God with my behavior. I failed miserably, and this wounded me deeply. While I was in this wounded state of brokenness, the Lord opened my eyes to His marvelous all-encompassing grace. He showed me that I had been going about things the wrong way. Jesus showed me that I could never please God, even a little bit, with my behavior and that I had to entirely and completely rely on his mercy and grace. *"Most assuredly, I say to you, he who does not enter the sheepfold by the door, but climbs up some other way, the same is a thief and a robber."* John 10:1

After this, the Lord began to fill me with wisdom and insight, pouring so much into me that I could not possibly keep it all to myself—nor did I desire to. As a result, I started teaching others what the Lord was showing me. Many then proceeded to witness incredible transformations in many parts of their lives. Thus, the ministry was born. The rest, as they say, is history.