



I have been asked many times based on my research what would I be doing and taking if I had cancer. This always leads to a long email or a 1 - 2 hour discussion on why I would do or take such things and the overwhelming evidence on why many treatments work.

So I will attempt to put it onto this page and present the facts and evidence I have found as best as I can. [Click here](#) for **PRINTABLE** version in .pdfformat

**\*\* Disclaimer** - Please note the information written here is not to be taken as any kind or form of advice and a practitioner should always be consulted when treating cancer. This information is solely based on my research of B17 and metabolic therapy and what I would do if I had cancer and should not be viewed as any form of advice. \*\*

## **NUTRITION**

The most important factor besides a relationship with God is your Diet. What you put into your mouth is what can make all the difference. If I had cancer in regards to Nutrition I would be eating and taking the following:

### • **No Meat, No Dairy\*, No Sugar.**

- ◊ Meat robs and steals your bodies ability to heal itself ([refer enzymes section as to why](#))
- ◊ Dairy another form of animal protein also steals your bodies ability to heal itself. Not to mention dairy today is not what it was 50 years ago, but that's another discussion.
- ◊ No Sugar - This one should be a no brainer. Sugar feeds cancer. Want your cancer to spread and grow - eat lots of sugar.

\*No Dairy - The only exception to dairy is cottage cheese based on Dr Budwig's diet mentioned below.

### • **Cleanse and Detox - Herbal Dietary Fibre**

- ◊ Detoxing my body and taking the Rubbish out is very important and one of the first things to work towards. This would consist of vegetable and fruit juices on an empty stomach to cleanse the Liver but most importantly taking a Dietary Herbal Fiber. Dietary Herbal Fiber is the best product I have been able to find that will totally cleanse the intestines and KILL PARASITES. The removal of Parasites is paramount as most people with cancer will have a parasitic problem unknowingly. Dietary Herbal Powder can repair distorted, twisted, collapsed sick looking colons from build up over the years and other chronic colon illnesses. It has been known to save lives due to fixing colonic related stresses. [Click here](#) to learn more about your colon and this life saving herbal powder.
- ◊ Juicing needs to be first thing in the morning and always on an empty stomach. Vegetable juicing should be the main. Celerey, Carrot, Ginger, beetroot are a few excellent vegetables to use. **MAKE SURE YOU USE ORGANIC PRODUCE IF YOU CAN.** It can be cheaper than woolworths or coles if you make the effort. I am up at 4am once a fortnight and buy our ORGANIC PRODUCE from the Organic Markets in Sydney (Back To Eden on Parramatta Rd Homebush)

### • **Tea - Sir Jason Winters Tea**

- ◊ Sir Jason Winters book "Killing Cancer" is an approx 100 page book and one of the most inspiring true life stories on beating cancer against all odds I have ever read. I met Jason a few years ago in a Sydney talk and for a man now in his eighties, I think he is radiant with health. Basically, after finding himself on his death bed, as a last desperate attempt he and his family travelled to 3 different parts of the world seeking so called ancient cancer cure's they had heard about as a last attempt to treat his cancer. What they found in each country were herbs to be taken as a tea. He took them individually but his body was so toxic due to diet abuse and so much smoking over the years that each tea just had no effect on its own. He got worse, and was ready to die when a last minute desperate decision made him mix all three teas he had made up. He did not know at the time that three tea's mixed together acted as a catalyst and formed a tea on its own over 100 times stronger than each tea on its own. Basically all Jason did was run a super filter through his blood and cleansed it of all impurities with this tea, and from there he fully recovered and now travels the world telling his story. Red Clover, Sage and a spice tea (don't know which one exactly) is in the mix.
- ◊ His book and work on healing cancer have been acknowledged around the world to the point where he has was Knighted in Malta!
- ◊ I would get this tea and drink it 2 - 3 times a day at least 1 hour before or after food. Gary Samer sells it at [www.sirjasonwinters.com.au](http://www.sirjasonwinters.com.au) - and Say G'day to Gary for me (Angel Rodriguez).

### • **Apricot Kernels and Enzymes**

- ◊ Apricot kernels for the last 30 - 40 years have been shown to kill cancer cells. This has been shown many, many times by some of the top Cancer Specialists in the world throughout the years. Just have a read of the section [Has B17 been tested by Modern Medicine](#) and have a look at 60 year cancer research veteran [Dr Seguiras work](#). He was, you could say the leading specialist at the time and was asked to put an end to this "Quakery" His results proved Vitamin

B17s effectiveness.

- I would eat approx 15 -20 apricot kernels at least 3 times a day. My favourite way to eat them is in a smoothie with Vitasoy Rice Milk and Banana, Wolfberries and some honey and muesli in the blender as a smoothie. Absolutely delicious! The [Wolfberries](#) help overpower the bitterness of the apricot kernels so you can go a bit heavier on the kernels.
- ENZYMES - Are absolutely ESSENTIAL if you want to benefit from vitamin B17. You must take some form proteolytic enzyme to break down the protein coating surrounding cancer cells. Dr Beard back in the later 1800s used Enzymes very effectively to treat cancer patients. Simply put the enzymes knock out the cancer cells first line of defense which is a protein coating and then the body and/or B17 can do its work and kill off the cancer cells.

#### • **What to Eat - Dr Lorraine Days Diet**

- The best cancer diet I have come across is the one advocated by Dr Lorraine Day. In her two videos/DVDs "Cancer does not scare me anymore" and "You Can't Improve on God" she outlines in detail how she used juices and 80% raw to 20% cooked food diet. The DVDs are an excellent motivational tool so if you can get them. Details where you can buy them appear below.

#### • **Percys Powder**

- I would take Percys Powder twice a day.
- Percy Weston, a wonderful Australian who lived to the age of 101 and only recently died peacefully in his sleep is an example that everybody can beat cancer.
- Healthy, vigorous 100 year old Australian farmer Percy Weston wrote his book "**Cancer: Cause and Cure**" at age 97. In the closing years of his life he wanted to share the great health truths he has discovered. He recently died peacefully in his sleep in his 101st without any sign of cancer, arthritis or artery disease. Yet in his late 30's he had serious cancer and was bedridden with arthritis.

Percy writes in the introduction to his book *"Everybody can beat cancer without expensive drugs, hospitalisation and doctors, just as I have."*

He later writes, *"If I may offer myself as an example, old age need not make senile old cripples out of us."*

When his farm animals were all dying from horrible cancers due to phosphate fertilizers being used by all farmers in his day, he started doing some chemical analysis of his soils. He found his farm soils were very acid and virtually drained of Calcium, Magnesium, Potassium, Zinc, Iron, Cobalt, and several other minerals needed for animal and human nutrition. Here at last was cause and effect. (Super-phosphate is manufactured using sulphuric acid and has an acid pH of 3.0.) With a natural flair for chemistry and science he formulated a mineral powder to supply the missing minerals needed in a healthy diet. As a result he successfully treated himself and his wife later from their cancer.

- His book and powder are wonderful and a very helpful resource to use. I encourage every cancer sufferer to read his book and get some of his powder. His book and powder can be purchased from [www.oznatureshop.com](http://www.oznatureshop.com)

#### • **Healing Oils of the Bible**

- I would use and apply on my body topically Frankincense and Balsam.
- The bible contains many treasures when it comes to healing. Two of these treasures found to be very effective in the treatment of tumors and cancer are Frankincense and Balsam. Both these oils are well known for their healing properties. I won't go into detail here but when it comes to cancer [Frankincense and Balsam](#) have been scientifically found to overcome cancer.

#### • **Dr Johanna Budwig Simple cottage cheese and flaxseed oil mixture.**

- Pathologist Dr Johanna budwig for 30 years studied the blood in particular cancer patients blood. She found that every single cancer patient's blood was totally devoid of essential fatty acids (EFA's). So she wondered what would happen if she reintroduced EFA's to cancer patients. In theory if cancer patients improved their diets and introduced EFA's back into their diets in a highly water soluble form then they should improve. I have read her books and studied some of her work and achievements. Incredible !
- She worked out by combining the highest quality EFA - flaxseed oil with a sulphur based protein - ie. organic low fat cottage cheese, that if you mix the two together and eat them the flaxseed oil reacts with the sulphur based protein

(cottage cheese) to make the EFA water soluble and absorbed almost instantly by the blood. This way was the quickest form to re-introduce EFA's into blood.

- The results were outstanding. Cancer patients from all over the place given only weeks and months to live were nursed back to health quickly with a simple change in diet and by using Dr Johanna Budwigs simple mix of flaxseed oil and cottage cheese.

- **INTRAVENOUS VITAMIN C - IVC**

- High Dose Vitamin C has a solid history of efficacy against cancer. If I had cancer I would without question have High Dosage Vitamin C intravenously. [Click here to watch the recent 60 minutes report in New Zealand called "Living Proof"](#)

- **KISS - Keep It Simple Son**

- Everyone you talk to has an opinion on cancer, so don't take too much information in..... and in such a short time..... It will overwhelm you and look to hard. Keep things SIMPLE. Anyone of the suggested treatments mentioned above ALONE with a good diet should help you find your health back is what my research has led me to conclude.
- Therefore it makes sense to me, to view it from a simplistic view and do a little of each one. If I had cancer I would be eating/taking all of the above. There is no need to do each every day, but if you can great. Try and find a balance that works for you - Just KEEP IT SIMPLE.

## EXERCISE

- Get Away from the CITY. Get out in the country or find some kind of rural location and WALK ! Nothing is more energizing or healthful than a 1 hour walk through this beautiful country. Get that fresh air deep into your lungs !!!

## WATER

- Your body has many cries for water. Sometimes you don't realise when you have an ache or are sick your body is crying out for pure, fresh living water. YOU MUST give your body 2 - 3 litres per day of pure soft natural water. THIS DOES NOT MEAN TAP WATER. God gave us water from natural sources. That's what you should drink. MANS WATER = Tap Water via copper pipes with excess metals, chlorinated and fluoridated. Chlorine and fluoride are poisons. I don't care how little we are told is in our water in parts per million. They are both poisons, end of story. DON'T DRINK Tap water.

## SUNSHINE

- The Beautiful Healing Rays of the Sun occur early morning and late afternoon. So make sure you are getting some sunlight. A miracle factory is at work just beneath your skin. And when the ultraviolet rays of the sun touch the skin, the factory sets to work. It is a most marvelous system, and without it you could not remain alive. The Beautiful healing rays of the sun are early in the morning approx (7 -10am) and late in afternoon (4-5pm). Naturally this depends where you live and events like day light savings. The harmful rays are in the middle of the day.
  - Today we are being told stay out of the sun – its harmful, it causes skin cancer and so forth.
  - Truth is.....We NEED the SUN. Take a pretty little flower out of the sun and it soon wilts and dies..... We are no different. If you take yourself out of the sun soon you will wilt and die.

Sunshine regulates many body processes..... lowers high blood pressure, decreases blood cholesterol, lowers excessively high blood sugars, and increases white blood cells.

Sunlight changes the cholesterol just under the skin into vitamin D which is need for good health.

Your eyes were made to specifically absorb rays of the sun. God didn't make us to wear glasses, so for those of you that wear them, try and take them off when your out in the sun.

## TEMPERANCE

- I would try to ensure I make choices according to the law of Temperance

### ***So What is Temperance ?***

- TEMPERANCE is about self-control. In order to succeed physically, mentally, and morally in life, we must have temperance in regard to things that are Good and ABSTAIN from things harmful.
- The Bible says, "Every man that striveth for the mastery is temperate in all things." (1 Corinthians 9:25).
- Moderation – too much of a good thing can be bad for you !
- True temperance includes moderation in things good as well as abstinence in things harmful.
  - Choose and Refuse to live a life of anxious concern.
  - Worry wears out the life forces. If you cannot solve a problem in five minutes, give it to God in prayer—and then forget it. Later the solutions will come to mind.
  - Sometimes its just good to stop everything and relax and leave your cares to God.

## **AIR**

- In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood.
- Good Respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep . . IF an insufficient supply of oxygen is received, the blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease.
  - A walk, even in the winter, would be more beneficial to health than all the medicine the doctors may prescribe. You will increase your vitality, which is so necessary to health. Your lungs will have needful action, for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs.
    - So its so important to get out into the country and breathe deeply God Given Air.

## **REST**

- "Come ye apart . . and rest" are the words of Jesus.
- Are you weary and worn with the routine of everyday life?
- Rest is what you need; physical rest, mental rest. It is one of God's special healing remedies.
- Here are some simple principles about rest:
  - \* One does not always have to sleep in order to rest.
  - \* Just a change of pace—doing something different—can bring rest to your mind and body.

## **TRUST IN GOD**

- Love for God - is essential for life and health.
- Faith in God - is essential for health.
  - We can serve God better in the vigour of health than in the palsy of disease;
  - Therefore we should cooperate with God in the care of our bodies.
- In order to have perfect health - our hearts must be filled with love and hope and joy in the Lord.

\*\* If you have a grudge against someone, or are still angry and holding on to something that someone did to you that you cannot forgive. NOW IS THE TIME TO LET GO. God will help you forgive them. You cannot get better until you let go of any burdens on your conscience or emotions your hanging unnecessarily to.

\*\* If you have wronged someone or hurt someone and have a heavy heart about it. Face it and recover and ask them for forgiveness. It does not matter if they do not forgive you for then that becomes an issue between them and God. You have done your part. Ask for forgiveness from both God and the person you have wronged. Man may not forgive you but GOD ALWAYS will forgive you!

*"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."  
Ephesians 4:32*

**God Bless You**

**Angel Rodriguez**

\*\*\* Most of the products mentioned on this page are unique and difficult to acquire. \*\*\*

The [www.oznatureshop.com.au](http://www.oznatureshop.com.au) can supply most of the products in here in Australia.