

# **7 Cheap, Everyday, Anti-cancer Things You Can Do Right Now**

**(that won't cost an arm and a leg – or a lung or a breast!!!)**

Prepared by

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## 7 cheap and simple anti-cancer strategies

**Here below**, I offer you 7 simple things you can do that do not require enormous investment of time, money or energy, that you can implement immediately while you are reading my two cancer books – *Cancer: The Complete Recovery Guide* and *Cancer Recovery Guide: 15 Alternative and Complementary Strategies for Restoring Health*. In fact I have given you a list of books that I think you will find it useful to read. These can all be obtained from internet bookshops – or ordered through your local bookshop, if preferred.

So, here are seven things you should do right now. I am not recommending these as cures, simply as seven acts that you can take that will help you in the long term fight against cancer - using the resources you are likely to have at hand – or have available nearby, which will be helpful to you while you go about the business of educating yourself about cancer. After all, hopefully, you will be living for a very long time with your battle against cancer.

1. **Cut All Sugar From Your Diet.** This is a tough one, I know. It's not just the spoons of sugar you put in your tea or coffee, it's also the honey you eat and the beer and wine that you drink. It is also all those carbonated drinks – yes, they must all go (even if they don't actually use sugar. Aspartame is considered to be just as bad - if not far far worse.). If you need a sweetener then you should find a source for stevia, a plant based sweetener that is actually good for you. [I'm not going to tell you to quit smoking because you know that. However, if you must smoke, use black tobacco and not 'Golden Virginia'.] – However, there is a strong lobby that argues in favour of a spoonful of two of blackstrap molasses – organic! - which are packed full with healthy minerals. That's your call.

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2. **Sodium Bicarbonate and 3% Hydrogen Peroxide.** Throw away your toothpaste and use a mixture of 3% hydrogen peroxide and sodium bicarbonate. This is very healthy for your gums – and believe it or not unhealthy gums are the root cause of many health concerns. Then, last thing at night, dissolve a teaspoon of sodium bicarbonate in a glass of water and drink it. This will help your system become alkaline – and this, believe it or not, will help you in your fight against your cancer. Don't take bicarbonate before meals as it neutralises the stomach acids needed to digest food – and on the subject of digesting food you are strongly advised to chew every mouthful of food 30, 40 or 50 times and do it slowly, in a relaxed frame of mind – make eating your meals a meditation. It really does all help (for reasons my books explain)
  
3. **Cayenne Pepper.** Your local deli will probably have powder of about 40,000 Scoville heat units. Find the hottest cayenne pepper you can find. Eventually, you will want a pepper of about 150,000 Scoville heat units ideally – which you can get from internet suppliers – I got mine from Kalyx Herbs. Dissolve a little in warm water and drink. Start with one sixteenth of a teaspoon and slowly work up to a teaspoonful. You can dampen the heat by adding a supergreen powder like Barleans Greens, a teaspoon of cinnamon and/or a teaspoon of cocoa powder. You will repeat this several times a day – as often as you can manage. Don't take the cayenne in capsule form – for some reason you need to feel the heat in your mouth.
  
4. **Tagamet.** Also known as Cimetidine. Take 1,000mg a day. This could (no promises!) have the effect of reversing your cancer. There have been cases where this has happened. In some places this drug is available without a prescription – elsewhere it needs to be prescribed (for heartburn).

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5. **Flaxseed Oil.** Don't buy capsules! You want the liquid oil. Take between two and ten tablespoons a day. Do not buy mixes of omega 3 and Omega 6 oils – only organic cold pressed organic flaxseed oil will do. Take separately from anti-oxidant vitamins. Stir the oil thoroughly into low fat cottage cheese (quark is better – some favour whey) until fully blended. Add cayenne pepper if you like – and/or garlic.
  
6. **Lugol's Solution.** This is a solution of Potassium iodide. It is considered to be extremely beneficial – and a very powerful anti-fungal, anti-viral and anti-bacterial chemical. Take 2-4 drops a day in water. You should be able to get this from your local pharmacy. If not, then it is easily obtainable from the internet.
  
7. **Meditate and Visualise Health.** Meditating involves sitting quietly and purposefully somewhere (not flopping on a sofa!) and seeking for 30-60 minutes (as long as you can – even 20 minutes would be good) to clear the mind. Follow the breath into the body and around the body. Try to move the mind through the body from head to foot and back again. If you need mental imagery imagine whatever picture makes you think of health. If you can't keep your mind still then go for a walk instead.

And why stick to just seven?

8. **Sunlight is good for you.** Spend time soaking up the sun's rays – but do not use sun block. Sun block stops you getting the ultra violet light that your body needs to make the vitamin D that is so good.

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On a hot summer's day, 20-30 minutes of full body exposure to direct sunlight is a minimum and the further north you are the longer you need to be out there. And don't wear dark glasses. Sunlight striking the eyes stimulates the pineal gland – and that's good news.

9. **Eat Fruit.** Whatever other changes you make to your diet you should eat as much fruit as you can – oranges, apples, grapes, dark red and purple fruits, papaya. Eat fruit until it is coming out of your ears. Some of you may hesitate and say “But don't fruits have sugars?” – yes they do – but the form of sugar in fruits is fructose and this is more complex for the body to use so most fruits are low glycaemic foods. But fruits are rich in natural anti-cancer phytochemicals and when the cancers take in the sugars they are also taking in these – to them – poisons.
10. **Start reading.** Information is power. Invest US\$100-200 or more on books. My top dozen books?

Cancer Overview

### **1. *Cancer: The Complete Recovery Guide***

This book provides a very comprehensive discussion of mainstream and alternative approaches – looking at such relevant issues as the politics of medicine and the flaws of - and failure of - cancer research.

### **2. *Cancer Recovery Guide: 15 Alternative and Complementary Strategies for Restoring Health***

The prestigious medical journal, The Townsend Letter for Doctors, called this book the "2008 Best Book on Alternative Cancer Therapies."

**3. *The Cancer Industry***

Ralph Moss's important book outlining the history of 20<sup>th</sup> century medicine and the development of the mainstream cancer industry.

**4. *Cancer Free***

Bill Henderson's committed, very gung ho, blueprint for cancer survival

Personal Testimonies

**5. *A Time to Heal*, Beata Bishop**

Beata's story of how she cured her malignant melanoma using the Gerson diet

**6. *Cancer Battle Plan*, Anne Frahm**

Anne's story of how she survived cancer even after being told that her bone marrow transplant had failed and she had only weeks, at most months, to live.

Other Important Books about Orthodox Medicine and the War of Medical Ideas

**7. *Racketeering in Medicine: The Suppression of Alternatives*, James P. Carter**

**8. *The Cancer Cure that Worked*, Barry Lynes**

**9. *The Immortal Cell*, Gerald Dermer**

**10. *The Anatomy of an Illness*, Norman Cousins**

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11. ***Vitamin C and Cancer***, Linus Pauling (and/or his book: How to Live Longer and Feel Better)

12. ***Confessions of a Medical Heretic***, Robert Mendelsohn

Also Highly Recommended;

13. ***Beating Cancer with Nutrition***, Patrick Quillin

14. ***Quantum Healing***, Deepak Chopra (also his book *Perfect Health*)

15. ***You Can Fight For Your Life***, Lawrence LeShan

There are other books out there, I have listed some on the shopping cart of my website [www.fightingcancer.com](http://www.fightingcancer.com).

It is worth spending \$200 (or £200) – it could help you save thousands (and of course your happiness, and your life!)

Good luck to you in your fight against cancer, in whatever way you choose.

Jonathan Chamberlain