

# What I Would Do If I Had CANCER A Self-Help Guide

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**Inspired By Natalie**

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*Dedicated To All Those Giants Whose Shoulders I Gratefully Stand Upon; The Many Who Have & Still Do Suffer &/or Die Needlessly Because Of Mans Tenacious Grip on Status, Money & Ego; To My Parents - Especially My Mum – Who Love Me, In-Spite That I Am Not “Normal”; And To My Boys Who – Though They Do Not Yet Know It – Inspire Me Daily To Say & Do What Is Right!*

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## INTRODUCTION

This e-book is written as a self-help guide as to what I would do if I found myself “diagnosed” with the dis-ease commonly known as “Cancer”.

Having had over 22 years in researching the causes of dis-ease and there remedies I believe that I am competent to share my understandings of this condition and what I am currently convinced would be the best course of action for me.

My philosophy on healing is a simple one. I believe that your body simply does not know how to work against you and is always doing the best it can to preserve life in any circumstances and environment that it finds itself in. This statement will be further explained in the e-book.

In order to help anyone with any dis-ease we must first try and understand what the body is trying to do, why it is doing it, and what is causing it to react in such a way?

To do this we must again learn to use all our senses combined with a clear and simple understanding of how a healthy cell operates from day to day, coupled with some new, ancient and proven knowledge to form a clear picture of someone’s dis-ease picture and what the cell, and, hence the body is trying to do to preserve life.

It is my intent that this e-book provides everything you need to know to start doing something today towards healing your dis-ease – whatever that may be.

This e-book should be read straight through before going to any of the recommended resources linked to it at various websites. I have made every effort to make it as simple as possible and by writing in **green and summarising** at the end of the e-book **what I would begin doing every day asap**. This alone, I believe, can bring significant help to addressing the true cause of any dis-ease picture.

I then recommend that you make time to research the resources I have linked to ASAP. I have highlighted in **bold red** the books and videos etc that **I consider a must to understand** so as to **give you a firm foundation of understanding** which can only strengthen your chances of recovery.

Much of what I am about to share with you may well be new to you. It may well challenge everything you have been told. It will probably challenge your loved ones and many more around you who are only aware of what the “mainstream” understanding of “cancer” is. But I ask you this. How many of your loved ones have ever read a single book on “cancer”, be that mainstream or so called alternative? Where did they become so knowledgeable that they can – as often the case – exert with great determination and emotion their beliefs as to what is best for you? I also ask you to ask one of the most fundamental questions to all issues, which is, “who benefits”?

As I will show in this e-book and through the links to other books, videos and resources, there is a “Cancer Industry” that is booming. It is a multi-billion dollar industry and like all business the corporations involved want their profits to continue to grow. So, I ask you. What kind of factors would they need for their products and profits to grow? Exactly. More “Cancer”! It simply is not in their interest to ever find (or as the truth is) allow the causes or cures for “cancer” to ever be known.

To any and all who are now reading this e-book and are suffering from great fear and anxiety for either themselves or a loved one I ask you to take hope. The fact that you have found this e-book means that you are on the right path for I believe nothing is by coincidence. I ask you to take some time to read this e-book a few times as well as the other resources I suggest and I ask you to take whatever time you believe you can to consider ALL your options before you make ANY decisions.

I further encourage you and support you to make those decisions based on knowledge. By gaining knowledge – which I believe can be gained in this e-book in a less than an hour and then bolstered by a few days extra research – that you can remove a lot of the fear that has frequently been instilled in you by the very nature of the information and time lines given to you by the Doctors.

Never before – perhaps – has it been more important to stop and collect your thoughts whilst exploring all your options. From this your decisions – whatever they may be – can be supported by all that truly love and care for you, as they have been made with knowledge, and, therefore true understanding.

We at Naturally Better are here to help! You are not alone my friend(s), and why you draw breath you are ALIVE!! Let us use this time wisely.



## 1. The Moment When Time Stops

In my experience, anyone who has ever sat in front of a Doctor and been told they have “Cancer” hears only one thing, “ I’m going to DIE!”

Next, their fear levels go into orbit. This is a perfect position – and most still do – to agree to any – so called – “Treatment” and sign any consent form put in front of them as your re told, “this is your only hope”, or words to the affect.

This is where I would begin! In this free booklet I will share with you what I would do, and how I understand the condition commonly known as **CANCER**.

I will be writing in **green, to make clear what I would be doing every day**, and in normal font for what I would be researching and also looking into doing for myself. **I will write in bold red for what I consider MUST reads or watching**

First off I have issues with how most Doctors speak. I believe that most of them may have no idea that they are manipulated drug dealers, working in a multi-billion dollar “**Cancer Industry**”, which, like the dis-ease, is rotten to the core.

I am quite sure that – for the most part – these people genuinely want to help. But, because they are absorbed into the monster system known as “**Modern Medicine**” (the youngest “**medicine**” on the planet), to which you can – and will – lose your “**licence to practice**”, if you do not toe the accepted line, plus, the fact that these Doctors are paid very, very well (so I ask you, what motive is there to change), many of them yield to the pier pressure, desire for status and – of course – the money.

You see the facts are that their “treatment” for cancer is much the same as it always has been. That is that they see it as something to be killed, defeated and beaten. This, is why and how they can justify in their own minds the brutal, systematic “**Cutting, Burning and Poisoning**” of an already toxic, sick and vulnerable human being, known to them as “**Patients**”.

Of course, their drugs, equipment and procedures have become more sophisticated, and arguably, more accurate, but, the fact remains that – call it what you will – it is still “**Cut, Burn and Poison**”.

My issue is that they frequently will say to the - in most cases, still in great shock, and scared to death - human being opposite them something along the lines of, ***“if you don’t do the treatment you will die.”***; or, ***“I’m sorry. There is nothing that can be done to help you. We can help with the pain and maybe prolong your life, but, I would say you have 6-12 months to live.”***, or variations on this theme.

So, I would begin by correcting their language to something I can accept and which is much closer to the truth. For example, I have no issue if they were to say:

***“In my experience of practicing Modern Medicine at this hospital, and using the industry accepted protocols, I have not seen anyone survive from this condition without the treatment. That said – and truth be known - I have seen the vast majority of the patients die during, or soon after our treatments – approximately 3 out of 5 – and I am aware that the “cure statistics” are very often based on patients still being alive after a 2-3 years. I.e., if they get cancer again on the first day of the 3<sup>rd</sup> year and die, they are still statistically recorded as cured. I have no knowledge of any other methods of treatment available to you, be-it Natural, Alternative or by Doctors who practice in Countries such as Mexico where they can use different methods without losing their licences. I have no knowledge if these can help you, as, this is my experience of Cancer and Cancer Therapy. However, I would support you in any informed decision you make, as I have taken an oath and have a duty of care.”***

Of course, I do not expect that the vast majority of Doctors have ever said that, and those that either have or are thinking it are already working with others towards the truth. But, it would be very close to their experiences and much closer to their truth. Though I know in my heart that these Doctors, nurses, et all, know something is wrong and are researching – all be it in clandestine fashion. And, I am also expecting a polar shift very soon in their consciousness to allow us all to come together for the sake of the truth and only the truth for the benefit of mankind and not the shareholders of a muliti-billion dollar corporation.

Knowing that this is a fair and honest comment to make would help me feel less scared and open to researching other ways to help myself.



## 2. So What Is The Reality?

It is my experience that if you talk with people who have known someone – or it may even be your own experience - who had cancer, that they will all tell you a similar story for the most part. This story will be that the person they knew seemed well enough at the time, accepting where they may have had discomfort, pain or some visible lump or lesion, and that it was a shock to hear that they had cancer. But as soon as they started the “treatment” - including any biopsies or “exploratory” surgery their health or condition deteriorated rapidly and if they had chemotherapy and radiation – probably – died soon after of either a complication or organ failure. They will all routinely say their friend died of cancer, but this is patently inaccurate!

In the rare cases they survived the “treatment” and were labelled “cured”, those very same people – and the Doctors know this and frequently say it to their patients – very often get “cancer” again and die from the second assault on their bodies. All the while remaining **statistically cured!!** Just go talk to people. You are sure to know many.

For those that “survived”, and live happily ever after, I argue strongly that for the most case it is in-spite of their “treatments”, and that they would have made undocumented changes to their lives, diets and thinking that have caused their new found well being. **Most of all they started drinking lots and lots of distilled water!!**

Of course there are always exceptions to the rules, and, a few will be out there and, are indeed cured. Just like there are 80 year olds who have chain smoked all their lives and are fit as fiddles. I have thoughts on this and their attitude to life, but that is not for now.





### 3. How I simply Understand What Cancer is?

It is my understanding that ‘cancer’ is not something bad and out to kill you. It is not the “fight” of your life and a “battle” to be won. The “cancer cells”, as they have been called, are **not the bad guys!!!**

The truth is, actually, quite the opposite!! The cells changes – commonly labelled “cancer” – are actually your bodies’ attempts to contain highly toxic and noxious materials, that if were allowed to be in the blood would kill you! They are in fact attempting to **preserve life. Your Life.**

Bearing in mind it is estimated that there are over six(6) million chemical reactions per second in each and every cell, and that no one – and I mean no one – can possibly know or comprehend the true workings and interactions of the cell and how toxic substances effect it. Although these people with many letters after their names profess to understand the cells, it simply isn’t true.

**YOU ARE YOUR CELLS!!** If your cells are toxic and under functioning, becoming polluted and their internal environment is changing detrimentally then it is only a matter of time before you will notice it as feelings of lower energy, fatigue, feeling unwell, moody, irritable, pain etc. Here, I would go watch Dr. Bruce Lipton’s ground breaking work on the cell called **The New Biology**, on our website at : <http://www.naturallybetter.co.nz/cutting-edge-science.html>

Just one excellent example of how incredible the cells are in taking toxins from the blood. To preserve life by maintaining the integrity of the all important blood and it’s Ph (which **MUST** remain slightly alkaline, with a Ph of between 7.35 and 7.45 and relatively clean at all times or death ensues quickly – this is how most poisons and venoms work) is that if I were to inject the nicotine of just one cigarette into my arm it would kill me instantly!! And yet, people are smoking cigarettes day in and day out, which have up to **4000 chemicals** in a modern cigarette, including **43 known cancer-causing (carcinogenic) compounds** and **400 other toxins**. These include **nicotine, tar, and carbon monoxide**, as well as including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. These include **nicotine, tar, and carbon monoxide**, as well as **formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT**, and are not dropping like flies!!

The lung cells –in this case for the most part – instantly draw these poison out of the blood and “contains” them in the cell until such a time as it “feels” it is safe to start



“drip feeding this poison back out into the tissue fluid, lymph, and then blood to be cleaned and broken down, by the liver, into less toxic substances before being excreted – usually – via the bowels. This is why smokers “poo” is almost always darker!

Though the tobacco industry will never admit this, make no mistake they know this! This is why there are 20 cigarettes in a pack because they know that it takes about 45 minutes, after smoking the cigarette for the toxins to start seeping back into the blood. Once in the blood it will pass via the brain, which demands a 1/5<sup>th</sup> of all the blood, and these toxins will make you feel uncomfortable. The moment you light your next cigarette the whole emergency containment process begins again, with the cells “containing” the toxins and hey presto you feel better!! Voila, now you have made a mental/emotional connection that when you smoke you **feel better!!**

Here’s the math:

24 hours in a day. You are asleep for about 8 leaving 16 hours in a day. 16 hours divided by 45 minutes (3/4 of an hour) = 21.3 cigarettes.

Bugger!! You’ve ran out before you go to sleep. Better buy that next pack!! Are you seeing it yet?

Just think for a moment if you have ever smoked? What did your body do with great vigour the first time you tried these poisons? The chances are – like me (sorry Dad, yes I smoked for a while, but not anymore (oh the shame) and anyway, so did Robin so there!) that you felt dizzy from lack of the all-important and life giving oxygen. Soon after your first puff you probably coughed with real force as your lungs tried to instantly reject this poison, and also either nauseous or were actually sick? Right? Of course right!

This is a perfect example of your body working for you and – whilst it had the integrity – trying **emergency detoxification** and **excretion mechanisms** to rid it of this toxic cocktail. It is – in fact – no different to what peoples bodies are trying to do whilst they are receiving “treatment” for cancer with modern medicine. The, so called, “**side effects**”, are, in fact, **emergency detoxification** and the bodies desperate attempts to rid the cell(s) and your body of the new toxic challenges it is now presented with. Making sense now?

At a simplistic level, “Cancer” is acute and chronic dehydration inside the cell, causing an acidic Ph change in both the cell and the tissue fluids (not the blood), extreme toxicity inside the cell which is threatening the cells normal” moment-to-moment life giving functions, and the cell(s) attempts to neutralise, contain or excrete these toxins and again restore balance or what is called homeostasis.

**The cell(s) simply do not know how to work against you!** It just isn’t programmed that way. It is **always** trying to do the best it can in any environment it finds itself in to preserve life. So, when it finds itself in a less than favourable condition it has the opportunity to do several things, including, but, not excluding:

1. It can “seal” off the toxic elements (e.g., tumour or benign cancer)
2. It can start dividing to make more room to share the toxic loading and hence preserve life (e.g. malignant or “aggressive” cancer)

3. It can try and find a channel out of the body to drain the toxicity out and away from the cell(s) (e.g., Skin cancer, etc)

It is when the cell finds itself in these states that the now famous “Cancer Microbe” can proliferate.

I would read the following books ASAP:

- ‘Pasteur Exposed, available for download on my website at:

<http://www.naturallybetter.co.nz/vaccinations--immunisations.html>

- The more user friendly, modern book by Gaston Naessen called “The Persecution and Trial of Gaston Naessens: The True Story of the Efforts to Suppress an Alternative Treatment for Cancer, AIDS, and Other Immunologically Based Diseases”, available here:

<http://www.amazon.com/Persecution-Trial-Gaston-Naessens-Immunologically/product-reviews/0915811308>

- **And, “The Cancer Microbe”, by Alan Cantwell. You can watch a video on my website here:**

<http://www.naturallybetter.co.nz/cancer-hiv--aids.html>

Having read these books and watched the video, I would now know that there is indeed a “cancer microbe”, which is always present when the cellular environment was not “normal”, and that changing the cell environment back to a hydrated and Ph correct state, and, effectively treating the bacteria were a must!

When I look at it like this it immediately helps me to not be so scarred. Now I can begin to understand what this “cancer” thing really is, how I got there, and how best I can help myself, based on my ever expanding and new understanding.

But wait! What about my mental/emotional state? Having been a long term supporter of Louise Hays work of Hay House Publishing, and knowing from my experience that ALL dis-eases have a mental/emotional element to them, and that cancer is deep held onto resentment and anger, which, unless helped reduces our chances of a full recovery. So this MUST be addressed as well, and, worked on daily.



#### 4. **How I would Treat Myself.**

So, this is what I would start to do **ASAP**. **Anything written in green, I would be doing everyday, unless stated otherwise. This will also be conveniently summed up in a list at the end of this book in order of priority as I see it.**

I Would :

1. **I would start drinking 3-5 litres of distilled water, as quickly as you possibly can, that, has been brought back to life by dropping and stirring it. I would be sure that I was peeing about the same as I was drinking, and if I felt any back pain round my kidneys I would drink less and then slowly, but definitely, increase it ASAP. See my “Vibrant Water” FREE PDF booklet on the website at:  
<http://www.naturallybetter.co.nz/water--hydration1.html>**

2. I would read these books, in this order:

- **Water Cures, Drugs Kill:**

- <http://www.watercure.com/watercuresdrugskill.aspx>

- **Water – The Shocking Truth By Paul & Patricia Bragg**

- [http://bragg.com/zencart/index.php?main\\_page=product\\_info&cPath=8&products\\_id=40](http://bragg.com/zencart/index.php?main_page=product_info&cPath=8&products_id=40)

3. **I would stop every kind of possible toxin from getting into my body as soon as practically possible. This would include, but not excluding:**

- **Stop eating food with food colorants, preservatives, flavourings (natural & otherwise) found in ALL processed foods.**
- **I would stop eating all foods that are not organic, seasonal whole foods and produce.**

- **I would Stop all smoking – yes that includes grass – if I did –which I don't.**
  - **I would clear every chemical cleaner, detergent, washing powder, softener, spray, air freshener and the likes – the whole lot – from my home and general environment, including my car.**
  - **I would stop all pharmaceutical drugs as quickly as I could because I would have looked up on the internet what they are and the toxic side effects they ARE causing.**
  - **I would stop drinking everything other than the distilled water and alkalising herbal teas.**
4. **I would start exercising – even if that was a little every day:**
- **My first preference would be walking, briskly and concentrating on deep breaths for at least 40-60 mins in good fresh air.**
  - **My 2<sup>nd</sup> would be using as well s walking a rebounder or mini-tramp. Here is an example of that with its goal to move lymph around the body whilst deep breathing:**  
**<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>**
  - **I would also explore, yoga, thai chi, breathing techniques and anything that promotes flexibility, strength and deep breaths.**
5. **I would start creating an environment that is uncluttered, well aired and peaceful to be in, including but not excluding:**
- **I would clear out everything I have not used in the last 6 months. Sell it, bin it or give it away. But regardless of any mental/emotional attachment I might have, if I haven't used it in 6 months then it is old, stagnant energy and holding me back. OUT IT GOES!!**
  - **I would re-arrange furniture and art etc until the room(s) felt uncluttered, light and airy. A greater sense of energy flowing though.**
  - **I would – if possible – move to a warmer climate, or at the vey least by the sea or in the country where I could get plenty of fresh air.**
  - **I would through open my windows in the morning and have plenty of fresh air flowing through the house/apartment.**
  - **I would only wear and sleep in 100% natural fibres, so that the man made fibres do not interfere with my electromagnetic circuits.**

- **I would make sure my bed is not by any electrical sockets where possible and I would turn the electricity off in the bedrooms at the mains at night to prevent any electro-magnetic pollution.**
  - **I would pull my sheets back in the morning and let the sunshine and air dry and freshen the moisture captured in the bed and bed linen at night.**
  - **I would have positive, peaceful, harmonic music playing as well as silence.**
6. I would read and learn about the cells, and thus, the bodies Ph balance and the foods that can alkalise you:
- **I would read the revised book, “The Ph Miracle” by Dr Robert & Shelly Young**  
**<http://www.phmiracleliving.com/p-552-the-ph-miracle-revised-and-updated.aspx>**
  - I would explore their website and search for videos on YouTube on raw foods and recipes.
  - I would read Cellular Awakening by Barbara Wren:  
[http://www.natnut.co.uk/shop/p-cellular\\_awakening\\_book.php](http://www.natnut.co.uk/shop/p-cellular_awakening_book.php)
  - I would seriously consider doing their online course:  
[http://www.natnut.co.uk/shop/p-cellular\\_awakening\\_correspondence\\_course.php](http://www.natnut.co.uk/shop/p-cellular_awakening_correspondence_course.php)
  - **I would download a Ph food chart form our website and start eating as 70% alkalising raw foods and juices:**  
**<http://www.naturallybetter.co.nz/ph-balance---alkalineacid.html>**
  - **I would download and read “The Gerson Therapy” FREE PDF Book from my website:**  
**<http://www.naturallybetter.co.nz/cancer.html>**
7. I would want to read and learn about nutrition, fats & oils and how they can help me open up the cell membrane to allow greater exchanges as well as their vital role in making prostaglandins and then hormones by reading:
- **I would read the Budwig Guide To Cancer by Dr. Johanna Budwig available on my website for download:**  
**<http://www.naturallybetter.co.nz/cancer.html>**
  - I would seriously consider doing the Budwig Wellness Program either at their clinic or at home:  
<http://www.budwigcenter.com/wellness-program.php>
8. **I would want all my routes of elimination fully open and working at max. This would include me exploring naturopathic/nature cure techniques to help excess elimination of toxins out of the lymph, bowel, lungs, kidneys and skin. I would definitely consider researching these techniques and**

**finding a professional to help me with some of them, and be doing them 5 days a week or as often as I felt I needed:**

- I would research, learn and find a good colonic therapist. I would start by reading this article at:  
<http://www.worldwidehealth.com/health-article-Everything-You-Ever-Wanted-to-Know-About-Colonic-Irrigation-But-were-Too-Afraid-to-Ask.html>
  - I would consider – if I couldn't get to a colonic therapist - in buying a home kit like this one:  
<http://www.homecolonicirrigationkits.com/>
  - I would watch an explanation of a colonic irrigation session on my website here:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
  - **I would learn and start doing coffee enemas. Yes, you heard right. An effective technique for directly stimulating the liver to detoxify more, via the colon and hepatic portal vein. You can see how to make and administer one here:**  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
  - I would read and research about using the skin to maximise elimination of toxins. I would ask for help and give myself a wet sheet treatment, especially if I had a fever or felt very unwell:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
  - **I would start using an infrared sauna every day. 5 days a week. These are relatively cheap now and cost pennies to run so I would beg, borrow or steal one:**  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
  - **I would read and research about the Edgar Cayce Remedies and techniques, in particular castor oil packs and buy and read his book “ help through drugless therapy”:**  
<http://www.edgarcaycebooks.org/health.html>
  - **I would also watch this video on my website again on how to make and administer a castor oil pack:**  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
    - **I would sunbathe at least 2 hours a day in either the early morning or early evening sunshine. I would be sure to expose the area concerned (even if that is the area of skin above the organ) directly to the sun. I would be sure not to burn and hence the early morning or early evening sunshine. This alone has been recorded as actually hearing the Cancer change as they sunbathe by many people!**
9. I would already be doing the above things, so I would want to be dealing with the “Cancer Microbe” direct too. **I would start taking everyday:**
- **[Super Silver PLUS](#) , to start immediately deal with the bacteria and the environment are a MUST! I would be taking 30ml every 2 hours, 6 times a day.**

- Applying [Super Silver PLUS](#) directly (be it internally via orifices - if reachable) to any external, visible lump or lesion by having a sterile, breathable patch, soaked in [Super Silver PLUS](#) , and I would change this twice a day or as I felt necessary.
- I would also take a course of MMS & MMS2 from the great man Jim Humble. You can watch his video at my website here:

<http://www.naturallybetter.co.nz/cancer-hiv--aids.html>

10. I now have a greater understanding of the importance and truth of, “what I think, I create”. I further understand, having read Masaru Emoto’s book, “The Messages In Water”, that what I think, feel and believe effects my water dramatically. As I am supposed to be more than 70% water this mans  $\frac{3}{4}$  of my very physical self-can – and is – effected by My thoughts, beliefs and emotional “baggage”. For these reasons I would be daily working on the thoughts, beliefs and emotions I had harboured inside me by watching her video, “You Can Heal Your Life”, here:  
<http://www.naturallybetter.co.nz/self-help.html>

- and reading Louise Hays’ foundation book, “You can Heal Your Life”, available here:

<http://www.hayhouse.com/details.php?id=3320>

- And, her audio Cd, “ Cancer: Discovering Your Healing Power”, available here:  
<http://www.hayhouse.com/details.php?id=3320>

as well as look for a suitable counsellor or therapist trained in Louise Hays work to help me.

Let it be known that I believe that there is no such thing as “incurable”! For me, all disease is an opportunity to stop and learn the mistakes –that for many of us – are not even known because of the education and programming we have received. I have personally spoken to many, many people who where once unwell in one way or another, and of varying degrees of seriousness and who are now vibrantly well because of applying many of the truths that I understand above.

Most have echoed my sentiments above, and, many more of them have said that they had ignored all the subtle signals their bodies were giving them like, tiredness, pain, sleep, constant colds or flues, weight gain etc, until they got “sick” enough that it could no longer be ignored. They can now see that their bodies **never worked against them**, and that it was their **ignorance** to the true causes and signs of their condition that allowed them to get to the stage it did.

As more and more of us discover for ourselves the level of deceit that has been peddled and spun as truth on this planet, and as the evidence clearly shows to anyone willing to look at it that we have all been deliberately made ill in order to be part of some massive human culling, and that this eugenics plan has been so deceitfully and cleverly been sold to us under many guises such as “famine”, “War & Peace Keeping”, and perhaps the most salubrious of all, “Health Care”.



As this time now rapidly approaches it's inevitable end, and we again, as a species, celebrate and embrace the truth, the whole truth and nothing but the truth for all our benefits, we will all see a time where we once again recognise that dis-ease is their to help us to stop, look, learn and change what we are doing either individually or collectively.

Whatever position or state of health you may find yourself in this very moment of reading this booklet I say this to YOU! Our bodies are simply miracles in motion. They have the power to heal themselves even from virtual deathbed scenarios. It is therefore my message of my understanding, after many years of research and experience, that, it is indeed true, that **YOU CAN HEALY YOURSELF!**

**May your water flow swiftly once more, May your light burn again ever bright,**

**May your thoughts turn again to creation, May your heart guide you to do what  
is right!**

*“If you want to heal yourself, first heal the earth” Rudolph Steiner*



## SUMMARY

### WHAT I WOULD DO DAILY ASAP

1. **I would start drinking 3-5 litres of distilled water, as quickly as you possibly can, that, has been brought back to life by dropping and stirring it. I would be sure that I was peeing about the same as I was drinking, and if I felt any back pain round my kidneys I would drink less and then slowly, but definitely, increase it ASAP. See my “Vibrant Water” FREE PDF booklet on the website at:  
<http://www.naturallybetter.co.nz/water--hydration1.html>**
2. **I would stop every kind of possible toxin from getting into my body as soon as practically possible. This would include, but not excluding:**
3. **Stop eating food with food colorants, preservatives, flavourings (natural & otherwise) found in ALL processed foods ASAP.**
4. **I would be eating only foods that are organic, seasonal whole foods and produce. Ideally locally grown and seasonal.**
5. **I would Stop all smoking – yes that includes grass – if I did – which I don’t.**
6. **I would clear every chemical cleaner, detergent, washing powder, softener, spray, air freshener, perfume, deodorant, cosmetic etc and the likes – the whole lot – from my home and general environment, including my car. I would use only plant based cleaners, detergents, cosmetics, natural soaps etc. Be careful of known brands claiming “natural”. Source only ALL natural, plant based ingredients.**

7. **I would stop all pharmaceutical (and so called illegal) drugs as quickly as I could because I would have looked up on the internet what they are and the toxic side effects they ARE causing. For pain relief watch “Running from the Cure” here:  
<http://www.naturallybetter.co.nz/cancer.html>**
8. **I would drink ONLY distilled water and alkalising herbal teas.**
9. **I would start exercising – even if that was a little every day:**
  - **My first preference would be walking, briskly and concentrating on deep breaths for at least 40-60 mins in good fresh air.**
  - **My 2<sup>nd</sup> would be using as well s walking a rebounder or mini-tramp. Here is an example of that with its goal to move lymph around the body whilst deep breathing:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>**
10. **I would – if possible – move to a warmer climate, or at the vey least by the sea or in the country where I could get plenty of fresh air.**
11. **I would through open my windows in the morning and have plenty of fresh air flowing through the house/apartment.**
12. **I would only wear and sleep in 100% natural fibres, so that the man made fibres do not interfere with my electromagnetic circuits.**
13. **I would make sure my bed is not by any electrical sockets where possible and I would turn the electricity off in the bedrooms at the mains at night to prevent any electro-magnetic pollution. This can easily be done at the fuse board. Ask an electrician or someone who knows.**
14. **I would pull my sheets back in the morning and let the sunshine and air dry and freshen the moisture captured in the bed and bed linen at night.**
15. **I would have positive, peaceful, harmonic music playing as well as silence.**
16. **I would download a pH food chart form our website and start eating 70% alkalising raw foods and juices:  
<http://www.naturallybetter.co.nz/ph-balance---alkalineacid.html>**

17. **I would want all my routes of elimination fully open and working at max. This would include me exploring naturopathic/nature cure techniques to help excess elimination of toxins out of the lymph, bowel, lungs, kidneys and skin. I would definitely consider researching these techniques and finding a professional to help me with some of them, and be doing them 5 days a week or as often as I felt I needed.**
  
18. **I would learn and start doing coffee enemas. Yes, you heard right. An effective technique for directly stimulating the liver to detoxify more, via the colon and hepatic portal vein. You can see how to make and administer one here:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>**
  
19. **I would start using an infrared sauna every day. 5 days a week. These are relatively cheap now and cost pennies to run so I would beg, borrow or steal one:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>**
  
20. **I would also watch this video on my website again on how to make and administer a castor oil pack:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>**
  
21. **I would sunbathe at least 2 hours a day in either the early morning or early evening sunshine. I would be sure to expose the area concerned (even if that is the area of skin above the organ, or, an area you would not usually expose (ie, create a private area where naked sunbathing is appropriate)) directly to the sun. I would be sure not to burn and hence the early morning or early evening sunshine. This alone has people claiming to actually hear and feel the Cancer changing as they sunbathe by many people!**
  
22. **I would start taking [Super Silver PLUS](#) , to start immediately deal with the bacteria and the environment are a MUST! I would be taking 30ml every 2 hours, 6 times a day.  
<http://www.naturallybetter.co.nz/naturall-range.html>**
  
23. **Applying [Super Silver PLUS](#) directly (be it internally via orifices - if reachable) to any external, visible lump or lesion by having a sterile, breathable patch, soaked in [Super Silver PLUS](#) , and I would change this twice a day or as I felt necessary.  
<http://www.naturallybetter.co.nz/naturall-range.html>**



## WHAT I WOULD DO ASAP

**ANYTHING IN BOLD RED I CONSIDER A MUST!**

1. **FIND A GOOD NATUROPATH &/OR NATURE CURE &/OR NATURAL NUTRITIONIST!!!! I would recommend either contacting :**
  - me, Jeremy, at my website: <http://www.naturallybetter.co.nz/online-consultations.html>
  - The College of Natural Nutrition (by far the best Naturopathic/Nature-Cure/Natural Nutrition Therapists), which is the basis of Barbara wrens work at: <http://www.natnut.co.uk/> They have people all over the world now and are sure to be able to help too.
  - The Budwig Centre at: <http://www.budwigcenter.com/>
  - The Gerson Institute at: <http://www.gerson.org/>
  - Living Valley Naturopathic Retreat at : <http://www.lvs.com.au/>
2. I would read these books, in this order:
  - **Water Cures, Drugs Kill:**  
<http://www.watercure.com/watercuresdrugskill.aspx>
  - **Water – The Shocking Truth By Paul & Patricia Bragg**  
[http://bragg.com/zencart/index.php?main\\_page=product\\_info&cPath=8&products\\_id=40](http://bragg.com/zencart/index.php?main_page=product_info&cPath=8&products_id=40)
3. **I would read and learn about the cells, and thus, the bodies Ph balance and the foods that can alkalise you:**
  - **I would read the revised book, “The Ph Miracle” by Dr Robert & Shelly Young**

<http://www.phmiracleliving.com/p-552-the-ph-miracle-revised-and-updated.aspx>

- I would explore their website and search for videos on YouTube on raw foods and recipes.
  - I would read Cellular Awakening by Barbara Wren:  
[http://www.natnut.co.uk/shop/p-cellular\\_awakening\\_book.php](http://www.natnut.co.uk/shop/p-cellular_awakening_book.php)
  - I would seriously consider doing their online course:  
[http://www.natnut.co.uk/shop/p-cellular\\_awakening\\_correspondence\\_course.php](http://www.natnut.co.uk/shop/p-cellular_awakening_correspondence_course.php)
4. **I would download and read “The Gerson Therapy” FREE PDF Book from my website:**  
<http://www.naturallybetter.co.nz/cancer.html>
5. **I would want to read and learn about nutrition, fats & oils and how they can help me open up the cell membrane to allow greater exchanges as well as their vital role in making prostaglandins and then hormones by reading the Budwig Guide To Cancer by Dr. Johanna Budwig available on my website for download:**  
<http://www.naturallybetter.co.nz/cancer.html>
- I would seriously consider doing the Budwig Wellness Program either at their clinic or at home:  
<http://www.budwigcenter.com/wellness-program.php>
6. I would research, learn and find a good colonic therapist. I would start by reading this article at:
- <http://www.worldwidehealth.com/health-article-Everything-You-Ever-Wanted-to-Know-About-Colonic-Irrigation-But-were-Too-Afraid-to-Ask.html>
  - I would consider – if I couldn’t get to a colonic therapist - in buying a home kit like this one:  
<http://www.homecolonicirrigationkits.com/>
  - I would watch an explanation of a colonic irrigation session on my website here:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
7. I would read and research about using the skin to maximise elimination of toxins. I would ask for help and give myself a wet sheet treatment, especially if I had a fever or felt very unwell:  
<http://www.naturallybetter.co.nz/naturopathic-elimination-techniques.html>
8. **I would read and research about the Edgar Cayce Remedies and techniques, in particular castor oil packs and buy and read his book “ help through drugless therapy”:** <http://www.edgarcaycebooks.org/health.html>
9. I read Masaru Emoto’s book, “The Messages In Water”, showing that what I think, feel and believe effects my water dramatically. As I am supposed to be more than 70% water this means  $\frac{3}{4}$  of my very physical self, can – and is – effected by **My** thoughts, beliefs and emotional “baggage”.

10. **I would be daily working on the thoughts, beliefs and emotions I had harboured inside me by watching Louise Hay's video, "You Can Heal Your Life", here:**

**<http://www.naturallybetter.co.nz/self-help.html>**

11. And I would read Louise Hays' foundation book, "You can Heal Your Life", available here:

<http://www.hayhouse.com/details.php?id=3320>

12. And, her audio CD, " Cancer: Discovering Your Healing Power", available here: <http://www.hayhouse.com/details.php?id=3320>

13. I would also look for a suitable counsellor or therapist trained in Louise Hays work to help me.





### **A FINAL NOTE**

Although it is my considered belief that there is no such thing as “incurable”, I also accept that there is much I do not know. We are all forever discovering the nature of reality, dimensions, energy and what really is – what has commonly been known as – God?

Although it may seem odd to place this note at the end of a book where I am discussing what I would do if I were unwell with what I understand to be the collective symptoms known as “cancer”, it actually is vital to mention as – to the best of my knowledge – no one yet has the answers as to what life is, about or – indeed – what in reality “death” is?

My current view is that “death” really is an illusion. In that I mean that although something that could be described as the soul or life force does indeed leave the body, and leaves the body “lifeless”, there is overwhelming evidence and information both from theologians, quantum physics, metaphysics and ancient and modern orignee and native cultures that state that “death” is nothing other than a trans-form-ation.

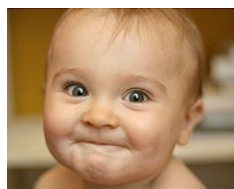
This suggests that, in truth, we are moving from one form or realm – now often described as a particular frequency that we resonate at – to either a higher or denser one. This may go some way to explain the views and beliefs on heaven and hell?

Whatever the truth of the matter, and, I simply do not know, the fact remains that everyone of us will one day experience this event and the truth – no doubt – will be revealed.

What I am certain of is this. No one will lie on their deathbed and wish they spent more time at work!!

Life is a gift. Whilst you are reading this YOU ARE ALIVE. Go live it well my friend.

***“The question is not whether we will die, but how we will live.”***





This e-book is a gift. It is free because I believe that it should be free.

I am writing a series of self help e-books and if this has helped you or a loved one in any way I would ask that you make some sort of donation.

Our donation page explains that this can be more than just a “money” donation. It can be giving your help, products or services to someone else who is in need.

Visit our donations page for more details at:

<http://www.naturallybetter.co.nz/donations.html>



