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Traditionelle Chinesische Medizin ASA
Manuelle Medizin SAMM
F.X. Mayr-Arzt (Diplom)

Sportmedizin SGSM
Ernährungsheilkunde SSAAMP
Anti-Aging Medizin

Neuraltherapie SANTH & SRN
Orthomolekularmedizin SSAAMP
applied kinesiology ICAK-D & ICAK-A

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The Cancer Principle

Spiritually - mentally, one should have a healthy relationship to illness

and not a pathological relationship to health.

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Content

1 The Cancer Principle

«Research into cancer drugs has been going on for decades without success. It is certain that no such cure can ever be found, because there is no such thing as "the cancer cure". As I understand it, the cure for cancer patients lies in activating the defence system, detoxifying the cells, supplying healthy food molecules and in a way of life that respects and really trusts the universal laws of creation.

It does not matter what kind of cancer it is. Every disease contains a message - decoding this message is a prerequisite for recovery.

Once the message of the body has been understood, (wrong) living habits can be corrected and the soul-body balance can be restored.»

Reiner Schmid

1.1 Complementary is not the same as alternative

Complementary medicine treatments should in no way be considered as alternative forms of therapy to conventional cancer therapy, but rather as a complement to classical cancer therapy.

Complementary medicine measures include:

- Strengthening the immune system through immune training and
- Reduction of disease and therapy-related complaints on the basis of natural

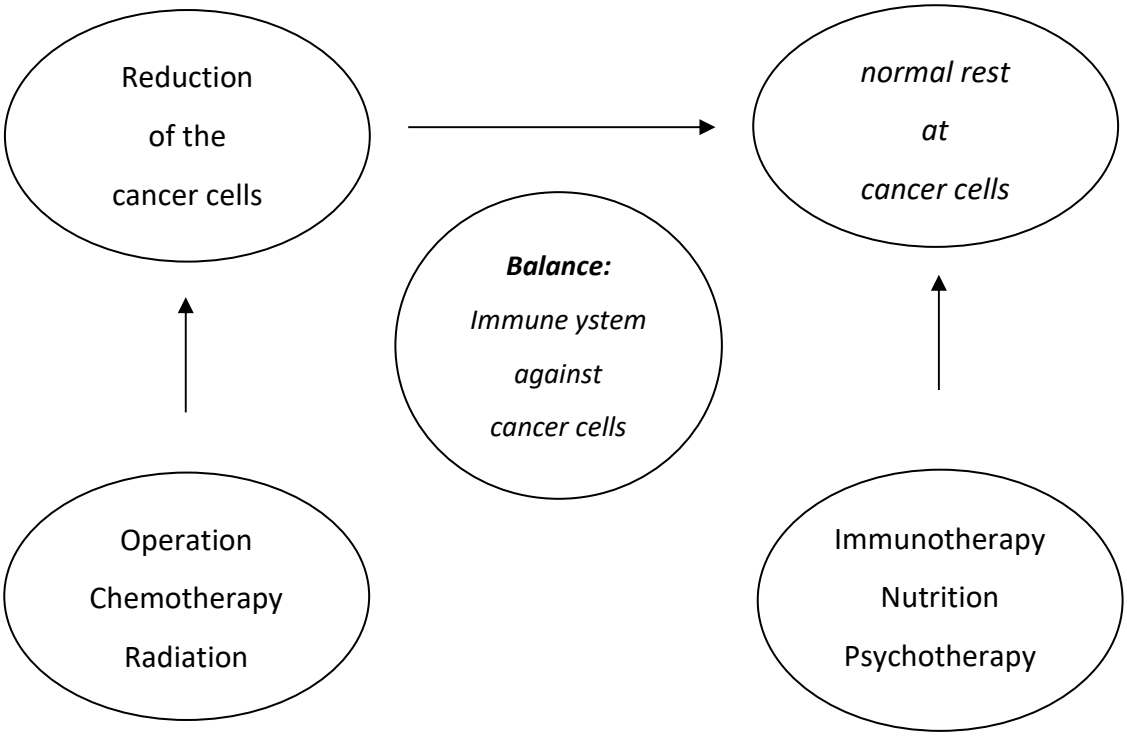
on the basis of natural remedies, nutritional supplements and observance of important nutritional principles.

Today it can be assumed as certain knowledge that degenerated cells are present in every human being at all times and that there is a constant struggle (fight) of the immune system with foreign bodies of any kind (viruses, bacteria, parasites, fungi etc.) and cancer cells.

Accordingly, the development of a tangible cancer condition must mean that there has been a considerable imbalance between defence forces and malignant cell accumulations.

Cell degeneration is therefore not yet an elementary catastrophe as long as the immune surveillance, the recognition and elimination of cancer cells is still intact.

1.2 Logic of cancer treatment



It makes no sense to confront the immune system with an unsolvable task in the presence of large cancer masses and to only want to treat them in a complementary way. Here, primarily conventional cancer therapies are called for.

After an optimal, cancer-destroying therapy, about 0.1 % of the cancer masses remain in the body. From this point on, only the immune system is able to bring about a cure.
In the treatment of cancer patients, all immunologically effective substances must be taken into account. These are vitamins A, D, E and beta-carotene, all trace elements, zinc, magnesium, selenium and others.

Another important step in immunologically oriented cancer therapy is the stimulation of the pituitary function and the stimulation of the adrenal gland. This is optimally achieved with herbal substances. During such phytotherapy, the liver function and the mineral, vitamin and trace element balance must be treated in a supportive way.

In addition, the intestinal flora must be rehabilitated and sources of interference, such as strained teeth, must be removed. The intestinal flora is of great importance. 70% of the immune system is located in the intestine. The toxins released in the intestine during putrefaction and fermentation processes are a lasting burden on the immune system.

2 The Free Radicals

- Free radicals have been shown to be involved in all stages of cancer development.
- Free radicals are toxic oxygen waste products.
- Antioxidants are the antagonists. They destroy free radicals.

The most important antioxidants are vitamin C, vitamin E, selenium and beta-carotene.

In populations with reduced antioxidants in their diet, there is a significantly increased risk of developing cancer. Cancer patients are regularly found to be significantly deficient in selenium and antioxidants, and this is exacerbated by chemotherapy and radiotherapy. These deficiencies also explain some of the side effects of conventional cancer therapy.

According to the current state of knowledge, selenium and anti-oxidative vitamins should be an elementary component of the prevention and therapy of cancer.

2.1.1 Free radicals attack pests (good effect):

- Destroy pathogens that have invaded the body inside the phagocytes.
- Phagocytes are the protective police of the immune system.

2.1.2 Free radicals, if they are present in excess - e.g. in smokers - also attack healthy body cells:

- They penetrate the cell nucleus and threaten the genetic material there.
- The genetic material of the cell (DNA) suffers about 10,000 such oxidative attacks every day.
- Result: The cell dies - or degenerates into a cancer cell.

2.1.3 Free radicals are formed:

- In the body as a product of normal metabolic processes.
- Through solar radiation, ozone, smog, medicines (e.g. birth control pills, antibiotics), sports.
- Smoking: 1 puff of a cigarette floods the lungs with 100 trillion free radicals.

2.1.4 The 4 most important antioxidants are:

- Vitamin-C, selenium (Na-selenite!): In the aqueous environment outside and inside the cell.
- Beta-carotene, vitamin E: In the fatty milieu inside the cell walls.

According to a study in China, the combination of vitamin E (vitamin E gamma, contained in rapeseed oil!), selenium (Na-selenite) and beta-carotene not only reduces the incidence of cancer, but also of cataracts.
The risk reduction, however, only starts 1 to 2 years after starting to take them.

2.1.5 There is a lot of evidence that the 4 antioxidants in higher doses reduce the risk of:

- Cardiovascular disease
- Arteriosclerosis
- Various types of cancer

3 Food supplements

- Stimulation of the immune system
- Several food components are able to support the immune system.
- Attenuation of the side effects of conventional conventional cancer therapy
- Some nutrients can counteract the common symptoms of hair loss, nausea and emaciation.
- Anti-cancer substances
- Certain nutrients (e.g. vitamin E gamma) are able to slow down tumour growth.

- **Prevention**

  Some chemo-therapeutics and radiation techniques are themselves carcinogenic and thus pose a risk of further cancer development.
  This risk could be reduced by nutrients.
  Nutrients stimulate healing and the immune system. They thus prevent a recurrence.

3.1 Rapeseed oil for a healthy diet

Any oil delays the absorption of carbohydrates in the intestine, so that the brain can be supplied with glucose steadily over a much longer period of time: Mental freshness throughout the day, less drop in performance, less fatigue, less ravenous appetite.

Rapeseed oil contains omega-6 and omega-3 fatty acids and has the most favourable ratio of omega-6 to omega-3 fatty acids of all oils.

Rapeseed oil contains vitamin E gamma, which is highly anti-inflammatory and anti-cancer. High levels of vitamin E gamma reduce the risk of prostate cancer. In an experimental study, vitamin E gamma was able to reduce human prostate cancer cells while leaving healthy cells completely intact.

Rapeseed oil is an oil that fulfils almost all the conditions required of an edible oil. Today, rapeseed oil also meets high taste standards. The best European rapeseed oils are awarded the DGF Rapeseed Oil Medal. St.Gallen rapeseed oil has already received this honour 11 times (2017)!

1 to 2 tablespoons of rapeseed oil per day already cover most of an adult's daily requirement of vitamin E and essential fatty acids.

St.Gallen rapeseed oil is produced according to all the rules of cold pressing and with the greatest care at the agricultural school in Flawil.

Rapeseed oil is obtained from the seeds of the rapeseed plants that blossom bright yellow in the fields in spring. Depending on the processing, different varieties with characteristic properties are produced. Cold-pressed native rapeseed oil specialities are pressed without heat input.

In this way, typical aromas, colours and secondary plant substances are preserved during oil production.

With their honey-yellow colour and nutty taste, they set special accents, especially in the preparation of salad dressings, mayonnaises, dips and marinades.

St.Gallen rapeseed oil is produced by the St.Gallische Saatzucht (www.st.galleroel.ch). Innovative farmers from the St.Gallen region are responsible for the cultivation."

Source:

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Source:

St. Galler Tagblatt, 12.12.12

Quote from the manufacturer's "News Brief" of 25.9.14

Our St. Gallen rapeseed oil has just been awarded the "accolade" by the renowned Max Rubner Institute (MRI) of the Federal Institute of Food and Nutrition. For the third time in a row, St. Gallen rapeseed oil has been chosen as the rapeseed oil that sets the standard for exceptionally good cold-pressed rapeseed oil. This means that at the next international rapeseed oil awards in 2014/15 in Berlin, all the competitors will have to measure themselves against our St. Gallen rapeseed oil. Furthermore, our St. Gallen rapeseed oil is the subject of a comprehensive EU scientific project in which the identification of odour-active key compounds in rapeseed oil is being researched. In this project, our St. Gallen rapeseed oil serves as a standard for good rapeseed oil quality.

Quote from "Company flyer

Until the 1930s, rape was hardly cultivated in Switzerland. Today, about 75 hectares are cultivated in the canton of St. Gallen. For the St. Gallen rapeseed oil, the rapeseeds are pressed. The oil is gently sedimented and bottled by hand without the addition of any other additives. The cold-pressed rapeseed oil has a shelf life of one year. Rapeseed oil is probably the most widely used vegetable oil in Central Europe and also one of the healthiest. Rapeseed provides a high-quality oil with about 9 % omega-3 fatty acids as well as remarkable amounts of vitamin E, beta-carotene, vitamin K, lecithin and other secondary plant substances. Rapeseed oil is a "universal oil". The proportion of omega-3 fatty acids and the fine taste make it the most preferred salad oil in the North. Our tip: Make a salad dressing from St. Gallen rapeseed oil and a Balsamico Bianco and refine it with our mayonnaise made from cold-pressed St. Gallen rapeseed oil, fresh herbs and walnut kernels. St. Gallen rapeseed oil has already won several awards for its outstanding quality in national and international competitions. It has a fine, nutty taste.

Quote from the manufacturer's "News Brief" from February 2017

The cold-pressed St. Gallen rapeseed oil was recently rated "very good" by K-Tipp. In this assessment, mainly the analytical values were weighted.
But connoisseurs rate the degustatory evaluation of smell and taste of cold-pressed oils just as highly, because cold-pressed oils are also always a luxury food.

Great joy now reigns among all St. Gallen oil seed producers and those responsible for oil production. The oil produced under the "Culinarium" label has just been awarded the international rapeseed oil medal for the eleventh time in a row and is the only Swiss oil to be awarded the medal for its exceptional taste. The rapeseed oil medal is awarded by the German Society for
Fettwissenschaften (DGF) and the Union for the Promotion of Oil and Protein Plants (UFOP). The DGF Rapeseed Oil Medal is considered the most prestigious award for cold-

pressed rapeseed oil in Europe. We were privileged to receive the award on 26 January 2017 in Berlin. What is certainly remarkable is that the St. Gallen oil
year after year against internationally renowned competitors.

Vitamin E gamma-tocopherol (abundantly contained in rapeseed oil).

Recently, other forms of vitamin E have also been increasingly known to have health effects. This is especially true for gamma-tocopherol. Like other forms of vitamin E, it has anti-oxidative and anti-inflammatory effects. Earlier studies showed that high amounts of gamma-tocopherol could also reduce the risk of prostate cancer. New studies now confirm the interesting functions of gamma-tocopherol that other forms of vitamin E do not have.

In one experimental study, gamma-tocopherol was able to reduce human prostate cancer cells while leaving healthy cells completely intact.

When the amount was increased, the growth of the cancer cells decreased while the healthy cells continued to develop normally. A deficiency of gamma-tocopherol reduces certain specific protective mechanisms and promotes an oxidative stress state.

Studies show that the effect of gamma-tocopherol is superior to alpha-tocopherol in terms of anti-inflammation and prophylaxis of heart and cancer diseases. Taking alpha-tocopherol lowers gamma-tocopherol levels! Gamma-tocopherol can be converted into alpha-tocopherol in our body.

3.2 Pomegranate juice - delicious elixir of life

3.2.1 Dr. Jacob's Pomegranate Elixir

Per 100 ml (data varies):

3-4 g polyphenols (as GAE)

1.4 g potassium

40-50 g sugar (fructose and glucose)

3-4 g citric acid

The pomegranate, also called the apple of paradise, is considered a symbol of a long, healthy life.

This bottle contains the juice and fruit flesh of 50 sun-ripened pomegranates - freshly pressed, particularly gently concentrated and enriched with bioactive, fermented pomegranate essences.

The family-owned company Dr. Jacob`s Medical is the innovation leader when it comes to pomegranate. Dr. Jacob's Pomegranate Elixir was the first antioxidant-rich pomegranate product in Germany and became known as a highly healthy treat with the motto "paradisiacal good". Unique to this day - thanks to a particularly high antioxidant content and natural fermentation processes in the production process. Special plant substances in the pomegranate, the so-called polyphenols, are responsible for the valuable health effects.

3.2.2 Recommendation

Enjoy at least ½ to 1 measuring cup - 10 to 20 ml (10 ml = ½ measuring cup or one tablespoon) daily as a vitalising elixir of life and exotic delicacy in drinks, cocktails, dishes in 1001 variations. Pay attention to a balanced, varied diet and healthy lifestyle.

Regular testing of the antioxidant power as well as residue control for pesticides ensure the high quality. Shelf life 4 weeks when opened. Please store in the refrigerator. Shake before use.

3.2.3 Ingredients

Pomegranate (97 % juice and pulp concentrate; partly fermented), lemon juice concentrate, natural flavouring (vanilla extract), gelling agent pectin, spices (0.1 %).

3.2.4 Pomegranate - High anti-oxidative protective effect

Picture: Dr. med. Jürg Eichhorn

Pomegranate juice is rich in Phytamines,
plant protective substances, especially polyphenols and flavonoids (anthocyanins and catechins) and tannins (gallo-tannins).

Polyphenols and flavonoids protect against premature ageing, as well as against cardiovascular diseases and cancer.

3.2.5 Dr. Jacob's Pomegranate Elixir

- 12 times the content of pomegranate juice antioxidants (30`000 mg/l)
- 50 to 70 times the antioxidant power (TEAC laboratory test) of red wine or green tea
- 10 ml of this elixir is equivalent to the antioxidant power (TEAC lab test) of about 0.5 to 0.7 litres of red wine or green tea or 100 ml of pure pomegranate juice
- 20 times more antioxidant powerful than pure, unconcentrated pomegranate juice
- Bioactive fermented pomegranate essences

(TEAC laboratory test = measure for antioxidant capacity)

The special antioxidant plant substances in pomegranate juice are called polyphenols. 1 litre of Dr. Jacob's Pomegranate Elixir contains an average of 30,000 mg of these antioxidants. For comparison: The average value of pomegranate juices in a recent series study (Fischer-Zorn, Ara, 2007) was 2`288 mg/l.

3.2.6 Pomegranate juice - Multiple effects

3.2.6.1 Pomegranate juice - Phyto-oestrogens have a preventive effect on menopause symptoms and hormonal tumours

Plant oestrogens (phyto-oestrogens) bind to oestrogen receptors and thus have an anti-oestrogenic effect. High oestrogen levels, known as oestrogen dominance, promote cell growth. Especially in the case of hormonal tumours (breast, prostate), the pomegranate has shown a clear protective effect.

3.2.6.2 Cholesterol reduction

In animal experiments, pomegranate juice prevented the oxidation of LDL cholesterol by up to 90%. High LDL cholesterol, especially oxidised LDL, is considered one of the main causes of cardiovascular disease. Oxidised LDL cholesterol leads to vascular calcification (arteriosclerosis) and thus to narrowing of the blood vessels. In a clinical study, a 30% reduction in arteriosclerotic deposits was observed.

3.2.6.3 Blood pressure reduction

In another study, a blood pressure reduction of 5% was observed after only 14 days of taking 50 ml of pomegranate juice concentrate (=250 ml) daily. The activity of the angiotensin converting enzyme, which increases blood pressure, was reduced by 36%.
In another study, 50 ml of pomegranate juice concentrate (=250 ml) daily improved blood pressure and oxidation of LDL cholesterol.

3.2.6.4 Anti-inflammatory

Pomegranate juice has a very considerable anti-inflammatory effect due to its high content of various bioflavonoids. Bioflavonoids inhibit the inflammation-promoting enzymes cyclooxygenase and lipoxygenase, which release arachidonic acid, among other things. Arachidonic acid, which we consume with animal fats, is the fuel for every inflammation. Only with the help of free radicals (toxic oxygen waste products) is arachidonic acid released and thus sets the inflammatory process in motion. In this way, pomegranate also has an anti-inflammatory and pain-relieving effect. Pomegranate flowers (tea, oily extracts) are said to have a blood sugar lowering effect.

3.2.6.5 Cancer Inhibition

Let's put it this way: Pomegranate elixir = living chemo therapy!

In the meantime, a large number of plant protective substances with cancer-inhibiting effects are known. Particularly noteworthy are the flavonoids. A study conducted in 2004 confirmed the extraordinary cancer-inhibiting properties of the pomegranate. Pomegranate juice elixir also has a supportive effect on prostate cancer that is difficult to treat. Prostate cancer cells become resistant to classical hormone deprivation therapies over time. The latest research results, which confirm and complement older studies, prove that pomegranate counteracts these adaptation mechanisms of the prostate cancer cell: The special plant substances of pomegranate, so-called polyphenols, reduce the formation of androgen receptors and the synthesis enzymes for androgen formation from cholesterol in the cancer cell.

- Promotes cell death
- Promotes cell re-differentiation
- Inhibits vascularisation in the cancerous tumour
- Inhibits cancer growth and invasion
- Blocks cancer promoting enzymes
- Binds cancer promoting metals
- Inhibits inflammation (NF-Kappa)
- Anti-oxidative cell protection (NO, GSH)

3.2.6.6 Fermentation increases bioactivity: better cancer protection

Fermentation, Dr. Jacobs Pomegranate Juice Elixir is "live fermented", increases the bioactivity and bioavailability of pomegranate polyphenols.

The effect of fermented pomegranate juice is greater than that of pure, untreated juice in terms of oxidation protection and cancer inhibition. During fermentation, flavonoids bound to sugar molecules and other substances are released, which significantly increases the bio-activity: Fermented pomegranate juice was able to reduce cancer development from cancer cultures by 46% in test tube experiments. "NF-kappa regulates the activation of several genes that play important roles in immune response, inflammatory response, cell adhesion, cell growth and cell development."

3.2.6.7 Pomegranate juice increases NO (nitric oxide gas).

- NO is produced in all body cells
- Defence against cancer cells, viruses and fungi
- Protection of the inner walls of blood vessels (smoking destroys NO and endurance sports increase NO)
- NO deficiency increases blood pressure
- The basic substance of NO is the amino acid arginine.

3.3 Vitamin-C

High dose: 12-15 g daily divided into 3 doses (4-5 g=1 teaspoon), preferably between meals. For acid neutralisation, add at least the same amount of alkaline powder or use buffered vitamin-C. Side effects are diarrhoea and headaches. Vitamin-C can and should be dosed up to this tolerance limit.

The most important task of vitamin-C is to scavenge free radicals and protect the cell from oxidative damage. In the intestine, vitamin C prevents the formation of harmful nitrosamines from nitrates and nitrites, such as those found in sausages and ham. With a high vitamin C intake, the risk of developing cancer of the oesophagus or stomach is lower. Several studies have shown that a higher vitamin C intake reduces the likelihood of dying from cancer.

It is known that vitamin C can delay the development of colon cancer. Vitamin-C also has detoxifying functions for substances such as cyanide, formaldehyde, acetaldehyde, carbon monoxide and nitrosamines, substances that can damage cells of the immune system.

3.3.1 Patients with prostate carcinoma have low vitamin C levels

- Vitamin C is a water-soluble vitamin that has anti-oxidant effects inside and outside the cell.
- High vitamin C levels not only improve the quality of life, but also prolong the survival time of the cancer patient.
- The important antioxidant vitamin-C is reduced by up to 30 percent in diabetics. Vitamin-C is an important protective factor of the vascular wall. Prostate cancer patients have low vitamin C levels.
- Cigarette smoking! 20 cigarettes eat up as much vitamin-C as a kilogram of fresh oranges contains!
- It is very likely that vitamin C, taken in sufficient quantities, can basically counteract cancer diseases.
- Vitamin-C has a very broad effect in the body, especially in relation to the immune system.

3.3.2 Vitamin-C has a very broad effect in the body, especially in relation to the immune system

- Hydroxylation of pesticides and other environmental toxins, making them more excretory (detoxification).
- Increase of cytochrome oxidase P 450, which accelerates detoxification. The P450 system in the liver is the most important detoxification system and is soon overused. The cholesterol inhibitor Sortis, for example, should therefore not be combined with grapefruit juice, which is detoxified in the same system.
- Increase in lymphocyte proliferation: formation of IgA and IgM (immune antibodies).
- Increase in phagocytosis (elimination of waste) and cell immunity.
- Protective effect against viruses, toxins, allergens, heavy metals, extreme heat and cold, harmful radiation, physical stress and injuries.

3.4 Selenium

Selenium is a radical scavenger. Selenium, along with iodine, is also of central importance for optimal thyroid function. Selenium deficiency is widespread in our population (selenium-poor, depleted soils). In cancer patients, a considerable deficiency of selenium and anti-oxidative vitamins is often detected, which is further aggravated by chemo- and radiotherapy. In laboratory experiments, selenium has been shown to inhibit cancer cell invasion and leukaemia cells. Selenium also has the ability to kill cancer cells. An increase in natural killer cells has been observed with selenium. Selenium, as well as the anti-oxidant vitamins C and E, are effective stimulators of the immune system.

Toxic side effects of chemotherapy or radiotherapy can be reduced by anti-oxidative vitamins and selenium.

The protective effect of selenium, especially in the case of prostate, breast and skin cancer, can now be regarded as proven. Low selenium levels are associated with increased prostate carcinoma risk: Men with low blood selenium levels have a four- to five-fold increased risk of developing prostate carcinoma, according to a study published in the Journal of Urology.

In a study of 1,312 skin cancer patients completed in 1993, the researchers wanted to know whether 200 mcg of selenium daily could improve the chance of survival after 5 years. As a secondary finding, the incidence of prostate cancer was reduced by 63 percent, colon cancer by 58 percent and lung cancer by 45 percent. Cancer mortality was also reduced by about half in patients in the selenium group.

In 1998, a study of 34,000 men showed a 50 percent lower risk of prostate cancer with an intake of at least 200 mcg of selenium daily.

Seven selenium-dependent enzymes are active in the prostate, which underlines the dependence of this organ on selenium. Early stage cancer patients show lower selenium

levels than healthy individuals. With low selenium levels, there is a 4-5 fold increased risk of developing prostate cancer.

Selenium increases the body's resistance to many types of cancer and harmful oxidative stress, which often leads to increased cancer risk. Selenium protects cells from oxygen radical damage, which can cause gene alterations. Selenium slows down all phases of cell division and thus has an anti-proliferative effect.

People with a one-sided diet or strict vegetarians (vegans) have a higher risk of developing a selenium deficiency. A selenium deficiency manifests itself in a reduction of the immune defence and a weakening of the anti-oxidative defence. In the long term, such a weakening can promote the development of certain diseases.

Organic selenium is less suitable for therapy than the inorganic Na-selenite (selenase). Inorganic selenium as Na-selenite (selenase) detoxifies the cell from heavy metals better than organic selenium, for example selenomethionine. Available (better and cheaper): Na-selenite caps. à 500 mcg.

3.5 Beta-carotene

Beta-carotene is a strong radical scavenger and the precursor of vitamin A. Studies have shown that vitamin A is able to return cancerous cells to their normal state. Vitamin A is considered to be of great immunological importance.

- Beta-carotene is the precursor of vitamin A.
- Protects eyes, skin, lungs and genetic material from free radicals as an antioxidant.
- Important light protection in the skin
- Immune defence
- Low beta-carotene levels = risk of rheumatism increased by 21 %!
- Beta-carotene and vitamin-E are the most important killers of free radicals in the cell wall

Beta-carotene is thought to have a great effect in many areas of health. It has both photo-protective (light protection) and antioxidant effects, as well as anti-proliferative effects, which can effectively protect the body against cancer. It also strengthens the immune system by increasing lymphocytes and activating neutrophils. Heat-stable. Carotenoids are fat soluble and should be taken with some fat.

It has long been known that beta-carotene can be converted into vitamin A, but not to any significant extent. It is one of the non-enzymatic defences against free radicals and acts in two ways: It prevents the expansion of radical reactions and neutralises monovalent oxygen. In non-smokers, an increased incidence of lung cancer has been observed with reduced intakes of beta-carotene. Beta-carotene is also a protective factor against the oxidation of LDL cholesterol.

3.6 Shark cartilage

Dosage: 1 g per kg body weight per day.

The daily dose for a 70 kg adult is 70 g. This dose should be taken for 3 months, or until the growths disappear. Shark cartilage contains an inhibitory factor that prevents the formation of the finest blood vessels close to the cancer. The development of cancer is thus blocked. Another highly active substance discovered is "acemannan", which is one of the main nutrients in aloe vera. For animal welfare reasons, such preparations should no longer be used!

3.7 Aloe Vera Juice

Dosage: Drink 500 ml throughout the day.

This dose should be taken for 3 months, or until the growths disappear. To date, about 160 important ingredients have been identified in aloe vera. One of the most important substances is acemannan, which sustainably strengthens the immune system. Acemannan is said to be able to crack the protein shell of cancer cells. Defence cells can now effectively attack and eliminate cancer cells. Acemannan also provides adequate joint lubrication and is successfully used for arthritis. In addition, aloe vera contains a plethora of enzymes, vitamins, amino acids, essential oils and is effective against viruses, bacteria and fungi.

3.8 Wheatgrass juice

Dosage: 1st week: 1 tbsp. daily between meals.

2nd week: 2 tbsp. daily

3rd week: 3 tbs. daily

increase to max. 125 ml daily.

Wheatgrass juice can be mixed with aloe vera. Not to be used for breast cancer. For breast cancer, take barley grass juice instead of wheat grass juice. This dose should be taken for 3 months or until the growths disappear.

4 Standardised immunotherapy for breast cancer with lymphnode involvement

In cancer patients there is a local or generalised weakening of the immune response, which is related to the tumour stage and the extent of the disease. The aim of active or passive immunotherapy in tumour patients is to stimulate cells of the immune system against the tumour. Accordingly, the cancer-destroying measures (surgery, chemo-/radiotherapy - the main pillars of classical oncology) should be extended by therapeutically efficient complementary medical treatment concepts. Chemo- and radiotherapy lead to a reduction of antioxidants. Antioxidants destroy the accumulating, very harmful free radicals.

Thymus peptides: Thymoject 2x weekly 1 amp. à 2 ml sc/im for 3 months.

Mistletoe preparation: Iscador, Eurixor (immune training). Follow-up therapy after Thymus.

Antioxidants: daily vitamin C, E, selenium and beta-carotene.

Very important: www.ever.ch (Member area): Nutrition (TopMix life elixirs).

5 The importance of plant ingredients for cancer prevention: Fruits and vegetables against cancer

As early as 1933, a British study proved that regular consumption of certain types of fruit and vegetables is associated with a significantly reduced risk of developing cancer of the intestine or uterus. The plant constituents, called phytamines, have the task of protecting the plants from the dangerous components of sunlight, pests and negative environmental influences. They are also able to effectively protect humans from certain diseases. In contrast to vitamins, most of the active substances in plants survive all preparation processes (e.g. in cooking and canning pots, ovens and microwaves) as well as industrial preparation processes and longer storage times.

Tomatoes contain 10,000 different phytamins, only a fraction of which have been researched. Broccoli, on the other hand, contains only 5,000 phytamins.

In the meantime, many active substances have been discovered that are able to prevent the formation of cancer-promoting substances inside the body.

The complicated interaction of thousands of substances in a plant is still far from being researched.

For the time being:
The whole is more than the sum of its parts.

In the natural combination of all plant ingredients, i.e. in fresh, seasonal fruit and vegetables, the special active substances best unfold their potential healing power. Unfortunately, however, the longer it takes, the more sensible it is to take additional bioactive plant substances, vitamins and trace elements. Due to heavy metal pollution, plants contain fewer and fewer bioactive substances. Heavy metals displace vitamins and trace elements not only in humans but also in plants.

6 Phytamines: Occurrence and effect

Active plant substance	Occurrence	Significance
p-coumarin **Chlorogenic acid**	Tomato, carrot, chilli pepper, strawberry, pineapple	Inhibits the formation of cancer-promoting nitrosamines in the intestine. Nitrosamine formation is enhanced by the ingestion of foods containing nitrite (sausages), which form nitrosamines with biogenic amines (in cheese and red wine).
Indoles	Broccoli, cauliflower and other cabbages such as Brussels, white and green cabbage.	Reduce the risk of developing oestrogen-dependent cancers (e.g. breast, prostate). Indoles inhibit the synthesis of oestrogens from cholesterol. Indoles also have a detoxification function and break down cancer-promoting substances.
Allicin	Garlic, onions, leeks, chives	Allicin is not only anti-bacterial but also anti-carcinogenic (against cancer). Activates enzymatic detoxification systems.
Sulforaphane	All types of cabbage, sauerkraut	Laboratory tests show that sulforaphane prevents breast cancer. Detoxifies toxins, cancer-promoting substances but also certain drugs.

PEITC	All cabbages, sauerkraut	Prevents gene alteration, a crucial step in cancer development.
Bioflavonoide	Found in almost all fruits and vegetables	Lots of anti-oxidant properties. Prevent gene changes. Inactivate oestrogens. Thus have an anti-cancer effect on hormone-dependent cancers (e.g. breast, prostate). Stimulate sex hormone binding globulins in the liver. The amount of biologically active oestrogen in the blood is thus reduced.
Genistein. **Genistein is the best studied bioflavonoid.**	Found in almost every fruit and vegetable. Soybeans and soy products Are rich in genistein	Able to block the division of cells in cell cultures Growth of cancer could be curbed.
Saponine	In Sojaprodukten	Inhibit cell division of colon cells and cancer cells.
Limonen **Terpenes are aromatic plant substances to which the limonene of lemon oil also belongs.**	All citrus fruits	Blocks the growth of cancer cells and prevents the development of oesophageal, lung and breast cancer.

6.1 Phyto-Soy (Isoflavones)

Soy isoflavones have an estrogen-like effect and significantly reduce menopausal symptoms within 3-4 weeks. Phyto-estrogens of the soybean protect against the potential danger of typical female cancers. As a dietary supplement, 2 capsules per day are taken. These are the soy isoflavones, which belong to the secondary plant protective substances and are also called phyto-estrogens. We have them to thank for their health-protecting properties. The estrogen effect of phyto-estrogens is 500 to 1000 times weaker than our body's own estrogen. Therefore, phyto-estrogens have a balancing effect when estrogen levels are low, such as during the menopause. At the same time, phyto-estrogens can cushion the effects of estrogens on cells and tissues when hormone levels are high, thereby reducing estrogen-dependent cancer risks. The isoflavones and lignans are converted in the intestine during digestion by bacteria of the intestinal flora and only these processed isoflavones and lignans have a positive effect in the body.

The soy isoflavones and lignans have an activating effect on the estrogen-beta receptor (contact point in the tissue) and thus strengthen the positive estrogen properties.
At the same time, the isoflavones shield the risk-mediating estrogen-alpha receptor against estrogen. The cancer risk of the estrogen is thus reduced.

How is it that the isoflavones and lignans activated by the intestinal flora on the one hand have an effect similar to estrogen in the case of hormone deficiency and on the other hand shield threatening estrogen effects and have an anti-estrogen effect? The exciting discovery of the different contact sites (receptors) for estrogen answers this question:

Estrogen, like other hormones, mediates its effects via receptors on the cell and induces certain reactions: Estrogen-alpha receptor and Estrogen-beta receptor. The distribution of these contact sites in the tissues and organs varies.
For example, the health-promoting oestrogen-beta receptors are found preferentially in blood vessels, lungs, prostate, bladder, bones and thymus. The estrogen-alpha receptor dominates in breast tissue, uterus (womb), ovaries, testes and liver, among others.

When estrogen production decreases during menopause, the hormones FSH and LH increase. As a result of the increased secretion of FSH and LH, the little-appreciated heat flushes and night sweats occur. The phyto-oestrogens make an oestrogen-like contribution to low oestrogen levels and at the same time reduce the increase in the hormones LH and FSH. As a result, the classic complaints of heat flushes and night sweats subside.

6.1.1 New way of thinking: Soy is not harmless!

Lecture SSAAMP, Zurich, November 2011, Lic. phil. Dipl. Psych. Dr.med. Peter R. Müller: "Soy is not harmless".

- Phyto-estrogens: have different effects in the body
- Good: Increased intake of lignans (linseed, cereals, vegetables) after menopause: lower mortality risk, reduced formation of metastases or second tumours (German Cancer Research Centre, Heidelberg 2011)
- Good: Apples: Contain phloretin (dihydrochalcone): Strong estrogenic activity (Jungbauer A. et al. 2005)
- Daidzein and genistein, richly represented in soybeans and tofu, as well as other ingredients are not harmless according to new studies:
  - -Gene damage
  - -Increased risk of cancer
  - -Alteration of the immune system: Increases allergy susceptibility
  - -Weakens the immune system
  - -Damage to repair mechanisms in the stomach mucosa
  - -Inhibition of protein-digesting enzymes: trypsin and chymotrypsin
  - -Inhibition of copper, iron, zinc, magnesium and calcium uptake
  - -Reduces not only estrogen but also progesterone

6.1.2 Soy: Increased cancer risk?

- A soy company's brochure states:
- The Japanese, who eat much more soy than the North American, have lower rates of breast, uterine and prostate cancer
- This may be true, but perhaps not as a result of soy consumption, but for other reasons!
- But: The fact that the Japanese, like almost all Asians, have a much higher rate of other cancers always goes unmentioned: oesophageal cancer, stomach cancer, pancreatic cancer, liver cancer and an exceptionally high incidence of thyroid cancer!

6.1.3 Soy and breast cancer: dangerous!

- If breast cancer is present, the risk of growth is increased under genistein and daidzein: Isoflavones have a proliferating effect on breast tissue. The phyto-oestrogens, genistein and daidzein, contained in soy have a similar hormonal effect as oestrogen.
- In animal experiments with female rats, a diet rich in soy led to the rapid growth of existing smaller tumours.
- Growth acceleration is dose dependent under genistein
- Discontinuation of genistein led to improvement in breast cancer
- Soy should be taken with caution in breast cancer patients

6.1.4 Soy: High glutamate content

- Soybeans are said to have the highest glutamate levels compared to other plant products.
- High glutamate levels can damage the nervous system and cause migraines, among other things.
- Genistein reduces glutamate protection factors

6.1.5 Soya: Reduced testosterone effect: less desire for sex?

- Reduced testosterone formation
- Genistein inhibits important enzymes. (Whitehead SA. et al)
- Stimulates sex hormone-binding globulin, SHBG-, which reduces the availability of existing testosterone.
- Increased SHBG concentrations have been demonstrated in postmenopausal women consuming dietary isoflanone
- Decreased testosterone sensitivity in tissues under genistein
- Isoflavones inhibit aromatase and thus the conversion of testosterone to estrogen

6.1.6 Soy: Bad for male fertility

- Decreased sperm formation
- Sperm count under soy consumption: 41 million on average (normal values: 80-120 million)
- Even small amounts are enough to damage sperm quality to this extent, for example a cup of soy milk or half a portion of tofu.

6.1.7 Pregnancy: Soy isoflavones lead to permanent changes

- Phyto-estrogens enter foetuses and infants via the placenta and breast milk
- Soy flavone exposure in rats (pregnancy and lactation) later led to premature puberty, menstrual disorders and reduced fertility in the female sex.
- Soy flavone exposure in rats (pregnancy and lactation) led to altered testosterone concentrations later in the male sex,
- larger prostate, smaller testes, permanent emasculation and reduced ejaculatory behaviour.

6.1.8 Soy: Bad for the male brain

- Decreased levels of the protective brain chemical BDNF (in contrast to increased levels in females. BDNF is decreased under stress and in Alzheimer's disease)
- Increased inflammation due to elevated COX-2 levels in male rats
- Poorer visuo-spatial abilities (inverse of females)
- Accelerated decline in brain mass in older men
- Increased stress, increased anxiety and decreased social interaction in male rats
- Higher blood sugar levels in Chinese males, but not in Chinese females

6.1.9 Soy: Bad for the environment

- Over 90% of the world's soybean production is already genetically engineered, and the trend is rising.
- Monsanto's MON 89788 genetically modified beans are resistant to the weedkiller Roundup and designed to produce high yields.
- Rainforests, especially in South America, are being cleared for soy plantations.

7 Hit list of cancer-inhibiting foods

Vegetables	inhibit tumour formation	act as antioxidant	strengthens the Immune system	Regulates hormones	Improves Inflammation Blood count
Garlic	++++++	+++	+	+	++
Broccoli	+++++	+++++	++	+	++
Keal	++++++	+++++	++		+
Tomatoes	+++++	++++	++		++
Soybeans	+++++	+++	++		++
Carrots	++++	+++	++		+
Cereals	+++++	+++	+	+	+

8 Nutrition - Food

A healthy lifestyle with consumption of plenty of fresh fruit and vegetables and avoidance of cancer-promoting behaviours (smoking etc.), is currently considered the best preventive measure.

Principles of nutrition: www.ever.ch: Nutrition

First things first

- Main Street of Nutrition Part 1: Follow these principles
- TopMix life elixirs: 1 to 3 glasses daily
- Avoid meat as much as possible, Cow's milk, including all cow's milk products
- Vitamin D deficiency: A lack of vitamin D promotes breast, colon and prostate cancer!

General principles

- Lots of raw food, vegetables only lightly steamed, lots of fruit (TopMix life elixirs!)
- Potatoes cooked in their skins (pressure cooker), beetroot, chestnuts
- Make sure you get plenty of dietary fibre
- Note: No raw food in the evening
- List: "Healers from the supermarket".
- Avoid acid-forming foods as much as possible, if only in small quantities.
- Replace wheat with spelt.
- In principle, a strongly alkaline diet is of utmost importance for cancer patients.
- Meat only in very small quantities and only poultry.
- Prefer fish: freshwater fish are better than seawater fish in terms of purity.
- 2 meat or fish meals per week, no more.
- Soft-boiled eggs: Only 3-4 minutes eggs, daily
- Egg + potato + pulses + maize = best protein combination: highest value
- Little alcohol, if so red wine
- Natural, cold-pressed fats and oils:

  Cold cuisine: St.Gallen rapeseed oil (up to 3-5 dl per week)

  Hot food (heating): Olive oil (contains no cancer-inhibiting vitamin E gamma!)

- No margarine. Then better butter, 1-2x per week maximum
- Pumpkin seeds 2 tbs. per day

In a study carried out on young women, it was shown that the oestrogen level in the blood can be significantly reduced by a diet that contains less than 20 % of calories as fat.

From this, one can derive the following dietary recommendation for the prevention of breast cancer:

- Combat obesity
- 15-20 % of energy intake as fat/oil
- Increase the amount of dietary fibre (dietary fibre)
- Fat intake should meet essential fatty acid requirements and contain plenty of unsaturated, omega-3 fatty acids (fish oil/krill oil)

Psyllium husks: "Pure psyllium husks SevisanaLine".
Fish oil: Epa Pro SevisanaLine (wild caught, highly purified)
Krill oil: Krill oil SevisanaLine (wild caught, highly purified)

8.1 Red meat / processed meat (e.g. sausages)

Increases cancer risk, especially:

- Lung
- Oesophagus
- Liver
- Pancreas Gland
- Large intestine
- Hormone-dependent cancer types:
  Breast cancer (clearly!), Prostate

Picture: Dr. med. Jürg Eichhor

Study 2009 with over 500`000 participants (studies duration over 10 years):

- Group with highest consumption:
  -Higher overall mortality
  -More cancer and cardiovascular diseases
  -compared to the group with the lowest consumption.

- Frying produces cancer-promoting compounds:
  -Heterocyclic amines
  -Polycyclic aromatic hydrocarbons (PAHs)

Breast cancer:

- High animal protein intake: risk increase of 87% (study of 14,291 women)
- Breast cancer risk in women with the highest meat consumption: increased by a factor of 3.78 (Study of 3,367 postmenopausal women)
- Breast cancer rare in rural China
- Breast cancer is strongly associated with dietary fat, cholesterol and high oestrogen levels = characteristic of a meat and dairy-rich (Western) diet
- Vegetable fats = no increase in breast cancer

Prostate cancer:

- Risk significantly increased, especially with high consumption of red meat
- Of 22 studies, 16 showed at least 30% increased risk
- Study of 51,529 men: Risk increased by 60% with high red meat consumption.
- Animal fats increase risk by a factor of 1.63
- Bowel cancer: Consumption of red and processed meat increases risk significantly

Red meat / processed meat also increases risk of cardiovascular disease.

8.2 Milk

House cow, India - Picture: Bettina Boretti

Good milk

Asian, Icelandic and African cow breeds, sheep, goats, buffalo, mares, camels, yaks:

Form the milk protein

A2-beta-casein (natural)

Milk cow, Andwil - Picture: Dr. med. Jürg Eichhorn

Bad milk

As a result of a gene mutation 5`000 years ago:
European and American breeds of cows:

Form the milk protein:

A1-beta-casein (not natural)

8.2.1 Milk Protein - Casein

Milk contains water, fat and proteins. The protein in milk is a mixture of different proteins, with casein - the actual milk protein - being the main component. There are also different caseins. The most important is beta-casein, which is composed of 209 amino acids.

8.2.1.1 The beta-casein itself comes in 2 forms

- A1-beta-casein (A1 - milk): The amino acid histidine is located at position 67 of the amino acid chain.
- A2-beta-casein (A2 - milk): The amino acid proline is located at position 67 of the amino acid chain.

8.2.1.2 The result of this tiny difference

- A1-beta-casein (A1 - milk):
  The opiate beta-casomorphin-7 (BCM7) is formed during degradation
  =A health risk
- A2-beta-casein (A2 - milk):
  No formation of beta-casomorphin-7 (BCM7).
  Harmless to health. Positive effect on health

8.2.1.3 A1-milk - Far-reaching, harmful effects on human health

- Opiate effect: Addiction to cow's milk and products!

  -Slowing of digestion – constipation

  -Negative effects on the development of newborns and young children

  - Increased risk of apnoea (respiratory arrest) in infants

  -Relationship between BCM7 and the incidence of coronary heart disease and

  -type 1 diabetes

- and others....

More info: Main Street of Nutrition Part 3: Inquiry at drje49@gmail.com

www.ever.ch (Member area)

9 Dietary guidelines for cancer patients

9.1 "Main street of nutrition" + "TopMix life elixirs".

Follow the main street of nutrition and enjoy the TopMix life elixirs throughout the day. Here you will find all the principles of a healthy diet, anti-cancer and anti-inflammatory, combined.

www.ever.ch (Member area)

This is what our diet looks like:

One main road and a tangle of side roads!

This is what a top healthy day of nutrition could look like, full of life, with colourful vegetables to counteract the stresses of the day, rich in plant proteins and few, but good animal proteins for strong structures and slowly digestible carbohydrates - fuel for stressed brain cells, a sustained flow of energy throughout the day.

At the same time, we should not ignore the byways, the small and big sins of everyday life, from chocolates to the Swabian 6-course menu: 1 time Rostbraten and 5 times Trollinger!

We should keep to the main road for the most part, as this is the only way to reach our destination when the time comes.

In the side streets we lose our orientation and at some point it's rien ne va plus, nothing works anymore.

Picture: Dr. med. Jürg Eichhorn

9.1.1 The "main street" of nutrition: the iron principle

1. the protein principle: start the day with little but high-quality protein, at noon and especially in the evening a little more: at night regenerating metabolic processes take place, we build up structures, connective tissue and muscles, with protein as a building material.

2. the carbohydrate principle: during the day we need fuel, energy, i.e. carbohydrates, but not in the evening or at night. Carbohydrates that are not burnt off in the evening promote weight gain.

3. in everyday life, without special athletic performance, only carbohydrates that can be absorbed slowly from the intestine should be on the menu: Carbohydrates with oil to slow down absorption through the intestinal wall counteract attacks of ravenous hunger, nourish the brain evenly with glucose and also promote fat burning.

4. eat greens, coloured vegetables, coloured salad leaves all day, already in the morning!

5. in between, for the small hunger in between:
TopMix life elixirs against sweet cravings and attacks of ravenous hunger.

6. eat dinner as early as possible - which unfortunately is not always possible in our working world - and as little as possible. The later the evening meal, the more you should eat at a leisurely pace.

7. foregoing the evening meal - dinner cancelling - at least once a week: our intestines go to sleep with the chickens and get up with the chickens. A rich dinner suppresses the regenerating hormones released at night. No dinner = a powerful hormone shower at night!

8. attach the greatest importance to chewing. Chew and salivate every bite, because digestion begins in the mouth. The number one eating sin is eating in haste. So let's not do it like the snake!

9.1.2 Here's what a healthy day of eating looks like

Breakfast: Emphasis on slowly absorbable carbohydrates

Only a little protein, but of the best quality (high protein value)

- Carbohydrates + fats/oils + high quality protein + colourful greens: a bit of everything!

- A 3-4 minute egg, a little bread, some feta cheese, one or more potatoes, different coloured vegetables or salad leaves with rapeseed oil. Maybe a rösti with bacon and fried egg. To increase vitality, 1 glass of TopMix life elixir.

- After the nightly fasting break, the energy reserves have shrunk. What we need now are carbohydrates, which, thanks to the addition of oil, only enter the blood very slowly and thus counteract the release of insulin.

Midday: Less carbohydrates, more vegetables and less protein (see appendix).

- Carbohydrates + fats/oils + high quality protein + colourful greens: A little bit of everything!
- You can eat your fill! Lunch should contain slowly absorbable carbohydrates (carbohydrates + fats/oils) to reduce the release of insulin. This helps to calm afternoon cravings for sweets and attacks of ravenous hunger.
- In addition, lunch should be strongly emphasised on vegetables.

Always wrong:

- Carbohydrates + proteins without fat.
- Carbohydrates + proteins without fat lead to very high insulin levels!

Evening: No carbohydrates, only vegetables and little protein (meat, fish).

- Protein, some vegetables, no carbohydrates: The later the evening, the fewer carbohydrates.
- What is good for you at lunchtime is bad for you in the evening!

- Dinner determines the night:
  -Sleep is the most intensive fat-burning phase. When we sleep, the body's repair mechanisms run at full speed. Quote Tim Braughton, nutritionist.

  -What's more, fatty acids are broken down at night and serve as building blocks for muscle development.
  -Digestion and absorption of protein (meat/fish) requires digestive energy, which the body gets from the fat tissue if we do not eat carbohydrates. This keeps insulin levels low. High insulin levels make you fat, especially at night when you are resting.

Lamb fillet, beef fillet, sea fish are all thermogenically very active protein types with a considerable satiating effect. Horse meat, on the other hand, is cold. Heat-generating foods facilitate weight loss thanks to the extra energy they consume.

Snacks

- In case of hunger attacks and sweet cravings 1 glass of TopMix life elixir: drink slowly or even better: spoon it!
- Snacks and sweets, as well as sweet drinks, Coca-Cola, etc., are prohibited.

10 Nutrition and cancer

Organ	promoting	Protection, inhibition
Lungs, throat, oesophagus	Smoking, alcohol, hot drinks	Vitamin A, carotenes Vitamin- C, E, B, Selenium
Stomach	Nitrates, smoked meat	Vitamin-C
Intestine	Fat, meat	Dietary fibres, carotenes Vitamin- E, D, Calcium
Liver	Fungal toxins (mould)	Na-selenite
Breast	Fat, meat, overweight	Dietary fibres, carotenes, Na-selenite Vitamin A, E, C, D
Uterus	Fat, smoking, overweight	Vitamin- A, C, carotenes
Ovaries	Fat	Carotenes, vitamin- C
Prostate / Breast	Fat	Carotenes, vitamin- C
Epithelial cancer (skin cancer) **(85 % of all cancers)**		Vitamin- A, E, carotenes, antioxidants, secondary plant active ingredients

11 The importance of sport

Moderate, enjoyable endurance sport strengthens the immune system. Sport training causes a significant improvement in various immunological and psychological parameters in breast cancer patients, improves their quality of life and often leads to a reduction in pain pills, psychotropic drugs and sleeping pills. Remarkable is the development of a certain stress resistance, the reduction of additional diseases (infections etc.) as well as the improvement of self-esteem. Daily exercise training increases oxygen intake.

11.1 Losing weight slows down cancer-promoting inflammation

Obesity promotes inflammation, which is considered to be cancer-promoting. Scientists in Heidelberg studied 439 overweight women for one year to see if exercise and/or calorie reduction could reduce inflammation levels. Both lifestyle changes were highly effective: calorie reduction alone or in combination with exercise reduced the inflammation parameters by more than one third and thus to a comparable extent as anti-inflammatory drugs. Various inflammatory biomarkers were measured, including the blood proteins interleukin-6 and C-reactive protein (CRP) as a central inflammatory marker, as well as the total number of white blood cells and the number of neutrophil leukocytes. For the women who had been put on a restrictive diet and for the participants in the diet and exercise group, it was generally true that the greater the weight loss, the more their CRP levels fell. Participants who only exercised, however, only achieved an improvement in these laboratory values if they reduced their weight at the same time. Weight loss can therefore be seen as an effective contribution to cancer prevention, according to the authors. Source: Pipette - 2 April 2013

According to epidemiologists, about 25 percent of all cancer cases worldwide are due to obesity and lack of exercise. Cancers with a proven link to obesity include breast cancer, colorectal cancer and cancer of the oesophagus. Imayama I et al. (2012) Cancer Research. DOI: 10.1158/0008-5472. CAN-11-3092

12 Further measures

12.1 Heavy metals, diagnostics and elimination

- Knowing that 50 mg zinc and 500 mcg Na-selenite correct a medium heavy metal load after only 6 weeks, I no longer carry out diagnostics!
- An aluminium burden is better treated with vitamin-B6.

12.2 Focal remediation

In the case of unknown foci (dental granuloma, wisdom teeth, etc.) there is a strong strain on the whole organism due to a possible activation of the foci. Complete tooth decontamination and professional removal of amalgam fillings (under Selenase protection). Prior to amalgam removal, the level of mercury exposure in the body should be measured with a Dimaval urine test. In case of high mercury levels: First cleanse the body (lower the level), then remove the amalgam!

12.3 Trace elements and vitamin diagnostics

BioCheck (Laboratory Risch and Unilabs). www.ever.ch: Fachinfo Labor

13 Psychological support

- Meditation techniques
- Autogenic training, Yoga, Tai Chi, Qi Gong, etc.
- Musical activities (music, painting, etc.)

14 Oncology Therapy suggestion over 3 years (must be adhered to)

According to Dr. Horst Dawczynski, medical chemist, Jena, Germany:

1. **During chemotherapy:** Na-selenite 1000 mcg half an hour before chemotherapy.

   On chemotherapy-free days: Na-selenite 500 mcg.

   -Maintain these doses regularly until the end of chemotherapy.

   -Then 500 mcg daily on a permanent basis (laboratory controlled).

   -In this way, the immune status is maintained and the effect of the cytostatic drugs is further enhanced by selenium.

2. **continuous therapy with selenium:** Na-selenite 500 mcg daily Monday to Friday.
3. **effects:**

   -Tolerance and effect of chemotherapy is improved.

   -Quality of life is improved.

   -Strengthening of the immune system.

14.1 Selenium therapy with Na-selenite

Recurrence and metastases prophylaxis:

- 4 mcg selenium/kg bw Patient 50 kg: 200 mcg selenium/day
- Radio-protection: 10 mcg selenium/kg bw

  Patient 50 kg: 500 mcg selenium/day

  Patient 75 kg: 600 mcg selenium/day

  Patient 75 kg: 600 mcg selenium/day

➔ Selenium (Na-selenite) SevisanaLine, 500 mcg

15 Selenium

Further information: www.ever.ch: Subject Info Orthomolecular Medicine

15.1 Selenium for cancer patients - what is there to consider?

Low selenium levels are found in various tumour diseases. Experimental studies suggest positive effects of selenium administration. In the treatment of tumour patients, selenium doses of 200 micrograms/d should not be exceeded in the long term.
Complementary, i.e. supplementary, therapy with selenium is one of the most frequently used unconventional healing methods for tumour diseases. Selenium is an important component of various cellular enzyme systems, so that the German Nutrition Society (DGE) recommends a daily intake of about 1 microgram/kgKG. Since the soil concentrations of selenium are low in many areas, only little selenium is taken in with plant food (selenium content approx. 1 microgram/100g plant). Animal products, on the other hand, contain much higher concentrations in the range of about 20 to 60 mcg/100g.

15.2 Purely vegetarian, native diet promotes selenium deficiency

- Depending on dietary habits (vegetarianism), there may thus be a selenium deficiency and supplementation may make sense.
- The basis for its use in oncology are various studies that have found low selenium serum levels in various tumour diseases.
- Selenium promotes the cell death of cancer cells, protects healthy tissue from the effects of radiation, prevents the spread of pre-cancerous cells and reduces the resistance of cancer cells to cytostatic drugs.

15.3 Level monitoring not necessary at 200 mcg/day

In this dose range, serum level monitoring is not necessary. At doses greater than 500 micrograms/d, occasional laboratory checks are indicated.

15.4 Selenium in oncology

- Compensation of selenium deficiency
- Stabilisation of the immune system
- Neutralisation of anaesthetic-induced radicals
- Reduction of side effects of cytostatic drugs
- Reduction of cytostatic drug resistance
- Reduction of side effects of radiation therapy
- No impairment of cancer-inhibiting primary therapy
- Prevention of new tumour formation
- Reduction of oedema and the incidence of erysipelas (skin infection) in lymphoedema

15.5 General effects of selenium

- Anti-oxidative effect against free radicals
- Has additional enzyme-independent radical scavenging functions
- Anti-inflammatory effect
- Selenium counteracts heavy metals such as mercury and cadmium
- Selenium improves the immune system
- Selenium has an anti-cancer effect
- Selenium has functions in thyroid metabolism
- Selenium has other functions as a component of other selenium proteins that have not yet been fully researched.

15.6 My experience with sodium selenite

- Na-selenite is water-soluble and very cell-permeable.
- Due to its water-solubility, Na-selenite may be taken in higher doses: There is no objection to a constant intake of 500 mcg daily.
- Laboratory controls are generally not necessary because values above the normal range are NEVER observed at this dosage!
- If a garlic-like bad breath occurs, the therapy should be interrupted.
- On chemotherapy or radiation days: 2 times 500 mcg Na-selenite. On all other days, take 1 x 500 mcg daily as a continuous dose.

16 Protein deficiency weakens the immune system

16.1 Protein turnover

With proteins, there is a dynamic balance between building up and breaking down.

On average, adults metabolise 250 g of protein per day.

Protein half-life (days)	
Skeletal muscle	50-60
Cardiac muscle	11
Smooth muscle	5
Fibrinogen	4-5
Transferrin	8,5
IgM (part of theImmune system)	5
Liver enzymes	6-14
Prealbumin	1,9
Retinol-binding protein	12

16.2 Combination increases value

When different plant and animal proteins are consumed at the same time, their biological value increases: 52% bean protein + 48% maize protein = 101

Other high quality blends are: Maize + rice bran

Maize + soya

Legumes with wheat or rye

16.3 Protein combination for vegetarians

Beans	with wholemeal wheat + maize
Peanut	with sunflower seeds Corn
	with pulses
Sesame	with beans, peanut + soya
	with soya + wholemeal wheat
Whole rice	with pulses + sesame seeds.

Good to know:

In the 3-minute egg, unlike the hard 6-minute egg, the cholesterol is not yet "oxidised". After absorption through the intestinal wall, the cholesterol enters the regulatory circuit of the liver, which itself produces about 2g of cholesterol daily. The more non-oxidised dietary cholesterol is absorbed, the more the liver reduces its own production. Harmful is oxidised cholesterol (hard eggs, grilled food).

Conclusion: Don't be afraid of the daily 3-minute breakfast egg!

16.4 How much protein does an adult human need?

0.8 g / kg body weight/day: 1/2 animal origin

1/2 of vegetable origin

These proteins are contained in:

Animal	20g	25g	30g	35g	40g	45g	50g
Egg medium (50g): piece	3	4	5	6	6	7	8
Appenzeller ¼ fat	59	74	89	104	118	133	148
Mostbröckli	60	75	90	105	120	135	150
Emmentaler full fat	69	86	103	120	138	155	172
Entrecote beef	89	112	134	157	179	202	224
Tuna fish	93	106	127	148	170	191	212
Lamb fillet	98	122	146	171	195	220	244
Trout	102	128	154	179	205	230	256
Veal liver	104	124	149	174	198	223	248
Quark, natural	185	357	428	500	571	643	714
Yoghurt, natural	500	625	750	875	1000	1125	1250

Vegetable	20g	25g	30g	35g	40g	45g	50g
Soya beans	58	70	84	98	112	126	140
Peanuts	78	98	117	137	156	176	195
Pine nuts	83	104	125	146	167	188	208
White beans	94	117	140	164	187	211	234
Nuts (average)	115	144	173	202	231	260	289
Cereal bars, with nuts	127	215	258	302	345	389	431
Rusk	130	162	194	227	259	292	324
Tofu	247	308	370	431	493	554	616
Graham bread	256	271	325	379	434	488	542
Rye bread	322	333	400	466	533	599	666
Bean sprouts	337	454	545	636	726	817	908
Broccoli, raw	529	833	1000	1166	1333	1499	1666
Sweet corn	606	757	908	1060	1211	1363	1514
Garden beans, green	833	1041	1250	1458	1667	1875	2083

Example: A person with a body weight of 70kg normally (no sport, no illness) needs 60g protein daily. Of this, 30 mg should be of animal origin and 30 g of vegetable origin.

Animal protein - meat - is important for the supply of trace elements (e.g. iron, zinc, selenium) and vitamins (B1, B2, B6).
(e.g. iron, zinc, selenium) and vitamins (B1, B2, B6).

16.5 In terms of value, the best protein combinations are:

Vegetable protein:

Legumes + maize"

combination

The combination "pulses + maize" has the highest protein value among the plant foods.

Beans (52% protein)

+ maize (48% protein)

= protein value 101

The unbeatable protein duo: eggs and potatoes

Potatoes increase the protein value of eggs from 100 to 136!

Picture: www.kartoffel.ch

If one wants to say something about the quality of proteins, one speaks of digestibility, quality, bioavailability and value. Amino acids contained in food are not necessarily completely available. Both protein breakdown and absorption by the intestinal wall can be incomplete.

For animal proteins, the digestion and absorption rate is generally over 90 %, whereas for plant proteins it is only 60-70 %.

16.6 Das 3-Minuten Ei:

Beste Lezithin Quelle – für eine anhaltend gute Hirnleistung.

Eine herausragende Bedeutung des Hühnereis neben dem Lecithin Gehalt ist die sehr hohe biologische Eiweisswertigkeit. Es enthält alle 8 Aminosäuren, die unser Körper selbst nicht herstellen kann.

Bild: Dr. med. Jürg Eichhorn

Eier sind wohl die beste Quelle für Phosphatidylcholin – Lezithin und Lezithin ist Hirnfutter pur!

16.7 Protein quality

Protein quality is determined by the ability to form body-specific proteins from amino acids. The bioavailability describes the proportion of the protein quantity supplied with food that passes into the blood in the form of amino acids. The biological value of protein depends on the content of essential and limiting amino acids, describes the proportion of amino acids - amino acids are the components of proteins - that can be converted into body protein. The higher the biological value, the more valuable a protein is. If different

plant and animal food proteins are consumed at the same time, their biological value increases. The biological value of a Central European mixed diet is about 80%.

16.8 Vegetable proteins

Determination of the absorption of amino acids from the intestine after a standard test meal showed that this was 70-80% complete after three hours. It is likely that proteins from animal sources are absorbed more easily and quickly than plant proteins, where the cellulose coating delays absorption. If the diet contains a large amount of fibre, digestion may be less complete. In cases of vegetarianism, irregular diet, weakness and illness, the intake of amino acids may be recommended.
While animal protein usually also contains saturated fatty acids, purines and cholesterol, vegetable proteins, e.g. from pulses or potatoes, reduce the risk of excessive intake of fats, purines and cholesterol, and at the same time provide valuable carbohydrates and dietary fibre. However, plant proteins - with the exception of isolated soy protein - usually have a lower biological value, i.e. the body needs a larger quantity or lack of supplementary amino acids from other protein sources to build up muscle protein.

16.9 Amino acids

- The animal or human organism cannot produce 8 amino acids itself.
- These 8 "essential" amino acids must be supplied with food.
- Chicken eggs contain all the essential and semi-essential amino acids that the human body needs.

AminoDrink SevisanaLine contains all essential and also semi-essential amino acids in powder form (pure preparation without sugar and preservatives).

17 TopMix - Life-Elixir

www.ever.ch (Life-Elixir)

-all kinds of berries
-coloured vegetables
-wide variations of fruit
-rapeseed oil
-pomegranate-elixir

Mixer: Kitchen Aid
Picture: Dr. med. Jürg Eichhorn

17.1 The basic ingredients

berries

broccoli (raw)

carrots (raw)

apples

and many others

Picture: Ulead Pick-a-Photo

blue and red berries, good for the brain

Picture: Dr. med. Jürg Eichhorn

pomegranate-elixier Dr. Jacobs

St.Galler rapeseed oil

Carrots: good against rheumatism
Picture: Dr. med. Jürg Eichhorn

Other ingredients: pear, melon, orange, banana, mango, papaya, nuts, lemon, tangerine **Juices to dilute:** carrot, aloe vera, orange, cowberry, sallow thorn and many others

The anti-cancer quartet: *pomegranate:* *polyphenole*
broccoli: sulforaphane*, glutathione, glucosinolate, indole*
tomato: *lycopene*
St.Galler rapeseed oil: vitamin-E gamma

Just be imaginative!

17.2 TopMix - Life-Elixir: The meaning behind

- The wide variation of berries, vegetables and fruits supplies you with thousands of micronutrients and natural preservatives. Every colour enhances your health.

- Use a sufficient amount of oil. The oil lowers the absorption of the carbs and leads to a low but permanent sugar stream (glucose) to your body and to your brain. You do not feel hungry anymore, your concentration will be improved and your physical strength just as well.
- Moreover, oil is necessary to dissolve certain ingredients like red colours of the carrots.

- Do not mind the sugar (glucose and fructose) because the oil will slow down their absorption.

- **Slowly absorbed carbs are needed to burn fat!**

- Take 300 to 500 ml per day, distributed over the day, especially if you feel hungry.

Add all the ingredients in the mixer together with the oil too. Do not mind the oil, it disappears completely. You can keep the mixture in the fridge for two days. You can also deep freeze daily portions.

17.3 TopMix - Life-Elixir: dosage in the case of cancer

Broccoli:	1 kg per week (raw!)
Pomegranate-elixir Dr. Jacobs:	40 to 60 ml per day
St.Galler rapeseed oil:	½ liter per week