



Vitamins, Nutrients, and Diet to Fight Cancer

"Enzymes strip cancer cells of their outer camouflage of mucus and fibrin (a protein in blood) so that the lymphocytes (white blood cells) can recognize the cancer cells as foreign. **These enzymes work better in an alkaline, highly oxygenated environment.**"

"It is necessary to correct **all** nutrient deficiencies, attaining and maintaining a state of nutrient saturation in the body, which is why the vitamin therapy and nutritional supplements we recommend contain **all** the nutrients. We call this the "nutrient dense diet" - rich in all nutrients and devoid of junk food."

– Dr. Steven T. Castille

VITAMIN THERAPY PROTOCOL & INSTRUCTIONS

| | Essential | Important | Helpful | Description |
|--|-----------|-----------|---------|---|
| | | | | Drink 6 ounces of wheatgrass daily. Wheatgrass is a strong source for vitamin B17. |
| | | | | Vitamin B17 via apricots. Eat apricots or supplement with B17 three to four times a day. |
| | | | | Eat food rich in vitamin B17. Foods rich in vitamin B17 include: barley, bitter almonds (not the sweet almonds commonly available), native (bitter) cassava, chickpeas (garbanzo beans), grass (wheat grass and many other grasses), lentils, flaxseed, maize, millet, sorghum, and the seeds of various fruits (apple, apricot, |

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| | | | | blackthorn, cherry, nectarine, peach, plum. |
| | | | | Eat a handful of bitter almonds or apricot seeds daily. |
| | | | | For B17 to function , supplement with zinc, vitamin C, the other B vitamins, vitamin A, manganese, magnesium, and selenium. |
| | | | | Eat essential fatty acids (EFA) daily. This includes flaxseed, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and the germ of wheat and corn. Try a mixture of 3-6 Tbsps. flaxseed oil and 4 oz. (1/2 cup) low-fat cottage cheese daily. Cancer free patients can try 1 Tbsp. flaxseed oil daily per hundred pounds of body weight, plus a dairy product or tofu. |
| | | | | Vitamin C at 10 grams per day. Will cause lymphocyte formation to triple . |
| | | | | Whole Body Vibration or Rebounding 3 times a week. To prevent cancer use whole body vibration or rebounding. Many immune cells such as T-lymphocytes and macrophages are self-propelled by amoebic action. These cells contain molecules identical to those in muscle tissue. All cells in the body become stronger in response to the increased G force during whole body vibration or rebounding, and this cellular exercise results in the self-propelled immune cells being up to 5 times more active . |
| | | | | Take 5,000 IU Vitamin D daily. Vitamin D Research indicates that vitamin D can slash risk of cancers by up to 77% . <i>There are a number of studies demonstrating that a high level of vitamin D prevents angiogenesis, proliferation and metastasis, and induces apoptosis and differentiation in cancer cells. However, no one is saying that Vitamin D cures cancer because an advanced cancer seems to be able to block its vitamin D receptors. What they are saying is that vitamin D prevents cancer and prevents the recurrence of cancer. People who have been treated for cancer and continue to take high doses of vitamin D live longer and are less likely to experience new cancers. Vitamin D does not interfere with standard cancer treatments. Vitamin D strengthens the immune system such that it is far more able to defend us from infections of all sorts, including wintertime colds and flu. The health of infants is improved if the prenatal nutrition of mothers contains significant vitamin D.</i> |
| | | | | Balanced Diet Is Best for Cancer Prevention. Follow the guidelines for eating a healthy and balanced diet presented here. |

Vitamin B17 (vitamin B17 alternative names are nitrilosides, amygdalin and laetrile) The Hunza people eat a lot of apricots and always crack open the kernel and eat the seed. The apricot seed contains Vitamin B17. Vitamin B17 is the anticancer vitamin. Some researchers have found that cancer and sickle cell anemia are caused by a deficiency of vitamin B17, just as scurvy is caused by a deficiency of vitamin C, pernicious anemia is due to a deficiency of vitamin B12 and folic acid, and pellagra is caused by a deficiency of vitamin B3. **Vitamin B17 kills cancer cells** without harming normal cells, making it nature's chemotherapy. If vitamin B17 was patentable cancer would not be the problem it is today.

First discovered in 1830, this vitamin has never been recognized by the Food and Drug Administration (FDA) and so it is not in any of the popular vitamin tablets. Vitamin B17 is associated with the bitter taste and most people avoid bitter foods.

Foods rich in vitamin B17 include: barley, bitter almonds (not the sweet almonds commonly available), native (bitter) cassava, chickpeas (garbanzo beans), grass (wheat grass and many other grasses), lentils, flaxseed, maize, millet, sorghum, and the seeds of various fruits (apple, apricot, blackthorn, cherry, nectarine, peach, plum). Most of these foods have been deleted from the modern menu. About 1,200 edible plants contain vitamin B17 and many natural remedies for cancer may be rich in this nutrient. To prevent cancer, a maintenance dose of vitamin B17 can be provided by eating several bitter almonds or apricot seeds daily.

The difference between sweet almonds and bitter almonds is the vitamin B17 that the bitter almonds contain. If you are using the 500 mg tablets of vitamin B17, the effect is magnified if you eat 5 - 7 sweet almonds with it because the enzymes in the almonds complement the vitamin.

However, without sufficient zinc in the body, vitamin B17 cannot function. Also, results are better if the vitamin B17 is taken together with nutrients such as vitamin C, the other B vitamins, vitamin A, manganese, magnesium, and selenium. Doctors prescribing vitamin B17 will generally use it as part of a total nutritional program consisting of diet, vitamins, minerals, enzymes and essential fatty acids. Soy foods are not recommended because they have the effect of inhibiting the body's ability to absorb certain minerals including calcium, magnesium, copper, iron and zinc.

Vitamin F Another vitamin critical to the prevention of cancer that has never been recognized by the FDA (do we see a pattern here?) is omega-3 fatty acid or vitamin F. Vitamin F is the essential fatty acids, with "essential" meaning that the body cannot manufacture it from other nutrients. Vitamin F is required for the production of hemoglobin which is used by red blood cells to transport oxygen. [Dr. Johanna Budwig](#) spent her life investigating fatty acids and found that without exception, the blood of unhealthy people always has very low levels of essential fatty acids. This directly impacts the ability of blood to carry oxygen to tissues. Essential fatty acid deficiency is probably more common than any other nutrient deficiency, and is aggravated by the consumption of hydrogenated and partially hydrogenated oils that actively interfere with the metabolism of healthy fatty acids in the body. Preservatives in prepared foods generally interfere with the oxidation of fats, and become respiratory poisons when consumed. It is the experience of Gerson therapy that flax oil is the ONLY oil cancer patients should eat.

Fats quickly become rancid when exposed to light, heat or air. Good sources of essential fatty acids include flaxseed, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and the germ of wheat and corn. (Fish oils are also good, providing they have not been heated to get rid of the fishy taste and extend the shelf life). The whole seeds can be eaten fresh or [sprouted](#). They can also be cooked without damaging the oil providing the temperature remains relatively low. Cooking with water ensures that the temperature does not exceed the boiling point of the water, which is not high enough to damage the oil. (Also, potatoes and cereals cooked at high temperatures are found to contain a cancer causing chemical called "acrylamide". This chemical is created by the high temperatures of frying, oven-baking, and deep-frying. Boiling or steaming with water cooks foods at a lower temperature and does not create acrylamide.) Health food stores may have non-rancid flaxseed oil in refrigerated dark glass bottles (use the empty bottle to keep your home-made colloidal silver, which also requires a dark bottle.) The flaxseed oil can be mixed into salad dressings and other foods. For more information see [The Oil Protein Cookbook: Use of Oils in Cooking](#) by Dr. Johanna Budwig, Apple Publishing Co, 1996.

Dr. Szent-Gyorgy won the Nobel prize in 1937 for discovering that essential fatty acids combined with sulphur-rich proteins (such as those found in dairy products) increases oxygenation of the body. Dr. Budwig applied this discovery in clinical trials by feeding cancer patients a mixture of 3-6 Tbsps. flaxseed oil and 4 oz. (1/2 cup) low-fat cottage cheese daily. The mixture is most effective if the flaxseed oil and low-fat cottage are thoroughly mixed or blended. You can add pineapple or other fruit to improve the taste. After about three months improvements could be seen in the blood of the cancer patients, and the malignant tumors began to shrink. When cancer-free, the maintenance dose is 1 Tbsp. flaxseed oil daily per hundred pounds of body weight, plus a dairy product or tofu. (We recommend dairy, unless you are allergic to it. Tofu and other soy products are a highly controversial subject for cancer patients.

Vitamin C "It has long been known that the degree of lymphocytic infiltration, the number of aggressive lymphocytes congregating in and around a tumor (as can readily be seen on a microscope slide) bears a close relation to the outlook." - Dr. Ewan Cameron and Dr. Linus Pauling. A higher consumption of [vitamin C](#) results in a higher rate of lymphocyte formation (10 grams of vitamin C daily causes the rate to **triple**).

Many immune cells such as T-lymphocytes and macrophages are self-propelled by amoebic action. These cells contain molecules identical to those in muscle tissue. All cells in the body become stronger in response to the increased G force during [rebounding](#), and this cellular exercise results in the self-propelled immune cells being **up to 5 times more active**.

Enzymes strip cancer cells of their outer camouflage of mucus and fibrin (a protein in blood) so that the lymphocytes (white blood cells) can recognize the cancer cells as foreign. These enzymes work better in an alkaline, highly oxygenated environment.

So we can see that vitamin C is an important team player in this comprehensive program to dissolve cancer. The more abundant immune cells due to the vitamin C, are more active and effective due to rebound exercise, more enzymes, and a highly alkaline/oxygenated condition in the body.

Vitamin D Research indicates that vitamin D can slash risk of cancers by up to [77%](#). In fact, there are about one hundred diseases that are more common in areas that get less sunshine, indicating that increased vitamin D could make a big difference to health. Vitamin D is available for free just by exposing the skin to sunlight for a few minutes each day. Just be careful to avoid sunburn. Or take an inexpensive vitamin D supplement. Soft gels containing 5,000 IU are readily available.

[Vitamin D Council](#) recommended amounts

Based on the body's indicated daily vitamin D usage, Vitamin D Council recommends the following amounts of supplemental vitamin D3 per day in the absence of proper sun exposure. Due to the variable response discussed above, these are only estimated amounts.

- Healthy children under the age of 1 years – 1,000 IU.
- Healthy children over the age of 1 years – 1,000 IU per every 25 lbs of body weight.
- Healthy adults and adolescents – at least 5,000 IU.
- Pregnant and lactating mothers - at least 6,000 IU.

Additionally, children and adults with chronic health conditions such as autism, MS, cancer, heart disease, or obesity **may need as much as double these amounts.**

There are a number of studies demonstrating that a high level of vitamin D prevents angiogenesis, proliferation and metastasis, and induces apoptosis and differentiation in cancer cells. However, no one is saying that Vitamin D cures cancer because an advanced cancer seems to be able to block its vitamin D receptors. What they are saying is that vitamin D prevents cancer and prevents the recurrence of cancer. People who have been treated for cancer and continue to take high doses of vitamin D live longer and are less likely to experience new cancers. Vitamin D does not interfere with standard cancer treatments. Vitamin D strengthens the immune system such that it is far more able to defend us from infections of all sorts, including wintertime colds and flu. The health of infants is improved if the prenatal nutrition of mothers contains significant vitamin D.

People of all ages, including children and seniors, are healthier if exposed to direct sunlight for a short time each day. However, in latitudes north of Los Angeles or Atlanta there is insufficient UVB radiation in sunlight to make vitamin D on the skin during the months from late October to early March, suggesting that using a [UVB sunlamp](#) for a few minutes each day would be very useful during these months. An advantage of UVB on your skin making your vitamin D is that the skin makes many different variations of the vitamin. There is emerging evidence that one particular form of vitamin D, the [water soluble vitamin D3 sulfate](#), can go places in the body that the fat soluble vitamin D3 cannot go. Vitamin D3 sulfate may be a key to combating health problems such as such as heart disease, obesity, chronic fatigue, autism, Alzheimer's and multiple sclerosis.

The body will not make from sunlight more vitamin D than it needs, so we take the oral supplements and let UVB light top up our vitamin D so that the body has all it wants. (Vitamin D2 is derived from vegetarian sources, vitamin D3 is derived from animal and microbial sources).

Research suggests that if the entire population had a high level of vitamin D in their blood, the occurrence of many common cancers would be reduced by up to 90% and the overall cancer rate would be reduced by about 75%. Plus many other diseases would be dramatically less, including heart disease, stroke, diabetes types 1 and 2, arthritis, osteoporosis and other bone/teeth problems, depression, migraines, Alzheimer's and dementia, schizophrenia, lupus, ankylosing spondylitis, multiple sclerosis, fibromyalgia, chronic fatigue syndrome, infections, inflammation, Crohn's disease, low back pain, muscle weakness, poor balance, and more.

Glyconutrients Glyconutrients are at the cutting edge of nutritional science today. The glyconutrients are eight monosaccharides (simple sugars) that combine with proteins (glycoproteins) and fats (glycolipids) to form a code that is the basis for the body's internal communication system. These special molecules are found on the surface of every cell and allow the immune system to distinguish between self and non-self. In the fight against cancer, distinguishing self from non-self is an important first step. Supplementing the diet with all 8 simple sugars helps restore the body's internal communication system and promote healing.

Vegetarians already have significantly less cancer, particularly cancer associated with various parts of the digestive system. With the information presented here regarding alkalinity (use the [saliva pH test](#)), [fresh juices](#), enzymes, vitamin B17, vitamin F, vitamin C, and vitamin D vegetarians should be able to achieve much lower rates of cancer simply by eating different foods and getting a little more sunlight on the skin.

Other vitamins that are helpful in the fight against cancer include vitamin B complex for stress, vitamin E an antioxidant, and vitamins A (and D) for calcium metabolism. Helpful minerals include iodine for thyroid function (the thyroid gland produces calcitonin, a hormone that helps regulate calcium metabolism) and selenium as an antioxidant. Co-enzyme Q10 (sesame oil is a good source) has also been found to be helpful.

Balanced Diet Is Best for Cancer Prevention

The body makes saturated fat from **carbohydrates**, but not all carbohydrates are the same. The carbohydrates that cause the body to make the most fat are the refined carbohydrates that are digested too quickly. By replacing refined carbohydrates and starches with vegetables, whole grains, legumes and fruit, the carbohydrates will take much longer to digest and the energy they provide will be burned by the body as fuel rather than stored as fat. Carbohydrates are the only type of food that will make you fat.

Nearly all "whole" foods contain **protein**. It is difficult to eat a diet of vegetables, whole grains, legumes and fruit and not get enough protein. The digestibility of whole grains and legumes is improved when they are sprouted. In fact, sprouted grains and legumes can be eaten raw.

It is a good idea to eat some **fats** with each meal, because they make you feel "sated" or "full" and help transport fat-soluble nutrients into the body. (Fiber also makes you feel "full". High fiber foods include whole grains and legumes, fruits and vegetables.) Healthy saturated fats include coconut oil and organic butter (or ghee made from organic butter.) We emphasize "organic" because many pesticides are fat soluble and become concentrated in butter and cheese.

Olive oil and coconut oil is the healthiest oils for cooking. Most cooking oils become rancid when they are heated. In general, it is better to cook longer at lower temperatures so that oils used in cooking are not damaged. Butter and ghee are also good for cooking.

Moderation is a virtue. The overall idea with fat is not so much to eat a "low fat" diet, but rather to replace the bad fats with good fats, and to eat about equal quantities of omega 3 and omega 6 oils.

Good fats include coconut oil, butter, extra virgin olive oil (omega 6), and flaxseed oil (omega 3). Flaxseed oil is highly unstable, must be kept refrigerated and in darkness. Flaxseed oil is consumed as a dietary supplement and/or in salad dressing (we use half flax oil and half olive oil in our salad dressing, together with apple cider vinegar or lemon juice, water, herbs and xylitol). Other healthy oils include fish oils, palm kernel and sesame oils.

Coconut oil contains fewer calories than other oils, and is easier to digest. The medium chain fatty acids of coconut oil can be digested by the saliva enzyme called "lingual lipase", and are so easy to digest that they are incorporated into infant formulas and used in hospital IV feeding. Digested medium chain fatty acids tend to be used by the body for energy and do not get stored as body fat. In fact, the increased thermogenesis (metabolic rate) resulting from eating coconut oil is usually more than is needed to burn off the calories contained in the oil. We recommend that coconut oil be the main oil used for cooking. Plus, a little butter or ghee is OK when needed for taste.

Bad fats are the modern refined vegetable oils (soy, corn, safflower, cottonseed, canola), hydrogenated or partially hydrogenated oils, and all fats that have been heated to high temperatures. The fat that clogs arteries is called [trans fat](#).

From a cancer prevention point of view, the fat you really need to avoid is excess body fat due to the estrogen that these fat cells produce. Eating a balanced nutrient-dense diet including an abundance of raw foods, exercising regularly, plus unplugging your TV should help you control your body fat. Here is a list of foods that may help an overweight or obese person return to normal weight:

Anti-Angiogenic Foods

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|--------------|------------------|----------------|
| Green Tea | Red Grapes | Lavender |
| Strawberries | Red wine | Pumpkin |
| Blackberries | Bok choy | Sea Cucumber |
| Raspberries | Kale | Tuna |
| Blueberries | Soy beans | Parsley |
| Oranges | Ginseng | Garlic |
| Grapefruit | Maitake mushroom | Tomato |
| Lemons | Licorice | Olive oil |
| Apples | Turmeric | Grape seed oil |
| Pineapple | Nutmeg | Dark chocolate |
| Cherries | Artichokes | Others |

Preventing angiogenesis (formation of new blood vessels) by means of drugs and/or diet is a way to help prevent and treat cancer. It is interesting that **a diet of anti-angiogenic foods is also found to reverse obesity** in experimental animals. "Angiogenesis is a hallmark of cancer - *every* type of cancer." - Dr. William Li

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