

THE CANCER REVOLUTION

Additional Material for Chapter 6

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The anti-cancer plan

To be used either in conjunction with or as a stand-alone therapy. Please ALWAYS consult your doctor first, and please understand this is always a personal decision. One thing is for sure: the plan below can do no harm and can only help the body. I wish you well and if it helps, please help someone else by telling them about juicing and what nature has to offer.

- 2oz fresh wheatgrass juice twice a day - morning and evening. If neat is too much, mix with a little apple juice or take a bite of a slice of orange straight after the shot.
- The Anti Cancer Juice at least twice a day - first thing in the morning and either lunch time or early eve. The idea is to flood the body with this stuff, so if you can drink a glass on the hour every hour - do it! This is minimum (see below for recipe).
- 1 x garlic or ginger shot a day. This is half an apple and a one-inch chunk of ginger or two cloves of garlic. You can also go for a both garlic and ginger at the same time!
- Eat as much broccoli as you can, steamed, along with other green veggies.
- Eat as many sprouts as you can. Broccoli sprouts, alfalfa sprouts etc.
- Eat raw low H.I food where you can. (Low H.I. = low human intervention eg organic).
- EXERCISE for at least 30 mins x 2 every day: Cancer hates oxygen. Exercise is vital for your recovery. Exercise once in the morning and once at night.
- Watch something you find VERY funny every day. This sounds odd I realise, but there is no question that your body produces good chemicals when it laughs. Look at Norman Wisdom - 95 years old when he passed and was laughing all the way until the end.
- STAY POSITIVE: Don't allow 'C' to get to you or to create any kind of fear within you. You are bigger than it. All you need to do is stay positive, do what is written and it should starve to death.

AVOID ALL WHITE REFINED SUGAR. AVOID ALL WHITE REFINED SUGAR. AVOID ALL WHITE REFINED SUGAR. AVOID ALL WHITE REFINED SUGAR.

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The anti-cancer juice (make with a masticating juicer for best results)

1 x apple (any as long as its organic)

2 x carrots (organic)

1 x large broccoli stem or several florets or both. (the idea is to get at least 2oz of juice from the broccoli in this juice)

1 x cauliflower (same as above - around 2oz of juice)
1 x medium raw beetroot bulb
2 x brussel sprouts (optional if you can't get them)
1 x 2 inch piece of cucumber
2 x sticks of celery
Spinach - handful
Kale - handful (optional)

How To Make:

Do not peel anything. Simply juice all in a masticating juicer or any other type of juicer.
Drink slowly.

Cancer lives on SUGAR and toxicity, including 'toxic thought'. It hates OXYGEN and LIVE NUTRIENTS.

PLEASE DO NOT TREAT THIS HALF HEARTEDLY – IF YOU ARE GOING TO THIS, DO IT RIGHT!