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This book is dedicated to the thousands of patients of the Martin Clinic. Since David Martin founded the Clinic in 1911 we have strived to bring the best of integrative medicine and prevention to our patients.

The subject of cancer is close to all of our hearts and the Martin family is no stranger to cancer's devastating effects. We pray that the information in this book will be a real blessing and more importantly allow one to make informed choices to prevent cancer.

THE MARTIN CLINIC

# ***Are You Built For Cancer?***

## ***INTRODUCTION***

### ***UTTER FAILURE***

Ever since President Nixon 40 years ago declared the war on cancer, North Americans have been led to believe that cancer can “be beaten”. So far we have been losing the war badly. If you don’t believe me read the obituaries in the your local news paper everyday. Cancer charities confidently promise every year just “Show us the money” and we promise to find the cure. Yearly, cancer research charities in North America bring in \$100 billion (with a B!) to pursue scientific dead ends.!!!

“ It has been very, very chaotic process of looking for cancer cures and it’s not been tremendously successful”

-Dr. Jack Semiatycki  
Cancer Epidemologist

### ***Slash and Burn Treatment is Barbaric- Same Old, Same Old***

Chemotherapy and radiation has been around for over 80 years. You would think that over that period of time that cancer treatment would have evolved. Unfortunately that’s not the case. Treatment today is much the same as always for cancer-slash and burn. Surgery to remove cancer and then chemo and radiation to kill cancer cells is still the treatment of choice. With all the money that is being spent on research you would think that we would have made a major dent in cancer. The opposite is true. When I started practice in the early 1970s 1 out of 20 men over the age of 50 would get prostate cancer. Today it is 1out of 4. For women in the1970s,1out of 20 would get breast cancer and today it is 1out of 7 that will get this dreaded disease in their lifetime.

### ***War On Cancer Like War in Afghanistan***

When American and Canadian troops invaded Afghanistan after September 11, 2001 ,just about everybody agreed that the Taliban had to be defeated and this was a just war. The problem is that after more than a decade of fighting and thousands of our troops killed or maimed the Taliban is still very much alive and well. Although there have been some improvements in that country really not much has changed. Does this not remind you of the war on cancer?



## **Reduced Mortality Rates**

The American cancer society will sometimes pump up the troops by declaring mortality rates of cancer are coming down to justify their enormous amount of fund raising. But the truth is the only significantly reduced rates in cancer mortality are due to people quitting smoking. Holy cow! After literally spending trillions of dollars on cancer treatment the war on cancer so far has been futile.

“Chemotherapy is a medical fraud. Rather than boosting the immune system, it harms the immune system causing tumors to grow back.”

-Mike Adams  
The Health Ranger

“The #1 side effect of chemotherapy is, by the way-CANCER! Cancer centers should be called “Poison Centers” because they are in the business of poisoning patients with a toxic cocktail of chemicals that modern science reveals to be a cancer tumor accelerant.” Mike Adams

“Nearly 2 million Americans are diagnosed with cancer every year, and one in three will face a cancer diagnosis at some time in their lives. Yet despite massive technological advances over the past-half century, Western medicine is still at a loss for how to rein in its prevalence” Dr. Mercola

At this point it's becoming increasingly clear that many of the conventional strategies from diagnosis to treatment are flawed with assumptions and approaches that, in many cases, do more harm than good. What's more, virtually none of the conventional strategies actually addresses the root of the problem. Cancer cells are uniquely able to adapt to toxic environments, which is why chemotherapy has such a high failure rate.

In his book “National Cancer Institute and American Cancer Society: “Criminal Indifference To Cancer Prevention and Conflicts of Interest” Dr. Samuel S. Epstein says that cancer rates are skyrocketing with the disease now affecting one in two men and more than one in 3 women.” No wonder” Dr. Epstein says “the cancer industry is a lucrative business. The American Cancer Society bears a major decades long responsibility for losing the winnable war against cancer.”

## **Seventy-Five Percent of Doctors Would Refuse Chemotherapy!**

Research using polls and questionnaires continue to show that three

out of every four doctors and scientists would refuse chemotherapy for themselves due to its devastating side effects on the entire body and immune system, also because of its extremely low success rate. On top of that, only 2% to 4% of all cancers even respond to chemotherapy or prove to be life extending yet it is prescribed across the board for just about every kind of cancer.

Polls were taken by accomplished scientists at the McGill Cancer Center from 118 doctors who are all experts on cancer. They asked doctors to imagine that they had cancer and to choose from six different 'experimental therapies'. These doctors not only denied chemo choices, but they wouldn't allow their family members to go through the process either.

### ***What does this say about this archaic method?***

The way to beat cancer is to prevent cancer in the first place. The way to fight cancer if one has it -is to build your body's immune system - certainly not to break it down and suppress it!

I remember asking an oncologist once why chemotherapy is used for cancer when stats show that it's really quite ineffective. You know what his answer was? "Because that's what we do." Friends, I do not know about you but that answer is crazy. That is like asking this question to somebody who continually bangs their head against the wall. " Why do you keep doing that?- answer - "It feels so good when I stop."

### ***The Big "C" Word***

Do you know that one-third of the population will get the bad news in their lifetime that they have the dreaded "C" word. Folks, getting this bad news does not have to be a death sentence. This book is all about hope. This book is first of all about prevention of cancer so that you never have to hear the "C" word from a doctor. The lack of progress in either managing or or preventing cancer has motivated us to write this book.

The cancer industry is really looking for the cure in all the wrong places. They basically see cancer as a genetic disorder instead of a metabolic disorder caused by lifestyle choices. Friend ,cancer is caused by the choices you make or do not make.

In this book we will show you what causes cancer and more importantly how to prevent it!!! This book could save your life .

# <sup>1</sup> **PART** **ONE** *We are built for cancer*

- 1) You are built for cancer if you are a woman or a man!!
- 2) You are built for cancer if you are a carboholic!!
- 3) You are built for cancer if you are overweight!!
- 4) You are built for cancer if you are sun phobic!!
- 5) You are built for cancer if you are stressed!!
- 6) You are built for cancer if you have taken antibiotics or pain killers!!
- 7) You are built for cancer if you are acidic!!
- 8) You are built for cancer if you can't sleep!!
- 9) You are built for cancer if you live in a toxic environment !!
- 10) You are built for cancer if you have inflammation!!

***DID YOU KNOW?***

- 1) Did you know that cancer treatment has barely changed in the last 80 years?
- 2) Did you know that the only significantly reduced rate in cancer mortality is due to people quitting smoking?
- 3) Did you know that chemotherapy crushes the immune system and makes one much more susceptible to cancer returning?
- 4) Did you know that one in three people will face a cancer diagnosis at sometime in their lives?
- 5) Did you know that the cancer industry is a lucrative business?
- 6) Did you know that 75% of doctors would personally refuse to be treated by chemotherapy?
- 7) Did you know that this book could save your life?
- 8) Did you know that breast cancer numbers are staggering. Breast-cancer represents 26% of all newly diagnosed cancer cases in women?
- 9) Did you know for cancer to grow to the size of the tip of a ball point pen takes five years?
- 10) Did you know that a cancer cell acts independently from all other cells? They do not follow orders from headquarters (your brain)!
- 11) Did you know that 80% of women who are diagnosed with breast cancer have no risk factors whatsoever except being a woman?
- 12) Did you know that two thirds of all breast tumors have estrogen receptors and depend on estrogen to grow?
- 13) Did you know that increased estrogen and increased carbohydrate consumption go hand-in-hand?
- 14) Did you know that fat does not make you fat - carbohydrates do?
- 15) Did you know that positive changes in lifestyle habits including diet and exercise can override bad genetics?
- 16) Did you know that traditional cancer treatments can cost up to \$300,000 a month?
- 17) Did you know that the vast majority of prostate cancer cases should

be monitored instead of treated with chemo and radiation?

18) Did you know that PSA testing for prostate cancer is very unreliable?

19) Did you know that the average person today is consuming four times more carbs than they were 50 years ago?

20) Did you know that increased carbohydrate consumption is responsible for life-threatening epidemics of obesity, diabetes, heart disease and cancer?

21) Did you know that excess insulin is a death hormone?

22) Did you know there is a difference between unnatural fructose and natural fructose?

23) Did you know that cancer cells depend on insulin to provide fuel and materials they need to grow and multiply?

24) Did you know that Steve Jobs -the founder of Apple Computer was a strict vegan and ate mostly fruits and vegetables?

25) Did you know that Steve Jobs died of pancreatic cancer?

26) Did you know that Ashton Kutcher who played Steve Jobs in the movie got acute pancreatitis when he followed Steve Job's eating habits?

27) Did you know that there is a new brain test that uses sugar to detect the tumor?

28) Did you know that if you have 10 more pounds of body fat than you are supposed to have you are much more susceptible to cancer?

29) Did you know that a woman who is overweight has a 62% greater chance of dying from cancer than woman whose weight is normal?

30) Did you know that men who are overweight have a 52% higher chance of dying from cancer?

31) Did you know that fat cells are the perfect environment for tumors?

32) Did you know that 80% of North Americans are deficient in Vitamin D?

33) Did you know that Vitamin D can prevent almost any cancer including skin cancer?

34) Did you know for every person who dies of skin cancer 250 people die from a lack of Vitamin D?

- 35) Did you know the daily intake of Vitamin D should be at least 10 times more than the official government guide?
- 36) Did you know that your body is actually made for stress?
- 37) Did you know that if you have been on multiple doses of antibiotics that you are much more susceptible to cancer?
- 38) Did you know that friendly bacteria acts as a barrier between your gut and your blood?
- 39) Did you know that the overuse of antibiotics is one of the main causes of Chronic Fatigue Syndrome and Fibromyalgia?
- 40) Did you know that over 80% of your immune system is contained in the gut?
- 41) Did you know that the human body is made up of 70 to 80% water?
- 42) Did you know that if you have an acidic pH you're much more likely to get cancer?
- 43) Did you know that sleep deprivation increases a person's chance of getting cancer?
- 44) Did you know that mercury looks just like the nutritional element selenium?
- 45) Did you know that lead looks like the nutritional element calcium?
- 46) Did you know that your body often mistakes aluminum for magnesium?
- 47) Did you know that kidney stones are the direct result of calcium leaving the bones and teeth to find its way into kidneys?
- 48) Did you know that calcium supplements never make it into the bones but stay in the bloodstream causing high blood pressure, strokes and heart attacks?
- 49) Did you know that the number one selling supplement is calcium?
- 50) Did you know that in order to make one's pH more alkaline the body will draw calcium out of bones and teeth?
- 51) Did you know that the three things that make you acidic are sugar, sweets and pastries (cookies, crackers, cakes, pies, donuts and muffins)?
- 52) Did you know that the three things that make you alkaline are fruits, veggies and water?

- 53) Did you know that sleeping with your pet can make you more susceptible to cancer?
- 54) Did you know that 90% of humans will have a problem with parasites in their lifetime?
- 55) Did you know that the WHO (World Health Organization) classifies parasites as among the six most dangerous diseases that infect humans?
- 56) Did you know that if you take an antibiotic for five days you run the risk of destroying all your body's friendly bacteria?
- 57) Did you know that exposure to mold can be a major factor in cancer?
- 58) Did you know that most tumors are fungus or yeast based?
- 59) Did you know that chronic inflammation is very harmful to the body and it can cause cancer?
- 60) Did you know that a diet low in fat and high in carbohydrates causes an enormous amount of inflammation?
- 61) Did you know that one of the biggest hoaxes in modern medicine is that heart disease is caused by cholesterol?
- 62) Did you know that eating eggs, meat and butter do not elevate cholesterol levels?
- 63) Did you know that being overweight is an inflammatory condition?
- 64) Did you know that the number one reason people visit their physicians is because of fatigue?
- 65) Did you know that the number one cause of fatigue is inflammation?
- 66) Did you know that glycolytic foods require lots of insulin to break them down?
- 67) Did you know that lipolytic foods require very little insulin to break them down?
- 68) Did you know that most people look for calories and fat grams on the nutritional label instead of looking at carbohydrates and sugar?
- 69) Did you know that milk is highly overrated when it comes to good nutrition?
- 70) Did you know that milk is not what it used to be?
- 71) Did you know that milk is listed as a glycolytic food because it needs too much insulin to be broken down?

- 72) Did you know that milk will elevate estrogen levels which is dangerous for both breast and prostate cancers?
- 73) Did you know that soy should be avoided to lower your risk of cancer?
- 74) Did you know that there are numerous tribes in Africa, Indonesia and in the Arctic that consume five times more fat than North Americans and display very little cancer?
- 75) Did you know that animal fat is actually quite good for you?
- 76) Did you know that L Carnitine is an amino acid found in red meat that is a cancer fighter?
- 77) Did you know that broccoli is a cancer cell blocker?
- 78) Did you know that tomatoes help fight breast and prostate cancer?
- 79) Did you know that the spice Turmeric (Curcumin) is more powerful than chemotherapy in shrinking tumors? It works by cutting off a cancer cells blood supply.
- 80) Did you know that flax seeds are nature's highest source of lignan's which is proven to block estrogen thus preventing breast and prostate cancers?
- 81) Did you know that blueberries help prevent colon cancer which kills 50,000 Americans every year?
- 82) Did you know that celery is the Rodney Dangerfield of foods?
- 83) Did you know that celery reduces your risk of pancreatic cancer?
- 84) Did you know that ordering the home Biomarker kit from the Martin Clinic could save your life?
- 85) Did you know that it is estimated that 90% of the population is dehydrated?
- 86) Did you know that having high levels of nitric oxide will decrease your risk of getting cancer?
- 87) Did you know that the reason that glutathione is so effective in fighting cancer is that it recycles antioxidants.
- 88) Did you know that telomeres are protective tips of chromosomes within our DNA?

- 89) Did you know that having shorter telomeres is linked with an increased risk of cancer?
- 90) Did you know that Navitol has been proven to increase telomeres length?
- 91) Did you know that lactoferrin found in breastmilk is a cancer cell buster?
- 92) Did you know that the Martin Clinic HS Pro contains 15% lactoferrin - the same as breastmilk?
- 93) Did you know that most protein powders contain no or very little lactoferrin?
- 94) Did you know that lactoferrin suppresses new blood vessels to tumor sites?
- 95) Did you know that lactoferrin decreases the formation of intestinal polyps?
- 96) Did you know that lactoferrin promotes the activity of T-cells the "Navy Seals" of your white blood cells?
- 97) Did you know that the bacteria H. Pylori can cause stomach ulcers and cancer?
- 98) Did you know that lactoferrin binds the iron that bacteria like H. Pylori need to survive?
- 99) Did you know that lactoferrin boosts your body's levels of glutathione?
- 100) Did you know that your bowel has 400 different types of bacteria that when combined weigh over 2 pounds?
- 101) Did you know that 90% of all disease and discomfort is directly or indirectly related to an unclean colon?
- 102) Did you know that cancer cells have no metabolic flexibility and can only survive on carbohydrates, not protein or fat?

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## ***CHAPTER 1***

YOU ARE BUILT FOR CANCER IF YOU ARE A WOMAN OR A MAN!!

### ***BREAST CANCER***

“The medical profession if they are honest will readily admit that they do not know what causes breast cancer, they do not know what cures it and they do not know how to prevent it. So to compensate for this total lack of knowledge the cancer is attacked with a vengeance, in hope that in an all out assault against the body will somehow exorcise the cancer without killing the patient”

-Harvey Diamond

“We don’t know the natural history of the disease, we don’t know if the treatment is necessary and we don’t know if it works.”

-Dr. H Gilbert Welsh

Senior Research Associate of the Department of Veterans Affairs

Breast cancer numbers are staggering. Breast cancer represents 26% of all newly diagnosed cancer cases in women, ranks second in mortality for women at 14%.

On average, 62 women will be diagnosed with breast cancer every day and 14 will die daily from the dreaded disease. The American Cancer Society estimates that one in eight women will get breast cancer.

### ***Early Detection (How Foolish)***

Women are told that early detection of breast cancer is key to winning the war on cancer. How foolish! Early detection means that a woman already has cancer. The real key to success is prevention of breast cancer not early detection. Get out a ball point pen and look at the tip of it. For a cancer cell to reach the size of a ball point pen takes 5 years!

The human body is made up of trillions of cells. Wow! isn't that incredible! Everyone of your cells waits for instructions from headquarters (your brain). No cell in your body acts independently. Except cancer cells. A cancer cell is so toxic and damaged that it no longer has any communication with headquarters.

### ***Chaos***

Cells that do not follow orders becomes chaotic. Cancer cells unlike normal cells divide rapidly and destroy other cells around them like kamikaze pilots.

### ***Estrogen and Breast Cancer***

“80% of women who are diagnosed with breast cancer have no risk factors whatsoever except being a woman.”

-Dr. Susan Love M.D.

For every woman, healthy estrogen balance is essential. Estrogen makes a woman a woman. It is vital for development and growth of breasts and other organs that are important for childbearing. Estrogen also

controls the menstrual cycle and is necessary for reproduction. Breast cancer risk is associated with a lifetime exposure to estrogen.

I challenge you to look up risk factors for breast cancer. Two of them are: 1) Being a woman, 2) Growing older. Since every female grows older it seems that all women are at risk for breast cancer. At a very basic level females as they age are more likely to be affected with estrogen dominance and this can have devastating effects.

### ***Estrogen Dominance***

Too much of a good thing can be a killer. How is estrogen related to breast cancer? There are a number of reasons but let us focus on two:

1) Estrogen plays a role in breast cell division. Cancer cells tend to multiply out of control. If you have too much estrogen (estrogen dominant) then there is too much cell division taking place. The reason why this can be dangerous is simple. When there is a lot of cell division taking place, there is an increased chance of DNA copying error occurring in the dividing breast cell. This can lead to dangerous cancerous cells reproducing out of control.

2) Estrogen dominance supports the growth of estrogen receptor tumors. Approximately 2/3 of all breast tumors have estrogen receptors and depend on estrogen to grow. The more estrogen you have more likely the cancer cells will grow.

<b><i>The Symptoms of Estrogen Dominance</i></b>	
Breast swelling, breast tenderness	Edema, bloating
Fibrocystic breasts	Heavy or irregular periods
Decreased sex drive	Craving for sweets
Mood swings	Weight gain on hips and thighs
Water retention	Fibroid tumors

## ***Common Ways Women Increase Their Exposure To Estrogen***

### ***1) Diet***

Carbohydrates and increased estrogen go hand-in-hand. Women today are real carbo-holics. Carbs especially bread, pasta, rice, cereals, yogurt sugar, sweets, pastries (cookies, cakes, pies, bagels, muffins, doughnuts) increase insulin. Secretion of too much insulin from the pancreas causes cells to become resistant (insulin resistance). Insulin is like a key. Insulin takes a carb and converts it to a sugar and then puts the sugar inside the cell wall for energy. The problem is if you do not use that sugar right away, insulin will lock the cell wall door and convert that sugar to fat! Remember folks, fat doesn't make you fat. Sugar does! So if you are eating too many carbs, they will be converted to fat.

### ***2) Fat = Increased Estrogen***

Fat cells increase the production of estrogen. Estrogen and fat cells go hand-in-hand. The more fat cells one has, the more estrogen they have as well. Therefore losing weight is one of the best things that women can do to decrease their risk of breast cancer.

### ***3) Birth Control Pills***

The use of birth control pills amongst woman is eye popping. Obviously birth-control pills decrease a woman's ability to produce progesterone. Progesterone is the hormone needed to get pregnant. The problem with birth control pills, is the less progesterone a woman produces the more estrogen dominant she will become. Bingo! She will be more susceptible to breast cancer. I know ladies you're telling me -a man to stay out of your reproductive rights. We are just saying - these are the facts! I know birth-control pills are convenient but they are not candies and come with an increased risk of breast cancer.

### ***4) Hormone Replacement Therapy***

If ladies you like hay as a food, then you should be on HRT. Hormone Replacement Therapy is taken from horses urine. Do you know that on average a horse is 5-10 times larger than a woman? Taking horses urine estrogen will increase your breast cells receptivity to estrogen big time. This will increase your risk of getting breast cancer. Ladies, you should be looking at safe alternatives to pre-menopausal or menopausal symptoms such as HS Pro (See Martinclinic.com)

### **5) *Environmental Estrogens (Xenoestrogens)***

Petrochemicals have chemical structures similar to estrogen. They are called Xenoestrogens. They occur in almost everything from body creams, soaps, lotions, perfumes and nail polish.

### **6) *Wine!!!***

We at the Martin Clinic have noticed a habit that most women have that they didn't have 20 years ago. That is the habit of drinking wine especially before or during supper. We think this habit comes from two factors:

- 1) Research showing that wine is good for the heart.
- 2) The vast majority of women work and they like wine to relax and de-stress after a hard day, men usually like beer.

### ***Wine- A Double-Edged Sword***

The problem with wine is that it converts to sugar rapidly in the body. The Martin Clinic offers a weight-loss program to our patients. On average our patients lose between 3-to 5 pounds in the first week when we put them on our Serial Killer Diet.

What was happening, more often than not, women were coming in to get weighed weekly and some of the weeks they were not losing any weight at all. One of the first questions we asked them "Are you drinking wine?" Almost invariably the answer was YES!!! People have the idea that one or two glasses of wine is quite good for them. The problem with cancer or weight loss is that wine is an absolute no-no! Wine feeds cancer cells!

### ***Alcohol***

Ladies, just one drink every other day increases the risk of breast cancer by 17%, according to Dr. Walter Willet Chairman of Nutrition at the Harvard School of Public Health. When young ladies drink alcohol, it will come back to bite them years later. Young ladies who drink alcohol every day may be significantly raising their risk of cancer according to experts at the Washington University School of Medicine.

### ***Angelina Jolie***

Angelina Jolie made headlines recently when she made a radical and controversial decision to have a double mastectomy as a preventative

measure. The decision was based on the fact that she carried the BRCA 1 gene mutation that could (may not) lead to breast cancer. Was such a radical procedure necessary? Some new studies told us that doctors surrounding Angelina told her that she had an 87% chance of getting breast cancer and 50% chance of getting ovarian cancer. There is no way that such a specific prediction like that could be made.

If my dad had a heart disease or my mother had breast cancer does that mean I am more susceptible to that disease? These are questions that we get asked a lot. The answer to those types of questions are yes and no. Yes, you may be more susceptible to getting that specific disease but no you don't have to get that condition.

### ***You Can Override Bad Genetics!***

Study after study has proven that positive changes in lifestyle habits including diet and exercise can override bad genetics. The choice is yours, your actions will decide your fate. The most important thing you can do to override bad genetics is to make the right choices when it comes to food.

Our family is very prone to diabetes and cancer. However, with the right choices in nutrition and the proper amount of exercise we know that we can give our bodies the best chance to fight these diseases. It is a fact that the top 2 killers in our society, cancer and heart disease are almost always lifestyle related.

### ***Why I Won't Wear Pink!***

Breast cancer is a disease women fear the most. So who would be against anything that raises money to try and beat breast cancer? The problem I have is that almost every plug nickel that is raised for breast cancer goes to the big cancer machine and pharmaceutical companies and almost nothing gets spent on prevention!

Do you know last year that 39 million women in the USA underwent mammography in an attempt to detect cancer? It is well known that mammography causes cancer due to the enormous amount of radiation that is emitted.

### **Men We Are No Better Off!**

In 1971 one out of 20 men were at risk to get prostate cancer in their lifetime. You know what it is today? One in four men today over the age of 50 will get prostate cancer. Once again we hear the slogan "cancer

can be beaten” ringing in our ears but we are certainly not even putting a dent into prostate cancer statistics. Well no wonder, our disease care system waits till a person gets cancer before spending a fortune treating cancer with the same old chemo and radiation that can cost up to \$300,000 per month!

### ***The Over Treatment of Prostate Cancer***

Most men that are told they have prostate cancer really do not have cancer at all but just harmless tumors- that if left alone will never kill them. But doctors rely on a very unreliable PSA test (Prostate Specific Antigen). Even the inventor of the PSA test says it should never be relied upon to diagnose prostate cancer. According to Dr. Otis Brawley the chief medical officer of the American Cancer Society “50 to 60% of prostate cancer cases should likely be watched instead of treated.

Richard Albin, the discoverer of the PSA test said this “As I’ve been trying to make clear for many years now, PSA testing can’t detect prostate cancer and more important it can’t distinguish between the two types of prostate cancer - the one that will kill you and the one that won’t. I never dreamed that my discovery four decades ago would lead to such a profit driven public health disaster.”

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## **CHAPTER 2**

### **YOU ARE BUILT FOR CANCER IF YOU ARE A CARBOHOLIC!!**

When we analyze patients' diets in our clinic we have noticed a huge paradigm shift in eating in the last several years.

#### ***People Today Are Carboholic!***

The average person is consuming four times more carbs than protein and fat even compared to 20 years ago.

The geniuses in our government and dieticians advised North Americans about 35 years ago to increase the amount of carbohydrates they consumed to around 60% of their daily food intake. The objective of course was a healthy lifestyle. They figured that North Americans were consuming way too many calories coming from fats like cheese, butter, eggs and meat. The catastrophic result has been an epidemic of life threatening obesity and Type 11 Diabetes, Metabolic syndrome and you guessed it! Cancer!!

People think that they are making seemingly healthy food choices when they tell me but Doc "I eat only whole-grain or whole wheat bread, brown rice and whole wheat pasta."

Regardless of the carb you eat be it whole-grain bread or brown rice or cookies or cake the fact remains that all digestible carbs or starches get turned into sugar as they pass through the digestive tract. The results is dangerously high levels of insulin.

“But when secreted in excess, insulin becomes a “death hormone.”

-Scott Rachinou  
Life Extension Magazine July/2013

“It seems like every time I study an illness and trace a path to the first cause, I find my way back to sugar.

-Dr. Richard Johnson

“Sugar is a poison by itself when consumed at high doses”

-Dr. Robert Lustig  
Endocrinologist

### ***High Fructose Corn Syrup - 1886***

Two things happened in 1886. One was bad the other was good. My grandmother (Delia Rochefort) was born in January, 1886-that was a good thing. The bad thing was in Buffalo, New York - the invention of Fructose Corn Syrup-when corn was turned into sugar. High Fructose Corn Syrup is the # 1 source of calories in the USA. Fructose is cheap and it is used in virtually all processed foods.

<b><i>LIST OF FOODS WITH HIGH FRUCTOSE CORN SYRUP</i></b>	
Chocolate Bars	Ice Cream-frozen desserts
Baby foods, including baby formula	Beer
Bologna	Breads and Rolls
Cakes and Desserts	Some breakfast meats
Candy	Canned Foods and vegetables
Caramel Coloring	Soft drinks
Cat and dog foods	Chewing gum
Coffee Creams	Crackers and related snacks
Dessert Toppings	Flavoring
Frozen Puddings	Custards
Fruit Drinks and juices	Instant Breakfast cereals
Jams and Marmalades	Margarine
Mustard	Pancake mixes
Peanut Butter	Pickles
Pies	Pretzels
Relish	Soups
Shake and Bake Products	Energy Drinks
Canned Fruits	Canned Vegetables
All Cereals-including heart healthy cereals (what a joke!!)	

***Here are some of the worst culprits that are supposed to be good for you:***

- 1) Low fat yogurt
- 2) Low fat salad dressings
- 3) Low fat ice cream products
- 4) Low calorie snacks
- 5) Low fat peanut butter

## ***THE DIFFERENCE BETWEEN NATURAL FRUCTOSE AND UNNATURAL FRUCTOSE***

Natural Fructose is found in fruits. This is distinct from glucose and does not require insulin. Once inside cells it can be used like glucose for energy.

Unnatural fructose is stripped of naturally occurring fibers resulting in the form of fructose that can be used in the manufacturing process of sweeteners and syrups. The processed, fiber stripped fructose is found in many packaged foods, cereals, bread's and drinks.

Unnatural fructose absorbs into your bloodstream unabated. For example, all 15 g of fructose from a glass of orange juice or two slices of white bread is absorbed rapidly into the bloodstream. In contrast the fibers around fruit will minimize the absorption of natural fructose limiting the net influx of fructose into your circulatory system.

### ***Bottom Line***

Serving for serving high amounts of unnatural, fiber stripped fructose absorbs immediately into the body. Fructose enters the liver because that is the primary organ that can metabolize it. Excess fructose = High Uric Acid. The danger of high uric acid is not only gout, less than 4% of people with high uric acid levels get gout. However uric acid causes inflammation which in turn is a major contributor to cancer and heart disease.

“There’s really no doubt anymore that extra sugar can be toxic to your body, it’s only a matter of time before it will be commonly accepted as a causative factor of most cancers, in the same way as we accept that smoking and alcohol abuse are direct causes of lung cancer and cirrhosis of liver.” Dr. Mercola

## ***FRUCTOSE IS ALCOHOL WITHOUT THE BUZZ!!***

“Human cancer cells come to depend on insulin to provide the fuel (blood sugar) and materials they need to grow and multiply.”

Craig Thompson  
President of Memorial Keltering Cancer Center, New York

Lewis Cantley of Harvard Medical School has said “ 80% of all cancers are driven by either mutations or environmental factors that work to enhance or mimic the effect of insulin.

### ***INSULIN IS A POWERFUL GROWTH FACTOR IN CANCER!***

#### ***Pancreatic Cancer***

When Steve Jobs died (the founder of Apple) there was a lot of attention put on pancreatic cancer. If anybody could have saved himself with all the money and all the best treatment in the world it would have been him.

I found out when he got sick that Steve Jobs ate mostly fruits and fruit juices and vegetables. He was such a big apple eater so guess what he named his company? Don't get me wrong because on my radio show they call me “Dr. fruit and vegetables” because they are so good for you. The problem is that juicing is not the best for your pancreas. Juicing demands a high amount of insulin to be secreted from the pancreas.

Pancreatic cancer has increased 200-300 fold in the last 20 years due to an enormous amount of sugar in our diet.

#### ***Ashton Kutcher***

When Ashton Kutcher was cast as the famous Steve Jobs for the movie of the cofounder of Apple, he decided to try the fruitarian diet just like Steve Jobs was famous for eating. Steve Jobs, according to his biography was known to often go on numerous fruit only diets .Two days before filming the movie, Ashton Kutcher was hospitalized for pancreatitis due to his fruit only diet.

A diet high in sugars, such as a fruit only diet, with very little fat or protein is very hard on the pancreas. It does seem strange that the actor playing Jobs suffered from an illness in the same organ copying Steve Jobs diet.

### ***TUMORS UTILIZE SUGAR***

High carbohydrate diets which are the norm today bombard our system with extra glucose. Cancer patients with high blood glucose level have the highest mortality rates.

### ***Sugar Cancer Test- Tumors Light Up Like A Christmas Tree***

There is a new cancer test that is able to detect cancer having the patient consume sugars and getting an MRI. The test is called “the glucose chemical exchange saturation transfer test.” The idea of the test is simple, tumors consume much more glucose than normal healthy tissues, since tumors need glucose to grow. A simple injection of sugar into the patient can lead to bright tumors on the calibrated MRI machine. The amazing thing is the test only needs the same amount of sugar found in your average chocolate bar!

The take-home point in this study should be very frightening. Even a little sugar makes the tumor light up like a neon sign. By consuming even a little bit of sugar tumors get the feed they need to survive and thrive!

***\*\*\*This means if you currently have cancer- STOP EATING SUGAR!***

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### **CHAPTER 3**

#### **YOU ARE BUILT FOR CANCER IF YOU ARE OVERWEIGHT!!**

You would think that most people would be getting the message that we are overweight, we eat way too much sugar and carbs and we don't exercise enough. Too many of us are turning a blind eye to what's happening all around us. Look around, go to your local mall, watch people walking around. What do you see? People are generally much bigger.

The CDC reports that 35.7% of adults and 16.9% of children are obese. Friends, you don't have any idea what this is going to do to our healthcare system in the coming years. These are the facts:

***If you weigh even 10 pounds more than you should:***

- 1) You are at a higher risk of cancer
- 2) You are at a higher risk of diabetes
- 3) You are at a higher risk for heart disease
- 4) You are at a higher risk of Dementia/Alzheimer's

According to the National Cancer Institute obesity is associated with an increased risk of esophagus, breast, endometrium (lining of the uterus) colon & rectum, kidney, pancreas, thyroid, gallbladder and possibly other types of cancer. One- fifth of all cancer deaths are associated with obesity ,again according to the National Cancer Institute.

### ***LADIES X-TRA CAREFUL!***

Women that are overweight, especially postmenopausal women have a 62% greater chance of dying from cancer than those women of normal weight. Men who are overweight have a 52% higher chance of dying of cancer than men of normal weight.

“Everybody has heard of the effects of obesity on heart disease and diabetes and now are beginning to understand that the cancer risk is just as great.”

-Dr. Joyce Slingerland  
Oncologist- University of Miami Florida

### ***FAT CELLS ARE THE PERFECT ENVIRONMENT FOR TUMORS!***

The problem with extra fat especially around the midsection is that fat sort of has its own way of doing things. Almost like stubborn teenagers that think they know everything and love doing their own thing.

- 1) Fat cells increase the amount of estrogen in the body- too much estrogen is never a healthy thing.
- 2) Increase in estrogen increases inflammation in the body. chronic inflammation in the body is very destructive.
- 3) Increase in inflammation causes cells to be more insulin resistant.
- 4) Increase in insulin resistance leads to increased tumor growth.

“Obese people are more likely to have abnormal insulin levels in their blood. Insulin is the gatekeeper for glucose entering the cells, so when insulin production is disrupted higher values of glucose remain in the blood. An increase of glucose in the blood creates an environment that is conducive for cancer cells to grow rapidly.”

-Naihati Parekh  
NYU Steinhardt Researcher

According to Dr Parekh, glucose is the primary source of energy for most cells in the body and cancer cells also use the sugar in order to replicate very quickly. Therefore, higher amounts of glucose in the bloodstream may help provide a direct line of fuel for cancer cells to grow and spread.

Additionally, higher rates of insulin can also help to foster the spread of cancer, as insulin is a hormone known for encouraging cell growth!!!

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## **CHAPTER 4**

**YOU ARE BUILT FOR CANCER IF YOU ARE SUN-PHOBIC!!HT!!**

### ***VITAMIN D AND CANCER***

Did you ever see a society like ours that gets duped over and over again?  
Say It Long Enough And People Will Believe It

One of the best tricks politicians used to fool us is the “repeat the talking points” strategy. Here are a few “Bush lied and people died” - “I never had sex with that girl”, “I will never raise your taxes.”

In the 1960s cereal companies were trying to change the way North Americans were eating breakfast. That is when the constant repetition started- “eggs are bad for you because eggs elevate your cholesterol levels”. Of course this was never true, you can eat 50 eggs a week without elevating your bad cholesterol even one bit. However the truth doesn't matter. Marketing works -so here we are more than 50 years later and if you could do a survey in your hometown and ask 10 people what eggs

do you do for you- nine out of 10 would give you this answer. Eggs are bad because of cholesterol.

### ***Butter***

Does butter ever get a bad rap or what!? For years the makers of margarine learned marketing and lying 101, and got millions of people switching from butter to margarine (just one molecule away from plastic). Friends, good old-fashioned butter will not make you fat or give you cholesterol but, what does the truth have to do with it?

### ***Statins And Cholesterol***

If anyone should win the prize for deception it should be the Big Pharmaceutical Companies. They have convinced the world and even more astonishing -most doctors- that cholesterol is the cause of heart disease. I would love to have sat in the board room of these marketing geniuses who are the makers of Lipitor, Zocor and Crestor -some of the best selling drugs in the history of the pharmaceutical industry.

Did you know that recently the government of England was considering putting statins drugs in the drinking water just to cut down on heart disease in Great Britain. Yes I am not kidding you!

I love watching the TV commercials that tell you statin drugs reduce your risk of heart attacks (which is not true) and have a commercial tell you about all of their side effects including severe muscle reactions (it seems to me that your heart is a muscle!)

### ***Fat Consumption and Obesity***

I always enjoy when people come into our office and brag that they have cut fat out of their diets. They always look at me like I have two heads when I ask them why? Well, (stupid Dr. Martin) they don't say this but I know they are thinking it, don't you know that fat makes you fat? The problem with this statement is that it is simply not true. Fat doesn't make you fat but carbs do!

### ***Evolution Versus Creation***

Now I am going to preach a little bit so that you can understand where i am coming from.

I used to be an evolutionist converted to this philosophy, (yes it is not a science but a philosophy) when I was in university. Hey it must be

true - because it is well accepted in the scientific community. The problem is that science requires:

- 1) observation
- 2) repetition

Scientists today have become the High Priests of society deciding for the masses what they should believe. So here is the lie -you are here by chance- the world has no Creator just so called the science of chance. By chance and time you evolved from a single cell (where did that come from?) to a monkey to a man.

### **NOTHING Plus NOBODY EQUALS EVERYTHING**

This defies logic. It is indefensible.

See a house-there is a builder

See a car-there is a designer

See creation-WELL this just happened by chance. Ok, I know I get preachy sometimes but it drives me crazy how we just accept things like they are the gospel truth. Folks God gave you grey matter--use it!!! The DNA in just one cell (your body has billions of cells) has enough information to fill 500 books of 1000 pages each. You do not come from a single cell ameba from some primordial soup. You are special fearfully and wonderfully made by GOD.

### ***The Sunshine and Cancer(sun phobia)***

Here is another big fat lie-the sun is killing you! Stay out of the sun! Never go in the sun without sunscreen or better yet sunblock!

Do you know that 80% of North Americans are deficient in Vitamin D. You know why? They have bought into the lie. The Big Pharmaceuticals that make sunscreens have convinced you, doctors and even the weatherman that the sun is out to get you! Friends, listen to me this is just another marketing strategy that has got us even more sick than ever.

Do you know that vitamin D can prevent almost any cancer that you can think of including skin cancer. Yes, even skin cancer. For every person who dies of skin cancer (melanoma) 250 people die of a lack of vitamin D!

Study after study has shown a direct correlation between the low levels of Vitamin D and cancer.

*Low levels of vitamin D are also involved in:*

- 1) heart disease
- 2) birth defects/problems with pregnancy
- 3) depression
- 4) hypertension/stroke
- 5) dementia
- 6) fibromyalgia and Chronic Fatigue Syndrome
- 7) impaired bone mineralization
- 8) insomnia
- 9) eye problems

***Linus Pauling***

In the 1970s anyone who was studying medicine heard about Linus Pauling who won a Nobel Peace Prize for his research on Vitamin C. He showed that we need to consume our Vitamin C (animals do not) and low levels of this Vitamin could seriously impair your health not to mention that it could lead to scurvy.

For anyone that has listened to me in the last several years knows that although Vitamin C is essential nothing is as important to your health as Vitamin D. Like I often say “Linus Pauling was right about vitamins he was only off by one letter in the alphabet.”

Now I know what you are thinking: Vitamin D is hardly new or revolutionary and you'd be right. You probably know that your body produces vitamin D when your skin is exposed to the sun which is why it's often called the sunshine vitamin EVEN THOUGH IT IS REALLY A HORMONE.

What you probably haven't heard about or been told are recent groundbreaking discoveries about Vitamin D that are causing major excitement amongst researchers and scientists around the world. This stunning new evidence concerns Vitamin D's ability to ward off and even

reverse many of the most serious diseases we face.

For example, a recent study by Dr. William Grant an internationally acclaimed research scientist and Vitamin D expert has found that 30% of cancer deaths each year could be avoided by having higher levels of Vitamin D in your body. Folks, that's 2 million people saved worldwide every year.

A large scale, randomized placebo-controlled study published in the American Journal of Clinical Nutrition confirmed that you can decrease your risk of getting cancer by more than half by simply increasing your Vitamin D level. This was such groundbreaking news that even the Canadian Cancer Society endorsed Vitamin D as a cancer prevention therapy.

Vitamin D's importance cannot be over stated! Practically every cell in your body from your brain to your bones contains Vitamin D receptors that draw from your body the precious Vitamin D they need to function properly.

In a recent landmark research, Dr. Michael Holick proved that levels as low as 20ng/ml is a serious deficiency leaving you prone to a much increased risk of diseases including breast and prostate cancer.

Research published in July 2009 by Dr. Frank Garland, Professor of Family and Preventative Medicine at the University of California in San Diego, found that some 600,000 cases of breast and colorectal cancer could be prevented each year if only Vitamin D levels were increased worldwide to 2000 IU daily.

However, Prof. Reinhold Vieth from the University of Toronto is now recommending that you have a daily intake of 4000 to 5000 IU in order to achieve an optimal level of well-being. That's 10 times what the official government guidelines recommend you should be taking.

“There's sound evidence that the holy grail of cancer fighting is not a drug. The most powerful cancer fighter ever discovered is naturally occurring Vitamin D.”

-Al Sears MD

“This is one of the most important findings in modern medical history: Vitamin D is the best hope for preventing cancer. Period.”

-Al Sears MD

So why did you not hear about this stunningly important news? Modern medicine seems to have little interest in natural treatment and prevention for cancer. The FDA is more intent on prosecuting doctors that stray from the “slash and burn” than disseminating the truth about natural cures.

This is a shame isn't it? Our leaders in medicine have sought to make us a nation dependent on drugs!

### ***DITCH THE SUNSCREEN!***

There are two types of rays from the sun. UVB and UVA. UVA rays are primarily responsible for skin damage from excessive sun exposure that can lead to skin cancer and skin aging. UVB rays are the good rays from the sun. When you put on a chemical based sunscreen you block only the UVB rays that you need and allow damaging UVA rays in.

According to the Environmental Working Group (EWG) approximately 75% of commercial sunscreens contain toxic chemicals that are linked to cancer and disrupt hormones.

#### **Most Sunscreens contain:**

Retinal Palmitate - a known skin cancer hazard

Oxybenzone - disrupts hormones leading to cell damage and cancer.

Yes, sunscreens cause skin cancer! You want to know why we see more skin cancer today than ever before? Yes it is because of chemical sunscreens.

### ***Look Don't Burn***

Please do not misunderstand me . I am not advocating sitting in the sun and getting cooked like a lobster. Get about 20-30 minutes of sun without any sunscreen to get about 10,000 IU of Vitamin D. A good natural sunscreen that allows you to absorb healthy vitamin D is coconut oil.

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## **CHAPTER 5**

### **YOU ARE BUILT FOR CANCER IF YOU ARE STRESSED!!**

We sure have a big problem today with stress. Recent studies have shown that one -third of working adults suffer from chronic debilitating stress and more than half of these experience a level of stress that keeps them awake at night.

Stress Where Are You At?

One of the major causes of Chronic Fatigue Syndrome and Fibromyalgia is stress. The Martin Clinic research team in the early 1990s were the first to tie the cause of Chronic Fatigue Syndrome and Fibromyalgia to adrenal gland exhaustion caused by stress.

If you are in any of these situations you are probably stressed:

- |  |  |
|--|--|
| 1) A poor marriage or unhappy relationship.    | 2) A bad boss or poor working environment. |
| 3) Divorce or separation.                      | 4) Recent loss of a loved one.             |
| 5) Caring for a sick or aged parent or parents | 6) Financial turmoil                       |

## ***Nervous System***

The body's nervous system has two settings:

- 1) Parasympathetic for every day life
- 2) Sympathetic for emergency situations

## ***The Fight or Flight- The Sympathetic Nervous System***

Do you know that your body is actually made for stress? God has given you 2 chestnut shaped glands on top of your kidneys called adrenal glands. Ad means on top, renal means kidneys.

Your body has built in organs to deal with emergency situations. When you are scared, for example you are going to run real fast or fight real hard (I usually choose running away).

## ***What Gets Turned Off By Stress***

I want you to put yourself in this stressful situation for a moment. Imagine that you are walking down a dark alley at night then all of a sudden you hear footsteps behind you.

## ***Okay what happens?***

1) Your adrenal glands go into action secreting adrenaline and cortisol to get you ready for flight or fight.

2) Cortisol diverts the blood from your gut (which needs it to digest food at this time) and sends all of the blood into your arms and legs. Why? You guessed it! To get ready to run (if you are like me.)

Last year my son Dr. A.P Martin was walking home to his hotel in Niagara Falls. Taking a shortcut to the hotel had him heading down a dark path when he realized he was being followed. Every time he sped up walking the person behind him walked faster. Finally, my son decided to sprint the rest of the way to the hotel and fortunately for him the guy trying to rob him could not keep up. See why you need adrenal glands and the secretion of cortisol? Yes cortisol can save your life.

3) Your immune system gets put on hold during the fight or flight situation. Your body is not thinking of viruses or bacteria when you are stressed.

4) Sleep gets put on hold. Your body won't go to sleep if you are secreting extra cortisol. Why? Because remember you are getting ready to run or fight.

5) Growth and repair. The body puts your repair mechanism on hold during times of stress.

6) Sense of touch. No sense in being distracted by pain when you are fighting for your life. We call this stress reduced analgesia.

7) Causes your blood to clot. When the person is under constant stress blood becomes very sticky. Why? Because the body is getting ready to heal wounds if you are injured during the flight or fight. So if the stress last too long guess what? You start experiencing high blood pressure because sticky blood is harder to push through your arteries. Of course, this makes a person much more susceptible to heart attacks and strokes.

8) Sexual function is put on hold. The human body when it is in the fighting or flight mode sure is not worried about anything romantic. High cortisol is the enemy of normal sexual function.

Let's be honest. Most of us experience many of the following stressful situations in our daily lives.

- 1) Work
- 2) Family
- 3) Business
- 4) Bills
- 5) Traffic jams

Our body still equates stress with danger and it won't differentiate between a home invasion and the traffic jam!! That is why we have an epidemic today of immune dysfunction, cardiovascular disease, sexual dysfunction and sleep deprivation all leading to an increase in cancer rates.

Avoiding stress today is almost impossible! Each generation has more stress than the previous one.

Some of the symptoms of high Cortisol secretion include

- 1)brain fog
- 2)insomnia
- 3)weight gain around the middle
- 4)anxiety or depression
- 5)hair loss
- 6)weakened immune system--always getting sick
- 7)dizziness when standing
- 8)loss of appetite
- 9)cravings especially for salt
- 10)crushing fatigue
- 11)nausea

### ***What Turns Off The Fight or Flight Mechanism***

#### 1) Magnesium

In 1840 a German scientist discovered that if a farmer puts nitrogen, phosphorus and potassium back into the soil the farmer could grow crops on the same piece of land over and over again without needing to rest the earth.

The Bible is very clear that farmers are to let the earth rest every seven years in order to replenish mineral depletion and let the earth regenerate. Artificial fertilizers allow a farmer's land productivity to skyrocket. Unfortunately this artificial fertilizer did not include magnesium and over time both soil and plant became magnesium deficient.

Without magnesium there is no way to put on hold on the flight or fight mechanism.

If you have adrenal gland exhaustion take 1200 mg daily of magnesium citrate. Taking an epsom salt bath before bed helps to reduce high cortisol levels.

## 2) B12

B12 is often the vitamin that gets hit the hardest with adrenal stress. Take 2000 mcg in a sublingual form (under the tongue)

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## **CHAPTER 6**

YOU ARE BUILT FOR CANCER IF YOU HAVE TAKEN ANTIBIOTICS OR  
PAINKILLERS

### **LEAKY GUT**

“All diseases begin in the gut.”

-Dr. Cambell McBride

Every day we have to explain leaky gut to our patients who visit the Martin Clinic . What we usually do is get out a chart of the digestive tract and give an explanation that the average person can understand.

Here we go:

#### **Step 1**

1) The digestive tract is made up of billions of bacteria. These micro-organisms are on our side. Everybody thinks that bacteria are bad for

you. Folks, without bacteria you could not live. Friendly bacteria help with:

- 1) Your digestion of food
- 2) Your absorption of nutrients like Vitamin B12, Vitamin D and minerals
- 3) Friendly bacteria forms the major part of your immune system
- 4) Removes toxins and dangerous yeast from the body
- 5) Keeps the blood from invading bacteria viruses and toxins

## ***Step 2***

### **Keeping The Blood Clean**

People ought to read the Bible every day. You know why I say that? When the Bible speaks on the topics of the human body it is so accurate. Remember the Bible was written thousands of years ago. Here are some of the verses found in it.

“ The life of the flesh is in the blood.”

-Leviticus 17:11

Do you know that medicine ,up to a few hundreds of years ago thought that when the person gets sick we ought to take the blood out of the body. That practice was called “bloodletting.” Finally, doctors realized that actually giving blood to the sick person can have enormous health benefits. Doctors should read the Bible. Anyways, your blood brings you life and when your blood is dirty or toxic, guess what? You get sick!

### ***How Does The Blood Get Dirty?***

The human body will do everything it can to keep your blood clean. Think of your blood as the river of life. If the river is polluted all of your body’s billions of cells will be fed by unwanted toxins.

The body’s friendly bacteria act as border guards between the bowel and the blood. Every time I go to the USA for holidays or business we have to face those nasty border guards either in the airport or at border crossing between Canada and the USA.

### ***Unpleasant Experience***

Since 9/11 border guards have a job to do. They are trying to keep us safe. Sometimes I think they get carried away when they frisk grandma down but hey I would rather be safe and put up with a little inconvenience.

Friends, think of friendly bacteria as border guards. They are doing everything in their power to keep unwanted toxic terrorists like fungus/yeast, bacteria, heavy-metal and the like out of our bloodstream. Imagine if you showed up at the airport and there was no more security. My word in this day and age that would be unthinkable.

### ***Where Have All The Border Guards Gone?***

#### 1) The overuse of antibiotics

Friends, sometimes you have no choice but to take an antibiotic. However, the problem with antibiotics is that there is a lot of “friendly fire” damage with the antibiotic. Do you know that just a five day prescription of antibiotics can kill your friendly bacteria “border guards” in your digestive tract.

### Antibiotics-The Double-Edged Sword

Yes antibiotics can save your life, it is one of medicine’s greatest achievements. The problem is antibiotics can make you very sick. We at the Martin Clinic believe that the overuse of antibiotics which cause Leaky gut is one of the major factors of the following disorders:

- 1) Chronic Fatigue Syndrome and Fibromyalgia
- 2) Autism
- 3) Cognitive disorders like ADD and ADHD
- 4) IBS, Crohn’s and ulcerated colitis
- 5) Cancer

### Research on Chronic Fatigue Syndrome (CFS)

When we wrote a book on Chronic Fatigue Syndrome and Fibromyalgia in the mid 90s here are some of the conclusions that we came to:

- a) The vast majority of woman who had CFS and fibromyalgia had taken

a lot of antibiotics as children for recurring ear, throat, upper respiratory infection or even acne as teenagers.

b) Nearly 90% of all people with CFS and Fibromyalgia had leaky gut upon testing.

## 2) The Use Of Painkillers and Anti-inflammatories

Did you know that every time you take a painkiller like Aspirin, Tylenol and Advil they can destroy your friendly bacteria? No one wants to live with pain and the temporary relief in the use of the pills is undeniable but keep in mind that these medications are border guard killers.

## 3) A Poor Diet

A diet high in sugar, processed foods and devoid of fiber can really cause an imbalance in the gut by promoting the growth of unfriendly bacteria and yeast. The modern Western diet feeds the enemy's army (fungus and unfriendly bacteria) and they eventually overtake your friendly bacteria.

## 4) Drinking City Water With Fluoride

I know that there are people that like to think that drinking city or town water laced with fluoride is healthy- "hey it's good for your teeth" they say! The problem is that fluoride kills friendly bacteria and is a contributor to leaky gut.

## 5) Chronic Constipation/ Diarrhea

It's amazing how many people suffer from constipation. Do you know that if you do not go to the toilet and have a bowel movement every day you are constipated?

Constipation over a period of time allows feces to literally cake your bowels' wall and that can destroy friendly bacteria.

The problem with having a chronic loose stool is that friendly bacteria end up in the toilet instead of staying inside the bowel wall providing protection.

## 6) Stress-Cortisol

The human body is actually made for stress. God has given us adrenal glands just above the kidneys to get us ready for the stresses that we are surrounded by on a daily basis. The problem comes when we overuse these glands. They are meant to have a part-time job! Women today are especially vulnerable to stress. It seems that a woman's day never ends with responsibilities of work, and family.

### The Stress Hormone-Cortisol

When one experiences stress the adrenals secrete cortisol to get us ready for the flight or fight. Cortisol pulls blood from the gut where it is not needed and sends it to the arms (fight) and legs (flight). Okay that is normal and the body deals with this beautifully. But what if the stress goes on and on and on? Now the blood that belongs in the gut and is essential for normal and friendly bacteria to flourish has been diverted.

By the way, the third constant in Chronic Fatigue and Fibromyalgia is high and chronic secretion of the stress hormone cortisol.

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## **CHAPTER 7**

### **YOU ARE BUILT FOR CANCER IF YOU ARE ACIDIC!!**

#### ***Disease Cannot Exist In An Alkaline State!***

The human body is made up of 80% water. Most people have no idea about this because they really can't see the water content in their body.

#### ***pH Is a very important measurement***

If you have ever had a swimming pool or a hot tub you know the importance of the proper pH. If your pool or hot tub becomes acidic then you will get algae growing in the water. Well folks, the human body is just like your pool or hot tub. If the water surrounding your cells becomes acidic you are much more conducive to cancer growth. Doctors love to argue that the blood never becomes acidic or a person would die. That is true and your body which is marvellously made will do everything it can to keep your blood alkaline. However, if you eat a very acidic diet, or you are under enormous stress your body's buffer system

will have to work overtime to keep the blood alkaline. This causes the rest of the body's tissues and cells to become acidic and therefore makes one much more susceptible to cancer.

### ***If Your pH Is Too Acidic***

1) You start to create a lot more free radicals. Free radicals are like kamikaze pilots at the cellular level that destroy healthy cells and start the body's rusting out process. Have you ever seen a person dying of cancer? What do you see? They age right before your eyeballs. Even young children with cancer look like they are 80 years old. What is that? The body is prematurely rusting out caused by an acidic pH creating enormous free radical damage.

### 2) Poor Absorption

If your pH is acidic you will not absorb minerals very well. The case in point is osteoporosis. Most women take calcium supplements to prevent or treat osteoporosis. But, osteoporosis is not caused by a lack of calcium but rather an acidic pH. When a woman becomes acidic the body is highly intelligent. It will do everything it can to make body fluids alkaline again. So what does the body do? It takes calcium from the bones causing osteoporosis. See how important it is to keep the pH alkaline!

3) An acidic pH causes friendly bacteria in the gut to die causing an overgrowth of fungus or yeast. This can be deadly. Remember, your gut is constantly in a battle between good and bad bacteria. If you have more good bacteria then - you win. If you have more bad bacteria than good - you lose!

Having chronic constipation causes an acidic pH by once again killing friendly bacteria along the hole in wall.

### ***Garbage and pH***

Have you ever left your garbage in the hot sun a few days. When you take a look at it you will usually see the maggots squirming all over it. Why is that? The garbage which is already acidic and in the hot sun for a few

days turns a garbage pH even more acid. So what happens in extremely acidic conditions? Growth-Yes growth of unbelievably squirming smelling maggots. You see why pH is so important for cancer? An acidic pH causes abnormal growth!

How about a decomposing body. I feel sorry for first responders like ambulance, police coroners or the like that have to enter into a house with the decomposing body in it. The smell! Apparently there is nothing like it.

Well what has happened to that dead body? It became acidic! Now you get decomposition and living organisms like maggots breeding within the body. I hate to gross you out. Folks, that's what cancer needs -an acidic pH.

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## **CHAPTER 8**

### **YOU ARE BUILT FOR CANCER IF YOU CAN'T SLEEP**

There have been numerous studies linking sleep apnea to a higher risk of cancer. Sleep apnea causes people to snore and pause from breathing at night. North Americans are chronic non-sleepers. One of the major problems we all see at the Martin clinic is patients that are exhausted from a chronic lack of sleep. In order for the body to function at a higher level you need your Z's. A good sleep occurs when one goes into a REM sleep. This is a recuperative sleep. If someone is on sleeping pills they might knock them out but they inhibit the user from going into a REM sleep, so the body can not rejuvenate.

#### ***SIXTY PERCENT OF POPULATION ARE SLEEP DEPRIVED***

Sleep deprivation increases a person's cortisol levels and therefore will increase the inflammation response in the body destroying healthy cells and tissues and making a person much more susceptible to cancer. Getting a good night's sleep is foundational for good health!

## ***What Are The Causes Of Poor Sleep?***

1) Obesity. Folks, just being 10 pounds overweight can affect a person's sleep.

2) Diet. Eating a low-carb diet is essential for a good sleep. The brain relies moment to moment on proper blood sugar levels. If a person eats too many carbs in a day especially sugar, sweets and pastries, the brain is stirred up by an enormous amount of insulin being secreted and therefore there are fluctuations of blood sugar that occurs. Carbo-holics usually will fall asleep quickly but then wake up and have a miserable time falling back to sleep.

3) Lack of essential minerals and vitamins. In our Bio-marker testing we found three major deficiencies in this area:

### a) Vitamin D

Friends, you need vitamin D levels in your body to be normal otherwise this will affect your body's ability to get a good night's sleep. Without proper vitamin D levels you will not store enough melatonin, the primary hormone that helps you sleep. You ever notice that a day spent in the beautiful outdoors will usually mean a great sleep at night? The reason for this is the body's absorption of vitamin D which allows the proper amount of the release of melatonin at night. The poor sleepers at our Clinic are really encouraged to sun bathe when at all possible for 30 to 40 minutes a day wearing short sleeves and shorts to allow the proper amount of vitamin D absorption (no sunscreen). If the sun isn't available then 8,000 I.U of Vitamin D3 are suggested to help with a good night sleep.

### 2) Magnesium

Do you know that over 80% of the population is magnesium deficient? Magnesium is essential for a good nights sleep. An easy way to remember what magnesium does is to think of - RELAX. I used to say this to my kids when they would get over excited-RELAX! Well, that is what magnesium does.

### ***The Benefits Of Magnesium***

- |                               |                                |
|-------------------------------|--------------------------------|
| 1) Relaxes the brain          | 2) Relaxes the bowels          |
| 3) Relaxes your blood vessels | 4) Relaxes your heart          |
| 5) Relaxes your kidneys       | 6) Relaxes your adrenal glands |
| 7) Relax your muscles         |                                |

Without a relaxed brain you will not get a proper sleep. Take 320 mg of Magnesium Glyconate just before bed to “relax” and get the body ready for a good nights sleep.

### ***3) Potassium***

This essential mineral is often the Rodney Dangerfield of minerals. It gets “no respect”. Potassium is essential for a good nights sleep. If you have ever literally jumped out of bed at night because you got a severe cramp in your leg, guess what? That is a lack of potassium. Potassium is an electrolyte that you lose a lot of during the day if you sweat, take any prescription drug or if you do not drink 2 L or 64 ounces of water daily.

For people who suffer from high blood pressure, nine times out of 10 they are low in potassium. When we eat a basic Western diet made up of fast foods we are consuming way too much sodium in relation to the amount of potassium we consume. This imbalance does a lot of bad things including symptoms such as muscle cramps, heart arrhythmias and yup-poor sleep!!

If you don't eat lots of broccoli, celery, brussels sprouts, spinach avocados you are probably not getting enough potassium in your diet. Therefore take 300-600 mg daily of Potassium Citrate.

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## **CHAPTER 9**

### **YOU ARE BUILT FOR CANCER IF YOU LIVE IN A TOXIC ENVIRONMENT**

#### ***We Live In A Toxic Soup!!***

We are slowly being poisoned. Over the years toxic metals such as mercury, lead, cadmium, aluminum, nickel, arsenic and uranium accumulate in our tissues.

Here are three risk factors for the accumulation of toxic substances in our bodies:

- 1) If we eat foods
- 2) If we drink water
- 3) If we breathe air

If you don't do any of these things do not worry about it. Toxic metals are difficult to get out again. They are just not floating around in our bloodstream. They become part of our bodies at the cellular level due to similarities in atomic size and electron configurations.

### ***A Big Mix-Up***

Toxic elements such as mercury and lead and others have very similar properties to nutritional elements. Take for example:

#### 1) Mercury

Do you know that mercury looks just like the nutritional element selenium. So when the human body sees mercury, it says oh goody-goody - here comes selenium as it floats by in the bloodstream and therefore it gobbles it up!! Mercury may look like selenium but it certainly does not act like it.

Disorders associated with mercury:

- 1) Depression
- 2) Tremors
- 3) Heart attack
- 4) Endocrine gland disorders
- 5) Anemia
- 6) Memory loss, cognitive issues (concentration)

The EPA ( Environmental Protection Agency) says that there is enough mercury in one silver (amalgam filling) to close a 10 acre lake to swimming! Do you know that the University of Calgary experimented with mercury and showed that just a trace of mercury was enough to shrivel the myelin sheath of a nerve? It is estimated that the average North American will eat 1/3 teaspoon of mercury in their lifetime. Other sources of mercury include fabric softeners, seafood, tattoos, high fructose corn syrup, found in sodas, juices, cereals and cookies.

By the way there is absolutely no reason to allow a dentist to fill your teeth with amalgam or "silver" fillings.No matter what they say about

safety, in all due respect they do not know what they are talking about. One mercury filling loses about 17 mcg of mercury every day right into the bloodstream!

## 2) Lead

It looks just like the nutritional element calcium. So the human body especially when a person is acidic will gobble up lead thinking it is really just calcium.

Lead accumulates in:

- 1) Brain
- 2) Kidneys
- 3) Spleen
- 4) Bones

For every 30 mcg of lead that accumulates in the body there is a 10 point drop in our IQ!

Lead is found in chocolate, canned foods, newspapers, plastics, ceramics, pottery, gasoline, insecticides, lipstick and make-up, etc.

We have noticed in our clinic that a lot of children are very toxic from lead. Seems to be much more common nowadays. Parents, you need to order our Biomarker kits and have your children tested. Almost without exception children with ADD, ADHD, autism have high levels of lead. Unfortunately most physicians never even think of checking for this. The average person will consume 1 teaspoon of lead in their lifetime.

Ladies-watch your make-up!

Recently 400 lipsticks were tested for lead and all 400 proved to contain fairly high levels. Any makeup, if it is made in China apparently has lead in it. Putting lead based products on the skin and lips make them easily absorbed into the human body.

## 3) Aluminum

Did you know that your body often mistakes aluminum for magnesium?

When you think that 80 percent of the population is deficient in magnesium no wonder we become so toxic with aluminum.

Aluminum is a heavy metal and is used in a large variety of industrial applications. It is one of the greatest toxins found in consumer products today. Aluminum builds up in the kidneys, liver, brain, thyroid gland and loves to attack the central nervous system.

Aluminum, Alzheimer's and Parkinson's

There is a lot of compelling research pointing to aluminum toxicity increasing the risk of Alzheimer's and Parkinson's disease.

***Aluminum is found in:***

- 1) Foods like processed cheese, grain products and baking powder.
- 2) Cosmetics and medical products.
- 3) Most antiperspirants.
- 4) Body lotions, creams, shampoos, conditioners, soaps, suntan lotions and lip balms.

Of special note; aluminum is especially abundant in your medicine cabinet. Are you taking an antacid? Well then there is aluminum in that. Ladies if you are at risk of osteoporosis then be very careful to avoid aluminum containing antacids.

***Antiperspirants and Breast Cancer***

“Aluminum in the breast causes changes that can lead to deadly metastasis in breast cancer”

-Dr. Philip Darbre

Aluminum mimics estrogen making it extremely dangerous to breast tissue because of it's ability to combine with estrogen receptors, thus replacing natural estrogen.

#### 4) Nickel

Accumulation of nickel in the sinuses, liver and skin is common. Nickel is found in stainless steel cutlery and cookware.

#### 5) Cadmium

Cadmium is found in cigarettes, pesticides, rustproofing, soft drinks and plastics and loves to accumulate in the kidneys, prostate and eyes.

Some of the symptoms of a build up of cadmium in the tissues include:

- 1) Fatigue
- 2) Hair loss
- 3) Edema
- 4) Impotence

#### 6) Uranium

With the tsunami that occurred in Japan more people are now sensitive to Uranium. There have been over 2000 nuclear detonations since Hiroshima each one sending radio-active dust into the air.

Soldiers in the Iraq war were exposed to Uranium found in ammunition. The soldiers bring back the highly toxic material to their families and friends from their skin and clothing. Friends we all share the same atmosphere and uranium particles that are in the air in Japan or Iraq eventually end up in our backyards generating free radicals that suppress our immune system and play havoc in our bodies.

#### 7) Calcium

Calcium is not toxic by virtue of what it is but rather where it ends up in your body. Yes, you read right!

Teeth and Bones

In a healthy body 99% of calcium is found in your teeth and bones. Unfortunately as we age our bones and teeth start to lose their calcium. Where does this calcium go? Unfortunately into the internal organs and bloodstream.

Last year alone there were over 3 million visits to doctors offices and

600,000 emergency visits in the USA alone due to kidney stones.

Kidney stones are a direct result of calcium leaving the bones and teeth to find its way into the kidneys.

Another side effect of calcium in the wrong place is gallstones. Last year over 600,000 hospitalizations occurred due to the formation of gallstones. Most people never even know they have gallstones but they block the excretion of bile from the gallbladder to the intestines causing constipation, poor digestion and malabsorption syndrome not to mention the buildup of toxins in the bloodstream.

### ***Less Known Sites for Calcium Accumulation***

1) Muscles- As calcium leaves the bones and teeth it often ends up in muscle causing tightness and even symptoms of fibromyalgia. Look at the muscles of a small child they are soft and pliable but as we age they start to calcify causing knots and tension.

2) Arteries- The most dangerous place calcium can go is into your arteries. Atherosclerosis is often caused by an excess of calcium in the bloodstream. This extra calcium can cause hypertension (high blood pressure), strokes and heart attacks.

3) Capillaries- Capillaries are what connect your arteries to your veins. These are so small that red blood cells have to lineup in single file to pass through. Even a little calcification in capillaries can cause big time problems such as cataracts, blindness, restless legs, kidney problems and prostate problems in men.

4) Brain- Again as we age calcium loves to settle into brain tissue causing a mental fog and early dementia.

### ***DO NOT USE CALCIUM SUPPLEMENTS!***

The # 1 selling supplement in North America is calcium. The problem with calcium as a supplement is that it never gets to the bones or teeth where it belongs. It just accumulates in internal organs and the

bloodstream. Friends, you get enough calcium in your food when you eat green leafy vegetables, or yogurt.

Ladies you think you need calcium to prevent osteoporosis so you take calcium supplements and drink milk-2 BIG MISTAKES!

### ***How Do Bones and Teeth Lose Calcium?***

Your body was designed marvellously by God to keep the proper pH. The human body is up to 80% water. If your body becomes acidic it is because of a poor diet loaded with sugar and processed foods.

When the average person consumes 26 to 52 teaspoons of sugar a day -guess what? The body becomes highly acidic. To compensate for this your bones and teeth will draw out calcium to make the pH more alkaline.

### ***3 and 3 rule***

When you think of what makes you acidic and what makes you alkaline remember the three and three rule.

#### ***Three things that make you acidic:***

- 1) Sugar-and white flour
- 2) Sweets and candies -chocolates, pastries like doughnuts, cookies etc.
- 3) Dehydration

#### ***Three things that make you alkaline:***

- 1) Fruits
- 2) Vegetables
- 3) Water

## ***SLEEPING WITH THE ENEMY***

I know all you pet lovers are going to be angry with me but here it goes. The California Department of Health showed that sleeping with your pet makes you very susceptible to over 100 diseases. Approximately 60% of pet owners sleep with their pets or allow them to lie on their bed. I know you think “Fluffy” or “Fido” are cute but you literally are sleeping with the enemy when you allow pets in your bed.

### ***Quit Kissing Pets in the Mouth***

Another disturbing practice that pet owners have is kissing their pets. Folks this is crazy- you know you’re asking for parasites. I know there are a lot of benefits to having a pet but one needs to understand that they are just that-pets. Pets should not be kissed or allowed to sleep on your bed!

“90% of humans will have a problem with parasites in their lifetime.”

-Dr. Oz

The World Health Organization (WHO) classifies parasites as among the six most dangerous diseases that infect humans. The Centre for Disease Control and Prevention (CDC) estimates that over 60 million people in the USA are likely infected with *Toxoplasma Gondii* parasite that is associated with cat feces. This particular parasite is one we see most in our clinic.

### ***Why Are Parasites So Prevalent?***

The number one reason parasites are so prevalent today is because of our love for pets. Look around, our society has got a major love on for pets. The world has changed especially here in North America. The fastest-growing business in North America is the pet business. Here is a fact-we are having less kids and replacing them with pets. If you are looking for a job you want to look into the pet business. I am telling my grandchildren to become veterinarians or a pet psychologist (I am not kidding!)

### ***Symptoms of Parasite Infection***

- 1) Allergies to different types of foods
- 2) Anemia (low blood count)
- 3) Bloating (abdominal swelling)
- 4) Bloody stools
- 5) Bouts of diarrhea and inconsistent bowel habits
- 6) Flu like symptoms such as coughing, wheezing, fever
- 7) Foul-smelling stools
- 8) Gas and cramping
- 9) Itching around the anus (rectal itching)

Here's a sobering thought for every cat owner in charge of emptying the litter Box. Felines deposit about 1.2 million metric tons of feces into the US environment every year. A new analysis by Dr. E. Fuller Torrey and Dr. Robert Yolker Scientists at John's Hopkins University Medical Center, finds that parasite eggs are very prevalent in the soil in North America.

### ***What Do Parasites Have To Do With Cancer?***

If someone has parasites in their blood they become systemic. Systemic means they go everywhere. They especially love areas that are moist like the brain, liver, lungs, sinuses and the gut. Friends, you can't see these things they are microscopic but none the less are very real. I believe that parasites are often involved in conditions such as bipolar, schizophrenia, obsessive-compulsive disorders or OCD.

Parasites release toxic waste. This toxic waste causes an enormous amount of inflammation and free radical damage in the body which are huge factors in the production of cancer cells.

### ***Yeast/ Fungus/ Candida***

With the widespread overuse of antibiotics and anti-inflammatories like aspirin comes scourge of candida. Candida technically is called Candida Albicans which is a microorganism in the category of yeast, fungi and mold. It is absolutely normal to have some Candida or yeast in the gut.

But what happens if you have leaky gut and this spreads to your organs such as lungs, esophagus, kidneys, breast tissue and prostate? Now you are much more susceptible to cancer.

***Here are the common symptoms of Candida that we observe at the Martin Clinic:***

- |                             |                               |
|-----------------------------|-------------------------------|
| 1) Headaches                | 2) Depression                 |
| 3) Sleep problems           | 4) Irritability and confusion |
| 5) Anxiety or panic attacks | 6) Poor memory                |

**Digestive Symptoms**

- 1) Cravings for sugar, chocolate or bread
- 2) Feeling like you are pregnant after a meal, especially after eating things like bread or pasta
- 3) Acid reflux
- 4) Bloating, gas

***Main Culprits In The Cause Of Candida***

***1) Overuse of Antibiotics***

Do you know that one five-day antibiotic prescription can kill every friendly bacteria in your body. Folks, antibiotics are so over prescribed today it is incredible! I know a lot of doctors who prescribe antibiotics to their patients knowing full well that they are suffering from viruses and not bacterial infection. Listen most throat, sinus and chest infections are viral and not bacterial. However, a lot of physicians feel like they are under pressure to prescribe antibiotics. I tell my patients with ear infections for example to take an antihistamine to drain the ears along with some painkillers for a few days.

Remember, if you absolutely have to take the antibiotic then make sure you take a broad-spectrum probiotic at the same time. Yes, at the same time and stay on the probiotic for at least 30 days after you have finished your antibiotic prescription to make sure you don't get a yeast infection afterwards.

A lot of people think that only women get yeast infections after antibiotic use. Nothing could be further from the truth. If you are on antibiotics you are going to get a yeast infection - plain and simple! Remember that most of our meats today from chicken to beef are loaded with antibiotics because they are added to the feed of animals so that they don't get infections.

## *2) Alcohol Use*

Alcohol is what? A fermented product. So when you drink beer, wine, Vodka, etc. you are causing Candida or yeast to multiply. Never mind that alcohol also converts to sugar rapidly in your bloodstream. I believe that this is why so many people are drawn to alcohol. First of all, they have leaky gut and Candida in their blood and organs. Candida, folks, will call your name every day and ask to be fed.

## *3) Swimming in Chlorinated Pools/Hot Tubs*

Look I love our pool. But the best water to use is saltwater. Chlorine is used to kill bacteria in the water that also kills friendly bacteria.

## *4) Sugar, Sweets and Pastries (SS&P)*

Anyone listening to our radio show knows this little heading we call SS and P, sugar, sweet and pastries feed yeast or Candida. Candida is going to have a hard time living if you don't feed it. In Northern Ontario there are signs all over the place to not feed the bears! I always tell my patients "don't feed the bears" (I mean yeast or parasites) because they love SS&P.

## *5) Birth Control Pills*

Ladies the birth-control pill is convenient but, it is a huge producer of Candida. Hormones are all about balance and the birth control pill alters this delicate balance between estrogen and progesterone. If progesterone goes down under birth-control use guess what? fungus, yeast or Candida goes up!

## 6) *Exposure To Mold*

It always amazes me how many people are exposed to mold. Friends, mold can be deadly. One cannot inhale mold spores for several hours daily without being affected. In our book “Energy Robbers and the Fatigue Cure” we proved that chronic exposure to mold was a major contributor to Chronic Fatigue Syndrome.

The most common problem is carpeting, walls or floors that get wet often because of a plumbing problem or a one time flood. A lot a buildings and schools are mold contaminated and a lot of people get sick and they don't know why! A lot of allergies or constant sniffing or clearing of the throat is due to mold exposure.

Where Are You Sleeping?

Mold in the bedroom is deadly. If black mold is visible or there is a musty smell DO NOT and I repeat DO NOT sleep in that room! I don't know how many times I have had parents take their children's bedroom out of the basement because the children were always “getting colds”, not feeling well or suffer from severe allergies. You know why? - there is mold in those rooms. People living in hot humid climates and constantly exposed to air conditioners are highly likely to have high levels of Candida.

## 7) *Mercury Fillings (dark ones), Mercury vaccines*

Mercury has an antibiotic effect in the body and can be fungal promoting. Mercury from fillings and vaccines can enter into the digestive tract and kill your friendly bacteria causing a fungal overgrowth.

## 8) *Exposure to Pesticides*

Pesticides are used way too much in our society today. Pesticides are used to what? -kill organisms that grow on crops, trees and grass. The problem with this is that they also promote an overgrowth of yeast.

## 9) *Candida and Cancer*

One of the main ways Candida or yeast promotes cancer is through inflammation. When a person has Candida the body releases pro-

inflammatory 1L-15 to help combat the infection. However, the longer Candida stays in the blood the more inflammation occurs and this vicious cycle causes cancer cells to proliferate. An Italian oncologist Dr. Simoncini believes all cancers start with Candida. He examines tumors on biopsies and sees fungus or Candida in every one of the tumors.

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## **CHAPTER 10**

**YOU ARE BUILT FOR CANCER IF YOU HAVE INFLAMMATION!!**

Inflammation is a double-edged sword. On one hand inflammation is absolutely an essential part of the body's ability to recover from injury or an infection.

### ***The Body's Ambulance System***

Who isn't familiar with the swelling that comes from scraping your knee or a hammer coming down on a thumb instead of a nail. The body's ambulance system rushes to the scene of the injury delivering much needed extra blood supply and enzymes for repair causing swelling, redness and extra heat. These are all good things and remind us just how marvellous the human body is. How about the common cold when your sinuses become swollen and you get a temperature and feel lousy? This is just part of the inflammation response your body has to a viral infection. So this type of inflammation is actually good for you.

## ***A Good Thing Gone Bad-Chronic Inflammation***

The chronic inflammatory response results in a body that is in a “self-defense” mode all the time. This will cause inflammatory cytokines (proteins) to be released into the body. The problem with this is too many cytokines = destruction of normal cells.

“Chronic inflammation has no off switch.”

-Dr. Alwyn Wong

“Chronic inflammation is a complex prolonged internal response to a tissue insult.”

-Lise Alschuler N.D.

“Chronic inflammation is just as harmful as acute inflammation is beneficial.”

-Dr. Dwight Lundell

### ***What Causes Chronic Inflammation***

#1 LOW FAT DIET\*\*\*\*

You have read this right! The low-fat craze started years ago by modern medicine and the “gents” in the food industry are the major culprits in causing chronic inflammation.

Years ago doctors who knew very little about nutrition facts, backed by the cereal industry, decided that we had to start eliminating fats from our diet.

### ***Recommended Mainstream Diet***

A diet low in fats, high in carbohydrates causes an enormous amount of inflammation. An overload of simple, processed carbohydrates like cakes, muffins, cereals, pies, jams, soft drinks, pasta and bread and consumption of Omega 6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.

Several times a day the foods we eat cause small injuries to blood vessels and cells causing the body to respond continuously with inflammation.

### ***Let's Follow a Doughnut***

When one eats a doughnut for example, your body's pancreas goes into gear releasing insulin to convert the doughnut into a simple sugar. Now your blood sugar rises rapidly which in turn will make you secrete even more insulin and insulin converts that extra sugar into fat. You see extra sugar molecules start attacking your blood vessel walls causing your body to start an inflammatory response.

### **#2 Omega 6**

Not only is that doughnut full of sugar it also was baked in omega 6 oil, such as soybean or corn oil. The problem with omega 6 is that too much of it without a proper balance of omega-3 causes—you guessed it—INFLAMMATION!

Today's diet has produced a huge dis-proportion of Omega 6 to Omega 3. A healthy balance would be three to one - Omega 6 to Omega-3. One tablespoon of corn oil for example contains 7280 mg of Omega 6. It's so much better to cook with butter or coconut oil.

### ***The Cholesterol Theory***

There is no bigger hoax that has ever been perpetrated in modern medicine like the cholesterol hoax. The world has gone "hook, line and sinker" believing that cholesterol causes heart disease and eating foods such as eggs and butter and meat are all very dangerous. This is ridiculous!

Folks, when you eat low-fat and low-cholesterol foods you replace that with sugar laden foods and high carbohydrates that increase inflammation big time.

### **#3 Culprit - Extra Weight and Inflammation**

When you put on extra pounds several negative things happen. Extra fat in the body can make cells change the way they respond to insulin. Too

much insulin causes inflammation- this is called insulin resistance.

### ***Obesity***

One third of North Americans are overweight. Studies have shown that obesity can double the risk of premature death.

“Being overweight is an inflammatory condition according to William Joel Meggs in his excellent book “The Inflammation Cure.”

### ***Obesity Comes In 2 Body Types***

1) Pear-shaped body. There is a disproportionate amount of fat around the hips relative to the waist.

2) Sugar belly- apple shaped -more fat around the waist and hips and this is the worst type as far as inflammation is concerned and the most hazardous to your health.If ladies, you have more than a 35 inch waist circumference or men -more than a 40 inch waist circumference you have too much belly fat causing an enormous inflammation reaction.

### ***Metabolic Syndrome***

People with elevated triglycerides (blood fats), extra belly fat and increased blood sugar are suffering with what is called metabolic syndrome. This again causes chronic low-grade inflammation.

### ***#4 Fatigue***

The number one reason people visit their physicians is for fatigue. Here’s what I hear in The Martin Clinic more than anything else: “Doc, why am I so tired?” Well here is a fact that if you are tired all the time you have inflammation. Substances released by the cells are involved in inflammation and have a profound effect on the brain resulting in fatigue.

“It is not the disease that is making you tired-it’s the inflammation”

William Joel Meggs MD, PhD.  
“The Inflammation Cure”

When you get the common cold, you feel wiped out. It is not the virus making you tired, it is the inflammation response to the virus.

We at the Martin Clinic have been studying Chronic Fatigue Syndrome for many years. People for example, that have been exposed to mold and work in toxic office buildings often experience symptoms of Chronic Fatigue.

For you folks that suffer from allergies you know what it is like to be drained out all time . Seventy-eight percent of all people suffering from Chronic Fatigue have a sinus problem. Could the inflammation associated with this chronic sinus problem be causing the debilitating fatigue?

# **PART TWO** *True Cancer Prevention*

## ***NUTRITION AND CANCER***

“We ate our way into this mess, now we must eat our way out.”

-Dr. Mark Hyman

‘Hippocratic Phrase “Let food be thy medicine.”

We at the Martin Clinic believe the number one reason cancer rates are so high and climbing steadily is the nutritional choices people make. You know the old adage you are what you eat. In our opinion most cancers have a huge nutritional component to them.

## ***THE GLYCOLYTIC AND LIPOLYTIC PATHWAYS***

Whenever one eats ,the human body uses that food either as a tool for building or a weapon to destroy. Nutrition reminds me of the book of James in the Bible that speaks about the tongue. One can use the tongue to build people up or as a weapon to destroy people.

### ***Understanding How The Body Processes Food***

As nutritionists we are aware that when you are eating there are three types of food- carbohydrates, proteins or fats. Some foods have one of these, two of these or all three.

But for this book on cancer we have categorized foods into two groups- foods are either GLYCOLYTIC or LIPOLYTIC.

### ***Glycolytic Foods***

Glycolytic foods include bread, pasta, rice ,cereals,sugar,sweets and pastries like cookies, muffins etc,. Glycolytic foods require high levels of insulin to be broken down. When for example, you have a piece of bread, your pancreas takes that bread and converts it to a sugar. The same is true for pizza, cereal, sweets and candy etc. We know that bread also contains some protein and fat. But on the whole every piece of bread you eat requires a lot of insulin to be broken down.

### ***Insulin Like a Key***

When insulin converts a glycolytic food to a sugar it's work is not done. The next thing insulin does is approach the body's cells and opens up the cell wall to allow the sugar made from the glycolytic food to enter the cell. Sugar made from carbohydrates is then used by the cell for energy.

Insulin (the key) opens the door and locks the door

If you do not immediately use sugar inside the cell for energy -insulin in turn locks the cell wall and that sugar converts to fat. Yes ,you read that right- sugar not used for energy gets converted to fat! So folks, fat does not make you fat, but sugar does. We have been lied to for so long that if you say a lie long enough people will believe it.

### ***Experiment In My Clinic***

I asked several hundred of my patients these questions:

- 1) Why do you think eggs are bad for you? Over 90% of all the answers were "Eggs cause cholesterol."
- 2) Why do you think cheese might be bad ? Over 95% of my patients said "Cheese will make you fat because it is made mostly of fat."
- 3) What is better in your coffee milk or cream? Over 95% said milk because it is low in fat.

See how people have been hoodwinked into believing nonsense!

## **Two Major Ways That The Human Body Breaks Down**

- 1) Glycation End Products (AGEs)
- 2) Metabolic Syndrome

### ***Glycation End Products (AGEs)(PREMATURE AGING OF THE BODY)***

Foods, especially glycolytic foods that require lots of insulin to break them down are mostly destructive to the body. We always tell our patients that glycolytic foods like bread, pasta, rice, cereals, sugar, sweet, pastries, (cookies, cakes, jams, sauces etc.) milk, alcohol, juices, and yogurts are meant to be eaten as treats and should not be eaten every day. Why? It is because insulin is meant to have a part time job only.

### ***AGE***

I love the fact that Glycation End Products have been given the synonym AGEs. Glycolytic foods cause aging of the body.

### ***Aging***

Aging at the cellular level is normal to some extent. We are all aging and no matter how well we eat, exercise and spend a fortune on plastic surgery , the body is eventually going to get old. However the body is “fearfully and wonderfully made” and if we take care of it,generally it will last a long time.

### ***Cancer Is Pre-Mature Aging Of The Body***

Have you ever seen a child dying of cancer? They look like they are 80 years old! Cancer causes cells to multiply uncontrollably and the body ages rapidly in the process.

### ***Glycolytic Foods AGE The Body***

When a person overdoes it with glycolytic foods they start a process of glycation that hammers the body at the cellular level.

Here's what happens:

Free radicals are the byproduct of glycation for one thing. Free radical damage destroys healthy cells causing:

- 1) Aging of cells
- 2) Aging of blood vessels
- 3) Aging of the skin
- 4) Aging of the bones
- 5) Aging of organs

**These lead to:**

- 1) Increase in heart disease
- 2) Increase in cancer
- 3) Increase in diabetes
- 4) Increase in gout
- 5) Increase in adrenal exhaustion leading to Chronic Fatigue and Fibromyalgia
- 6) Increase in unbalanced hormones including estrogen, progesterone in women and testosterone in men
- 7) Increase in Thyroid gland malfunction
- 8) Increase in sleep disturbances
- 9) Increase in inflammation

***Metabolic Syndrome***

The side effect of eating an over abundance of glycolytic foods is metabolic syndrome. Over 50 million Americans have metabolic syndrome. You have metabolic syndrome if you have three of the following problems:

- 1) A large waist greater - than 40 inches in men and 35 inches in women.
- 2) Blood pressure that is 135/85 or higher.
- 3) High HDL cholesterol.
- 4) High triglycerides- Triglycerides are Blood fats. Having high blood fat is far more dangerous than having high cholesterol. Remember high

blood fats come from eating too many glycolytic foods and not from eating too much fat.

- 5) Trouble losing weight

## 6) High fasting blood glucose

So folks almost any condition you can think of -from cancer to hormonal imbalance to weight gain comes from eating too many GLYCOLYTIC foods!!!

### *Read Labels*

A lesson that we teach our patients in our clinic is to read labels. Most people go to the grocery store and have no clue just how many carbs individual items contain. Most people still look at how much fat is in the product or how many calories it contains. They rarely or never look at carbs. This is a big mistake, due to the fact that calories and fat are not the culprits in cancer but carbs are!

### *Nutritional Label*

<b>Nutrition Facts</b>	
Serving Size 1 ounce    Servings in bag 4	
<b>Amount Per Serving</b>	
<b>Calories 155</b>	Calories from Fat 93
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	16%
Saturated Fat 3g	15%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 148mg	6%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 9%
Calcium 1%	• Iron 3%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Any food that contains over 15 grams of carbs per serving would be classified as a glycolytic food requiring high secretion of insulin from the pancreas.

### *The Worst Offenders*

People are fooled the most by foods that they think are healthy like milk, yogurt and juices. Milk is probably the most overrated food. Now I am not saying that dairy is not good but what I am saying is that most milk is garbage.

## ***Five Reasons Not To Drink Milk***

***1) 70% of the population have some kind of intolerance to milk. There are two ingredients in milk that cause a lot of problems for people.***

A) Lactose

Milk is loaded with lactose -the milk sugar. Lactose intolerance will usually cause digestive issues like gas, bloating etc.

B) Casein

Casein is the milk protein. Do you know that most of your problems and recurring colds are not really colds, and that runny noses and big time mucus buildup in children typically comes from milk allergy or an intolerance to Casein.

I shock a lot of mothers when I tell them that their children would be a whole lot healthier if you would just get them off milk! They often look at me like I have two heads. They think that milk is the perfect food. Well if you have a cow in the backyard that is eating grass then you and your family should drink milk.

***2) Milk Is Highly Pasteurized.***

Milk is heated to 1200°F to kill off all bacteria. The problem with this is that the milk is denatured from this process thus killing all the enzymes and many of the nutrients.

***3) Milk Is Mostly Fat Free***

I remember as a kid that the milkman would deliver milk to our home in glass bottles. Before you could drink the milk you would have to shake it thoroughly because at least one quarter of the bottle was pure cream. Well folks, that is what milk is supposed to look like. This was of course before the fat-free craze. Now I often have patients brag to me - guess what doc? I only consume 1% or skim milk. Well, that is the worst type of milk because when you take all the fat out you are mostly left with carbs.

***4) Milk Spikes Your Insulin!***

For years I have been warning both my patients and my listening audience on the radio shows that I do, that there is a huge link between

milk drinking and diabetes. Milk is insulin producing and I often say that if you are drinking milk you might as well have a soda!

### ***5) Milk Is Linked To Cancer***

A new study out of Harvard University shows that pasteurized milk products from factory farms is linked to hormone dependent cancers. Milk today has dangerously high levels of estrone sulfate - an estrogen compound linked to testicular, prostate and breast cancers. This happens for a few reasons:

- 1) large confinement operations will milk their cows at least 300 days a year even when the cow is pregnant.
- 2) Instead of grazing cows on grass they force the cows to eat genetically modified foods (GMO) like corn and other feed which makes them sick.

### ***What Are Good Substitutes For Milk?***

The best of course is water. If only kids today once they finished breast feeding would be given only water to drink. I am convinced that we would see a drastic cut in overall medical costs. If we could just get kids drinking water instead of milk and juice. Other options include unsweetened almond milk and goats milk or coconut milk.

\* Avoid soy - soy milk is a very poor alternative to drinking cow's milk because it is so high in estrogen. As already discussed in this book estrogen is deadly for both breast and prostate cancer.

### ***Lipolytic Foods***

One of the most important ways to reduce your cancer risk is to eat from the lipolytic foods. Very simply lipolytic foods require very little or no insulin to break them down.

## ***LOW INSULIN OUTPUT FROM YOUR PANCREAS DECREASES YOUR CANCER RISK***

### ***Lipolytic foods include:***

- 1) Eggs
- 2) Meat
- 3) Cream cheese (not milk), butter which is low in carbs and sugar, Greek or Balkan yogurts (no sugar added)
- 4) Nuts and seeds
- 5) Fruits (especially berries)
- 6) Vegetables
- 7) Legumes and lentils

I know some of you are thinking, come on - eggs, butter, cheese, cream? These are full of fat! “Well” you are right. They are full of fat, but remember that fat is good for you!

### ***The Myth Of Saturated Fat***

For over 50 years saturated fat has gotten a bad rap. It all started when a guy named Ancel Keys published a paper on dietary fat and linked it to heart disease. He did a small study that did not take into account smoking which we know positively is a huge factor in heart disease. Since that time numerous studies have tried to link saturated fat to heart disease and try as they may they just cannot! Most physicians, nutritionists and fitness professionals have believed that saturated fat makes you sick and they preach like it was the gospel truth.

### ***THE REVERSE IS TRUE!***

There are numerous tribes in Africa, Indonesia, Polynesian Islands and Eskimos from the great north that consume five times more saturated fat in their diet than North Americans do and yet (they display)

- 1) Very little body fat
- 2) Heart disease, diabetes are virtually nonexistent

3) It seems that shortly after they move out of their natural environment and start eating our fat-free diet they get heart disease and cancer at the same rate as North Americans

### ***What Is Healthy About Saturated Fat In Meat?***

Steric and palmitic acid which are found in animal fats are broken down in the liver into lauric acid. Lauric acid is also found in coconut oil and palm oil which have been proven time and time again to reduce inflammation in the body. So folks, eating a steak is as effective in reducing inflammation as consuming olive oil, coconut oil and any other healthy oil.

Are All Meats Created Equal?

The very best meats come from grass fed cattle and free range chickens. Try and find meat that has not been tainted by hormones and antibiotics. Try and stay away from nitrates found in packaged meats and lunch meats.

### ***What Is So Special About Red Meat?***

#### ***L-Carnitine***

L-Carnitine is an essential amino acid. L-Carnitine has proven to:

- a) Increase energy
- b) Decrease aging
- c) Increase mental alertness
- d) Protect the heart
- e) Boast potency in men
- f) Enhance exercise benefits
- g) Increase insulin sensitivity therefore reducing risk of diabetes.(The more our cells are sensitive to insulin the less insulin has to be secreted from the pancreas.)

L-carnitine is essential in the fight against cancer. As I have suggested throughout this book,cancer is an inflammatory disease caused by high levels of insulin. Therefore eating red meat is an integral part of any diet to stop cancer.

## 2) B12

Red meat has the richest source of B12. I always remind my vegetarian or vegan patients that they are low in B12 and will need to take a sublingual B12 supplement.

### ***Other foods that are essential to prevent cancer:***

#### **1) Broccoli**

Broccoli is loaded with cancer preventive phytochemicals. Specifically broccoli is loaded with indole- 3 carbinol (I3C) which combines with 3, 3-dindolylmethane (DIM). Research has shown that DIM is especially effective in blocking the growth of breast cancer cells.

#### **2) Turmeric (Curcumin)**

This spice belongs to the ginger family. It has a distinctive yellow color. Turmeric is a potent antioxidant and anti-inflammatory and is showing to be effective in the treatment and prevention of stomach, colorectal and breast cancer.

Observational studies have linked turmeric with a lower incidence of cancer of the colon, lungs, breasts, prostate and more. Scientists at the University of Texas recently found that curcumin disarms cancer cells specifically by cutting off their blood supply.

#### **3) Tomatoes**

Tomatoes are loaded with a powerful antioxidant called lycopene. Lycopene gives tomatoes their red color and it also is abundant in red grapefruit and watermelon. Best known for its prostate cancer prevention but it is also very powerful to protect women against breast cancer.

#### **4) Flax Seeds**

Flax seeds should be a healthy addition to everyone's diet. Both men and women will benefit especially in the area of cancer protection. Want to know why?

a) Flax seeds contain high levels of omega-3 fatty acids which are very anti-inflammatory and are essential in preventing cancer, especially breast and prostate.

b) High source of lignans. Flax seeds contain more lignans than any other plant foods. Lignans are special compounds proving to be effective

in preventing cancer, especially breast & prostate.

c) Lignans literally reduce estrogen because they bind to estrogen receptors at the cellular level. Lignans in flaxseed have very similar anticancer compounds to the drug tamoxifen without the undesirable side effects. Avoid flax oil because it turns rancid rapidly.

### **5) Berries**

Berries contain flavanoids that are proven to be:

- 1) anti-inflammatory
- 2) anti-mutagenic (stops cells from dividing)
- 3) anti-proliferative (stops cancer cells from spreading to other parts of the body)
- 4) antioxidants (they rustproof your cells from the damaging effects of toxins and stress that create free radicals)

Blueberries are near the top on the cancer fighting hit parade. Of all the berries in the world there is no cancer fighter like wild blueberries. In Northern Ontario, where I live wild blueberries are plentiful. A bear's favorite food is blueberries and now bears are so populous in Northern Ontario that my sister says, "they are starting to buy condos."

### ***High in Anthocyanins***

Anthocyanins found in blueberries have been proven to protect against colon cancer which will kill 50,000 Americans this year. Blueberries inhibit the growth of cancer cells in breast and prostate tissue.

### **6) Celery - *the Rodney Dangerfield of foods***

Celery does not get a lot of respect when it comes to foods. But folks, when it comes to preventing cancer it should be near the top of your list.

### ***Why Does Celery Prevent Cancer?***

Celery contains flavonoids like apigenin and luteolin that quite literally protect your cells from cancer. Compelling studies have shown that apigenin combats pancreatic cancer cells by impairing glucose intake. Remember cancer cells are fueled by glucose, no glucose = no cancer cells. Luteolin works by lowering insulin. Remember insulin is very inflammatory. The more inflammation the body has, the more cancer cells proliferate.

## ***THE MOST IMPORTANT THINGS YOU NEED TO DO TO PREVENT CANCER***

### ***1) Get Your BioMarkers Done***

Your body has (Biomarker) gauges just like your car. Don't you think it is important when driving to every once in a while look down at your gauges. How many people have run out of gas because they refused to fill up when their gas gauge was near empty, or did nothing when "check the engine light" came on, resulting in a damaged motor!! Thanks to modern technology my truck tells me if even my tire pressure gets low. Wow!

The Human Body Has Many Gauges - Look For Them

We have established that cancer is very slow growing. Most people never know if they have cancer until the doctor gets them in a room and says "I have some very bad news -you have the dreaded "C" word."

However, did you know that your body's gauges will tell you that you are headed for cancer ahead of time. The Martin Clinic is into true prevention . We would rather stop cancer in its tracks before it starts spreading. That is why we have developed the Biomarker Home kit.

The Home Biomarker kit is something that is so easy to do and could save your life. The Martin Clinic will send you a kit to your home with easy-to-follow instructions. You send us back three test tubes with small amounts of blood, saliva and urine. The Martin Clinic will look at your biomarkers and then send you a complete report of your findings.

Here are some of the biomarkers that are specific to the prevention of cancer:

#### **a) PH**

We cannot over emphasize the significance of the body's pH. Remember your body is probably about 75% water. It is important that the saliva which represents the water in the body is alkaline between 7.0 and 7.4. Morning urine should be very acidic at 5 this means that the body has the ability to detoxify.

**CANCER NEEDS ACIDITY TO GROW. Anything below 7.0 is acidic!**

**b) Inflammation**

High inflammation increases one's risk of cancer. Inflammation promotes the spreading and mutation of cancer cells. It also promotes the tumors ability to recruit blood supply.

***Causes of Inflammation***

It is the body's response to tissue damage caused by physical injury, ischemic injury (caused by insufficient blood supply to an organ), infection, exposure to toxins and other types of trauma.

**c) Free Radicals**

Some free radicals in the body are actually normal. But, if a person has high free radical damage this can be a huge factor in the proliferation of cancer cells.

**d) Insulin Resistance**

Most doctors never check a person's insulin. High levels of insulin secretion will result in insulin resistance at the cellular level and this in turn promotes inflammation and free radical damage which can bring on cancer.

**e) Cortisol**

Once again few doctors, unless they think outside the box, will ever order these important tests. Cortisol is the body's stress hormone. High levels of cortisol are extremely damaging to the body and promote the production of cancer cells.

**f) Hydration**

If a person is dehydrated they probably will not know it. It is estimated that 90% of the population is dehydrated. Yet, unless you are severely dehydrated the body still operates, but not at optimal levels. Water literally removes the acidic toxins to the kidneys and liver to be sent out of the body.

**g) Nitric Oxide**

Our Martin Clinic lab is one of the very few that test for this important gas. Nitric oxide makes blood vessels vasodilate or relax. This is important for cardiovascular health. However, we now know that nitric oxide is also an important factor in the immune system in that it signals the immune system to kill cancer cells. So if one has a low level of nitric

oxide their ability to combat cancer is going to be greatly diminished.

## **2. CUT BACK ON SUGAR AND CARBS**

We cannot emphasize this enough. Folks. If you do nothing else but cut out sugar in the diet and lower your carbs your risk of cancer will be decreased big time! Remember, cancer cells only feed on sugar. Do not feed them! Eat from the lipolytic foods as much as possible which includes eggs, meat, cheese, seeds, nuts, fruits and veggies.

## **3) INCREASE YOUR LEVELS OF VITAMIN D**

Once again, the most important vitamin one can take is vitamin D. Studies show that people with low levels of vitamin D have an 83 to 150% greater risk of cancer. How much vitamin D should I take? The average person needs:

- 5000IU daily in the fall and winter.
- In the summer -20 to 30 minutes of sun with the arms and legs exposed -3 to 4 days weekly with no sunscreen.
- If you are overweight you need 8000 to 10,000 IU daily.

## **4) GET ENOUGH OMEGA 3**

A new study in the Journal of Epidemiology confirms that Omega 3 reduces the risk of many cancers and especially colorectal cancers - a disease that claims 492,000 deaths yearly around the world.

## **5) GET ENOUGH NAVITOL**

Navitol is made up of Martin's Clinic special blend of pine bark extract. Over the years we have written several books and every one of them includes a chapter at least outlining the benefits of Navitol. For the purpose of this book on cancer let us focus on Navitol's benefit in reducing one's risk of cancer.

### ***Navitol Does 4 Primary Things To Prevent Cancer:***

#### **a) It destroys free radicals**

We are bombarded daily by toxins. We live in a toxic soup. These toxins are in our environment, our food and water thus causing enormous damage at the cellular level creating free radicals. Free radical damage is a

precursor to cancer.

**b) As mentioned previously having high levels of nitric oxide will decrease your risk of cancer**

because this important gas makes your immune system turn against cancer cells. Nitric oxide sends messages to T cells in the lymphatic system to attack specific cancer cells.

**c) Glutathione boosting**

Glutathione has been referred to as the mother of all antioxidants. There are many things that we do in this life that will have a devastating effect on the production of glutathione even though our bodies are able to produce glutathione on their own. A low level of nitric oxide, many free radicals, bad diets, pollution, chemicals, toxins, stress, aging, infections and radiation can all negatively affect our glutathione levels.

The reason that glutathione is vital to our battle against cancer is that it recycles antioxidants. Our body is under constant attack. In fact, scientists believe that we can get hit with over 2 million free radicals daily. This requires a lot of antioxidants or free radical scavengers.

A lot of people think “well I will just take a glutathione supplement.” The problem is that glutathione in a pill form does not get absorbed in the digestive tract yet Navitol has been scientifically proven to boost the body’s ability to produce glutathione.

**d) Telomere Boosting**

Telomeres are the protective tips of chromosomes that are essential to preserve the integrity of the DNA in every cell of our body. Shorter telomeres have been linked to a greater risk of age-related diseases and death of which cancer is near or at the top of the list. Again having short telomeres increases cancer risk.

In human studies after taking Pine bark extract for 12 weeks ,DNA damage in blood cells was reduced by 40%. By the way, Pine bark extract has been proven to reduce the side effects of chemotherapy and radiation. (Pam Med 2008)

**6) HS-PRO**

There are compounds in cruciferous vegetables, specifically broccoli that have the ability to control cancers on/ off switch. They fight cancer by activating genes that prevent cancer and also suppress genes

that cause cancer. The foundational ingredient in HS Pro is a patent microencapsulated DIM (Di-endolyl-methane). In the past if you wanted to take a natural product to help with estrogen regulation you would usually take Indole-3 Carbinol (I3C). I3C is a phytochemical found in cruciferous vegetables. The problem with taking I3C is that it is very unstable and highly reactive. I3C is highly unpredictable and has no activity unless it is converted into DIM by the stomach acids. Unfortunately the conversion of I3C to DIM is unstable. For years this I3C was the only option. DIM on the other hand is a natural antioxidant and phytonutrient also found in cruciferous vegetables. Unlike I3C, DIM is very stable and nonreactive and it has a more limited effect on estrogen metabolism.

When it comes to estrogen metabolism, you want a more limited effect because you don't want negative outcomes. DIM doesn't need to be converted into anything to be beneficial. This is why DIM is the most active plant indole that promotes positive estrogen metabolism and makes it a natural alternative for breast health and cancer risk reduction.

The problem with DIM is that it is highly soluble by itself. This means that it is not easily absorbed. Our HS Pro contains a patent microencapsulated DIM. Make no mistake, if DIM isn't microencapsulated you are wasting your money. To give you an idea how strong our formula is, you have to eat 1 pound of broccoli to get as much absorbable DIM we have in one capsule of HS Pro.

New research shows that DIM prevents tumors of the prostate, breast, ovaries and cervix. DIM inhibits cancer cell growth, slows new blood vessel creation in tumors and may prevent growth of estrogen dependent tumor

#### e) PRO—CRF

There is no question that protein powders have become a staple in the every day diet of many people, and for good reason. The fact is, most people simply do not consume enough protein. The average person should consume 0.75 g to 1.0 g of protein for every pound that they weigh, which means a woman who weighs 140 pounds should get anywhere from 105g to 140g of protein per day. Most people fall short on a daily basis, because there is usually an overabundance of carbohydrate consumption. An analysis of the North American diet will find that the average person consumes four times more carbs than protein. This combination of low-protein and high carbs has resulted in epidemics of

diabetes, obesity, bone fractures and cancer.

There are many pre-existing conditions such as a cancer where a person ought to be consuming much more protein. It can be tough trying to meet the daily protein requirements that the body needs in order to fight cancer. If you are like most people who have decided to add more protein to their diets you might've started using protein powder. However, most protein powders contain a sweetener, high fructose corn syrup, chemicals, additives, colors, fillers and artificial flavors. It is next to impossible to find a pure, clean protein powder. When someone is suffering from cancer or does not want to get cancer in the first place ,they really need to eliminate unwanted chemicals as much as possible.

### *Whey Protein Isolate*

There are essentially three different types of whey protein on the market.

- Regular whey protein
- Whey protein concentrate
- Whey protein isolate

In regular whey protein there is only 20 to 70% protein in the powder. Many of the cheap box store proteins contain about 20% protein. The protein concentrates contain anywhere from 70 to 85% protein and up to 5% lactose. That is why someone who is lactose intolerant still has a hard time with whey protein concentrate. Whey protein isolate is the purest form of protein at greater than 90% pure protein. PRO-CRF is purified again using a special cross flow microfiltration and as a result has very little carbs and is almost exclusively protein. Whey protein isolate has less than 1% lactose which is why those who are lactose intolerant usually have no issue with this isolate.

### *Lactoferrin - The First Line of Defense*

Our PRO-CRF contains 15% lactoferrin. Lactoferrin is essential for the immune system. Without a good immune system the body will not fight cancer. Lactoferrin is involved in your first line of defense,through breast milk which is why it is found in saliva, tears, bronchial and nasal secretions, hepatic bile and pancreatic fluids in young breast fed babies. In your mouth, lactoferrin comes into direct contact with pathogens. Lactoferrin will kill or suppress many pathogens.

Most protein powders have no lactoferrin. This is due to the fact that getting lactoferrin is a highly difficult task because separating this peptide requires a very sophisticated filtration process. Cows milk for example contains .5 to 1% lactoferrin. In human mothers milk there is 15% lactoferrin (you see why it is so important for mothers to breast-feed their babies).

Our PRO-CRF contains 15% lactoferrin just like breast milk. The significance of this cannot be overstated. To fight cancer you need a strong immune system. Lactoferrin is a master nutrient that is unfortunately hard to come by.

### *How does lactoferrin build your immune system?*

- It helps destroy pathogens trying to enter the body through your mouth, eyes, nasal pathways. It also protects your lungs.
- It decreases both intestinal and systemic inflammation.
- It helps multiply good bacteria.
- Like a probiotic it helps kill bad bacteria.
- It has strong antiviral properties.
- It is a cancer cell buster!! Why?

### *Lactoferrin: The Cancer Buster*

- It suppresses angiogenesis which is the production of new blood vessels that tumors need to survive.
- It decreases the formation of intestinal polyps.
- It promotes the activity of T cells( Navy Seals white blood cells) that come out of one's lymphatic system to destroy cancer cells.
- Lactoferrin is an iron-binding protein which makes it a great natural antibiotic. Bacteria needs iron to survive and lactoferrin prohibits that. It can even inhibit toxic bacteria like H. Pylori which can cause ulcers and cancers in the stomach and bowel.

- It contains an amino acid profile designed to boost glutathione - the body's master antioxidant. The reason why glutathione is vital to your health is that it recycles antioxidants. We are constantly bombarded by free radicals, out-of-control cells, that promote premature aging and cancer. Glutathione is also a very important detoxifier of harmful heavy metals and fungus.

## **7) Probiotics**

We probably get asked this question on our radio show on a weekly basis. Doc "how often should I take probiotics?" Our answer is always the same "if you read the research that we read on probiotics you would never stop taking them."

Right now there is a battle going on in your digestive tract and the outcome has life or death consequences. The epic battle is taking place between the good and bad bacteria that line your digestive system from one end to the other. There are 400 types of bacteria in your digestive system alone that combine to weigh over 2 pounds!

The good bacteria known as probiotics help you break down food, absorb nutrients, keep your bowels, sinuses, bladder, liver and many other systems healthy. They are essential for your immune system and they keep the bad bacteria in check. The bad bacteria on the other hand are deadly. They can cause diarrhea, coughing, constipation, bad cholesterol, bad breath, menstrual and hormonal problems, bladder infections, yeast, allergies and last but not least cancer. As we age, our good bacteria becomes overrun by the bad. There are many things in life that can lead to overgrowth of bad bacteria.

### ***Bad Bacteria Win When:***

- We eat poorly
- We drink alcohol
- We smoke
- We use antibiotics
- Drink fluoride or chlorinated water
- We are stressed

This is a Catch-22! As the bad bacteria take over, the food we eat is no

longer properly digested. Then the bad bacteria feast on this undigested food. This leads to the release of gases such as methane, and hydrogen. Do you ever wonder why you are bloated, have bad bowel habits, food sensitivities or fatigue? Unfortunately it does not end there. Bad bacteria ultimately leads to inflammation and in the long term could be deadly.

## ***PROBIOTICS - ONE OF THE MOST IMPORTANT HEALTH DISCOVERIES***

We can't emphasize enough the importance of taking probiotics for your well-being especially in the prevention of cancer.

### **Don't eat yogurt for probiotics!**

Often our patients will tell us that they are eating yogurt for probiotics. Folks, most yogurts are pasteurized and they contain almost no probiotics. As a matter of fact one would have to eat 16,000 regular servings of store bought yogurt to get the amount of probiotics in just one capsule of the Martin Clinics Clinical Gold Series Probiotic Complex.

### ***What To Look For In A Probiotic***

1) Read the label - the best probiotics are broad-spectrum. That means that they contain over 10 different strains of bacteria. Why is this important? If you have leaky gut, bladder infections, and yeast infections, just taking acidophilus for example will not cut it. You want probiotics to go where they are needed in the body such as the mucous membranes, sinuses, gut, bladder, urinary tract, female reproductive organs, stomach, and esophagus.

Every strain of bacteria starts with an L- like *Lactobacillus Acidophilus* or a B like *Bifobacterium Bifidum*.

2) The best probiotics never have to be refrigerated because they are soil based. Dairy based probiotics lose a lot of their bacteria on a daily basis even if they are refrigerated.

- The world's most potent probiotic is the Martin Clinic Gold Series Probiotic Complex. Let's take a look under the hood and see why our Clinical Gold Probiotic Complex is unmatched:

**A) *Lactobacillus Acidophilus* - THE GUARDIAN**

This probiotic guards the health of your entire digestive tract. It helps keep bacteria and fungi such as salmonella, E. Coli, Staph Aureus and Candida Albicans in check. Acidophilus also maintains healthy cholesterol and promotes heart health. This good bacteria crowds out the bad guys and grows the population of the good guys. Billions of this type of probiotic are needed for good health. We don't want to brag, but each capsule contains **24 billion L. cidophilus per capsule!**

**B) *Bifobacterium Bifidum* - THE RE-POPULATOR**

When you take an antibiotic, it kills everything (except one type of probiotic which you will read about in a few minutes). Since antibiotics kill both good and bad bacteria, this probiotic becomes essential since it quickly replaces the beneficial bacteria that was lost. It is fast acting. B. Bifidum also help protect against diarrhea and is beneficial for the liver. It has also been clinically show to help FIGHT THE FLU!

**C) *Lactobacillus Salivarius* - THE DESTROYER**

This probiotic has been proven to consume unfriendly bacteria and viruses! It also produces lactic acid which fights H. Pylori and helps eliminate inflammation. L.Salivarius helps clean the bowel, relieve flu symptoms, remove plaque from teeth and has been clinically proven to help COLITIS!

**D) *Bifobacterium Longum* - THE REGULATOR**

This probiotic helps regulate the acid content of your digestive system. It maintains a normal digestive tract and boosts your immune system. B. Longum is essential for breaking down CARBOHYDRATES!

“90% of all diseases and discomfort is directly or in directly related to an unclean colon”

-Academy of Physicians of Great Britain

**E) *Lactobacillus Plantarum* - THE HEALER**

This probiotic has been successfully used in the treatment of IBS. It has also been shown to help decrease the symptoms of Crohn's disease. It

can heal colitis. *L. Plantarum* is very important during pregnancy by helping to line the birthing canal in order to inoculate the newborn. It has been shown to help ADD/ADHD. This is another probiotic that is essential while taking antibiotics. Remember earlier when it was said that antibiotics kill all bacteria except one? *L. Plantarum* is resistant to most antibiotics. This is essential because it helps to ensure that there is no yeast overgrowth while you are taking antibiotics. This probiotic also helps preserve key nutrients such as B1, B2, B3, B5, B6, B12, vitamins A & K and short chain fatty acids. By the way, it also helps maintain a healthy blood pressure.

***F) Lactobacillus Bulgaricus - THE SUPPRESSOR***

This lactic acid producing probiotic helps prevent the growth of bacteria. It helps you digest fat and is essential for anyone who is lactose intolerant.

***G) Lactobacillus Paracasei- THE BOWEL WHISPERER***

Not only is this probiotic essential for the reduction of fat storage, it helps decrease intestinal inflammation. *L. Paracasei* helps normalize hypercontractility of the bowel. It treats diarrhea, allergies and has been used for the treatment of Chronic Fatigue Syndrome.

***H) Lactobacillus Lactis - THE DELIVERY GUY***

It acts as a delivery vector for the proteins necessary for health. It helps to treat IBS and produces interleukin -10, which is helpful for Crohn's disease. This probiotic helps destroy bad bacteria by producing hydrogen peroxide, a natural antibacterial agent.

***I) Lactobacillus Brevis - THE ANTI-INFLAMMATORY***

This probiotic is an anti-inflammatory for the digestive system. It helps prevent oral ulcers, has anticancer activities and decreases DNA damage. *L. Brevis* is absolutely essential for female health. It disrupts the growth of yeast production that causes vaginal infection. This probiotic is very helpful during and after taking antibiotics, steroids and chemotherapy. It has also been shown to shorten cold and flu symptoms.

***This exclusive IMMUNE BOOSTING FORMULA designed by the Martin Clinic is a proprietary mixture of two immune boosting probiotics.***

The FIRST PART is LACTOBACILLUS RHAMNOSUS. This probiotic helps with food allergies. It boosts the immune system and it populates

and thrives in the acidic environment of the digestive tract. Over 200 studies have been done on this ingredient alone! It prevents diarrhea, relieves constipation, prevents lactose intolerance, eases yeast and urinary symptoms and may help Auto Immune Diseases.

The SECOND PART of our powerful IMMUNE BOOSTING FORMULA is Lactobacillus Reuteri. This probiotic helps ORAL health, it modulates the immune system and PRODUCES THE NATURAL INHIBITORY SUBSTANCE REUTERIN. This is a potent anti-microbial that inhibits the growth of bacteria, yeast, mold and protozoa.

When you read through all the benefits of our new PROBIOTIC COMPLEX one thing becomes crystal-clear. This product is ESSENTIAL FOR YOUR HEALTH!

## ***WHAT SHOULD I DO IF I ALREADY HAVE CANCER?***

Here are some of the immediate steps one should take if they have already received the bad news that they have cancer.

### ***1) Do not give up!!***

Your body is fearfully and wonderfully made -the Bible tells us that. Jesus Christ is the same yesterday today and forever. The great physician can heal, there is no doubt about that. The human body has an enormous capacity to regenerate. It is important to understand that you get brand-new blood every four months. The Bible says that the life of the flesh is in the blood. Remember your blood is really made up of the food that you eat. So by changing eating habits it's amazing what the body can do to help itself.

Hearing the dreaded 'C' word does not have to be a death sentence. Maintaining a positive attitude and making some lifestyle changes goes a long way in restoring the body.

### ***2) Implement a ketotic diet***

The ketogenic diet can be found in our book "Serial Killers Two

Hormones That Want You Dead.” In a nutshell here is what the ketogenic diet is all about. The ketogenic diet consists of eating a very high protein and high-fat diet and cutting your carbs down big time. The idea behind the ketogenic diet as far as cancer is concerned is that tumors need glucose to survive. A ketogenic diet eliminates the fuel that cancer cells need to continue to divide.

As you have read throughout this book, high levels of insulin cause inflammation, free radicals and promote cancer big-time. In our opinion going on a ketogenic diet might be one of the best things you can do to shrink tumors and perhaps even reverse cancer.

### ***CANCER CELLS HAVE TO BE FED TO SURVIVE***

The problem with modern medicine’s approach to cancer is the same cookie cutter slash and burn scenario. The idea is let’s remove the cancer with surgery and then burn the living daylights out of the surrounding tissue with chemo and radiation. There are several problems with this approach. Number one it destroys cancer cells but it also destroys the body’s immune system. Number two is that cancer cells will often go into hiding in another area of the body, only to resurface years later. Cancer cells seem to have their own intelligence.

### ***THE KETOTIC DIET HAS GOTTEN A BAD RAP!!***

Often people are terrified of going on a ketogenic diet, because they have heard that too much protein will be hard on the kidneys. That’s funny because there are several studies now showing that a ketogenic diet can actually reverse kidney disease. KETOSIS is actually quite good for the human body. The Martin Clinic has proven this over the years to literally thousands of patients. We have shown that ketosis reduces inflammation, lowers insulin levels, lowers free radicals and is a very positive experience.

Remember carbs are like sponges. For every gram of carbohydrate you eat, the body holds on to 4 grams of fluid. That is why the person that consumes a lot of carbs in one meal is so often bloated.

### ***The Body has 3 gas tanks -your car has one***

TANK#1--the Carb tank

TANK#2--the Fat tank

TANK#3--the Protein tank

The body will always burn the fuel in tank number one - the carb tank first. So for example, if you have a piece of bread (carb) and a piece of meat (protein) your body will always burn the bread before it burns the meat. That is why people have so much trouble losing weight. Usually they are on a calorie reduced diet and this rarely works. If you reduce calories the body will skip tank number two and burn protein for fuel. The body will automatically store fat instead of burning it. Only by restricting carbs like bread, pasta, cereals, sugar sweets, etc. will the body go into ketosis and burn fats.

### ***STARVE CANCER OUT!!***

Again, just to repeat. Cancer cells must have fuel. All carbs are converted to sugar, if one goes into ketosis the cancer cells no longer have any fuel to survive.

Cancer cells, explains Dr D'Agostino of the University of South Florida unlike normal cells have no metabolic flexibility therefore if you do not feed them carbs they cannot survive on protein and fat.

### ***WHAT CAN YOU EAT***

#### ***Breakfast***

- Eggs anyway you like them
- Omelets with cheese peppers ham etc.
- Try and cook with 1 tablespoon of Coconut oil, Grapeseed oil, or Macademia Nut oil

### **DR. MARTIN'S PERFECT CANCER BUSTING SMOOTHIE!**

- 1) One scoop of Pro-CRF protein

- 2) 2 tablespoons of flax seeds
- 3) 1 tablespoon of hemp seeds
- 4) 2 to 4 ounces of pure 35% cream
- 5) 1/2 cup of berries
- 6) 4 ounces of pure spring water

Blend for 1 to 2 minutes

### ***Lunch***

- 1) Salad and chicken, turkey or bacon
- 2) Celery sticks with cheese
- 3) One slice of Ezekiel bread with natural peanut butter that has no sugar added

\*Total Ezekiel bread is limited to 1 slice daily

### ***Supper***

- 1) Meat of any kind -preferably choose red meat like steak, beef, hamburger
- 2) Stir fries with lots of veggies like peppers and mushrooms-remember no rice

### ***At the end of the day all these foods are permissible on the ketotic diet:***

- 1) Eggs make sure you eat the yolk- you need the good fat
- 2) Any kind of meat
- 3) Cheese
- 4) Cream (not milk)
- 5) Unsweetened almond or coconut milk
- 6) All seeds including hemp, flax, chia, pumpkin etc.
- 7) All non-starchy vegetables like asparagus, bell peppers, broccoli, bean sprouts, cauliflower, cabbage, celery, bok choy, collards, cucumbers, dill pickles, endive, hot peppers, leeks, mushrooms, radicchio, radishes, rhubarb, spinach, swiss chard, turnip, zucchini, fennel, field greens, green onions etc - sorry no potatoes.
- 8) Only berries allowed as fruit

9) Any kind of fish or seafood

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