



Wisdom for Healthy Living

CANCER - Treatment Suggestions from Go Natural

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In our book, *GO NATURAL*, I've detailed how MS and other neurological conditions (brain injuries) develop. We then looked at dental and physical degeneration, as well as other physical abnormalities and degeneration resulting from a faulty diet and lifestyle. This continuous deficient diet results in structural underdevelopment (weaker, lighter and underdeveloped bone structure), weight gain, which then progresses to obesity with the ultimate manifestation of refined foods being the matured condition, diabetes.

Where does cancer fit into this scenario? Why is cancer such a big health problem in our society today? The statistics show that one in three people will be diagnosed with cancer. What has caused this exponential explosion of this 'dis-ease'? Let's re-evaluate what we've read.

Throughout our book, *Go Natural*, and especially Part 2: 'Our Changed Environment', the exponential exposure to carcinogenic (cancer-causing) modern chemicals has been repeatedly pointed out. This 'invisible dragon' – 'modern toxicology', which is the main cause of disruption in the finely tuned body, will have an effect whenever the body is exposed to enough toxins (as explained in the 'Toxic Bucket' example). The body is designed to be a survivor; to clean, protect, maintain, and heal itself. However, the accumulated effect of the overexposure to toxins, a faulty, nutrient-deprived and toxic diet, trauma, prolonged stress and other modern evils will cause the body to malfunction. This will render the body's overburdened immune system inefficient and ineffective. Eventually, the immune system becomes compromised and cannot effectively detect and neutralise cancer cells. Cancer cells proliferate and start forming a tumour. This process may take years to manifest and when cancer is eventually detected and diagnosed it has already been active for years.

Cancer works as follows:

- It has been said that everybody has cancer, but that a healthy immune system kills cancer cells every day, statistics vary, but it could be between 2 000 and 12 000 cells per day.
- So, if you have been diagnosed with cancer it means that you have an unhealthy, overburdened immune system that is not coping.

Remember what Dr Carel Bredell had to say in the foreword of our book, *Go Natural*, regarding cancer.

Once we (the established medical system) identify a treatable problem, little attention is paid to the underlying cause or the functional abnormality that led to the problem in the first place.



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A good example is cancer. Once the diagnosis is made, the treatment includes surgery, radiation and chemotherapy. After these procedures, the cancer is hopefully eradicated and the patient is 'healed'. If you, however, realise that cancer is a symptom and not an illness you realise that removing the cancer is not the cure.

Cancer is a symptom of the following:

- An immune system that is too sluggish to identify and attack cancer cells
- A detoxification system that is over-exposed and too clogged-up to remove cancer-causing toxins
- A body that is not receiving the necessary nutrients in order for the cells to keep themselves cancer-free.

Furthermore, once the patient has received chemotherapy, radiation and/or surgery, the body's systems will be even more strained. We all know of family or friends who were cleared of cancer only for it to re-appear some time later. This being said, I am not proposing that the above modalities should not be used – they have saved many lives. But make use of them only when they have a reasonable chance of success and the benefits outweigh the toxic side effects. Also, make sure to pay great attention to the underlying **root causes**.

Someone recently remarked that eliminating symptoms with the use of medicine is as ridiculous as a mechanic trying to fix the flashing oil level light in your car by removing the bulb. This treatment will lead to disaster. Medicine has an immense role to play, especially in acute situations. But when it comes to chronic conditions, I believe that medicine often interferes with, and even prolongs the healing process. This is where one should look at adjusting one's lifestyle and nutritional intake; pay attention to detoxification, stress management; and focus on spiritual as well as mental health, in order to return to optimal health.

"Take away the cause, and the effect ceases." – Miguel de Cervantes (1547-1616)

ROOT CAUSE ELIMINATION for healing

Go Natural aims to expose the major root causes of this 'dis-ease' and to provide proven solutions (dietary plus natural cancer therapies) for your body's 'inner doctor' to take control of the situation by cleaning and healing itself.

TYPICAL CANCER ROOT CAUSES

Below is a summarised list of the obvious and most dangerous root causes, and our book *Go Natural* elaborates and explains the challenge in far more detail. You will realise that sickness is no accident.

1. Dental pathology (root-canal-treated teeth and dental jaw cavitations)



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2. Vaccine ingredients, preservatives, and attenuated DNA from aborted foetal matter
Prof Judy Mikovits exposed this sad reality in her in-depth study and published research papers.
3. Heavy metals, like mercury in silver amalgam fillings
4. Sugars and refined carbohydrates, this is the primary food for cancer.
Sugars and empty carbohydrates are substrates and not food; true food blesses the body, but these empty but also toxic sugars and carbs curse the body.
5. Food colourants, preservatives, and taste enhancers
6. Herbicides residues on food
7. Lack of critically important nutrients like; Vit C, B₁₇, D, antioxidants, etc. derived from a fake modern food chain
8. Genetically modified food
9. Some farming chemicals, like pesticide residues on food.
10. Low and Acidic pH-balance
11. Chlorine in the water and swimming pools
12. Rancid carcinogenic oils and fats in processed grains and foods
13. Rancid cooking oils and fats, for example, canola oil and margarine
14. EMF, cell phone and Wi-Fi radiation, 5G poses to be a killer
15. Tabaco and cigarette smoke
16. Heavy metals, etc., as explained in our book.
- 17. Emotional and spiritual wellbeing.**

We need to note that we are three-dimensional beings; body, mind and soul. They all need to be in harmony for perfect health. It is often said that the spiritual and emotional root cause of MS can be identified as self-hate, which rang true in my journey with MS. Once this dimension was fixed by the powerful blood of JESUS, the table was set for my recovery journey. The wellbeing of this critical dimension and the link to disease is well exposed by the following two researchers: Henry Wright in his book ***A More Excellent Way Be In Health - Spiritual ROOT CAUSES – Pathways to Wholeness*** and the profound books of Dr Michelle (MK) Strydom of Eagles Wings Ministries. Her two books are:

1. ***Healing begins with SANCTIFICATION of the HEART – NO DISEASE IS INCURABLE***
2. ***The Bible from a Medical Perspective*** that exposes this dimension from a medical point of view.

Typical emotional and spiritual cancer causes are unresolved -anger, -bitterness, -antagonism, etc. I encourage you to read them.

Where does one START?

GO NATURAL'S CANCER RECOVERY SUGGESTIONS



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FIRSTLY – OPTIMAL NOURISHMENT

Change your defective diet and lifestyle, as this is the root cause of the compounded effect of physical degeneration and toxicology that caused your ill health in the first place. Whatever you do, this is the most logical point of departure. *Go Natural* is a fantastic guide on how to change your diet and lifestyle. In Part 10: Recipes, under TREATMENT PROTOCOLS, I have compiled a practical document titled, 'Johan's Recovery Protocol' as a starting point. This protocol is divided into four phases and changes can be implemented at your own pace. In severe cases, it is obviously advisable to implement the applicable suggestions as soon as possible. The 'Recovery Protocol' is a summary of the book, highlighting the most important diet and lifestyle changes that can be implemented immediately. This protocol also highlights the major root causes of 'dis-ease' that need to be removed. I strongly suggest implementing it into your life as soon as possible.

You will experience the following benefits:

- Less toxin exposure.
- Greatly increased nutrient intake.
- A stronger immune system.
- Better vitality.
- Fewer allergies.
- Your pH balance will improve when on a well-balanced and nutrient-dense diet.
- Better sleep.
- You will lose excess weight.
- You will begin to naturally detoxify.
- Less inflammation means fewer aches and pains.

In summary, this Go Natural diet and lifestyle will create the correct health foundation for long-term and sustainable health.

SECONDLY – AIM for TOXICITY FREEDOM

In conjunction with changing your diet and lifestyle, one should endeavour to remove all the other listed ROOT CAUSES and to live in WISDOM in our changed and modern environment. Remember to eliminate everything that puts stress on your immune system. Apart from only enjoying clean real food with no preservatives made the GO NATURAL way, the following is vital. In my view, dental pathology is an overlooked root cause of modern DREADED 'DI-EASES'. The worst in my experience is ROOT CANALS and DENTAL JAW CAVITATIONS. I have not seen a GO NATURAL cancer customer without the mentioned culprits. Yes, you are right mercury amalgam is dangerous and should also be removed but the two highlighted culprits are far more dangerous. Please revisit Part 2 to properly identify and eliminate all those dental dangers. I strongly suggest you watch the *ROOT CAUSE* movie, as it highlights how critical it is to clean the body of this dimension.



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THIRDLY – NATURAL AND ALTERNATIVE TREATMENT PROTOCOLS

Research, select and apply a selection of proven, alternative and natural cancer treatment protocols.

There are many proven natural cancer cures available today that the man on the street is not being made aware of.

If you do your research, you will discover that the cures for cancer have been discovered long ago by pioneers like Dr Max Gerson, Dr Johanna Budwig, Dr Krebs, Dr Kelley, Bill Henderson, Dr Nicholas Gonzalez, pioneer Jim Humble, and many more. Recently Ty Bollinger has been exposing all these alternatives in his must-see *THE TRUTH ABOUT CANCER* documentaries, backed with many recovery testimonies.

THE BATTLE OF THE MIND

You should have perfect confidence and peace in whatever protocol you ultimately choose and follow. Half of the battle is won in the mind; have the confidence or search until you are confident in your action plan.

Alternative, natural and supportive treatment suggestions for fighting cancer:

- **A strict Ketogenic diet** is recommended as cancer cannot survive without blood glucose.

The Keto diet can be explained as the GO NATURAL diet but without carbohydrate and sugar-containing foods, such as grains, root vegetables (beets, carrots potatoes, etc.) no honey, and no fruits except berries ultra-low in sugar and fructose.

In my opinion, adopting the Keto diet is the first and foremost priority for a cancer patient. Once all the root causes have been removed and you are clean of cancer for at least six months one can adopt and reintroduce some fruits and natural starch-containing whole foods.

- **Your pH Balance**

The balanced Ketogenic true-food diet is naturally alkaline-forming. But in the case of cancer, it is advisable to use less animal protein, especially red meats. In severe cases, however, I would advise abstaining from meat altogether for at least three months. It is interesting; we have a dear cancer customer that after diagnosis ate only vegan foods with lots of vegetable juice. As a result, he became too alkaline that caused to develop quite severe muscle pain. High alkalinity is advisable and highly effective to eradicate cancer cells, however, to be too alkaline is also not good. The body functions effectively if there is balance. This customer with the too high pH was advised by an integrative medical doctor to include pastured-reared, grass-fed beef to his diet. Within two weeks



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the pains were gone as his pH restored to normal levels (pH – 7.4). You can read Hendrik Cloete's full testimony on our website: it is truly informative and awe-inspiring.

- **5 – 7 Apricot kernels** per day and/or Vitamin B₁₇ IV's and/or injections (Laetrile)
Suggested reading: *World Without Cancer* – The Story of Vitamin B₁₇ by G. Edward Griffin.
- **Cannabis Oil** – Research Rick Simpson Oil
I have talked to many people that used his methods for treating their cancers and health issues. I recommend that you study your endocannabinoid system (ECS).
“Rick Simpson, a Canadian engineer, became famous for the claims that he treated his cancer using a cannabis tincture he perfected. He used it both topically, and ingested, to treat his tinnitus, pain, and melanomas. He then went on to produce this oil for his ‘patients’, treating over 5000 people over a number of years.”
- **Sutherlandia (Kankerbossie) caplets.**
Traditionally used for a variety of conditions, enhancing well-being, immune support, longevity, stress, depression and anxiety, wasting from cancer, TB, and AIDS, influenza, chronic fatigue syndrome, viral hepatitis, asthma and bronchitis, type 2 diabetes, mild to moderate hypertension, rheumatoid arthritis, peptic ulcer, gastritis, reflux oesophagitis, hot flushes and irritability in menopause, and herpes. Studies also indicate significant antioxidant activity.
Sutherlandia functions as an appetite stimulant in wasted patients, but not in healthy people.
- **High dosages of Vit C**, even intravenously.
- **Juicing Therapy**
- **Herbs**; include fresh raw herbs, like cayenne pepper, cinnamon, ginger and garlic in every meal
- **Ozone therapy**, where your blood gets infused with ozone.
- **Essential oils**
We have a powerful blend called **Intervene**
- MMS and / or Faith™ Drops, as **Chlorine Dioxide**, Introduced by Jim Humble
Again, do your own research, MMS was a lifesaver for many people.
- **REBOUNDING**, this critically important miracle exercise is needed three times per day for cleaning your body via your lymphatic system that removes dead cancer tissue and toxins. Ensure you drink enough water and remain well-hydrated at all times.
- Hydrogen Peroxide
- The Gerson Therapy
- The Budwig Protocol
- Dr Hilda Clark's Parasite Cleansing Programme
- As well as many others, do your research.



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These treatment suggestions should always be administered under the guidance of a qualified natural health care professional. A person in distress can easily get carried away and overdose, if you are ill and not strong, you need discipline, guidance and accountability.

FOURTHLY - MONITOR PROGRESS

This is the most important!!!

In parallel with your diet, lifestyle, removal of the ROOT CAUSES and your alternative treatment protocol it is of utmost importance that your progress gets monitored. To measure is to know. We need to know if we are on the right track and if there is progress. There are different ways of doing it. Find a method that you are comfortable with. One of the best ways is the Navarro Urine test (HCG Urine Immunoassay). This accurate and inexpensive test was developed by oncologist, Dr Manual D. Navarro. The test detects the presence of cancer cells even before signs or symptoms develop. Dr Navarro found HCG to be present in all types of cancers. The Navarro-test provides reliable information; it is an affordable test that can be done more regularly and without any degree of risk. Thousands of cancer survivors have used this test over the years to keep track of their treatment(s) success and check on the status of their remission. One can easily follow their simple direction for preparing a dry extract from one's urine sample. The powdery extract is mailed to the Navarro Medical Clinic where the HCG testing is performed.

For more details how to do it visit <http://www.navarromedicalclinic.com>.

The interpretation advice of the test results is clear on their website.

FINAL WORDS

There is a growing number of holistic, integrated, and natural doctors all over the globe who practice common sense medicine, treating the root cause and not the symptom. They are in short supply and sadly their message is suppressed through the mass media and the established conventional medical system. These are the people who helped me heal from advanced MS naturally after the medical professionals gave up on me. I wish I had known better and used the natural common-sense methods from the onset of the 'dis-ease'. I could have saved myself a lot of trauma, pain, time and money.



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It is important to educate yourself with the facts and truth about credible alternative cures not endorsed by the mainstream media. Mostly these protocols are found to be far more effective as well as safer than conventional treatments.

Websites for further reference:

- The Navarro Urine test (HCG Urine Immunoassay) <http://www.navarromedicalclinic.com>
- CANCER TUTOR, www.cancertutor.com
- THE TRUTH ABOUT CANCER, presented by Ty Bollinger, www.thetruthaboutcancer.com
- CANCER TRUTH, www.cancertruth.info
- D. Nicholas Gonzalez, 90% success rate with cancer patients, www.dr-gonzalez.com/
- Doctors Across Borders, www.doctorsacrossborders.mu
- Rick Simpson and cannabis oil, <http://phoenixtears.ca/>

There are no magic 'silver bullets' (quick fixes) that are a cure-all. You need to tackle this challenge holistically, starting by removing all the root causes. Sadly, most people are conditioned to think **one-dimensionally** when treating a 'dis-ease' condition. We need to think holistically if we want to conquer this mountain.

Remember, it is not only what you take that is important; of equal importance is what you remove.

Let's finish off this section with a quote from Susan Jeffries,

'If you keep on doing what you did, you'll keep on getting what you got.' It is another way of saying: *'What you sow you will reap'*.

By 'sowing' the correct diet, lifestyle and treatment the body is empowered to heal itself. Remember the body is designed to heal itself, it is natural to be healthy. If you are sick the body is mostly toxic (it has a "spanner in the works" at a cellular level) and/or it is nutrient deficient.

TAKE TIME TO DECIDE



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If diagnosed with cancer you might ask yourself, what now and what do I do? As a starting point **take a week off and earnestly seek and pray for guidance** in selecting your action plan and / or treatment protocol. At times it might be necessary to use conventional therapy alongside your new diet and alternative/natural treatment plan.

It is critical that your mind is renewed and that you are aware there are proven reliable, natural and alternative solutions. Fear-mongering tactics by conventional medicine sometimes bully patients into immediately following their allopathic treatment protocols. These do not address or remove the root causes that initially caused cancer to develop in the first place. In some cases, the treatment protocols start the same day and the poor patient never has the opportunity to evaluate alternative and far better treatment protocols plus removing the ROOT CAUSES. This is where information means power.

If you decide to go the conventional route take some time to first analyse and study all the horrendous side effects of chemo and radiation before you start. Also, consider the poor success rate of these expensive treatments.

'Research shows that Chemo only has approximately a three per cent success rate of being alive after five years.' <http://www.cancertruth.info>. Please go through this website and the others listed, you will be enlightened by this information. I've come across research that proves that both chemotherapy and radiation are carcinogenic. Why would one in his right mind treat cancer with other cancer-causing therapies? Again, the research also points out that if you underwent both chemotherapy and radiation you only have a slim 2-3% chance to be alive after 5 years. The danger of the side effects of conventional chemotherapy and radiation is simply not worth the risk.

Cancer is not a death sentence; it is only a challenge and part of a new journey. If the correct measures, protocols and treatment plans are applied then homeostasis, permanent remission or a cure will be the outcome, with no side effects or deterioration in the quality of life.

A word of encouragement. If you have been diagnosed with the big 'C', be assured that there is natural help and true hope for a complete recovery and sustainable health freedom. I urge you to spend time doing your homework and encourage you to read the profound testimonies on our website – www.gonatural.co.za. I've witnessed it in my capacity at Go



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Natural. We've seen our survivors who followed the complete protocol and additionally applied wise natural and alternative treatment protocols.

Prevention is better than cure!

Throughout Part 2 in our book, on 'Dis-ease Development', we've seen that the "cause-and-effect principle" is based on the fact that all conditions have a root cause. Our book aims to expose all of these modern root causes to ensure that the reader is empowered to sidestep the resultant health 'landmines' and live 'dis-ease' free. A completely natural and fresh diet removes the guesswork and automatically sidesteps all these hidden health landmines.

But if you are suffering from a 'dis-ease-, I hope you take comfort and are encouraged by the fact that there are natural and proven methods to overcome and conquer any health mountain (challenge).

In health and God bless

Johan

Disclaimer:

"This information does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in this document, book or on the Go Natural website. If you think you may have a medical emergency, immediately call your doctor!"