



Wisdom for Healthy Living

A Cancer Story with a Good Ending

“thanks to alternative treatment”.

by Hendrik Cloete

To be a cancer patient today..... and I am saying this with the greatest of empathy and respect, is not the exception anymore. Therefore, my experience is by far not unique, and to be a survivor after more than a decade is also not a rare occurrence anymore. There are large numbers of cancer patients following one or another alternative regime that are cancer free and enjoying quality of life again. It is with humble gratitude though, that I can and want to relate, how I managed to get through this overwhelmingly negative scenario with a generally limited life expectancy.

I sincerely hope my experience will provide strength and perseverance to anyone who is inflicted by a cancer diagnosis or who is busy fighting this modern day scourge.

Because of my intensive involvement over a considerable period, I also came face to face with the real world cancer patients are exposed to. This was quite an eye opener in many ways. Later, more about this rather disturbing side of it.

My case history goes back to August 2001 when I had my first cancer diagnosis. A completely blackened right index fingernail turned out to be a malignant nodule in the nail bed (sub-ungual). This phenomenon actually started five years earlier when a single thin pencil-like line appeared, starting from the base of the nail to the finger tip. Then another next to it, until the nail became completely black. It looked similar to the effect when you hit your finger with a hammer. However, the difference was that it never grew out and disappeared as normally 2 happens. It stayed black for years. It never bothered me and whenever I visited a doctor it was noticed and I was asked about it.

No one ever considered the possibility of it being malignant. General comment was that it could be something that I picked up when working in the garden or with soil. There was no follow-up ever, because it did not bother professional opinion which should have known better.

The situation came to a point by pure coincidence when I damaged that particular nail at a building site. Consequently, I had to pay a visit to surgeon's rooms where the damaged nail was removed. The surgeon did ask about the blackness and decided to remove tissue from the nail bed for a biopsy. The pathology report the following day, positively confirmed malignant melanoma (acral lentiginous) a very



rare kind. Urgent surgery was scheduled and the right index finger was amputated as an initial preventative step. The amputated finger was also forwarded to pathology for analysis. The results indicated that there was already cell division but that it didn't progress beyond the base of the finger and stayed localized at the finger tip. An Oncologist concurred and I remember very well, him saying, "I am a lucky fellow and that all will be fine". No more.

May 2008. A procedural chest X-ray to obtain a work permit in New Zealand indicated an unsuspected growth in my left lung. Although the growth was already about 30 millimetres in diameter, I again experienced no discomfort whatsoever. Needless to say, I had to forfeit a good job opportunity. In retrospect however, if it wasn't for that almost chance chest X-ray, who knows how much more complicated the situation could have become. 3 An off-the-cuff remark by the doctor who conducted the medical in New Zealand was that the top of my lung could be removed as if that would have solved the problem. We didn't know much about these things at the time, but the words of the Oncologist back in 2001 were starkly recalled when he had said with confidence, "...that all will be fine". Yeah right!

We are very fortunate to have close family who are in the medical profession. In fact, two of them are Radiologists. It was on their insistence that we hot footed it back to South Africa. Based on the history with the finger and the X-ray result, immediate PET-CT scans were arranged.

A full body PET-CT scan indicated several affected lymph nodes in the chest and abdomen areas larger than one centimetre diameter, apart from the growth in the lung which was presumed to be a developing tumour. The diagnosis confirmed metastasis and was classified as Stage IV Malignant Melanoma.

It was now obvious, the simple so called contained malignant melanoma, found in the finger seven years earlier, had spread. We know today that melanoma cells spread through the blood. Also clear is that it started when the nodule under the finger nail got broken and or during the process of tissue collection for a biopsy.

Combined research knowledge is in agreement that not all cancers spread through the blood. The ones that do are squamous cell carcinoma, melanoma, sarcomas, and ovarian, cervical and uterine cancer.

A reasonable question would be; why did it take so long to become a serious diagnosis since the first chance discovery in 2001? I don't know but there are professional opinions about it. Every person's physical make-up (physiology) is different; inherited DNA, blood type, how each case differs, or how well your 4 body's own defence system functions, can all make a difference. A multitude of external



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factors also have an influence on how your body reacts to adverse influences and conditions.

Also known and confirmed through cancer research and history is that cancer usually occurs or starts in weak organs. Of course, some vital organs are more in the firing line than others because of their function or history of abuse. In my case my lungs were definitely my weak spot. Although I stopped the habit of smoking at the age of 35, the health of the lungs was undermined. On more than one occasion I had issues affecting my lungs. When I was still young I had a severe case of whooping-cough, later pleurisy, and much later also double pneumonia. Already mentioned, melanoma spreads through the blood and some professional medical opinion is that melanoma cells would attach to any so called weak organ. It can stay there for a long period until conditions are favourable for the cancer cell to start multiplying. What exactly cancer is and what causes it is a somewhat controversial issue amongst medical professionals. More about it later.

The finding of the PET-CT scan was not good. There was immediate urgency from the doctor's side to start with treatment. Although my close family was privy to the fact that the chance of survival was in the range of months, I had no inkling about it. In my view with hindsight, it was a good thing. It does not do anybody any good to dwell on negatives.

Conventional treatment always comprises chemotherapy, radiation, and surgery, or combinations of these. Although we had relatively little knowledge at the time, we had already considered aspects of chemo and radiation before, and were aware of the detrimental side effects all cancer patients have to endure. In many cases the treatment is far worse than the effects of cancer itself.

The chemo option came to a final halt after it was medically conceded that chemo is not really successful to treat metastasised melanoma in general. The focus would have been on the affected organ but how can it treat melanoma cells still circulating in the blood? There is some indication about a different approach being researched by conventional medicine, but it will still be many years, if successful, to have a treatment ready for use. As with so many new super drugs or procedures, very few patients will be able to afford it anyway.

In my case radiation was also moved out of consideration because of the position of the largest affected lymph node and its proximity to my heart in the para-aortic region. Surgery was also not a matter of urgency at that stage. While on the subject of different treatments, the growth in my lung intrigued Radiologists because of its shape. During a session I had with a Professor in Radiology at a Medical School, it



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was suggested that they could try the RNA- (Radio Needle Ablation) procedure. This involved pushing a long needle about the thickness a little less than a pencil, through the chest into the lung and by heat created at the tip, burn this growth until it is gone.

A possible consequence of this was needle seeding, meaning the spreading of cancer cells when extracting the needle. However, the scariest worst case scenario because of the location of the growth was, it could damage the nerves servicing my left arm. There was the possibility that I could lose the use of that arm. Did I want to hear more? You bet, I was out of there while I still had the use of my arm. I am not that adventurous to become a guinea-pig, even under these circumstances.

Another interesting comment at the same session was made by a Cardio/Thoracic Surgeon, when asked if the growth in the lung could be removed, his immediate response was “if it is malignant melanoma, I won’t touch it”. The reason? The chance of further spreading was too great in his view.

So back to square one. How are we to go about it? We have moved out of the realm of main stream medicine altogether. At that stage, 2008, we had limited knowledge about alternative treatments ourselves. Theresa, my wife, knew it was going to be about a super healthy diet and living. We started, but were far off for real effectiveness. We only got started on an effective alternative route by the help of a person who later became a dear friend. His name - Johan Jacobs. He had personal experience in beating the very serious condition of advanced primary progressive multiple sclerosis (MS). It was so bad he almost ended up using a wheelchair. Doctors just about gave up on him. He was declared medically unfit for work, with no hope to recover. Johan overcame this debilitating illness by basically changing his diet and eliminating all that had a detrimental (toxic) effect on his system. At the base or major cause of his condition, had to do with mercury amalgam fillings, dead teeth (root canal treated teeth) and dental jaw cavitation’s and complications that developed after it was removed without the correct precautions and procedure. For the last twelve years he completely recovered and is an exceptional example of good health today. You can read all about this remarkable recovery, his findings, solutions and alternatives in his LIFE SAVING book published with the title, **Go Natural – Wisdom for Healthy Living** (recipes included, -see contact information at end).

One aspect after one has decided on a health changing lifestyle, is to source where to purchase or obtain products above suspicion. This is not always straightforward even with items or products labelled as “Organic”. In his holistic approach to healthy living, Johan has put his money where his mouth was and filled a much needed niche by starting a one-stop outlet for a wide range of natural products, equipment and health knowledge. Because we were from the same area, it became our go-to



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shop for many of our needs and equipment that were not otherwise easily obtainable. For instance, a minor example because of my strict new diet, was that I developed a serious craving for bread which I was not allowed. We had a recipe for “Essene”-bread which is a safe and beneficial substitute made from sprouted wheat, but the essential issue was where to get really organically grown wheat. This little shop “GO- Natural” provided us with all the organically grown wheat and much more.

Apart from enlightening us about how he went about it, he introduced us to the experience of Dr. Lorraine Day Ph.D MD, in a series of DVD’s. Dr. Day was an 7 Orthopaedics Trauma Surgeon and Associate Professor at the Medical School of California, San Francisco. She was diagnosed with advanced breast cancer but decided not to submit herself to chemotherapy or radiation. This was despite the efforts of her colleagues to convince her to go for a mastectomy and radiation. She had to go for surgery to relief pain because of the size of the tumour, but she declined further treatment. Her condition turned for the worst and her family thought she was going to die.

She tried various suggested cures but was still regressing. It was only when she started on an intensive organic raw juice diet that the tide was slowly turned around. To start the recovery process you must change your diet. She continued with her healthy living and recovered completely. You can Google Lorraine Day for the complete story and very vivid images of the severity of her cancer.

This was our first stepping stone to broaden our outlook. We changed to an all organic vegetable diet. Seventy five per cent raw juice and salads and twenty five per cent steamed or lightly cooked vegetables. The active ingredient in the juice was carotene. This type of diet is essentially an immune builder, with carotene also known to be a cancer fighter.

I was on the raw juice diet at the rate of two litres carrot juice and one litre spinach juice per day for six months. Perhaps an overkill, but it worked for me. Something to keep in mind when taking in such large volumes of concentrated juice is the fibre content. The body is fighting cancer and you don’t want to add extra strain on the digestive system and energy to have to process the fibre as well. You need the pure juice to be readily available for quick absorption to do its job. There are juicing machines available that effectively separate the fibre from the juice.

Regular blood tests at the pathologists, to determine the range of cancer markers(S 100 B protein detection in serum-test), confirmed that the treatment 8 I followed, was working effectively. The interesting aspect was that the pathologists had no



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knowledge of what kind of treatment I was on. Their report reflected the true state of the situation.

About six months after we started with a dedicated diet treatment, our caring Radiologist family insisted I report back for a follow-up CT-scan. The finding was that everything was still the same compared to the previous PET-CT images. Confirmation of the status quo, but no surprises. Same was good. However, to us, this was an optimistic boost because there was no regression. So far, no negative signals. Every target reached, however small, was a victory. Hope and confidence was what we needed.

All our future plans and expectations were put on hold. We had two high hurdles to cross. Firstly, to win this war to regain my health back, and secondly to be able to obtain Residency in New Zealand. We had started a process to immigrate to New Zealand to be re-united with our children who were already residing there. However, Immigration New Zealand was of the opinion that I would be too great a risk and would become a costly liability for their Health Services. The deadlock block was the NZ Medical Assessor who has taken the unmovable stand that I was a terminal case and my condition incurable. All officially documented on paper, just like that. This really motivated us to win this slow moving battle.

We realised the diet was fortifying my immune system and I could feel it, but more was needed. I needed something more potent to safely kill-off cancer cells. Amazing how a network of reliable and informed professional help becomes available if you know where to look for it.

Another dear friend, Irma Stanley-Best, whose husband was diagnosed with a similar diagnosis as mine, directed us to more reliable sources which greatly enriched our understanding of cancer and alternative treatment regimes. Of 9 significance is that Irma's husband, who followed almost the same regimes as I, also recovered completely of his cancer. The progress of our cases was of great encouragement to us both as it could be used as confirmation that our regimes were having good results.

These sources opened up a new world of invaluable alternative professional help. The first source, the Bill Henderson protocol, is an in- depth overview about lifestyle and diet for cancer patients. Bill Henderson, an ex U.S. air force pilot - not a medically trained person himself, - has made it his life-work, after his first wife died of cancer, to help to relieve the plight of cancer patients. After years of effortless dedicated personal research he published a Book "Cancer Free" that has been reprinted and updated many times. He is still very actively involved with prominent



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professional people in the alternative treatment world. (See list of reference sources at the conclusion).

It was from his cancer protocol that we made major adjustments. The following set of PET-CT images started to show definite improvement in my condition. Some of the affected lymph nodes were smaller. The growth in the lung had changed somewhat in appearance and was also slightly smaller. This was the first sign of disease regression.

From the Bill Henderson protocol we learned that as far as diet and lifestyle is concerned, what you don't do is equally important as what you do. For instance; the biggest No-No for any cancer patient is natural SUGAR and all sugar containing products, even fruit juices. Cancer cells crave and thrive on sugar – no argument. Most sugar substitutes have other negative side effects.

I used Stevia which was a safe option. On face value you might not suspect it, but all bread, pasta, grains - all products containing flour - especially white flour, turns into a form of sugar when digested. 10 "Essene" -bread made from sprouted grains is the substitute of choice. Original natural sourdough wholemeal flour or rye (organically grown) is also a safer substitute if your craving for bread is that critical. White flour is processed and not a whole food anymore. Also all processed foods for that matter - tinned, packaged or in whatever form.

Depending on the degree of your illness, all meat, especially red should be avoided. Digesting meat place an unnecessary burden on your weakened system. Meat can also raise the acidic (pH) level, which is the ideal medium for cancer cells to thrive in. There are other easier digestible proteins than meat. When you are past the critical crisis point and you really crave meat, you can have the occasional moderate portion of game or grass-fed red meat. White meat protein - free range chicken or certain kinds of fish, are much safer.

It stands to reason, smoking and alcohol is taboo. Coffee and normal teas containing caffeine should also be avoided. I am a "coffee-aholic" and it was only at a much later stage in my treatment that I allowed or rewarded myself with the occasional good coffee or a glass of decent red wine. I know – it's wicked, but in a different way it contributed to my level of happiness and positive attitude. However, never allow this kind of indulgency to get out of hand.

Many people today are also dairy intolerant. Again it is an extra burden on your system under the circumstances. Also important is to drink enough pure filtered or distilled water. Tap water is not the best. All kinds of unhealthy chemicals are being added to our drinking water. Because minerals have been distilled out in the process



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of distillation in the case of distilled water, it is good to supplement with quality natural minerals.

It has without doubt been established that if you have been diagnosed with cancer or any other life threatening disease it is a necessary precaution to remove mercury amalgam fillings from your mouth. **However, of utmost 11 importance is that this procedure be executed by a dentist familiar with the specific protocol and precautions.** Mercury is toxic and keeps on vaporising and leeching out and this is very detrimental to you really getting well.

Mild exercise is good and necessary, if you can. You need to get the heart rate up and also to stimulate the lymph system to expel toxic products including dead cancer cells. If it's the best you can do, controlled jumping on a mini-trampoline can be of great assistance for lymph circulation.

Exposure to sunlight is also very necessary. Limited time without sunscreen products. It is the best vitamin- D you can get. If this is not possible, supplement with a good quality product that can be absorbed effectively.

The main stumbling block to overcome is a mental one. You have to let go of entrenched eating and lifestyle habits that have been developed over a lifetime. However, not insurmountable - take heart, there are a variety of really great tasting replacements and interesting recipes. After all, you don't really have much of a choice. Commitment and diligently sticking to it is key you gaining your health back. Don't cheat - you will reap what you sow for good or for bad.

So far, I have dealt with one level of essential aspects to take note of. Equally important is the state of your emotions, attitude, mind set and general lifestyle. It is a proven fact that people with a positive mind set heal faster and have a higher rate of overall success.

Remove emotional baggage and stressful situations. Stay out of heavy traffic – figuratively speaking. Expel dark thoughts, create and live in happy situations. You are on a different page of life under these circumstances, you must prioritise and many times let go of lesser important things. Stay spiritually strong if that is 12 what gives you strength and hope. Appreciate your loved ones and friends. Be grateful and gracious.

Circumstances differ, but when first diagnosed with a case of serious cancer, it is quite normal to experience a measure of emotional turmoil. Many times it causes an emotional overload and affects a person's capacity to think or reason clearly. It is without doubt a serious life changing situation. It also affects the lives of the people



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closest to you. You need calm, clear thinking people who care and can act as your “advocate”, advisor and constant support. Because of the suddenness of being diagnosed with cancer, it can cause you to make decisions where you can lose complete control before you have considered options or consequences. The general understanding or acceptance is, “doctors treat people all the time, I’ll just follow doctor’s orders”. It is wise to keep an open mind and not be a conformist from a lack of understanding, knowledge or tradition.

Conventional cancer treatment can have consequences and you don’t have options to rectify wrong and hastily made decisions. When it comes to decision time, it is critically important you have all your ducks in a row.

I am a cancer survivor today partly because I had caring loved ones on my side who were fully involved. Theresa, my wife, has unselfishly put her life on hold to manage and assist me through all these years.

As mentioned before, the diet change and change of lifestyle was an essential start to fortify the immune system to perform at its peak and put the brakes on the cancer progress. Information on how to really kill-off cancer cells, we got from the Henderson protocol. His reference and explanation of the “Budwigprotocol” became our next line of defence for the following five years.

Dr. Johanna Budwig, a German biochemist, has discovered that the blood of all seriously ill cancer patients was deficient in certain essential ingredients which included phosphatides and lipoproteins, while the blood of healthy persons always contains sufficient quantities. She established that if these substances were replaced, tumours gradually receded. The Budwig diet’s prime objective is to enhance optimum cell function. Oxygen rich red blood cells from the lungs are released into the plasma. Released oxygen is “attracted” to body cells by the “resonance” of the pi-electron, oxygen enhancing fatty acids (EFA’s). This is the natural electro-chemical process whereby oxygen finds its way into all body cells. The EFA’s play a decisive role in respiratory enzymes which is the basis of cell oxidation. Oxygen is poison to cancer cells. Part of the development of cancer cells is to block oxygen from entering healthy cells.

Dr. Budwig further discovered two natural, effective and inexpensive ingredients to replace the deficiencies in the cell. Cold pressed flax seed oil (Omega 3 content not less than 52%) mixed with organic cottage cheese to a specific ratio, make it the magic formula.

Essential highly poly-unsaturated fatty acids (especially omega-3) enhance oxygenation and can be found naturally in carotene and flax seed oil. The absence



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or low level of linolenic acid (omega -3) is responsible for the production of oxidase, which eventually induces cancer growth. The mix of flax seed oil and organic cottage cheese (a sulphur rich protein) restores the balance of linolenic acid in the body and enhances the flow of oxygen to the cells. (For a more comprehensive description Google; Budwig Protocol).

Can you believe that this effective inexpensive discovery went past the attention of Cancer Research and was strongly discredited by big Pharmaceutical Companies? Yes, you can! Natural molecules cannot be patented and thus are not profitable at all. Dr Budwig was twice nominated for a Nobel Prize for her research but was vetoed by scientists with connections to Big Pharma.

Dr Budwig has been proven very successful over many years and has never been scientifically contradicted. Alternative scientific research has improved on aspects of her treatment, but it is still the basis of a very successful cancer treatment protocol. Clinics in Germany and Spain implementing this protocol are still very active and successful in treating scores of cancer patients from all over the world.

Various high profile personalities, even from the U.S.A., have received treatment at these clinics. This is of course kept under wraps. Alternative treatments are closely watched and prosecuted by the Food and Drug Association (FDA) in America.

Of course there has been regular opposition to Dr Budwig's claims. One of these was a prominent Oncologist and Cardiologist, Dr. Dan Roehm from America. Later, after spending time in a laboratory with Dr. Budwig, he declared publicly "what Dr. Budwig has demonstrated to my initial disbelief, but now to my complete satisfaction, is that cancer cells which are actually quite vulnerable can be eliminated by this natural dietary formula. The precise biochemical breakdown point was identified by her as early as 1951 and is specifically correctable, in vitro (test tube) as well as in vivo (real life)". You can imagine Dr. Roehm was not on Big Pharma's calling list anymore after his honest admission.

Dr. Budwig's protocol has been an integral part of my treatment almost from the start after the second diagnosis in 2008. I only stopped it in 2013 after my cancer count was so low or normal, that I was for all practical considerations, in remission. 15 Monitoring the cancer status is vital even when you are in remission. Previously there were two more CT- MRI scans that confirmed that the situation had stabilized and that the growth in the lung was significantly smaller as well as the affected lymph nodes. Initially, apart from scans, I went for regular blood tests as well. This was the S100B Protein Detection in Serum test. However, it came to our knowledge that although the specific blood test gives a general acceptable indication, there was a



shortcoming. Urine, as appose to blood or serum, is the preferred specimen for a more accurate result. HCG (human chorionic gonadotropin) has been found to undergo glycosylation in the liver as it travels in the hepatic circulation. Thus, the HCG molecule cannot be easily detected. The molecule does not undergo this process in the kidney and therefore the molecule remains intact in the urine. This applies to the Navarro Urine test (HCG Urine Immunoassay). Developed in the 1950's, by renowned Oncologist, the late 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. His research was based on research by Howard Beard and other researchers who contend that cancer is related to a misplaced trophoblastic cell that become malignant in a manner similar to pregnancy in that they both secrete HCG. (HCG involves also the normal test for pregnancy). As a consequence, a measure of the amount of HCG found in the blood or urine is also a measure of the degree of malignancy. The higher the number, the greater the severity of cancer. PET- & CT scans determine where or how large the malignant growth is. But if you want to know or monitor whether the alternative cancer protocol you follow is effective, the Navarro-test provides reliable information. It is also a test that can be done more regularly and without any degree of risk. The project and laboratory tests is currently under supervision of Dr Efren Navarro, MD. (See Navarro reference at end).

There was no doubt anymore that my health had improved dramatically and the approach to boost oxygenation to the cells in combination with the alternative organic raw vegetable diet was a successful strategy. There was a minor sideeffect development, my body became too alkaline because of the all-vegetable diet. I developed quite severe muscle pains. Although alkalinity (high pH) is very effective to kill cancer cells, too much alkaline is also not good. The body functions effectively if there is balance.

Many things and aspects were uncharted territory for us and much of the detail was not yet documented in research. However, this was easily rectified after discussing the situation with a Dr. Michael McDonald who is very experienced with the workings of the body on a cellular level.

He recognized the symptoms and suggested I must add grass fed red meat to my diet in moderate portions. The condition disappeared within two weeks after the pH-balance was restored. My kind of metabolism (O-blood type) apparently needs meat protein on a more regular basis, even under normal healthy conditions.

After the introduction of the Budwig protocol and how it oxygenates cells I would also like to incorporate the research opinions of a few more professionals about their view



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of what cancer is and what causes it. It is common knowledge in the Alternative world of cancer research, that our diet and lifestyle are the two main causes of our immune system becoming undermined and starting to lose the battle against serious illnesses.

The following, almost tongue in the cheek, but true remark, appeared in an article in the 9 th issue of the “Health Intelligence” publication, 2011. The writer, a Morne Malan, made the following interesting observation - “cancer cells are the body’s own citizen’s gone rogue because of a set of detrimental influences with the result that your healthy cells quietly reject the system”.

Because of an unhealthy or unbalanced diet the metabolic processes in a normal cell become extremely acidic in nature. The cell then becomes deprived of oxygen, its function is compromised and you have a cancerous situation. The 17 now, so called cancer cell, depends on a different process to survive because it cannot produce ATP (adenosine triphosphate). The energy stored in ATP is used to drive all cellular processes in healthy cells that require energy. The cancerous cell craves glucose for energy to survive.

Professor Otto Warburg (twice Nobel Prize winner) made the following comment – “cancer has only one prime object, it is the replacement of the normal oxygen respiration of cells by anaerobic cell respiration”.

Another German scientist, P.G. Seeger, added – “cancer cells convert glucose into lactic acid to produce energy. Because of this the lactic acid cycle of the body gets into a Ping-Pong-mode. The acidic condition is transferred to the liver via the blood. The liver in turn, converts lactic acid into glucose and so the cancer cells survive and multiply. This situation can also cause DNA changes in the cell nucleus “.

Main stream cancer research keeps looking at DNA to find the clue as to why DNA, or your inherited “genes”, is causing cancer. Cancer statistics on research about the causes of cancer reflects or attributes only a low 3 per cent chance that DNA malfunction is the cause of cancer. Normal cells become dysfunctional and weak when oxygen supply is limited. Because cells are weak, the affected organ becomes weak. If organs are weak, the immune system is suppressed and you are starting to lose the battle against illnesses. In this connection, a Dr. Majid (MD) said – “the state of oxygen in the body, not chemotherapy or radiation, determines the long term health and quality of life of the patient”. It is in this background context that the Budwig-protocol fulfils a crucial function in the process of oxygenation of body cells and contributed in a major way to my return to good health again.



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When you are in a situation where winning or losing becomes the only consideration, you will do your utmost to win and to do it right. Melanoma 18 cancer is a tough one to get rid of. Especially if you know that malignant cells can still be somewhere in the body or moving around within the blood.

When you are on an alternative treatment route, you talk, you listen, you learn and you enquire all the time from trustworthy sources. There are many trustworthy successful contributors to alternative regimes today (See reference short list at end). It is very important to be mindful not to make decisions on your own without knowledge or combining treatments, without consulting a professional alternative practitioner.

With the knowledge that melanoma cells could still be around, we launched an additional attack front to our protocol. We were introduced to the MMS (miracle mineral supplement) and DMSO (dimethyl sulfoxide) regime.

This was a regime fulfilling an additional function, killing off cancer cells without interfering with the Budwig protocol.

MMS is activated sodium chlorite (not sodium chloride) that becomes chlorine dioxide. Sodium chlorite, otherwise known as stabilized oxygen, has been thoroughly researched over the past seventy years and is known for its healing capacity. Chlorine dioxide is still the most effective method in the process of water purification on an industrial level. It is super effective in killing harmful pathogens selectively through oxidation. It has the amazing inherent property of being able to instantly destroy harmful pathogens without affecting friendly bacteria. It is all about the pH-level of microbes. All friendly bacteria have a distinctively higher pH than harmful pathogens which are highly acidic in nature.

The MMS formula has been refined and made more effective for use in the human body. DMSO is a natural product and has the very effective capacity to externally penetrate membranes of the skin or internally penetrate cell 19 membranes. When used in conjunction with MMS it acts as a carrier to transport the MMS through the cell membrane to neutralize acidic molecules. Both of these substances are harmless to healthy cells.

Mainstream Oncologists, in the past and possibly still now, use DMSO as a carrier for their toxic chemo cocktail into the cells of affected organs. The difference is that apart from killing cancer cells, the chemo content permanently damages surrounding healthy cells and undermines the organ and immune system in the process. This diminish your chances for recovering and without also addressing the cause in a natural way, it will have a significant effect in long term survival.



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There are different suppliers of MMS available, all of them effective. We latched on to a Brand called – Faith Mineral Supplement, in short we call it Faith Drops. We consider it to be a more advanced product. It went through the required clinical tests and became available as an alternative immune system fortifier.

Dr McDonald, previously mentioned, was the researcher behind this version of MMS. He incorporated sixteen compounds extracted from twelve herbs and plants. The combined effect resulted in it being an exceptionally strong immune fortifier as well.

Dr. McDonald worked as a researcher on epidemic viral diseases. After fifteen years, he produced the base formulation used in Faith Drops. He specializes in studying the response of human cells to viral diseases and the body's ability of the immune system to fight infectious diseases. He also spent several years studying aspects of cancer and comparing treatment methods, both alternatives as well as conventional.

An interesting finding from his studies reported that of all documented so called, "cancer miracles", it was clear that all long time survivors (minimum of five 20 years) made dramatic changes in diet and lifestyle. For instance, stress is one cause of developing cancer. By removing stress from their lives and relieving detrimental internal emotions, it was beneficial to their health. Although most people endure a degree of stress and trauma during their life, it is the way that you deal with stress that may have an impact. Cancer is a message from your body. It is communicating that something or things you are doing or not doing, are not conducive to your good health. Dr. McDonald concluded that cancer should not be viewed as a death sentence.

Because melanoma spreads through the blood, using Faith drops in conjunction with DMSO is a very effective and safe way to keep metastasised melanoma under control. In a maintenance regime I still use Faith Drops in small dosages once every twelve hours as a precautionary measure.

At this point I want to state it clearly that I am not trying to advise or prescribe to other cancer patients what they should do. By relating my experience I present living proof that in my case, it was possible to overcome a very serious diagnosis without making use of conventional cancer treatment and am today at the age of seventy six, enjoying a normal and healthy life. To know more about alternative treatments and healthy diets, its best to go to websites which deal with the matter in professional scientific detail? (See contact detail at the end).

Earlier on I mentioned that we had two major hurdles to overcome. The first and most important was to regain my health. Well, that goal was successfully achieved. Secondly, it was to be re-united with our children and grandchildren in New Zealand.



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This second issue was directly tied up with the state of my health. It was equally challenging on a different level. The complete “drama” was a stressful drawn out and costly affair. There seemed to be no way around the 21 verdict reached by one of the Medical Assessors contracted to advise INZ (Immigration New Zealand). His stand firmly blocked our application and tied the hands of INZ despite using a top law firm in New Zealand to handle our case. Comparable complete report findings of two PET- and three CT-scans from different Radiologists over a period of five years were presented as proof of a constantly improving situation. When our third time appeal was turned down, we had exhausted all our options for any further appeal. The only logical explanation for me was that the Medical Assessor didn’t even consider the scan reports or was it that his personal conviction refused to accept that you can be cured from Stage IV Malignant Melanoma. It just didn’t make any sense that a General Practitioner over-ruled the professional opinion of Specialists in this field. We were really in a bad way emotionally. Not good for keeping healthy. However, something we learned during the challenge of getting my health back was not to give up. In this we were fully supported by our children and again the “clan” was ready to take the fight to a different level.

The complete set of scan reports and accompanying images were forwarded to two different Oncologists. One in South Africa and one in New Zealand. I also had to present myself for clinical examinations at both Oncologists. The one in New Zealand, a practising Oncologist, is also Associate Professor at the Medical School in Christchurch.

Both Oncologist reports were unanimous that there was no evidence of progressive disease activity. A brief summary of the essence of their reports came down to the following - “Given the continuous spontaneous disease regression over the last five years in the absence of any active medical treatment, there is a low risk of disease progression. The patient remains in excellent health”. Both also acknowledged that the significant lifestyle modification in order to support my system and strengthen my immune system was a major factor in my recovery.

The outright strong positive reports resulted in a Panel meeting of Senior Immigration Officers without the presence of their Medical Assessor. Clear reasoning prevailed, the Assessors opinion could not hold up against the findings of two recognized Specialists in their field of study with extensive experience. We had new respect for bureaucracy. All is well that ends well.

Amazing how stress can be relieved overnight. All the worries were gone. We were granted Residency, and shortly after, were re-united with our family in New Zealand.



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Before I conclude, I feel it is necessary to get a few worrying matters off my chest. Even if it only makes me feel better. As a bona fide cancer patient who has taken the alternative route, you cannot help but become acutely aware about anomalies behind the “cancer curtain”.

Despite enormous amounts of money being donated and grants being made to Cancer Societies, and thousands of scientists employed by Pharmaceutical Companies for research, the number of cancer patients is still increasing at an alarming rate. On the research side, it is not uncommon to read that the magic silver bullet cure is still years away. It seems there are a lot we, the ordinary people, don't understand or don't care to understand, because that is how it is. In the meantime we are being taken advantage of on an enormous scale. Conglomerates have come into being because of it. Opportunity presented itself and they took it to an unprecedented level. These have become so powerful that they are just about untouchable. The sheer numbers of cancer patients alone, is one of the biggest income earners for a long string of disciplines in the medical world. Patients are literally held ransom to pay ridiculously unaffordable fees to doctors, hospitalization, medicine and treatments. No sympathy - Hippocrates seems to have given up on all noble intentions. The big question however remains, why this increasing number of cancer patients?

In most countries following a typical Western lifestyle with a strong focus on work performance, enhanced food production methods, fast food culture, less physical activity and a pill or drug for every ailment, the odds for staying healthy let alone alive, is not good. How do we cope to stay on top of it all? It works as long as the body's healing mechanism (immune system) can keep the balance and function properly. When it becomes overwhelmed and we do not do anything about it, it is a given that we will experience serious negative consequences.

Let's briefly look at how a functioning scenario of husbandry for example, got completely out of hand. Long ago, in the days of subsistence and small scale farming nobody really knew much or were conscious of cancer, diabetes, Alzheimer's, Parkinson's, MS, or heart failures. Especially not amongst younger people. Even people with the smoking habit at the time, not that I approve of that anymore, lived to a good old age with the natural healthy food they had at their disposal.

In today's over-populated developed world, the demand for consumer goods is high, especially foodstuff of all kinds. It started by so-called smarter ways to produce more. More, created bigger profits. Competition led to even more creativeness to produce more, better looking, and faster. With the accent on continuous peak



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production, researched shortcuts, engineered manipulation, overuse of soil and other things, it compromised the soil and the natural balanced nutritional value of most products in daily use. This has developed to a point where negative side effects are undermining health in general, even that of the very young and unborn babies.

With soil over fertilized in an unbalanced way; subterranean water sources contaminated with nitrates and toxic chemicals; vegetables and fruit over administered with dangerous herbicides and pesticides; doubtful chemical preservatives; additives and colouring for better looks; longer shelf life and extended cold storage; hormonal additives to formulated animal feed content 24 for maximum weight over a shorter period, the odds are really overwhelmingly against our metabolic and immune systems keeping abreast. Overall, our whole being has to cope with such a load of negative variables that more and more people are prone to develop serious illnesses. Add to this the conundrum of antibiotics. It has been so over prescribed that it is no surprise

The chickens have finally come home to roost – antibiotic resistant viruses. Big Pharma has caused the monster of superbugs. It has become so convenient for many GP's to write a prescription for a quick fix result without considering the possible long term consequences. This approach is not in the patient's interest or addressing the cause of the illnesses. In the meantime if we have stuck with what and how food was originally created for humans and all other living organisms, it would have been quite a different story.

Basically we are what we eat, period. The integrity of our food has been compromised. All of the above is common knowledge and the negative effects have been established and published in many reputable health and medical journals all over the world. So what is it all about? It's about business plans for mega profit and to maintain established systems. Broad based systems so well entrenched, even with governmental legislators and decision makers that they are for all practical reasons untouchable.

So what is it "really" about? It is about you applying self-intelligence, making good choices and taking considered decisions, directing your life wisely so as to enjoy the best possible health and good quality of life. It is your life, manage it wisely. Reliable knowledge is out there for all to be enlightened.

Although, it was a long haul for us and our close family, since the first encounter in 2001, today (2016) 15 years on, to be genuinely healthy and energetic, is humbling and a great blessing. Yes, there were minor collateral damage. I am without a right index finger, some lymph nodes have been removed and my left vocal cord is



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permanently paralysed because of one heavily affected lymph node in my chest which damaged the nerve to the left vocal cord. It affected my speech to a degree but I can still speak well enough. All being considered, this is minor and negligible. I am alive and healthy. I am absolutely and forever appreciative for Alternative Treatment Regimes and all the individuals who tirelessly keep providing knowledge despite the threat and even possible prosecution, to alleviate the plight of cancer- and other patients of serious illnesses. Individuals with scientific training in applicable disciplines and many professionals who is not doing it for profit as a priority but with the honest motivation to really make a difference.

Apart from the constant support from Theresa, and our children, we were carried through this ordeal by many prayers for us and by us. Have faith, never give up hope. Strength and good health to you. oooOooo 26 List of Alternative References, Health Literature Contacts and Test Procedures we researched and consulted.

(Information should be available or accessible when you Google Search on-line or by direct e-mail).

- Cancer Tutor.
- “Cancer Free – Your Guide to Gentle, Non-toxic Healing” by Bill Henderson.
- Doctors Across Borders, www.doctorsacrossborders.mu
- The TRUTH about CANCER documentaries by Ty Bollinger. • Cancer –“Step Outside the Box” by Ty Bollinger.
- “The pH Miracle” –Robert O. Young Ph.D.
- Dr. Mercola on Cancer and healthy diets.
- Go Natural, www.gonatural.co.za
- johan@gonatural.co.za
- “Navarro HCG-test” - efnamed@gmail.com