

Cancer Detox and Immune Boosting Guide

A Practical Approach to Home-Based Care for
Concerned Families

World Council for Health – Current as of November 2023

Various healthcare practitioners contributing





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A Practical Approach to Home-Based Care for Concerned Families

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and inflammatory effect. High-fructose corn-syrup is found ubiquitously in industrial foods and drinks and is linked to an explosion of ill-health among consumers of these foods. Other 'natural' sweeteners are still extracted through industrial processes, like stevia, agave, and other sugary syrups, so do not correspond to what your ancient body knows and has a mechanism for. Artificial sugars created to replace the caloric industrial sugars have a devastating effect on health, altering our microbiome, our ancient sensory receptors, and can be linked to dental corrosion, obesity, dementia and cancer. Sucralose, for instance, was developed accidentally from an insecticide and is 600x as sweet as sugar. Stick to eating whole fruits for their abundant nutritional value, and use artificial and naturally sweet foods sparingly, as corresponds to evolution.

b. Unmodified, natural foods quench inflammation

- **Raw, fresh organic produce** - leaves, vegetables, roots, fruits, and berries are the mainstay of any diet to obtain time-honoured nutrition, providing the vitamins and minerals necessary for a healthy body, plus the fibre to help maintain a clean digestive tract with optimal evacuation and happy bacteria.
- **Nuts, seeds and cold pressed fats** - contain all the necessary plant-based nutrients, including nutrient levels, proteins and fibre.
- **Heat-tolerant fats** - our grandparents and previous generations used rendered animal fats for cooking, including lard, suet, ghee, red palm oil and coconut fat. These resist toxic transformation when used to cook food. It is inadvisable to use products from industrial sources where toxins, antibiotics and chemicals used are stored naturally by the animal. To keep it away from damaging the animal's vital internal organs, McDonalds used beef fat decades ago for their fries. Always choose natural fats, the environment in mind and avoid anything processed by industrial means, such as palm oil. For people wishing to avoid dairy, they can make their own ghee.

How to make ghee:

- Take one 250gm pack of butter (salted or unsalted).
- Carefully heat in a small saucepan on the stove until bubbling.
- Reduce the heat so that it is not boiling, just bubbling lightly.
- Maintain it on the stove for about 15 minutes, in which time the milk solids will separate out and fall to the bottom and rise to the top. Do not stir.
- Remove from the heat as soon as the condensed residue has formed and change colour.
- Strain through a muslin cloth and store in the fridge in a glass jar.

- **Natural animal proteins with high animal welfare** - should be taken lightly. Our ancestors ate an omnivorous diet where meat was available and in season. Not for nothing were they hunted. Meat is limited to a few months a year. According to the research, geographical location, followed by cultural and religious practices, influenced the diet.

further on. Gold is a better choice for fillings, but that depends on the family finances - metal-free composites also are better than mercury fillings.

How to reduce pathogenic oral bacteria:

- Make a concentrated salt solution, e.g. with sea salt or Himalayan salt.
- Using a soft toothbrush, brush the gums inside and out with the concentrated salt solution to expose the bacteria.
- Rinse your mouth with the concentrated salt solution.
- Take 2-3% hydrogen peroxide and mix a small amount with aluminium-free baking soda, and gently apply with a toothbrush (this will also clean the toothbrush).
- The baking soda neutralises acid caused by the bacteria; the hydrogen peroxide kills the bacteria.
- Repeat 3x a week and after 3 weeks reduce to once a week.
- Invest in dental floss, and also in having plaque removed properly by a dental hygienist.

Source: method established by the National Institute of Dental Health in Bethesda, MD, USA

What about root canals and teeth implants? This whole area is a bag of worms. Not every root canal is a problem, but some protect anaerobic bacteria which leach out toxins, and others can release fungal toxins into the body. Teeth implants are another situation that can incite metal allergy or sensitivity, that then can lower the immune system. This can even lead to autoimmune disease in some patients. Some integrative dentists and doctors recommend removing teeth with root canals and others to remove teeth implants. This, again, can be costly and difficult, but these decisions are, in the long run, up to the biological dentist and the patient, as is the topic of removing mercury fillings.

Other things notably affecting oral health can be smoking (any form of tobacco or other local product, including kretek and beedi), high alcohol consumption, chronic candidiasis (see moulds and fungus, above) from a high sugar diet, carbonated, acidic drinks, and a poor overall diet.

At the very least make sure the bacteria in the gums are taken care of with the periodontal cleanse - using salt water, baking soda and hydrogen peroxide - to reverse the potential for pathogenic bacteria accumulating, releasing toxins and spreading throughout the body, impacting the local environment and the immune system load.

6. Bacteria, viruses and parasites: hidden carcinogenic agents

There is ample research showing a relationship between certain bacteria, viruses and parasites and cancer, going back to the late 1800s. Naturally, these agents have various methodologies of contributing to the development of cancers, with inflammation and

- Cancer is a big, dense and complex topic
- WCH works to provide information that safeguards health around the world
- A guide is there to get informed, take health action, and create health sovereignty
- Guides are not prescriptive or medical advice: they provide information for further research
- Everyone and every instance is individual



1. Restoring alkalinity in the body

- Eating plants, on the whole, makes the body alkaline
- Eating processed foods makes the body acidic
- Vegetable juices (e.g. Gerson therapy) are a short-cut

2. Oxygenated versus anaerobic tissues

- Breathing properly, and/or exercise, and other techniques increase oxygen
- Cancer, especially tumours, grow in low-oxygen environments
- We evolved with plant foods, oxygen and exercise



3. Inflammation and its causes

- Inflammation underlies every disease process
- The immune system cannot resolve a problem - seven days should be the maximum for normal inflammation
- Dietary factors, plus chronic infections, allergens, and toxins can cause chronic inflammation

4. Moulds, yeasts and the microbiome

- The microbiome is fundamental to health
- The equilibrium is heavily influenced by diet
- Moulds and yeasts release toxic compounds, and some are directly linked to cancer



5. The microbiome starts in the mouth

- Pathogenic oral bacteria are linked to CDV and cancer
- High sugar diets and poor hygiene encourage them
- Metals, smoking, alcohol, poor dental work can all influence oral health

6. Bacteria, viruses and parasites: hidden carcinogenic agents

- Chronic infectious agents are linked to cancer, e.g. *h. pylori*
- Parasites, bacteria and viruses have proliferative faculties, just like cancer
- We de-worm our pets, but not ourselves!



7. Heavy metals: sources and elimination

- Exist in nature, but are now everywhere in excess
- Mercury, lead, aluminium, cadmium, arsenic
- Food, hygiene, beauty, cleaning, gardening products and industrial processes create a blanket of toxicity

8. Environmental plastic pollution

- Women AND men have oestrogen receptors
- Xenoestrogens increase exposure & linked to cancers
- Plastics, flame retardants, milk & dairy (BC), hormones, cosmetics, cooked meats, smoke, food packaging



9. What your water supply and refined flour have in common

- Chlorine, fluoride and bromine are halides and block iodine, essential for thyroid metabolism
- Halides are toxic - may be linked to bone cancer in teens, bladder, lung, prostate and stomach cancers

10. Electromagnetic radiation: putting your devices to sleep

- Co-evolution with Earth's frequency, 7.83 Hz
- NEW: a wall-to-wall barrage of higher frequencies
- Link to heavy metals, plus all creatures, big and small



11. It's all in the mind: mind health and trauma

- Stress, brain structure and inflammation
- Altered neural responses - addictions compound
- Dr Gabor Maté *'When the Body Says No'*
- Many therapies help

12. Ancient bodies: exercise, fasting and sunshine

- Co-evolution with nature and the outdoors: natural lifestyles to reduce cancer incidence
- Walking, HIIT, intermittent fasting, natural exercise, challenges and resolution



13. Our symbiosis with nature: minerals and phytonutrients

- Fruits, roots, leaves, nuts, seeds, proteins
- To cook or not to cook?
- Therapeutics, or just from food?

14. Red flags: obvious signs that require a medical check

- Taking health through to sovereignty
- Being aware of possible problems, your doctor counts
- Opinions, and second, and third opinions!



15. Resources for someone with a cancer diagnosis

- Second and third opinions
- Integrative medical approaches
- Counselling and networks

16. Being kind to oneself and others in the event of a diagnosis

- Elizabeth Kubler-Ross, the five stages: denial, anger, bargaining, depression, acceptance// disbelief, fear, guilt, finding help, forgiveness and meaning
- Listening, helping, cooking, laughing, dancing, meditating, learning, showing up, taking a break, self care





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