

Talk given by the late Dr. William Kelley, in New York, in 1971

It's a real privilege to be here in New York City. You really have a fantastic place here. It's a jumping, live-wire place and we've really enjoyed it. We've been here, in and out of here, for almost a week now and we've certainly enjoyed being here.

I want to talk to you today a little bit about diet in relationship to malignant conditions. And first of all, we have to understand what we are talking about, and to define our terms, and so we'll spend a little time doing that. But the very first thing I want you to really understand is that, when you go along with me or I go along with you, the basic principal involved here is this: we as Americans are going to have to change our way of living. Period. This means a whole, complete radical change; and the first thing we need to change is our philosophy of living. It's too easy for us to whip out our little ol' pocketbook and just go around and plunk down a few bucks and buy everything we want. This is the philosophy we are into right now and we've got to stop that. We just can't buy good health—we just don't have that much money—no matter who you are. It's going to take more than actual money. It would be easy that way and I would like to do it and I tried it for a long time and it doesn't work. We're putting our physicians under tremendous stress whenever we think that we can take this beautiful instrument that God has given us—this most perfect machine that's ever been developed—and do anything on earth to it. We can smoke it to death, we can junk food it to death. We can stress it all day and all night. We can be angry, unhappy, and ugly to it. We can mutilate it any way we want to and then when it finally wears down a little bit or wears out, well then, all we have to do is just run and pay the doctor a little money and he fixes it up. Well, we're getting to the point where we can't do this anymore.

So this is what we're going to talk about today . . . let's do something for ourselves, it's our responsibility. You know, it's each individual person's responsibility. When you're talking in terms of cures, we don't believe in cures. I've got several degrees and I don't care how many degrees you have in college and how many doctor's degrees you have, you can only cure one person and that's yourself. You can't cure another person. You can only give him help that he can cure himself. But this is the definition of the term "cure" that we're talking about. You have to do it yourself, your own body does its own curing. The doctor may direct you and you may follow this direction but you must do your own curing and your own body will cure itself or adapt to the stress it has been placed under.

Now, first of all, we want to talk to you so that you can understand a kind of a philosophy in which we orientate ourselves. And, first, let's talk in terms of diabetes. Let's go into the history of diabetes. In the history of the world up until about 1918 when a person developed a gangrenous foot or a gangrenous hand or had problems in this area healing, or had a bad injury that wouldn't heal and so forth, then the doctor would say, "Well, you've got diabetes." And they'd cut off a leg or a foot or an arm or something and say, "Well, you're cured of your diabetes." And this isn't true. Finally, it dawned on them around the early 1900's that diabetes was a systemic disease. Up until this time you'd go into the doctor's office and you'd say, "Well, what can I eat?" And he'd say, "Well, it doesn't make any difference. Just eat whatever you want to." And, of course, we know better than that now. Almost all, an overwhelming amount, of diabetes is controlled by diet alone.

This is the same developmental level we are on at the present time in cancer. We go to the doctor now and we say "what's wrong with me? Why do I feel so bad?" Finally in a year or two they find out why: You have cancer. So they cut it out. So you say, "Well doctor, what can I eat?" "Well it doesn't make any difference. Eat anything you want to. Eat a lot of meat and stuff and it'll be real good for you." All the nutritionists have repeated the medical data, like Adele Davis, (who has done a beautiful job and she's a wonderful person and a good friend) but these people just don't know what they're

talking about. It would be just as bad if you go to the doctor with a good diabetic condition and he'd say, "Well, you've just got to eat more sugar, you just need it, you're deficient in sugar. You've got to eat more and more sugar." Well, it just doesn't work. So now what I'm trying to say is this: diabetes is the inability of the body to properly metabolize sugars and carbohydrates. Cancer is nothing more than the very simple inability of the body to properly metabolize proteins. And that's all cancer is. And no matter how much you want to think of it in other terms, you're going to eventually have to come back to the concept that cancer is nothing more than the inability of the body to metabolize proteins. It's a systemic condition. Under your wildest imagination, this tumor or lump that you've formed or that develops in your body, is not cancer. It is a cancerous tumor and is not the condition called "cancer," any more than a gangrenous foot is diabetes. It's just the result of a diabetic condition. And the tumor mass or glob or lump you have in your breast or in your prostate or in your stomach or under your skin or anywhere is nothing more than the end result of a general systemic condition— the inability of the body to properly metabolize protein.

Now we want to know what causes this condition. And this is simply a failure of the body chemistry or an upsetting of the body chemistry—and this is most frequently, or can most easily be orientated around, the function of the pancreas. The pancreas is the body's natural defense against a malignant condition. It is the area where we produce the enzymes that metabolize our foods—particularly proteins.

And so we go into what fails in relationship to the pancreas. The pancreas fails, and after the pancreas fails, usually it's between 8 to 18 months after the pancreas fails to function properly that you develop a little tiny cancer cell in your body, and then this starts growing into a tumor. You shouldn't say "cancer cell," you should say "tumor mass." But most of us think in terms of cancer. But the tumor begins by one little cell developing. This grows for approximately 39 months before it becomes large enough for your physician to clinically find it. And then when that happens he says, "Well you've got cancer." But you've had cancer for about 5 years before he found it. Occasionally you have a rapid growing tumor and it may be a year before they can clinically find it. A fast growing tumor, or we should say a "cancerous condition," is where your pancreas fails real rapidly, and you have a complete failure of the pancreas, and then you develop a malignant condition rather rapidly. Generally, most or the largest percentage of our malignant conditions or tumor masses, develop over a long period of time. Sometimes they'll grow and sometimes they'll recede. It depends on the diet. Occasionally there are times when the tumor mass will grow for a while and then you change your diet and then it'll dissolve for a while. Some people, on and off, have had cancer develop and recede, develop and recede, for several years, say 10 or 20 years. Which is normal, too. Which rather substantiates our theory, or our basic concept, that cancer is nothing but a systemic malfunction of the protein metabolism.

Now, what happens? There's about five basic things relating to what happens in the body whenever you fail in your protein metabolism or have pancreatic failure. One is the intake of too much protein in the body. This is the first thing that happens in our American society. In Africa and in India they had very little cancer until the Americans came during World War II and introduced peanuts and other highly concentrated proteins. We felt so sorry for those people over there. We introduced a highly concentrated protein diet of mostly peanuts, and other products—but mostly peanuts. And since their diet had been changed, of course, their incidence of cancer increased.

And so what happens? Let me describe the typical beautiful cancer developmental person in his early stages. He's a person, he or she, that gets up about 6 o'clock in the morning. This person drinks lots of milk, stretches a little bit, puts on his jogging clothes or does some bending exercises or jogs around the block. He comes back in and eats ham and eggs for breakfast. He goes down to the office

to work and gets into the office; at about 10 o'clock he's completely fagged. He has a loss of energy, he's tired. So he gets a package of peanuts and eats those. For lunch, on Monday, he goes down to the Lyons Club and eats roast beef. On Tuesday, he goes down to the Kiwanis Club and eats roast beef. On Wednesday, he goes to the Rotary Club and eats roast beef. On Thursday and Friday, the same routine: he goes to some club and eats roast beef. Well now, he's gotten along pretty well in society and makes enough income so that he can afford to be up in the world. He comes home and he demands a steak or at least a half a pound of ground meat of some kind for dinner. And he eats this, which is good. And finally he tosses the baby up in the air and plays with him for a minute and then flops over on the couch and has somebody turn on the idiot box in front of him to entertain him for a little while. He sits there and reads or watches the idiot box for a while. Then, along about 9:30 he says, "Oh gosh, I'm so hungry. I've got to have something to eat." He demands that his wife run out and get him a big bowl of chocolate ice cream. He eats that and goes on and dozes on and off between the late shows. Finally along about midnight, he'll get up and has a peanut butter sandwich or a ham sandwich and another glass of milk and goes to bed.

Well, this is typical. And if this man had three pancreases, there's no way on earth that he could possibly digest all the protein and the junk that he puts down his intestinal tract. So what does he do? The symptoms are that he starts belching lot of gas. He starts passing a lot of gas, until it runs through the house like a puffing 1870 steam engine, and making about as much steam. And so we find that this is one of the very early signs of a malignant condition. We find that the person cannot handle the protein and their pancreas is totally exhausted from trying to digest the junk that is put down the mouth. And this just overworks the pancreas, exhausts it. And what happens in a normal defense mechanism, in a malignant condition, is that the person eats a reasonable amount of protein and the pancreas secretes enzymes into the small intestine and it digests that. There's plenty of pancreatic enzyme left over that goes back into the blood stream, finds its way into the body, and when it gets into the body it attacks any cancer cells that happens to be forming that day.

The next most frequent cause of malignant conditions or failure of the pancreas function is probably the mineral metabolism in our diet. We have no minerals in our diet. Probably one of the best examples of this was a beautiful soul, a man in our area, that came in one time. He had cancer so bad in his chest and through his heart and lungs that he could not possibly live. He probably had, at most, two months to live. He was a veteran. The Veteran's Administration would not even use cobalt on him he was so bad. They told him, "It's no use wasting cobalt on you, you're so bad." So he said, "What am I going to do? I've got a real problem." I saw his left side and it was quite enlarged and there he had his pancreas greatly enlarged. I thought this guy's got a real pancreatic tumor. And so we ran our little evaluation tests on him and we found that his pancreas was not infected with a malignant condition, that it was enlarged because the body knew that it had to defend itself, and so it was producing about 3 times what the average pancreas would produce in enzymes to destroy the tumor mass. But it wasn't working. These enzymes were running right by his cancer and just looking at them and saying, "Goodbye." Nothing was happening. I said, "Well, you've got a real simple problem there. All you have to have is minerals." And he said, "Well, I don't have any money." I said, "Well, the only thing I know to do (we were really so poor that we couldn't afford to give him any supplements) is for you to do is to go down to the local place where we feed cows (and in Texas we have a lot of places like this) and you go down and take a bucket or a fruit jar or something and get a quart of black strap molasses and take a tablespoon of this, three times a day." He said, "Well, doctor, I thought you'd give me some fancy pills or something or some miracle cure." I said, "I'm giving you what you need. I don't know anything about these miracle cures. That's beyond my comprehension. I don't have any great machines or anything like that." And so he did this.

In about three weeks he called me back and he said, "Oh doctor, you're killing me." I said, "How's

that?" He said, "Well, you know my diabetes is so bad that I just can't stand this sugar and its making me worse." And that makes my blood pressure so high that I just can't stand it." I said, OK this is what you need. Now, you're very fortunate because if we can kill you with diabetes or with high blood pressure then you won't have to suffer the death of cancer." He said, "Well, you're not very sympathetic." I said, "No, that's exactly what you need." So he said, "OK" and he went on. I said, "You can cut that down from a tablespoon three times a day to a teaspoon three times day." In three months he called me and said, "I just don't have the cancer anymore and I don't have the high blood pressure anymore and I don't have the diabetes anymore." And I said, "Well, that's good. Wasn't that what you wanted?" He said, "That's what I came to get." I said, "Well, now you got it."

In order to get minerals into the body we must first have enough hydrochloric acid. The hydrochloric acid dissolves the minerals from the food so that they may be absorbed. We are assuming of course, that the food has minerals in it! We are assuming also that the food is grown on good soil and that we are eating real, not synthetic, foods. If we fail to have enough minerals in our diet, what happens? The blood is going to maintain a mineral level so it must pull the minerals out of the bone. In order to get a small amount of trace minerals needed, there must be a great destruction of the bone. After the bones are destroyed, the excess calcium is deposited and we have an arthritic conditions. The doctors should consider mineral metabolism in their treatment of arthritic conditions.

But the body has to have the minerals to maintain life. It has to have the protein to maintain life. So when this cancer victim starts into the loss of pancreatic function, he not only absorbs the bone structure to get minerals, he also absorbs the muscle structure to get protein. You have to have a certain amount of blood protein. Your blood protein has to be at a certain level in order to maintain life or you just won't make it. If you don't get enough protein in your intestinal tract through your diet you're going to get it pulled out of your muscles. And, therefore, you're dissolving your own muscle system, you're dissolving your own bone system. This is a typical cancer patient.

The next most frequent cause of pancreatic failure, number three, we find that blood clots develop in various parts of the body. Whenever a blood clot develops in the heart, we call it a heart attack. We get all the preferential treatment in the world. We get to lay in bed for a month. We get doctors running around, and oxygen tents, and all kinds of drugs and things, and the attention of nurses. Even your neighbors will mow your yard for you and everything. So this is really great. But whenever you have a heart attack or a blood clot in the pancreas, what happens? Well, you have a bad stomach ache or stiffness in your left side there a little bit. This blood clot may have wiped out 10% to 70% of your pancreas and you feel pretty lousy that night. The next morning you go to the doctor. Unfortunately, our medical world has not developed an adequate pancreatic function test. So the doctor says, "You must have gotten food poisoning or you must have indigestion." He treats you for both of them and sends you home and lets you stay in bed the next day if you've got a company with sick leave. If you don't, if you own your own business, you go to work. And you don't think anymore about it. From that point on whenever your pancreas fails, and you start your deterioration of the protein metabolism in your body, which eventually leads to a mass or tumor that develops, it is called "cancer."

And the next most frequent cause of pancreatic failure is probably emotional cause. You help the guy sitting in the office next to you or studying next to you for the last 20 years—you did a lot of his work. Now comes promotion time. He has goofed off. You did his work, and your work too, and the boss promotes him over you. And that really upsets you. It just "blows your mind," as the young people say. And this blows something in your mind, blows a fuse or something. Psychologically, it really wipes you out. So from that point on the nerve impulses from the brain stop telling the pancreas to work and to operate properly. Well the message just doesn't get there. The connection developed that should be working there is not working anymore. Or the husband runs off with the secretary, or

something like that. Her mother dies or the kid gets run over by a car or something is such a shock to you. It just really upsets you tremendously. It upsets you physically or psychosomatically. And these are some of the main causes of failure of the pancreas.

Now after the pancreas fails you have this inability to get protein into your blood stream through your intestinal tract. You get to the point where you just crave protein. You just crave milk. It's just unbelievable how much you crave milk and meat and nuts because your body knows that it needs the protein. No matter how much you put into your mouth, none of it's going to get into your blood stream. Even if we assume everything is working, everything is functioning perfectly—you grow your food on a beautiful soil and it has a lot of minerals, it's organically grown, etc.

By the way, I forgot, the fifth failure of the pancreatic function is, what we call “enzyme antagonists.” These antagonistic things are poisons, DDT, malathion, aluminum, lead—any of the pollutants we commonly think of in terms of what we're fighting daily. The scientists discovered that there is such a thing as ecology. Now the politicians are getting in on the act. They're fleecing us more and more and using our own money to do more things to save us from pollution. But pollution is a pretty significant thing in relation to cancer. An enzyme is like a little key that goes in and it'll destroy or unlock the cancer cells and metabolize the protein—whether it's cancer cells or its beef steak, it'll do the same thing. These enzymes, molecularly, have free-end radicals, and each little free-end radical gets stopped up with these poisons and pollutants that we have in our society now. This makes them very ineffective. It's like, if you had a key to your front door and it doesn't fit the lock to my front door. There's an enzyme that fits the key to digest meat proteins and your cancer, which it does. And say you lost the key to your house and you can't get in, but in addition to that, if you have the key and you happen to get a drop of solder on one of those little bumps on your key, then you're not going to get into your house. You can try to fit that key in your lock all day long but it's not going to work. And this is what happens with the pollutants. They tie up the enzymes. It's like dropping a bit of solder on your key; it ties up the enzymes so that it will not be effective. It's like buying a brand new Cadillac without a gasoline tank. It's all there and it looks nice, but it just doesn't work. It needs all the parts and needs to be free to work properly.

So, these are the five things that are in reference to the major causes of pancreatic failure. There are a lot of other little things, which account for less than 1% of the remaining causes. But these are the primary things that should be considered. Now, let's assume that a person has the food that he takes into his body, grown on beautiful soil with a lot of minerals, and so forth, and forget the toxins. Then we take it and put it into our mouth. First of all, we take it into the kitchen and we mutilate it, we destroy it. This is the first hurdle we have to get over. We go in and we process it in order to feed our massive population. Even if we had good food, it's hard to get the good food to each individual, particularly in an area like we got here. So we process it and put a lot of pollutants in it, and it's bad for you. But even worse than that is that we cook it. And when we cook it, we destroy the enzymes. We make it, maybe, softer, make carrots soft so we can chew a little better, and so forth, but we've destroyed the enzymes in this.

Now, whenever you take a fruit or a vegetable and you see a bruised spot on it—well you don't want to buy that. But this is the living example, all the time, of enzymes working. This is how we ripen fruit: through the enzyme action of the fruit. If you keep it at a warm temperature, it's going to ripen faster. If you keep it at a cold temperature, it won't. It's the action of the enzymes. And whenever you push on a pear, you're going to have a little bruise spot on it, or an orange or a banana or a carrot or anything else. What you do whenever you mash or break the cell walls down is release the enzymes in it. It starts predigesting. So whenever you take the food into your body, most of the food should be raw. You should put it in your mouth and chew 28 times like the book says. What you're doing

there is you're predigesting your food and not using up the enzymes that're in your body. You're not depleting your body of enzymes but you're utilizing the enzymes that are already in the fruit and already in the vegetables. And whenever you get them working for you, you've gotten a long ways down the line. You're starting to do something constructively. And so we must chew this food properly and release the enzymes. This goes down to the stomach. Then there's the stomach without any hydrochloric acid.

Why don't we have any hydrochloric acid in the stomach? Well, two primary reasons. We need the chloride ion and . . . I'm not telling you anything different than your doctor does and don't let anything I tell you . . . you always have to clear it with your physician. And consider that possibility. I mean, I'm just telling you some general principles and each of your cases may be different. There are two things the whole health food industry agrees on and the medical profession agrees on, and they both agree on this one thing—and they're both wrong. And that's no salt. They just get kind of up-tight about salt. There's no reason to get up-tight about salt. It's a necessary thing. Don't completely neglect salt. You shouldn't have too much salt but you need enough. So, in order to have hydrochloric acid in the stomach you have to have enough chloride ions in body. And then, too, you must psychologically, or physiologically "turn on" the hydrochloric acid.

What do we do in our society? We go out and we eat a salad and we eat it first at the meal. That tells the stomach and the hydrochloric acid function to turn off. So it turns off. So we don't need that, we're having salad today. Or we're having fruit and we don't really need hydrochloric acid particularly for that, right now. So it turns it off. You need the hydrochloric acid mostly for meat and for proteins. We eat things backwards in our society. We should, at the restaurant, when they serve you a salad, set it aside, and then eat it after you eat the meat. Then eat your vegetables and stuff, which would be the ideal way. When you eat the meat first, why it turns on your hydrochloric acid. However, if you're an ulcer prone person, it's OK to eat your salad first. That cuts off the hydrochloric acid so you don't get too much of it and that will help you along with ulcers. But the vast majority of us don't have ulcers.

Now that you've got the food into your stomach with a good supply of hydrochloric acid, then it comes down into your small intestine and here, really, this is where the whole factory blows up. You have several factors in the small intestine. It's really significant. First of all, your pancreas has dumped a lot of enzymes in there, and we assume that's right. Your liver has to dump a lot of digestive juices, a lot of bile, and so forth. From the factors the liver dumps into your intestinal tract, it becomes alkaline. It gets bile and does the fat metabolism. If you don't have a good liver, why then you have a strike against you.

So now we need to balance and get your liver working better. And this is not too bad a job. But anyhow we must consider this possibility. You must always have your liver working right. So you have a small intestine that really is a beautiful machine and it has millions of little finger-like projections pushing out from the inside of the intestine; and these little finger-like projections give a mass surface of many miles of digestive capacity so that it absorbs. Inside this little villi, finger-like thing, sticking out into the intestinal tract, are the blood vessels where the food is absorbed and goes into the main artery; it goes into the liver, and then into the body to supply the body with nourishment. We've consumed so much milk that these little finger-like projections in the intestinal tract have got mucus stacked about this deep [moves hands wide apart] in there. There is nothing short of dynamite that can get this mucus out of the way long enough for the food to get up here to these finger-like projections. So all these finger-like projections are just coated and filled with mucus. This is why we eat so much and we're hungry all the time. You take a big 'ol fat girl and she is starving to death. You look at her and say, "Why, that big 'ol girl, she ought to quit eating. She just

eats like a hog!” Sure she eats like a hog. This finger down here is starving to death. It sends a message up to the brain, “Give me something to eat, my God, give me something to eat. For heavens sake, I’m starving to death.” After that turns on, this poor lady eats and eats and eats and it goes down into the intestinal tract, and what happens? Some of the water and a little bit of the sugar trickles into these villi that’re working there. She’s starved to death for minerals and proteins and vitamins. She lives on a little bit of sugar and a whole lot of water. She’s just stuffed full of water and sugar.

Now you take a real skinny ‘ol guy, and he’s so skinny he’d eat you out of house and home—and after that he’s still skinny. There’s no way on earth you can put weight on him. He’s suffering from the same thing—he’s got so much mucus stacked in there. This mucus is selective. On some people it only lets sugar go through; and on some people, only protein. On this guy, it only lets protein go through or maybe a few minerals, but mostly just proteins. All he can assimilate is protein. He can’t assimilate any of the vitamins and minerals and carbohydrates. He’s starving to death. You say, “My God, he’s got a tape worm. It’s bad enough to have one kid to feed but to have one kid with three tape worms is an impossible grocery bill.”

But it could be the mucus, because you’ve given him milk all of his life, and cottage cheese. Now cottage cheese and milk is so good, such a good mucus builder that you can just kill yourself with it. And Metracal is another one; and all these things that you’re trying to reduce with. You eat more and more Metracal, and this type of junk and this wipes you out. You can’t absorb any food. So that’s OK, you just go around starving for the rest of your life. And then people expect you to function well at work. Your husband expects you to feel good all the time and you can’t. It’s impossible for you to be starving to death and feel good. The boss expects you to perform, and you can’t do it. The teacher expects you to perform at school, and you can’t do it . . . because you’re starving to death. Basically, we’re just starving to death. There’s great malnutrition in our nation, just unbelievable. It’s from many causes, but this is one.

So let’s assume that, by some miracle, baring dynamite, we can get this mucus out of the intestinal tract. We can digest it off with enzymes and finally get this upper intestinal tract cleaned out. Now, a lot of people say, “Well, I’m going to go home and take a lot of colonics and enemas.” Well, they won’t ever get up to your small intestines, so don’t try that for this reason. Don’t try to take enough enemas to clean out your small intestinal tract, because you can’t do it. But you can digest this off with enzymes. And let’s assume you’ve gotten that digested off. Now you’ve got a villi sticking out here that’s just coated with food and now it’s ready to absorb all this food. You’ve got a blood vessel inside that little villi just circulating blood. Then you’ve got two primary factors involved here that’s keeping you from getting the food down to this little cell at the end of your villi. One is, this blood vessel should be this big around [motions big] and it’s about that big around [motions small]. You barely get anything through it. Most of this blood vessel is coated with white sugar. You’ve eaten white sugar all your life and your body can’t utilize all that, and it can’t even store it all, so it has to do something. It can’t even throw it off as waste. You’ve put so much down from lemon meringue pie to chocolate eclairs. You’ve just jammed your body with so much white sugar that it has to store it somewhere. So, it stores it on the blood vessels and the blood vessels get smaller and smaller and smaller, mixed up with cholesterol and other junk that you eat. So you have a little tiny hole and your blood flow should be, maybe, a gallon per hour through this vessel, and maybe you get a pint through there. And so that’s a problem. The best way we’ve found to clean up this blood vessel is just plain, simple, “terribly expensive,” black strap molasses. If we could make it more expensive, some way, why people might utilize it more, but it’s so cheap. Black strap molasses is so cheap that they won’t ever use it. This sugar can be cleaned out with this simple black strap molasses. Take a tablespoon in a cup of hot water, twice a day, or three times a day—twice a day is adequate. Now, you take grandma who’s senile or grandpa, and you get them on black strap molasses a couple of times a day,

or three times a day, and in about 6 months they'll be sharper than you are and you'll have to hustle to keep up with them. If you don't live with them, just have the nursing home take care of that problem. Anyhow, they'll run circles around you. At the nursing home, you can let them have the black strap molasses. And so we get this blood vessel cleaned out. Now you've got a big vessel that's got plenty of freedom, but the next factor involved—you just hate to drink water or anything. I guess it is kind of dangerous to drink water anymore.

Your blood is so thick, that it just mopes through there like an old, tired horse. It just barely chugs through the blood vessels. Instead of a gallon a minute going through there, maybe a pint a minute goes through there. It's just too slow. This is one of the big factors in heart attacks. The blood is so thick, you're dehydrated. Your actual blood system is dehydrated. The best way to correct that is also one of these terribly expensive things, and that is: you take a third of a glass of juice—apple juice, pineapple, grapefruit, carrot, any kind of juice, it doesn't make a difference—and two-thirds cup of water. Mix that up with a little bit of salt, an eighth of a teaspoon, just put a little shake of salt into this and stir it up. The salt and the juice solution will force so much liquid into the blood stream and dilute the blood stream and get it back into a proper volume. You need a good amount of volume in your blood stream. So now you get the volume in your blood stream right. Now then you're really wheeling and dealing. Now you're about ready to do something in your body. You've got good food going to your stomach, you've got it into the villi and it's going up to the cell.

It comes up to this villi, and the villi says, "Wow, I'm really getting something. Well now, I can really get some good food, and I'm so thankful." And this little cell up here in your villi says, "That's great." It starts absorbing all this good food it's getting. And you really have problems now. You really begin to have your problems start. This cell has had to live on junk for so long, it says, "I've got something good to eat in there and I'm going to unload all that junk." So it throws all that junk out into the bloodstream and absorbs all the good stuff out of the bloodstream. Then your bloodstream is loaded with junk and toxins. You begin to feel lousy. This fills your bloodstream so much with toxins and the bloodstream can't handle it. So it backs up into the lymph system. Your lymph system fills up and then it swells and stretches and you get achy, and hurt all over. You get sick and nauseated and headachy and you lose your appetite.

Now I'm going to insult you for sure. I hate to do this to you, but you're going to have to take an enema at this point. It takes about three weeks after the cells really start working that you get the loss of appetite, you get the headachy feeling, you just feel, generally goopy. That's the best way to describe it: goopy, ugly sick. You just feel lousy, in general. And so you need to take a good enema. Coffee enemas are good, or anything to keep the colon cleaned out, to help the liver unload the poisons. And the kidneys—keep drinking fluids to keep the kidneys washed out. Keep the urine flowing beautifully, because the kidneys and the liver have to dump this poison out. The lungs, take good breathing exercises. Go huff and puff around the block until you sweat. Get some of this poison out. Any way you can get it out of your body, get it out.

You finally get this balanced. You get the poisons coming out of your system, and you get food back in there and this cell starts regrowing. It starts having a normal, healthy environment to live in. You'd be surprised. It really perks up and you begin to feel good. You might feel good one day and then feel lousy for two or three. But every once in a while, you wake up and just feel like you did when you were 14 or 15, and feel like you could whip the world with one hand tied behind your back. And then your problems begin. This cell up here has waited 20 years to get something good to eat and says, "My God, I don't want to stop this." It continues that same message up to the brain, "Give me something to eat. I'm hungry." It's just gotten into the old habit of repeating the message. It's afraid it's never going to get anything else to eat, and it doesn't want to stop now. It wants to store up a

bunch of good stuff, because you may get back into the old problem you used to have before this. You really need a psychiatrist at this point, because it's really going to be tough. This thing continues to send a message up to the brain and unless you have a lot of will-power, and so forth, you're going to get wider and wider and wider. You're going to keep on eating as much as you always did. And when you keep on eating as much as you always did—and instead of assimilating 5% of it, you're going to assimilate 95%—you're going to get fatter and fatter and fatter.

So the problem is that you must start, at this point, to learn to put your hands firmly on the table and push back. And do it quickly, about a second or two after you sit down to eat. You'll eat about one-tenth as much as you normally used to eat. And this is important. But I guess you can get fat if you can afford a new wardrobe and everything, but it's better to learn to eat less and keep your body in good shape. Now you've got your body functioning normally and there's no way you can help but get well after this point. No matter what you do now, it's too late, you should have gotten there sooner, because you're going to get well now. And this is the primary thing.

Now, you want to know: Do I have cancer or don't I have cancer? How can I tell? The doctor's not allowed to tell you. It isn't his fault, it's our political situation. . . . There are many tests available at the present time that he can use, and that you can get through this organization. You can do it yourself. They can tell you how to get these tests. But your doctor has a real problem. You can send your urine samples off to the Philippines or to Mexico and you can get back the results of a test that tells you if you have cancer or if you don't have cancer. There's a little test that we developed in our research. You punch a little hole in your finger and take a drop of blood out on the end of your finger and you can tell, pretty much, whether you have the condition of cancer or "bad protein metabolism." You may not have a tumor mass developed yet, but you're on your way. You can tell by the way this little drop of blood comes out on your finger. It's very simple. That may cost you 35 cents or so. If that's not too expensive for you, you can try another test that's a little bit more expensive than that. It costs about 3 or 4 dollars.

If you want to know whether you have cancer or not, you go down to the drug store and buy some pancreatic enzymes. Get pancreatin, made by Lilly Co., Parke-Davis, or whatever the druggist has at the drug store. Get a bottle of a hundred tablets of triple strength, five grain, pancreatin, no matter what company makes it. It doesn't make any difference to me, or it shouldn't make any difference to you unless you like the color of the pill. You take four or five of these after each meal for about three weeks. If you do nothing else but just do this, at some time within the three weeks, you're going to start feeling lousy. You're going to start getting headaches, you're going to just get to feeling goopy sick. You're going to start to have a loss of appetite and maybe get nauseous. If any of these things appear to you during this period, you can rest assured that you have a malignant condition in your body with actual cancer cells present. So what do you do then? You say, "this is killing me." Like my brother: I told my brother to go see his doctor. He did this and in about 6 days he got violently sick. He felt real lousy and got the headache and the loss of appetite and everything. He said, "Why do I feel so bad, this is terrible. You're trying to kill me." He took the rest of his bottle and threw it down the drain and flushed it and stomped on the lid. He said, "You can't do this to people." I said, "Well, they're going to have to go through with it some way or another." Finally, I convinced him that he had a big enough malignant condition that he should do something about it. He did.

Whenever this happens, when you get this real goopy sick feeling, stop taking the enzyme for about five days. Let the body clean out these poisons. Then start again. And keep doing this on and off. The second time you start it, start taking them again, you may not be taking them for more than 10 days or a week before you feel sick again, or feel lousy. But keep taking them until you can take them for about three months without feeling bad. Then you're pretty well cleared of the condition. And after

that, if I were you, I'd take at least three after each meal for the rest of my life, particularly if you're over 40 years of age. This is a good thing and you need them to help the pancreas. It'll supply the enzymes that the pancreas doesn't. Until the medical profession finds a real good test for pancreatic function, I believe that I would do this. If you are over 40, I would take some pancreatic enzymes because this would really be a help to your general health. Now pancreatic enzymes do not work like cortisone, or like the way some of the hormone factors work, where if you take too much it'll destroy your pancreas. It won't do this. Pancreatic enzymes are amino acids or proteins themselves. What you don't use for digesting food and cancer you'll use them to build new cells.

Now if you detoxify yourself and you've got good nutrition to the individual cells, you're well on your way to recovery from almost any chronic disease. This doesn't do much for infectious disease or traumatic conditions. The medical profession is quite skilled in this and you always need a doctor. Don't throw your doctor out the window. He does as much as he can. He just isn't skilled in nutrition yet. But he is going to have to be in order to survive in this world that's coming up in the next 20 years. He's going to have to be more skilled in nutrition.

Now let's talk about the diet that you need. It would be good for anyone, but it's good, too, for malignant conditions. There are some things that you should not do. And let's run through those. First, you should not eat any animal proteins after 1 o'clock. This includes, milk, meat, cheese and meat of all kinds, animal flesh products. You should also include in this after 1 o'clock list, peanuts. You ought not eat these. These are the main things to not eat. Now also you must not eat white sugar or white flour at any time. Just give that up for a lost cause. Now all these things would be good for anyone. Then things you can have in the diet: You can have all the fruits and vegetables you want, all the grains and nuts and cereals that you can handle. Of course there are some individual differences. Some things you can't handle. If you need some things you can't handle, why then you just can't handle it. So don't keep on forcing yourselves, but most people can. We're just making a general statement. You can eat almost anything else. And it's to your advantage to eat everything you can, raw. I don't think we've turned on our stove in the last 6 months. Oh, yes, we do once in awhile—we make some popcorn. I forgot about that. And occasionally we make a pot of tea. We turn the stove on to heat water for tea. But at our house we never cook anything. It just never dawns on us to turn on the stove, unless we want a little hot water for tea. And that doesn't happen very often.

Now a lot of people discredit popcorn. Popcorn is a pretty good food. And probably the only "junk" food you can eat—I mean, if you go out to a movie or anything. It's probably the best of the junk foods that you can eat. Dr. Walker is death on popcorn, but I can't see this yet. I haven't been able to justify their bad position or their condemnation of popcorn. Many civilizations live on corn and it's a very good food. It makes me feel like I'm really sinning, whenever I go out to a movie and eat popcorn. So it's really nice to have something that you can eat without really hurting yourself.

Now there are a lot of questions that you have, that will get us into a technical discussion and we can rattle on. I've got nothing to do til 7 o'clock in the morning, so I'd be glad to answer any questions. They say you can't smoke in the building, so if any of you are having a nicotine fit now, you can run out and relieve this fit. Then come back and we'll have our Q & A session.

Questions and Answers:

Q. What does a person do who is unable to tolerate raw foods?

A. Of course you are going to have to cook them and then take an abundance of enzymes. They make a vegetable enzyme that works well at a high pH. Like a pH which is almost pure acid—and there are some companies, such as The National Enzyme Company in Chicago who manufacture them. You take this plus pancreatin enzymes if you can't eat raw food. You take this with the meal—a cooked meal.

Q. Would you say something about the diet, i.e. morning, noon and evening meal, for people.

A. We generally don't like to plan menus for anyone because we find that if I tell you to eat this, you say, "I don't like this, I am going to get off the program." I'll tell you the routine most people use: The 14-grain cereal for breakfast. They take carrot juice mid-morning and mid-afternoon. Fish for lunch and then have things like a salad or vegetables for lunch or supper also. Nuts also. The best nuts to eat with each meal are almonds; and if you want, you can eat a lot of nuts like cashews, filberts, and brazil nuts. These are good. These are also good for people who are hypoglycemic. This is the best thing to maintain the blood protein level. This will give a lot of strength and relieve symptoms better than most things that are available.

Q. You treated this awhile ago. Can I eat raw foods with an ulcer present? Do you recommend anything in particular, say an oil before a meal to ease the symptoms?

A. You'll have to work that out with yourself and your physician. You try to eat as much raw foods as you can. You can juice a lot of carrots and use a lot of other juices, spinach and potatoes. Used in a juice form, I don't think will upset your ulcers too badly. Maybe, as the doctor said, "take an oil before a meal." Anyhow, you will have to work it out for yourself, with your physician.

Q. Would you state if there is any corollary between meat and cancer?

A. That is what we spent time talking about up to now. The correlation is that 85% of the total cancer problem today is caused by the over-intake of animal protein. There is a definite correlation. Now if you want to stamp out this 85% just stop eating meat, milk, cheese, and peanuts after one o'clock. Then our whole society would change. It would be a great, beautiful change. The American Dairy Association was quite upset with me but then that's tough. I wish the day would come when a restaurant could charge \$10 for a good salad. They would make their money and you would be healthy and happy and live longer and make more money so you could afford the \$10 salads. I don't know what to do about the American Dairy Association. I guess have more baby cows, because that's where milk belongs—in 1,000 lb. babies. Maybe we can have more cows for some reason. But I think, as a society, we ought to change our habits—and it's about time we did it.

Q. Do you have anything to say about collagen diseases? Do you think your plans, diet, etc., and enzymes could help?

A. Any systemic disease or chronic disease of the aging process etc. could be helped by nutrition. Your body, that God designed to work, functions beautifully almost all the time. Cancer is just a minor disease. In fact, we weren't interested in cancer for a long time after we knew what to do about it. We were interested in a lot of other disease syndromes. Whenever you get a body functioning properly, then you're going to get well and there is nothing you can do about it. Just get it right and

you'll have health regardless.

Q. You recommend protein supplements. I have found those made of soy, lactose, or animal protein, high in protein. Are they, therefore, harmful to cancer patients?

A. We recommend protein supplements because we want to get the right amount of protein into the body. If you don't have enough protein in the body the cancer is going to grow a lot more rapidly because your own natural defense system has to have protein. Your pancreas has to have protein to produce the enzymes which are protein and amino acids, which are necessary to defend against cancer. This is why the grape cure works so beautifully for a short period of time. And after that you just fall apart. Whenever you take the grape cure, you take no protein at all. Then the enzymes that are available in your pancreas go directly to work on your cancer and your cancer is absorbed at a rapid rate. Then, if you take enough grape juice to give you energy and strength, you will go on beautifully, thinking you have it made. But all of a sudden something happens—you collapse. This is because you have depleted the body of the raw material necessary to manufacture enzymes for your own defense. So we regulate by taking some protein supplements in the diet. We make sure you have enough, but not too much. This is best brought out in a study we did where we took a lot of young people, that is, I straighten young people's teeth. I took a blood sample of these kids. They took a lot of protein supplements from the health food store and their cancer count rose and rose and went on up. They got tired and got the general cancer pooped-out feeling from the cancer syndrome. So then they thought they would get off these protein supplements because they were too expensive. Naturally, they were so tired. The cancer was developing so rapidly in their body, they didn't feel like exercising and doing all the things they did, and all the effort it takes to build muscles. So they give it up and then their cancer count would go back to normal. Next year they would start in again. We did enough study on this to know that if you take extra protein supplements you should take the enzymes to help digest them. Some of these kids we told to take enzymes with the protein, we did a double study on them. The ones who took the enzymes went ahead and developed their muscles, felt good and played football, did weight-lifting, did their studies in school and had no problem. The ones we didn't tell to do this, they just washed themselves out. So protein is important. So, whenever you take protein in extra amounts you need to take an enzyme with it.

Adele Davis and many of the medical authorities say you have to have 150 grams of protein a day. Further studies produced, I believe, at Loma Linda College of Medicine at Los Angeles, found if you are an athlete in training, or a heavy steel worker, you need 50 grams. The rest of us who sit around and do nothing every day don't need that much. We need a lot less than 50 grams. Don't get disturbed if you don't have 100 grams a day.

Q. Please give a menu for a period after the 6-day purge and fast period.

A. We don't give menus. We tell you things. What to do and what not to do. You go on your normal healthy diet. We need to talk about the 6-day purge. Three days of purging and 3 days of fasting—that may be too hard on a person. If that's too hard, you ought to do 1 day of purging and 1 day of fasting every 2 weeks and then go back to the normal healthy diet after that. We don't give menus. We're in the process of developing a print-out computer system that will do this and someday we'll get this done.

Q. What is the value of coffee in the coffee enema? Do you obtain the same benefits by drinking coffee?

A. Well, we have people who want to know if they can have cream and sugar with their coffee

enema! The advantage Dr. Gerson found is that the coffee enema goes directly from the colon into the liver. It shocks the liver and helps it dump a lot of its poisons and toxins out into the intestinal tract. It cleans the body out rapidly. It stimulates the body, detoxifies the body. Drinking coffee generally works just the opposite. It destroys the B vitamins and shouldn't be used. I just don't recommend coffee drinking. I never have.

The only contra-indication when you shouldn't take a coffee enema, too often, is when you have a badly affected adrenal gland. When your adrenal glands are completely exhausted you should limit your coffee enemas to 2 or 3 a week. But when we first started this system we were scared to death, like everyone else is, when they first get cancer. For example, we had a beautiful little girl about 20 years old with a bad malignant condition. She would take large doses of the pancreatic enzymes which were dissolving the tumor too rapidly. She felt real bad. So she would take coffee enemas every 3 or 4 hours. She did this for several weeks and then she cut it to 2 or 3 a day. Then she cut it down to 1 a day. As the cancer dissolved and she got better she cut it down to 1 a week. Then the cancer was over. But most people usually can't take more than 1 coffee enema a day. How can you tell when you have had enough coffee enemas? If you take a coffee enema and you feel better, you are not taking them too close together. If you take a second coffee enema and it doesn't make you feel better, then you are taking them a little too close together. So you wait. If you take one in the morning and it doesn't make you feel better then you had better skip a day and take it every other day. That would be the best criteria for that.

Q. On detoxification day, are the supplements discontinued?

A. It doesn't really make a lot of difference. We generally send a routine answer—that it is better to stop the supplements during the detoxification period.

Q. This concerns people who have had radiation therapy and chemotherapy. How does this effect their chances eventually in using your therapy?

A. Whenever you take chemical therapy you are going to wipe out your liver; and if you have a strong enough liver you can take chemical therapy. It's alright to take chemical therapy if your liver is strong enough. It doesn't interfere or help with our system. Sometimes it's important to take it to save your life because sometimes it takes 2 or 3 weeks for the nutritional program to really become effective. You may not have that much time. Chemical therapy doesn't matter to me; it is just between you and your physician. Radiation is a different problem. Legally, you have to do what your physician says you should do; or at least discuss it with him and work this through between you and your physician. The only time that I found that I would take radiation therapy of any kind would be in extreme pain situations. When the pains are so bad that drugs could not possibly help, then you might have to use radiation to destroy nerve tissue. Eventually, radiation slows down the circulation in the area and prohibits the natural technique and the natural cure from taking place.

Q. What substance would interfere with your testing of the blood?

A. Nothing will interfere with it.

Q. Estrogen?

A. Nothing, absolutely nothing.

Q. How does one get to you in Texas?

A. We are really not interested in working very hard. It costs us too much money. For every patient we take, it costs us more money than the patient can possibly pay. We are basically a research organization and we do primary research and we are under individual grants from private people. The only way you can get to us is to have a written request from your physician and your physician will have to send you. Then it takes about a month or so before you can come to see us. We are only allowed, by the people who pay the bills, to take about 3 people a day because it costs too much. We just can't take more than a limited number of people a day.

Q. How long does one stay there?

A. You stay about half a day. It doesn't take long to do this. If you fly into Dallas and rent a car and drive over to the heart of downtown Grapevine, you finally discover someone in town who knows us. You come in and we test you. It takes us about 3 hours to run the test and about an hour to talk to you and tell you all you need to know and then you go home and do it. Many times we make a cassette tape for your physician and explain this to him and you, but we cannot work or take anybody at all without the request of their physician.

Q. Are there certain patients you consider beyond the scope of your treatment? That is too far gone or something like that?

A. Yes, if they rate 1000 on our scale, we find that there is no hope for them. We have a scale from 0 to 1000. With a score of 0 you have no cancer at all; with a score of 1000 the cancer is functioning perfectly and there is no hope. We have never had anyone rate 1,000 on our scale who made it. We've had, probably 3 people that rated 1000, and they did not make it. A lot of times people rate 950 and 960 and this gives them about a 20% chance of making it. But the ones that don't make it are the ones that don't even follow the program. They just say it's not worth the effort and they don't have the stick-to-it-ness to stay with the program. Occasionally we lose some.

Q. Here's a person who has an exceptionally large fibroid tumor of the uterus. She was wondering if she could be helped by following your regimen?

A. We don't give any predictions. We've had many successes with fibroid tumors by balancing the body chemistry. The only thing I know is that there is an improper mineral balance in fibroid tumors and sometimes proper mineral balance will correct it.

Q. There is a person who has been taking pancreatin with each meal and she does not get sick from it but is getting progressively worse. Do you have a comment?

A. Progressively worse with malignancy?

Q. She thinks.

A. Well, chances are you are not assimilating your food or there is something wrong. Probably the assimilation factor in the body is bad or she may be too far gone, but I doubt that.

Q. Do you have anything in particular to say about the use of kelp or iodine, or are they a part of your general mineral program?

A. Kelp and iodine should be a part of your general mineral program. You can take all the kelp or anything you want for mineralization.

Q. One person would like you to repeat your enzyme quantity and procedure.

A. Well, if you just want to test yourself and see whether you have a malignant condition—I think that's what they are referring to—you go to the drug store and get a bottle of at least 100 triple-strength pancreatin tablets. You take 4 of these after each meal for about a 3-week period and this should either lower the boom on you or relieve your mind. If you feel lousy or nauseated or have loss of appetite during this time, well then, you had better check into it a little more seriously. If you feel no effects—well then, you don't have to worry.

Q. Do you think you might help diverticulosis?

A. Well, diverticulosis is from a lot of causes, but anytime you get your body functioning normally and healthy, it will be some help to it (the diverticulosis). And get your body toned properly too. You can't function properly until you get some minerals and the body chemistry balanced. A lot of times it does help. It doesn't always.

Q. This person is upset about your statement about protein. She wonders just what you mean. I think you should distinguish, say, between animal and vegetable.

A. We were talking about no protein in our book. We should have said, no animal protein. Vegetable protein can use a different enzyme for digestion— that is not the same enzyme that is used for cancer. You can have vegetable protein like nuts and all the vegetable proteins are real good. Some animal protein up until one o'clock is OK but you better eliminate animal protein after one o'clock.

Q. Why?

A. Why do you eliminate animal protein after one o'clock? Because the same enzyme that destroys the cancer also is used to metabolize animal protein. It is like the key. At our house we have a key which fits the front and back door. Now, particularly the enzyme that is specific for cancer is also a digestant of animal protein. So if you overwork it . . . But another enzyme that digests nuts could be a different enzyme. You can get the same amount of amino acids through nuts and other things and vegetable proteins without utilizing the enzyme necessary to destroy your cancer. This isn't a very significant thing. But when it comes down to a matter of life or death, and you've got a certain amount of enzymes with which to destroy the cancer, then we want to take every precaution we can to make sure you get an adequate supply. And of course the ones you produce yourself are a lot better than the ones you take by mouth from Lilly or Parke Davis or some other company. The ones you produce yourself are more significant.

Q. Many people believe that once they have had a tumor taken out that they have nothing further to worry about. This is the usual advice by the usual physician. I think you should emphasize the cancer's background.

A. Like we mentioned a while ago, whenever you take a tumor out you think there is nothing more to worry about and you go right back to the same old cruddy way of living. They have never solved the cancer problem. All they have done is cut out the tumor. Cancer is one thing; the tumor is another thing. All the treatments up to date are surgery, radiation, or chemical therapy. Whether it's non-toxic or not, whether it's Laetrile, Krebiozen, Koch or anything else, it works on the tumor itself. You get this tumor and cut it, slice it, x-ray it, burn it, or chemicalize it and everything else. You can eliminate the tumor and that's great. No one ever worries about the problem of cancer. Everyone worries about

the tumor because it is something they can see and pounce on and get their revenge against. No one wants to make the poor patient feel better. No one wants to give you more energy, more strength, and make you feel like living. For example, Mrs. Hoffman, founder of the organization that's sponsoring us today, took enough Laetrile to completely keep her body free of cancer tumors. She died and had an autopsy. There was no cancer tumor in her body. But no one had patience or time or thought about treating her for cancer. All they treated her for was tumors. She died from the inability to metabolize proteins, which is all cancer is anyway. Now she died completely run-down and exhausted. So we should stop treating tumors and start treating cancer. If you want to treat tumors, you just have surgery every six months. But if you want to treat your cancer, you had better change your way of living.

Q. Is fish an animal protein?

A. You can eat some at noon. After you get free of cancer, you can have nuts or fish or eat a cow if you went to; but then if you go back to your old habit patterns, you are going to develop another tumor some day.

Q. Fish—cooked or raw?

A. If you are Japanese, you can eat it raw. But most of us eat it cooked. If you eat cooked food you have to take your enzymes. Of course it's better to eat raw, but I haven't learned to do it yet.

Q. Would you say what the different juices are? Do you have a preference?

A. Juices are significant. The Germans thought they could improve on our program when they got the basic program. So they started giving massive doses of Vitamin A which they thought we got in our carrot juice. They thought there was a significant factor in carrot juice. They said, "We are just going to give our patients Vitamin A by injection, etc. and by mouth and so we won't have to mess with juicing carrots." Good carrots are hard to get in Germany. They went ahead and got a lot of Vitamin A. So what happens in this case? They forget one significant factor and that is that we are not only interested in the Vitamin A because it helps break down the tumor wall and allows the chemical therapy or the enzymes to come in and destroy the tumor, but in addition to that, if you also have carrot juice you also have a great supply of minerals and so that is the factor they are forgetting. This is why their rate of success is not as great as ours is—because they have bypassed the concept of mineralization of the body, and you must do that. Another thing: if you mix carrot with the celery juice you have a good chance of balancing the phosphorous, potassium and sodium balance in the body and this is significant.

Q. I was thinking about the centrifugal juicers, the press juicers, etc.

A. Press juicers versus centrifugal force juicers. In the test we've run, the press juicers are 2% better than the centrifugal force juicers, but 900% harder to do. We find most people don't feel it is worth the effort. The 2% extra that they get from a press is not worth the 900% cleanup trouble that they have with the press types. It is up to you. There is a 2% factor there.

Q. Do you advise any other vitamin and mineral supplements?

A. Only when we test for individual persons and we can provide an individual program. But you should have a multiple vitamin as we have listed in Supplement #1. Our concept is a good, strong multiple vitamin. Of course, natural is better than a drug store variety or a synthetic variety. This is

our ultimate goal: to get you off all supplements and to get you on 14-grain cereal and black strap molasses. That's all the supplements you need. But until you get your body chemistry balanced you are going to have to take some supplements.

Q. Someone has said that the 14-grain is a very difficult food to take.

A. That is right, until you learn to live with it. There are some ways you can doctor it up a little bit to get it down. At night if you mix some honey or raw sugar with it and let it ferment during the night, it helps. Some people take and put boiling water over it at night and put it in a wide mouthed thermos and it tastes more cooked the next morning. It doesn't seem to injure it any. And then you put any kind of fruit on it the next morning, it makes it taste better. You eat it for 3 or 4 weeks and you get off it and you'll miss it. It's something like your boss. You like to have something to gripe about. This is a good thing and then you become friends at the end of about 3 or 4 weeks.

Q. A person has a question concerning the pancreatin at a pharmacy. Can you obtain a similar or about equal pancreatin at a health food store?

A. All pancreatin is a natural product. A lot of people say they wouldn't eat the kind that comes from a drug store because it is not natural, but it is; it all comes from the same pig or cow. We find you have to watch the dosages. Approximately what you need is a 1000 mg of NF or single-strength pancreatin. You need about 3000 mgs single-strength pancreatin with each meal. That's the ultimate criteria. So, if you take about 4000 mgs. single-strength pancreatin with each meal this the normal maintenance dose for the average person over 40.

Q. There have been several questions concerning your blood test, i.e. the opposition raised by the medical profession. Also people would like to know something about how it is done—the mechanics of it. Would you care to comment upon that?

A. Our blood test has never been criticized by the medical profession. They have an injunction against me for publishing and printing and distributing my book which they say is the practice of medicine. This book is not practicing medicine. Everything you read in this book they say is the practice of medicine and, of course, this should not be done. No other court and no other society has ever said that a book can practice medicine, but in Texas it's a different horse. They want the book stopped so they use any method. So we are in the process of going to the Supreme Court about this. If you have any extra shekels to help us go to the Supreme Court or if you can write a letter to the N.H.F. and ask them if they would support us, not only financially but morally, and to put the weight of their organization behind us, this would be of help. Freedom of the press is what we're involved in. They got an injunction for practicing medicine, which I never do and never have done or intend to do, because I'm not that smart in medicine and I'm not inclined that way anyhow. I just want people to be nutritionally sound and I am only a flunky for your doctor. I don't ever try to tell people what to do. If someone asks me some advice and what would I do, I tell him. If it works—that's good. But he is still responsible. There are so many things that happen in a person's life that you have to have a doctor and I'm not trying to discredit doctors or eliminate them. They are just going to have to go the nutrition route and they might as well do it now.

Now in relation to our test. . . . Before I got involved in this, we studied the whole history of medical persecutions of independent researchers. And so they want to know the value of our test and how it is done mechanically. The people who finance this—it's such an expensive operation—elected in the beginning, when studying the history of persecution by the medical profession, that never at any time (unless they change their minds) would they give any information about the mechanics of our test.

All we do is test and tell you what to do. It's like Jesus said, "after all is said and done, it's what works that counts." . . . And, "by the fruits you shall know them." If we tell you what to do and you do it—why then that is all we are interested in anyhow. The medical profession historically asks a guy how his test is run, then they find out how to do it, then they wipe him out and make their big claims that they have discovered something new, and then they put him in prison. Then about 2 or 3 years later there is a great discovery and they come up with this test and everyone thinks they are heroes—which they are—but the way they get to be heroes is not too good a method. So I don't want to get involved in that method or get wiped out myself. So the people who finance this will not allow any of this information to become available until this is socially acceptable and then talk about it later.

Q. There have been quite a few questions on your previously mentioned urine testing.

A. Urine testing is a good thing. Dr. Beard, way back in the early 40's, or even before then, developed a urine test that tells whether you have cancer or not—and it is a very good test. It's about 95% to 98% correct and accurate. What is measured is the gonadotropin. There are only two times in the life cycle of a human being when you have gonadotrophin excreted in the urine. One, when you are pregnant and one, when you have cancer. If you are not pregnant and this test shows up gonadotropin, then you have cancer. Now the problem involved in this is that Dr. Beard is one of those people who is going to save the world and try to force his test on the medical profession. The drug companies accepted this test when made the two-hour pregnancy test kit out of it. Now they have a 2-minute pregnancy test. They are using the same principal that he developed and the same system. They are making a fortune out of it. Dr. Beard is starving in Fort Worth, Texas. The man who developed it all has been persecuted, stopped from talking—and this is the standard procedure. I talked to the companies who produce these tests and I told them five years ago that if they don't stop telling the doctors that this is a pregnancy test kit they would run into trouble. About six months ago they finally admitted they had run into trouble because they had so many false-positives on these tests. The urine test which they use for pregnancy told too many women they were going to have a baby. That either upsets them or makes them happy—and nothing happens. They get so many false positive tests. So I told the company five years ago that they have to tell the doctors that this test will test for pregnancy *and* cancer. These are available in every laboratory in every state and every medical supply company. The test they use for pregnancy is quite crude and it can be refined just a little bit and can be used for cancer detection. And maybe someday, in the next 3 or 4 years, the medical profession will socially accept this thing as a cancer test.

Q. [Quite a number of questions concerning low blood sugar and black strap molasses.]

A. Black strap molasses will make the symptoms more severe. In hypoglycemia you can get your minerals some other way if you want to. I don't think anyone really understands, or not very many truly understand, what hypoglycemia really is. And if we ever get a publisher who will publish our works—I have written another book about the same size as our cancer book—it will completely eliminate the hypoglycemic problems. It's as simple as cancer.

Q. You make quite a distinction between peanuts and nuts. Will you comment please?

A. Well peanuts are a high protein nut. The others are too, but peanuts are really a legume and not a true nut. Also, there is a mold called aflatoxin that is characteristic of it. Unless you have a good source of peanuts and check each one before you eat them, or get a good organic source where they don't have mold on them, it's a little bit risky to do this—because they use this aflatoxin as an irritant to cause cancer in laboratory animals.

Q. You've been talking quite a bit about pancreatin, but you haven't said too much about HCL as a supplement.

A. HCL is a good supplement and should be used at the beginning of each meal. Maybe one HCL tablet if you tend to have a low HCL content. One of the best ways to tell when you need HCL is if you take a meal and immediately have gas or burping or tend to have distress within a half hour after eating. Then you are low on HCL. This is about the only way you can tell without testing, unless someone else knows a better way. Then you can take one HCL tablet. If you get too much HCL you risk getting ulcers.

Q. Quite a few have asked questions having had cancer, having had different types of treatment and they apparently feel well. You said something about this before but I think that some people still are worried about this.

A. You still find that you are worried about cancer. We find that all the people who have had cancer and feel well now, have generally changed their pattern of living and sometimes you can have a cancer (and it's very rare), that the shock of surgery turns the pancreas on full blast and it goes on for the rest of your life and you don't have to worry about it. But by far, most people who have had cancerous tumors removed still have one or two in the body growing. Probably less than 10% who have had a cancer operation are completely free of cancer. If you feel good and have no problems, take 3 pancreatin tablets after each meal and forget it. I'd go on and be happy.

Q. One person has a question concerning embryonal tumors. Is your treatment also effective with this type of tumor?

A. If they are thinking about the same thing I am, normally this works well with this type of tumor.

Q. One person has been told by his doctors that 3/4 of his liver has been shot. Do you have a reassuring word for him?

A. Yes, that's just how mine was. They told me my liver was gone and I'm still kicking. We find that a lot of times the tumor is *on* the liver and not *in* the liver, destroying the liver itself. It's around the liver itself, and the liver tissue is not so badly damaged, as is this tumor growing adjacent too and mingled with the liver tissue. If it's the liver itself that's completely destroyed and eaten up, if 3/4 of it is gone, it is going to be a problem. The only precaution you have in this case is if dissolving the tumor is slow enough so that it doesn't overload your body with toxins. Just so you keep it dissolving just a little bit. It's the rate of dissolving that counts. Why most of the deaths that we had originally were involved with dissolving the tumor too fast. We dissolved them too fast until we learned better.

Q. Quite a few questions emphasizing the importance of Vitamin E and Vitamin C and perhaps the B Vitamins in combating cancer. Would you comment please, doctor?

A. Whenever your cell finally has nutrition brought to it and it gets all it wants and it starts dumping out all its poisons, Vitamin C helps get rid of the poison at the cellular level. It breaks down the electromagnetic field force around each individual cell and massive doses of Vitamin C are called for, for a couple of months. It will help get rid of the toxins and start the flow of toxins out of the body. It's OK to take Vitamin C in good-size doses. Vitamin E—a lot of the researchers hold to the Otto Warburg theory of oxidation, where you get a lot of oxygen in your system. Oxygen utilization helps cancer. If you hold to that theory, Vitamin E is a good oxidizing agent and helps in the

utilization of oxygen. In that respect Vitamin E can help. Vitamin E can help in this respect and it won't hurt. We don't recommend a lot of Vitamin E because if you are really tough, like some Texans who can take it, the 14-grain cereal has a lot of Vitamin E in it and you don't have to take any pills with it. If you can't stand the 14-grain cereal, then Vitamin E is real fine. Dr. Shute helps stroke victims with a build-up of up to 3,600 units a day. To the average person he recommends about 1200 units for the male, and about 800 for the female. Concerning Vitamin B: the B complex is good. Of course if you eat the 14-grain cereal, you will get a lot of the B, and in the right balance. When you get the B-complex out of balance, that is when you get into trouble. If you take too much B6 then you will deplete your body of B2 and then you'll have the nervous rigors. So this is a problem. You need well-balanced B Vitamins. You get it in yeast and grains. You can take the B Vitamins, maybe B1 you can take separately, but otherwise I would make sure I had a B complex instead of individual vitamin B's. Liver is a good thing for B-complex. The 14-grain cereal is listed in our cancer book.

Q. There have been many questions concerning the elimination of the mucous on the villi. They don't understand.

A. I'm talking to you and not promoting any company doctor. A long time ago, Dr. Lee (who developed Standard Process Laboratories) never knew when he developed this, but we discovered this independently, he developed a tablet that had comfrey in it and also pepsin. Now the comfrey root is a sticky, gooey mass and it sticks. This holds the pepsin, which is a digestive enzyme, against the intestinal wall long enough for the enzyme to digest off the mucous. This is an easy way to do it. Now what we recommend is two of these comfrey-pepsin tablets made by this company, after each meal for about 3 months . . . after one year, for about 3 weeks to make sure you have your upper intestinal tract cleared off and the debris removed from it. I read, about this time last year, that the Queen of England was somewhere and she had to take her glycerine and pepsin. Now in England they do this a little differently. They take a teaspoon of glycerine and mix it with about 1/4 teaspoon of pepsin and make a paste in the bottom of a cup. Then they fill the cup half full of warm water and they drink this between meals. The glycerine is also sticky and it sticks the pepsin against the intestinal tract to clean it out. These are the two primary ways that I know about. There may be other ways. We've done some work with the enzyme from pineapples and papaya and sometimes this helps a little bit to clean the mucous. It causes some kind of enzymatic action in the intestinal tract.

Q. Will vegetable enzymes do as good as pancreatin?

A. There are papaya enzymes in some of the health food preparations, but you cannot take a vegetable enzyme and expect to cure yourself of cancer because it just won't work. But it may help to clear the mucous and a lot of the health food company's papaya may help clear the mucous but we don't have the data to be sure this will happen.

Q. How about colonics?

A. As I said, all the colonics in the world will not help your small intestine. There are 33 feet of small intestine there and a colonic only washes out the last few feet of the large intestine. Besides that, you have a valve, the ileo caecal valve, at the point of the appendix where the water does not go back up the small intestine, even with a high colonics.

Q. There is one person here who says enemas are not possible with her or him. Are they absolutely essential?

A. If for some reason you absolutely cannot have an enema, you should take a good laxative and

keep the stool quite loose and keep the flow of poisons out of your system. Keep the poisons out of the colon—if you absolutely cannot take an enema you can only do the next best thing.

Q. What about Bentonite?

A. Bentonite is a good detoxification of the intestinal tract and helps pull poisons out of the system and is a real good thing, but it doesn't destroy the mucous. It does destroy poisons, etc. Mucous is actually caked on there somewhat like Elmer's glue. When it's on there, it has to be digested off.

Q. How long does it take?

A. Like I said, you take comfrey and pepsin after each meal for 3 months. Next year we take it, we take 2 after each meal for 3 weeks. Acidophilus does not remove the mucous from the small intestine. It keeps the acidophilin balance and does a lot of other wonderful things, but it doesn't do the mucous much good.

Q. [Question cannot be heard.]

A. We're getting a question on milk here. Now milk, as I said before, is made for 1,000 lb. babies that go "moo." Whenever we got our babies (we have 4 adopted children) we didn't give them cow's milk. We got 4 goats. They had milk until they were 3. We don't let our children have milk. Milk is not good. You can use a little yogurt. One of the reasons we got involved with milk is because pasteurized milk, the way I see it, being an orthodontist, is one of the causes of crooked teeth. If children drink it, their jaws become depleted of calcium. Pasteurized milk is one of the biggest causes of orthodontic problems, plus other things, but this is a significant factor.

Q. How can you get the cereal down with a little milk?

A. I don't use milk at all. Sometimes you can use pure cream diluted with water. I just eat the cereal raw. Just gobble it down. Some people can't stand it. A lot of people put it in a blender and make it thin enough so they can blend a banana with it and they just drink it down.

Q. What protein do you give your own children?

A. You can give them meat and other things unless they have a cancer condition. If you really want to do a good job of feeding your children, get into the vegetarian system. But you really have to know what you are doing if you eliminate meat from your diet. Don't be a vegetarian unless you know what you are doing.

Q. What about soy milk?

A. Soy bean milk is OK for infants, I imagine. But don't ever feed kids baby food. All it does is make Gerbers & Beechnut and all the others a lot of money. And it also makes the allergist a great deal of money. The pediatrician will tell you to feed your child meat at the age of three weeks and that's the most ridiculous thing that has ever been devised by human beings. The intestinal tract isn't even adequately formed by that time and you give a child meat from a jar at the age of three weeks. I've seen mothers brag that their babies ate meat at three weeks. Then they begin to nurse their asthma and allergies. The intestinal tract is big and sieve-like and these meat particles, in great globs, get through the intestinal tract and get into the blood stream. You form all the antigens and allergies. This is a terrible thing to happen to a child. You give a child goat milk until they are at least six

months old and then give them table food after that—and don't give them any meat until they are nine months old.

Q. There are questions by people who are under other therapies such as cobalt or Laetrile. They want to know if there are any contra-indications to continue their present therapy and going on your program?

A. None whatsoever. It doesn't hurt to eat something—you might just as well eat the right things. No matter whether you are taking Laetrile or cobalt or whether you are going to the hospital for surgery, if you eat well your chance of recovery is so much greater. If you are going to have surgery for a malignant condition you should take your pancreatic enzymes for about 3 weeks in advance of surgery because this will help prevent the spread. A lot of people think if they do surgery it is going to spread the malignancy. But if you have a good pancreatic supply of enzymes in your blood level at the time of surgery you are not going to spread the malignancy—and don't forget the recommendations of your physician for surgery if you have a good pancreatic enzyme supply.

Q. Here are two questions, apparently dissimilar, but relating to the same thing: This person finished cobalt treatments several months ago but her pain continues. This other person has just been operated on for cancer of the breast, radical mastectomy, and she says "I felt marvelous before the operation, why did I not feel sick?" There are two questions—one felt wonderful and one felt miserable—why?

A. Well the cancer can grow in a person without them feeling sick, particularly the fast growing type. Sometimes your pancreas fails all of a sudden and your cancer grows rapidly. Sometimes your body isn't depleted and you don't get a run-down condition before the cancer. The easiest place where doctors find cancer is in the voice box, the breast, and in the bladder, at the real early stages. If they can find it early and get rid of it, why that's good and you generally don't feel bad. It's the slow growing, hidden ones, that you can't see and that don't interfere with your functions, that grow for several years.

If you feel bad for a long time and are in a lot of pain . . . The most painful thing that happens to a human being is stretching syndrome. The bladder is the only tissue made that was designed to stretch. Any other tissue that stretches is painful. Whenever you have a lot of toxins in your body, whether it is from cobalt or anything that causes toxins to develop in your body, they are stored in the lymph system. The lymph system stretches and stretches and keeps filling and filling with this debris and junk. The more it stretches, the more pain you have. This is normally what happens. In this case, it may be where the nerve itself is being pinched from some other cause. The most frequent cause of pain in cancer is stretching of the lymph system. When the lymph system is quite stretched and gorged with debris material, whether it is growing cancer or dissolving cancer, it is quite painful. When you detoxify the body, it is the best relief of pain, if it's from a toxic condition or if it's from some other cause.

Q. May I ask a question of the pancreatic enzyme that is used to dissolve the cancer? Has there ever been any radioactive labeling of it to see if it dissolves the cancer? . . . May I also ask a related question? Have you published any other literature or articles besides your book?

A. We have published articles about other things but not in relation to health. We are ready to do some when we get a publisher.

There are other methods of determining whether there is radioactive utilization of pancreatic

enzymes. Anyone who wants to do that can. We haven't actually done radioactive studies ourselves. But that's not the only requirement or criteria to see whether it works or not.

Q. Would you comment about the foods. The contrast between organic foods and foods that are obtained from the supermarket. Do those from the supermarket impede recovery terribly?

A. It is almost impossible to have all organic food. In many parts of the country there is not enough available. You are going to have to use supermarket foods. It is better to use organic foods. Even organic foods are grown next door to the people who spray and pollution from the air also drops on organic food. We tested food and found that even organic foods are highly contaminated. Even so, we get as much organically grown food as we can. At our house we always process our food properly, whether it's supermarket or organically grown, by cleaning it as best as we can. There are a lot of cleaning devices. The Air Force found that if they put a teaspoon of Clorox in a sink full of water and soak all their vegetables (it removes toxins). In addition to that, we use Basic-H or some of the detergent cleaners which come from the health food store, specifically to clean vegetables. Some people even use a weak solution of hydrochloric acid. You can consult with your local health food store. They have a lot of products with which you can clean the food.

Q. Does soaking foods destroy many of the vitamins and minerals?

A. A lot of people say whenever you clean a food, you lose a lot of minerals but you don't, as long as the cell walls are intact.

Q. There is a question concerning almonds. Whenever using almond or apricot kernels, do they need to be blanched and the skins taken off?

A. We never found it necessary. There are all kinds of fads and fanaticisms. A lot of people feel that the skins of almonds have too much tannic acid. We don't hold to this. We give almonds for the protein content and so if you want to blanch them, its OK. I, myself, use them with the skins on.

Q. What about eggs?

A. I think eggs are a good food. I don't eat them often. The research is that they are good food. The best way to use eggs is to soft-boil them in the shell. Dr. Cheraskin, a well-known authority, thinks it's baloney about the cholesterol. He used 700 dentists and had them eat 2 eggs a day and their cholesterol count decreased.

Q. [Question is about cellular therapy.]

A. Cellular therapy is the implanting of embryo cells in the body. When the pancreas fails from blood clots, etc., you need to regrow the pancreas and this would help in a great number of cases. Cellular therapy seems to work. We tested people we didn't know had cellular therapy and it works. We did a double-blind test on cellular therapy and it works well. You don't have only one form of treatment—just before one is dying of cancer you have to do more than one thing. You have to do several things at once.

Q. Can polyps in the rectum be treated nutritionally if they are malignant or otherwise, or is surgery OK?

A. That depends on your doctor. Surgery is not a bad thing and sometimes it is helpful. I would

make sure to change the diet and be in good sound health and then if you have surgery it is that much better. Sometimes surgery is indicated.

Q. Should white sugar be taken off the market?

A. Yes, it ought to be against the law—and white bread also.

Q. Can you explain more about low-blood sugar?

A. Low blood sugar is a malfunction; and if you can correct these things you can pretty well wipe out low blood sugar: 1) adrenal failure, 2) pancreatic failure, 3) liver failure, 4) mineral balance, and 5) circulation. Whenever you have all of these things working well, you are not going to have low blood sugar.

Q. What about mixing vegetables and fruits?

A. There are a lot of fads about mixing vegetables and fruits in the same meal. There is a controversy about this. The researchers who are working on it say if you take enough enzymes then you can do it. I don't recommend that you eat raw fruit and fresh vegetables at the same meal. Most of the researchers don't hold to that. They feel it is alright to mix it up any way you want to as long as you take enough enzymes to digest it properly.

Q. Do you consider 1200 units of vitamin D a small dosage?

A. Yes.

Q. How do you explain the coffee enema stimulating the liver?

A. The coffee is absorbed in the large intestine. The large intestine absorbs liquid. That is its function. It goes directly to the portal vein and then to the liver immediately.

Q. If someone has a cyst in the breast and wants to nurse the baby, could this have an effect on the growth of the cancer?

A. Of course you would have to ask your doctor about this but the way I feel about it is I don't think you can transmit cancer in this way.

Q. I don't mean transmitting it, I mean can the patient get worse?

A. If you take your nutritional supplements, your enzymes, I don't think it will make any difference.

Q. Do you have any information on feeding citrus pulp to cattle because citrus pulp has vitamin C and pectin and pectin kills undesirable intestinal bacteria that causes diarrhea in cattle? And what about giving cattle linseed oil and linseed meal?

A. Well, linseed oil is, of course, flax; and the rind of grapefruit is good. Citrus pulp and the effect it has on anyone is a good question because we are all interested in stroke. We find that the pulp of grapefruit and the bottom and peel contain the bioflavanoids and the rutin, which is what is involved here, and what they are getting at. We find that this is good for the blood vessels and if you have

blood vessels that are fragile and a tendency toward a stroke, or you have varicose veins, you need the bioflavanoids and rutin. This strengthens the blood vessels themselves to make them more elastic and they don't fracture as easily. Therefore, you don't have so many strokes or varicose veins. This is the advantage we find clinically.

Q. Do you recommend buttermilk and yogurt? Should it be raw?

A. What we are interested in, in buttermilk and yogurt, is keeping the intestinal bacteria count at a high level. You can take this in a tablet form from the drug store or from the health food store or you can take it in culture form from the health food store. It is better to use it in culture form than to use buttermilk.

Q. How much buttermilk?

A. You shouldn't drink more than one cup of buttermilk a day.

Q. Is it possible to care for an enlarged thyroid nutritionally?

A. An enlarged thyroid is generally due to a bad mineral balance and it is called hyperplasia. The cells are screaming for something to eat and they are just enlarging and enlarging because they are trying to get something to eat. If you give them a good nutritional program, generally, they will probably normalize. Chances are greater that they will than that they won't.

Q. If a person gets up in the morning and breaks out in perspiration and has a terrible sensation, like a blood sensation, could this be toxins?

A. We don't diagnose or treat anyone. Normally your autonomic nervous system is out of balance and you have sweats, etc. This is sometimes caused by a great number of worms in the body or the nervous system is out of balance. Or you could be suffering from hypoglycemia or hyperinsulinism. Those things are characteristic and you need to have your doctor help you find the reasons for those.

Q. If you are taking pancreatin and dissolving toxins and not taking enemas, will the poisons eventually come out of your system or will they stay there forever?

A. They will eventually get out of the system. It is not wise to dump all the poison into your system without helping your body take care of it. But whenever we say "coffee enema," we insult most people. If you can't take one, or don't want to take one, you can just tough it out.

Q. Would your therapy help leukemia?

A. This therapy works quite well—it has in the past. In 3 or 4 weeks, in a leukemic patient, it should show a marked change where you are practically over it, if you do it right. If it doesn't work that rapidly, you know that you have a bad amount of malignancy somewhere else in the body too. Leukemia is no different from other forms of cancer. Just in a different place. Hodgkins disease is the same thing. Hodgkins is the second easiest to cure. Leukemia is the easiest. Bone, brain, and skin are the hardest. Not really hard—slower. It depends upon the circulation at the site of the tumor. It doesn't matter whether it is one or another kind of cancer. It depends upon the amount of circulation available to get the material to the site of the tumor in significant amounts.

Q. Would you say something more about how to clean the vegetables? How do you use Clorox?

A. At our house we take Basic-H, put 2 or 3 drops of that and a teaspoon of Clorox in the water. We let the vegetables soak for 30 minutes. We drain this off, fill the sink full with clear water and let the vegetables soak for another 30 minutes. Then they can be eaten.

Q. Do you get all the DDT out?

A. No, I doubt if you get it all out. That is the best you can do in our society.

Q. You mentioned that some patients died because the tumors were dissolving too rapidly. Then you changed the system. What change did you make and how did you control the rate of detoxification?

A. You follow the program until you feel sick, complete loss of appetite, then we tell the patient to give up the pancreatic enzymes for 5 days and then start again. Maybe they can go ten days and then stop again. You can judge the toxic condition of your body by the way you feel. And this is the way you are going to have to regulate it. You should do it until you feel bad and then just stop. Wait awhile and start in again.

Q. Do eggs give you cancer?

A. No.

Q. What is the best way to get calcium?

A. Calcium is good in the body. Milk depletes the body of calcium. You can get calcium from carrot juice and vegetables. That is the best way.

Q. Would you consider something unorthodox, like Laetrile?

A. If you have enough money and want to take Laetrile it's alright. There's nothing wrong with it. It is bad-mouthed by the medical profession because they don't have financial control over it.

Q. A lady who is not allowed to eat raw food because she has a bad condition in the colon. What can she do?

A. You have to take two things if you cannot eat raw vegetables: a) you take vegetables in the form of juice, and b) you take a large amounts of enzymes.

Q. What can be done for pyorrhoea?

A. Pyorrhoea is the first stage of arthritis. First you have pyorrhoea, then osteoporosis, and then you get arthritis. Mineral balance is off and the calcium-phosphorous balance is off. First of all the mineral balance should be built up and get the calcium-phosphorous balance corrected. What can be done basically is take black strap molasses and then take hydrochloric acid at the beginning of each meal and eat a lot of raw food.

