

Anticancer texts

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Transforming the Melanoma into a Benign Cancer

This is my personal experience with the Melanoma and my conclusions about it. Maybe this can help other people with Melanoma to survive well like me.

My story began more than 30 years ago. Then, I was in a stressful life, waking up at 6 o'clock, working at a public job for 8 hours, followed by more 4 hours at my private medical office, followed by 3 or more hours at home at night, studying and taking care of my stocks investments. I followed the stock's quotations many times a day by radio, and personally at the stock-broker office on the lunch hour. I was chronically stressed, working 6 or 7 days each week.

When I was on holidays of the public job, I worked on my private office, to profit more. I never traveled on vacations. My daily food was bread, jellies, butter, cakes, pizzas, fried nuggets and chicken, macaroni, guaraná, colas, vitamins and whatever it was possible to eat fast, in order to not disturb my work. After 20 years I resigned from my public work.

My wife agreed with me that so much work was good to profit, but she was not happy, and I became stressed about the spent money. When we discussed every night, she took her way. I was really stressed and angry with the world.

One day (November 6, 1997) I found an entirely black pin-head on the middle of my chest. The next day, it more than doubled its size. At the 3rd. day, it was a bean size, salient, entirely black. It was a black bean that was fast growing on my chest. I went to a surgeon and on that same night, with a 2 mm margin, that black bean was entirely removed and sent to exam. The diagnosis was a malign melanoma, graded as 9, in a scale that the top of malignancy is 10. The diagnosis was confirmed by a famous specialist, but with the tranquilizing notice that there were safe margins around the lesion.

"I was cured", I thought. "I won a lottery first prize"! What a mistake!

I changed my life. From that day on, I refused every stress on my work. I sent to other physicians the difficult patients. I stopped all risky investments. I stopped "playing" in futures stocks quotations. I stopped accompanying the stocks' prices every 15 minutes: I only looked at them once a day. I began to search for another wife.

I changed my daily food: from that day on, I ate one fresh garlic tooth, chopped in small pieces, at lunch. My breakfast became a dish of cooked vegetables, with a small piece of meat. No more bread, cakes or jellies: all desserts were one fresh fruit. No more colas, synthetic juices or water: when I was thirsty, I drank fresh fruit's juice, bottled grape, or orange juice. All meals became peaceful, no more fast.

I found a sweet woman, the same age as I, which turned on my life sweet again, and married her.

I kept a regular vaccination schedule, with around 1 shot yearly, against: Tetanus, Diphtheria, Hepatitis B, Yellow fever, Chicken-pox.

After some time, other tumors appeared:

- After some years a prostate cancer appeared, which was excised very well, without metastasis. Its malignancy grade was 6 in a scale of 10, which means a not so malign one.
- After a strong trauma on the shoulder, sprouted a benign Lipoma, which was excised after 1 year.
- At a traumatic point on the hand, sprouted a benign lesion, which disturbed but was eliminated after few months.
- Surprisingly, after 11 years of the first melanoma, in the same scar, grew a white pimple: a Dermatologist prescribed "any corticosteroid ointment". After one month without cure, another Dermatologist even advised that once there was a melanoma in that site, excised that pimple without security margins. The exam shows again the Melanoma, but this time without any pigment and not so malign. It was there, quiet, for 11 years!

I searched for other surgeons, and several of them refused to re-operate the lesion, because: “Now there are metastases spread in your body, at lungs, liver, bones, etc.” They looked at me as I was soon going to die. Nobody wants a lost case.

The oncologist surgeon who reluctantly agreed to re-operate me, after 45 days, excised a big piece of flesh, and there only appeared few residual melanoma cells. The sentinel lymph node was negative. That very malignant melanoma from 11 years before now was a nearly benign one. What happened? I should have died 11 years before from this melanoma metastasis.

Now, after past more years, I need to conclude:

a- That old life-style, unhealthy foods and drinks, psychological disturbs, added with some genetic inheritance, etc., gave me the propensity to the cancer. My bad feelings and the stress produced hormones and other biochemical products which stimulated the cancer cells to grow.

b- That first melanoma was not excised with entirely safe margins, and I should have had metastasis and died from them, some few months after the first excision, at the year of 1997.

c- Because I changed my life-style and the diet, the tumors that occurred after that date, even the melanoma metastasis, had a benign course. I am alive now, thanks as to the surgeons, as to this new life-style and diet.

d- The cancer cells are weak. They are specialized only on multiplying themselves. They do not resist when their environment, which is our body, is not favorable to them. Many natural pigments and essences present in many natural foods and drinks kill them, or reduce their multiplication.

e- In our body, the cancer cells and the healthy cells are ever competing between them, killing each other, and the survivors growing. It is an internal daily war.

f- So, we can reduce the cancer growth by turning up our inner environment suitable to the healthy cells, and unfriendly to the cancer cells. This is our daily responsibility:

– **Stop stress and angry! Be peaceful on mind and life!**

– **Every meal must have at least one food or drink which combats against the cancer!**

g- Each day you pass by without any anticancer nutrition, is a day that you are propitiating your cancer growth, whichever it may be.

h- Whether you lose this daily war, the cancer will grow and the surgeon will do his work, but then it will be too late: you will lose a piece of you, or your life. Which do you prefer?

Now my life-style is peaceful. I do whatever is pleasant and necessary. I do not run for money more: I work daily without stress, as possible. I exercise a little bit. I do not watch more TV disgraceful news. Frequently, I stay one week without watching TV. I only go to pleasant movies and theaters, to see the beauty. I pay to be happy. I do not pay to become sad or angry. I am not an inspector of all the thieves and daily disgraces of my country or the world. I daily listen to good music at my office and at home. I love.

I take care of my family. I am in peace with God. My sad memories were solved.

My computer is for the study, pleasure, work, communication with the family and friends. It is never used for bad-news. I read only the necessary parts of the newspapers, not the crimes and other disgraceful sections.

The stocks' prices are raising and falling all over the world: this does not disturb me anymore.

On my spare time, sometimes at the daybreak silent, I dedicate myself to study my doubts about the medicine. I discovered and published at the Internet the cure of migraines and many other diseases. I realized my dreams, curing people on my office and all over the world.

My everyday diet now, with occasional changes, is:

– Breakfast, at sunrise: It is the most important meal of the day and I eat it slowly, besides many other motives, because the foods' essences absorbed by the mouth don't pass by the liver which can destroy them. It consists of a big dish of well seasoned cooked vegetables, sometimes with a small piece of fish or one cooked egg. It has much tomato juice, condiments, olives, and curry. At dessert, some season's fresh fruit (mainly papaya), raisins, cashew nuts. Peppermint drops.

– Around 10:00 AM.: One glass (7 fluid-ounces) of decaffeinated green tea.

– Lunch, at noon: One fresh garlic tooth, chopped up in small pieces over the macaroni or rice. A small piece of cooked chicken meat or fish. A serving of oats “muesli” (granola). At dessert, some season's fresh fruit (mainly mango), raisins, one Brazil-nut. Half glass (4 fluid-ounces) of bottled

pure grape juice.

– Dinner at 17 PM.: A serving of oats “muesli”. Sometimes, a slice of onion. A small piece of fish. At dessert, some fresh fruit. Half glass of bottled grape juice.

– Supper at 20 PM.: Only half glass (3 fluid-ounces) of fresh orange or tangerine juice, and sometimes one season's fresh fruit.

– Rarely or never ate: Alcohol, cake, chocolate, jelly, white sugar, salt, cookies, caffeine, chemicals, food preservatives, colas, cheese, margarine, dairy, pork, vitamins, dietary supplements, greasy or fried foods.

– No chemotherapy, nor radiotherapy.

Sometimes bad news occur. We are not on heaven. The problems are solved with peace of mind. No more runs. No more anger, even when the revenue officer taxes me: When he is right, I pay. When he is wrong, I fight for my money, but without anger. I am not a wolf, nor a lamb.

I know that there are cancer cells inside me, and someday I will die from them. But while I can keep them as a “benign tumor”, each day is one more to live pleasantly. How many years will they stay quiet? How many are they? Where are they? I do not know, and this does not bother me. I am not looking anxiously for them. My daily nutrition is killing them, wherever they are.

Isn't this diet and life better than to eat and drink wrong things, and be chopped up by the surgeons?

Now you can decide about your life, your diet, and your cancer. Or are you cancer-proof?

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I am still alive and healthy, after 15 years of a melanoma with metastasis!

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Notes:

- 1- At any country and place there are natural foods and drinks which have anticancer activity. I follow a Brazilian “carioca” diet. You may choose those anticancer foods and drinks which are available where you live.
- 2- I wish you a good life, like mine.

Anticancer Natural Nutrition

“Let food be thy medicine and medicine be thy food.” (Hippocrates - 25 centuries ago).

Feed your body and kill your cancer with every meal! (Dr. Leonardo Izecksohn).

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1) Anticancer foods and drinks.

Anticancer foods and drinks are all the natural nutrients which submit the body to a soft chemical intoxication, which is well tolerated by the normal cells, but it is toxic to the cancer cells. Some of these substances are helpful, but most of them are useless and mildly toxic. The normal cells were naturally selected, in the course of the hundreds of thousands years of the human existence, to survive eating the natural foods with these substances and tolerate them well. Each natural food, besides its nutritive components, can have several anticancer substances whose effects are bigger when they are ate as they are on nature. The artificial and industrialized foods and drinks, in spite of delicious and nutritious, have no toxins against the cancers. The nature knows more than we know.

The cancer cells are born defective because they are programmed only to multiply themselves, and they can not live many days with these natural mildly toxic foods. Or the cancer cells die, or they transform (differentiate) themselves into normal cells to survive. So, your cancer extinguishes and you stay alive more some time. Enjoy your days and make them worthy.

The man-made medications for cancer chemotherapy are new toxins, which the mankind never experimented before. So, they intoxicate the cancer cells and also the normal cells. The man-made artificial chemotherapy can only be used for few days, or it will kill you before the cancer does. After some time you must stop the artificial chemotherapy to stay alive, and whether there is still one cancer cell alive, your cancer will relapse worse than before.

The natural nutritious chemotherapy can be ate and drank lifelong because it does not intoxicate the normal cells. I prefer the natural nutrition chemotherapy. Which do you prefer?

2) The natural anticancer foods and drinks are:

- a) Nearly all edible vegetables. Some crude, as garlic, radish and onion. Most cooked, as legumes, cucumber, eggplant, broccoli, cabbage, cauliflower, carrot, tomato, beet, and other vegetables. When edible, the rinds have stronger anticancer toxins than the pulps.
- b) Most edible seeds and nuts. Many seeds and nuts are too much toxic and they are not edible.
- c) Edible fish, crude or cooked. Avoid fried, if possible.
- d) Nearly all fresh fruits and fruits juices, mainly the citric, the tasteful and the colorful ones. Some fruits can be dried, but when they lose their taste or color, they become useless. The fruit-jellies are useless. The peels and rinds are more toxic than the pulps, and many of them are not edible. The seeds are even more toxic than the peels, and most of them are not edible. When ingested entire, the seeds pass by your belly without being absorbed. The "Swiss lemonade", which is prepared with the crushed lemon's rind and seeds, is more toxic than the pure lemon juice.
- e) Green tea without caffeine. Decaffeinated coffee. The caffeine is more carcinogen than anticancer.
- f) Nearly all natural spices and seasonings, as: the several peppers and chilis, curry, cinnamon, cardamon, cloves, ginger, saffron, sesame, etc. The vinegar is not natural, but it is also anticancer. I think that the spices and seasonings are the natural nutrients most toxic against any cancer. Avoid salt and sugar because both feed the cancer.
- g) Most integral cereals cooked, mainly oat. The white flours have no anticancer toxins.
- h) Edible mushrooms, cooked. Many mushrooms are poisonous and they are not edible.
- i) Edible alga. Many algae are not edible, because they are too much toxic.

There are other anticancer foods which I do not know.

j) Summary of the diet: **The best anticancer drugstore is the vegetables-fruits-spices store.**

These foods have their main anticancer and toxic activities when they are ate as they are on nature, mainly crude. Some of them can be dried, cooked, boiled, baked, or as a tea: they lose part

of their toxins but they are still anticancer. The roasting, industrialization, preservation, purification and other preparations can inactivate them against the cancer, disabling their toxins, in spite that they keep their nutritive characteristics. When the natural foods lose their typical tastes, colors or smells, they also lose their anticancer toxins. Fried garlic and onion taste well but worth nothing.

Note: The Propolis essence (concentrate alcoholic solution) is not a nutrition: it is an excellent external medication anticancer. One drop twice daily on the growing lesion, kills the epidermic proliferating cells in about two weeks without killing the healthy cells, provided that you are also eating this diet and killing the cancer cells into you.

3) Four effects of the nutritive toxins:

Each one natural food and drink have various chemical products, which can have four simultaneous and opposing effects in you: Anti-oxidant, Anticancer, Carcinogen, and Toxic.

- a) The **anti-oxidant** effect protects the normal cells to become a cancer, and also protects the cancer cells to be killed.
- b) The **anticancer** effect kills the cancer cells.
- c) The **carcinogen** effect causes a normal cell to become a cancer cell.
- d) The **toxic** effect intoxicates all your body cells, it can cause serious sicknesses and kill you.

Our body eating moderate quantities of these natural mild toxins in the edible foods and drinks, through the many centuries learned to use them as anti-oxidants, and when associated between them, they also become anticancer. We denominate as “edible” those mildly toxic foods and drinks which our normal cells can easily detoxify, but the cancer cells can not detoxify and are killed by them.

Meanwhile, when anyone of these foods or spices is ingested in high dosage, it also can be carcinogenic and toxic until to your normal cells, being able to cause serious illnesses or to kill you. So, to prevent or to stop your cancer, eat and drink many edible natural toxins mixed together, with moderation. It is better and healthier to eat six distinct small and spiced servings together, than one big portion of any natural nutrition.

4) When a cancer sprouts or when you have metastasis:

In case that some cancer sprouts in you, this means that these cancer cells are resistant to your actual nourishment, and your diet to fight against this cancer must be changed immediately.

For a unique cancer or a big metastasis, the best maybe a surgery when feasible, besides this diet.

This diet probably can transform or reduce the growing pace of the more malign cancers, as melanoma and squamous-cell carcinomas, into other not so malign. Meanwhile, it does not stop their slow growing, nor of those not so malign cancers, as the basal-cell carcinomas.

Whether you have various small metastasis, a severe anticancer diet maybe can slow their grow. You can not fail in any meal. This diet can not eliminate them, and they slowly will persist.

The radiotherapy and chemotherapy weaken your body and after them, the next cancer or metastasis can kill you.

Whether you know the cancer you have, you can reinforce your diet with some nutrition more specifically toxic for that cancer or for that organ which originate it, as:

- Epidermic cancers and melanoma: all red and yellow fruits and vegetables with carotene: Mango, carrot, papaya, pumpkin, etc. I do not recommend the synthetic carotene.
- Gastric cancer: Pineapple.
- Brain cancer: the fruit Carambola.
- Lung cancer: Onion.
- However, the main treatment is the entire diet, because no specific nutrition alone is enough for stopping a cancer.

5) Most natural toxins are not edible.

There are many leaves, barks, peels, rinds, tubers, fruits, seeds, roots, woods, saps, flowers, natural poisons, vegetable essences and oils, which are natural and also anticancer but they are not edible: they are strong toxins! Some of these toxins can be used only for few days as medications, prescribed by a physician who knows them very well and control their doses and effects. In spite of being anticancer, they also intoxicate the normal cells and can kill you before the cancer does. "Natural" does not ever means "healthy".

6) Keep healthy your belly!

Your liver, kidneys and bowels must function daily very well with this natural nutrition. Whether you have digestive or other health disturbs, this may mean that your body can not stand so much toxins which you are eating and you must shorten them. With this diet you will not have constipation.

7) The anticancer natural nutrition is for life. Be persistent!

Do not pause your natural anticancer nutrition. Your cancer cells never stop their reproduction. The "cure" of a cancer does not exist: it is only an illusion! There are only temporary "remissions". Each your meal which does not have at least one of these natural foods against the cancer, is a meal that promotes the sprout and the grow of some cancer in you. These anticancer foods must be ate daily in order to protect you against the actual and the future cancers. As most of these foods and drinks have good taste, you may please yourself with your treatment. Your anticancer nutrition is for life.

8) The anticancer natural nutrition must be assorted!

There are too much variation of the cancer cells sensitivity to these natural anticancer foods, drinks and spices. These foods must be associated between them, ate several in the same day or in the same meal, in order to raise to a power their effects against the many kinds of cancer that you can have, and the many distinct cancer cells that each cancer every has. Sometimes, you must change a little your natural nutrition.

9) Your diet must include some animal food.

The strict vegetarian or vegan diet alone can not defend your body against the cancer, it weakens you, and there is no good anticancer defense in a weak body. So, eat your vegetables and spices together with some small portion of an animal food, because although it does not have any anticancer toxin, the animal food strengthen your body's anticancer defenses. You may choose between:

a- Fish: it is my preference.

b- Milk: it is mainly for children. In adults it can cause allergic and digestive disturbs, or some cancer.

c- Cheese: it feeds the melanoma. It can be ate for another cancer.

d- Eggs: preferentially cooked, never fried.

e- Chicken: avoid the skin if you do not want fat.

f- Red meat without fat: a few is good to your health. When ate too much, or preserved with nitrites, smoke or salt, it stimulates the cancer.

There are other animal foods which I do not know.

10) Strengthen your body and mind!

Do not weaken your body or mind. Do not use alcohol or any intoxicant. Be healthy! Don't stay depressed. You need to keep strong your body and mind to win this daily war inside you. Do not spoil your life.

11) Do not feed your cancer!

Avoid alcohol, cake, chocolate, jelly, sugar, salt, chemicals, food preservatives, dyes, cookies, nicotine, caffeine, colas, cheese, margarine, dairy, pork, greasy or fried foods. Shorten the wheat bran (bread, pizza and macaroni) as you can. All these foods also feed your cancer.

Only take vitamins, medications or dietary supplements when entirely necessary. They can help you against one cancer and cause another one in you. With this above diversified diet, you will not need any of these.

12) We are mortals!

This anticancer natural diet can give you more months or years to live healthily, but it can not give you the immortality. To die is natural, and it will occur one day. Be ready for it.

Niterói, Rio de Janeiro, Brazil, September 01, 2013.

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Be healthy in body and mind to stay away from a cancer

“Mens sana in corpore sano”(Healthy mind in a healthy body): It has 20 centuries and it is still true.

- 1)- Do not keep any vice: To stay alive and healthy is better!
- 2)- Work daily. Be helpful to someone, to your family or to the community. Deserve your daily food.
- 3)- Do not prejudice anybody. Avoid anything that you may be sorry. Be in peace with yourself and with the others. Be true. Do to the others what you want they should do to you.
- 4)- Sleep well, when your body asks for it. A nap after lunch is excellent. Do not use medications to artificially sleep, because they are not healthy. If necessary, study or exercise before sleep, to be tired enough. Being awake, get out of bed and engage yourself in something useful.
- 5)- Walk and exercise enough to improve your body, to prevent the constipation and to breathe well.
- 6)- Meditate daily, how much you need. Talk with God whenever necessary, hear Him and do what He disposes. Meanwhile, do not spend all your day meditating.
- 7)- Read something useful and happy. Study and discover new things.
- 8)- Keep your environment happy and healthy. Hear pleasant music. See pleasant shows. Smile.
- 9)- Avoid any depressive news, shows, people and environments. Avoid unnecessary stress.
- 10)- Take care of yourself. Defend your rights.
- 11)- Try to solve the disagreements and conflicts. Be in good relation with near people and all close relatives.
- 12)- Dine at least three hours before sleeping at night. Sleep with an empty belly, but not with hunger.
- 13)- Keep a healthy weight. Eat healthily, a little less than you want. Chew slowly and well.
- 14)- Eat real food, natural, as chicken, fish, seeds, fruits, juices, greens, cereals, vegetables, spices. Don't eat unnatural or synthetic foods or drinks. Milk is for children.
- 15)- Don't feed your cancer. Avoid caffeine, alcohol, fats, sugar, salt, toxins, artificial foods, sweeteners and food additives, which in spite of being delicious, they can feed your cancer. Don't take unnecessary medications.
- 16)- Update your vaccination schedule. Take around one regular vaccine yearly.
- 17)- Take care of your body sensations and needs, and keep him healthy. Expend your hormones and excessive energy with exercise, work and sex, as much as your body asks for it: not too few, nor too much. “Retentum semen, venenum est”, from ancient Rome, is not a joke. Don't abuse your body and he will stay away from a cancer.

Niterói, Rio de Janeiro, Brazil, October 13, 2012.

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