

Boosting the Immune System

It is with concern for your and your loved one's health that I share the following information to you that I have put together for those who may be struggling with health issues.

Strengthen the body and body will heal itself!

If you are open, I'd like to share what I've found about fighting cancer and other diseases.

Read through this letter before following any links, just to get a good overview.

Cancer generally is a sign that the body is toxic and the explosion of cancer cells has happened due to a confused and deficient immune system. By strengthening the immune system and eliminating toxins in the body which are reducing the immune system strength, the body will often naturally eliminate the cancer.

Here are my recommendations based upon what I've used personally and studied up on. If you are dealing with a serious issue, my recommendation is to use a combination of healing methods – don't be stingy with time or financial resources. If it's your or your loved one's life, fight for it!

Cayenne Pepper

Cayenne is a powerful disease fighter as well as increases circulation to an affected area. While cayenne will burn at first, it only burns intestinally when one has toxins on board; when one is cleared intestinally, it stops burning. A number of my associates, my wife, and I all take cayenne daily and attest to its effectiveness. In fact, it is by far the most effective thing I've taken against colds, flu's and other ailments, far exceeding any antibiotics or antiviral drug's effectiveness.

Take cayenne pepper capsules daily (one supplier is Nature's Way, a green capped bottle). I take one capsule in the morning, one at night. When fighting an illness, I take 2 capsules at the same time along with 2 Airborne tablets dissolved in water (\$5.99 on sale for a tube of 10 or 12). Works great! I would recommend that you or your loved one that is fighting an illness take 2 or 3 capsules in the morning and again in the evening.

Flaxseed Oil

Flaxseed oil is a powerful immune booster, cancer fighter, cholesterol reducer, and blood pressure reducer. It is much more effective at fighting certain types of cancer than chemotherapy, at much less cost. Flaxseed oil is an entirely high-grade vegetable form of Omega-3 oil (essential fatty acids "EFA") similar to that found in Salmon Oil, but with reduced possibility of chemical concentration that often happen with animal extracts. I take 1 gel daily, though for the person that is struggling with health issues, I would recommend 2 or 3 gels taken morning and evening daily for a while. I purchase a canister at Costco Wholesale, though Fred Meyer should carry some as well. Even better is the consumption of granulated organic flax seed. Take at least 2 tablespoons daily mixed with juice, water, baked goods, cereal, etc. It's rather flavorless.

Nutritional Supplementation

I have supplemented for years and found that it has been very helpful in slowing down the aging process and giving me much more energy than those that don't. I found that the Kirkland brand "Premium Performance Vitamins" from Costco are quite inexpensive compared to more expensive brands (such as Nutrilite Double-X or Juice Plus) and are quite effective. [BTW: I found their Costco's Vitalert raised my heartbeat due to some herbal stimulants and can't recommend it. Centrum's high performance supplement may lead to some unusual side effects (experienced) so I can't recommend that one, though the Centrum Silver is pretty good]

Transfer Factors

Transfer Factor Plus by 4Life Research is likely the highest immune boosting compound one can take, boosting one's immune system by around 450%. It was designed to be a cancer fighter. It contains tiny molecules extracted from bovine colostrums and now also from egg yolks that contain biochemical information on how to fight off various pathogens including cancer and many viruses. In addition, each capsule contains an assortment of the highest immune boosting substances proven over time (except for Echinacea which reduces in effectiveness if taken over time). My wife and I have used it with good results, though it's so powerful that I can only take it for several days in a row. My wife can take it continuously. Check online for a supplier.

Detoxification is extremely important to fighting off disease

According to insiders at the Sloan-Kettering Cancer Institute, 100% of tumors removed (via surgery at their center) contained pesticides, herbicides and other heavy metals. The chemicals we encounter in our modern lives are astounding: pesticides on foods we eat, herbicides and pesticides in our yard, food additives in most processed foods and at fast food restaurants with proven neuro-toxicity (specifically MSG (and its varied names), Aspartame (NutraSweet, Equal), aluminum compounds and food colorings).

Washing fruits and vegetables (that you don't plan on peeling) very thoroughly is extremely important and purchasing and eating organic foods is the best. Eat foods in as natural state as possible, preferably raw (with live enzymes). This is especially true for those fighting cancer. They need the live enzymes. Microwaving food may destroy many of the beneficial enzymes.

The three best methods of detoxification (my opinion based upon my research) are:

Sauna: According to Dr. Zane Gard, a leading toxicologist, long duration (more than 30 minutes) exposure in a sauna (140 degree F is fine), helps the fat cells release the toxins they are holding. The toxins then enter the circulatory system where they are flushed out through sweat, respiration, your kidneys and liver. Nearly every time I go to the fitness club, prior to working out, I use the sauna to help increase heart rate, circulation, respiration, etc. and afterwards as a system flush. The sauna is kept rather hot at 180 degrees, so I use the lower of the two benches where it's cooler. In addition, when I'm fighting a bug, I will superhydrate (drink several quarts of water or Gatorade equivalent) and spend 60-90 minutes in the sauna, drinking water and cooling the head throughout the process. Dr. Gard says that this is much more effective than an herbal cleanse or chelation

therapy in rapidly removing toxins. If you want to try a sauna and don't have access to one, see if your local health club (which has a sauna) will give you a 7 or 10-day trial of their facilities. I would start slow (15-20 minutes) and work up to a longer duration. For an even faster detox, use an ingestible binding agent/detox mineral such as activated Zeolite drops or a Calcium Montmorillonite clay (call for availability)

Detox Clay: This is a real intriguing method that recently came to my attention. Certain types of clay have alkaline and negative ionic properties that bind to harmful bacteria and viruses and draw heavy metal toxins, etc., out of the body quickly. Montmorillonite clay and others (magnetic clays) have been used successfully internally and externally to fight disease. While some use baths with clays, I prefer the ingestible forms as they work quicker and more thoroughly.

Another clay product is a zeolite drop. Clear, colorless, the negatively charged zeolite absorbs heavy metal toxins and when those have been absorbed, acts like a Trojan horse to destroy cancer cells by bonding onto the cancer cell surface, penetrating the cell lining and causing the cells to release a necrosis factor that destroys the cancer cell. Waiora seems to have the best-promoted/best-studied product but it can be bit expensive (\$200 retail/\$160 wholesale for 4 bottles of drops that will last a month – do it for 3 months, then go to a maintenance dose). See <http://zeoliteliquid.com/> for a less expensive brand. But if cancer or other toxin-created conditions are a problem, it will be money well spent. You may be able to find competing products at a reduced price.

Fasting Detox (see link for details)

<http://www.shirleys-wellness-cafe.com/fasting.htm>

I've read a number of examples of those who have fasted and overcome various diseases. It can be an inexpensive way to go if you focus on a pure water, fruit juice or vegetable juice fast. There are a variety of books on the subject if you want to dig into it more. If fasting without the extreme hunger cravings is something you prefer, consider the use of a green juice powder in conjunction with the binding agent/clays mentioned earlier.

Detoxification Methods from <http://www.shirleys-wellness-cafe.com/detox.htm> Among the several therapies available for detoxification, some are more intrusive or more difficult to implement than others, especially for a busy working person.

- [Fasting](#) - "Proven throughout history for physical, mental and spiritual rejuvenation, fasting promotes cleansing and healing; helps normalize weight, blood pressure, cholesterol; rebuilds the immune system and helps reverse the aging process." Patricia Bragg Ph.D
- [Terramin Clay Baths](#) to detox Heavy Metal and Chemical Toxicity
- [Salt Water Hydrotherapy and Sole \(So-lay\)](#) one can balance the pH factor and get rid of heavy metals such as lead, mercury, arsenic, amalgam.
- There have been numerous studies on [Chlorella's detoxifying effect](#) on cadmium, heavy metals, PCBs, and chlordecone (a harmful insecticide). In addition there have been recent findings of chlorella's potential radioprotective effect against Gamma-rays.
- [Wheatgrass and other green juices](#) cleanse the lymph system, build the blood, remove toxic metals from the cells, nourish the liver and kidneys and restores vitality.

- [Marine Plants and Fresh Water Algae](#) targets hidden nutritional deficiencies and detoxifies the body.
- [Therapeutic Clay](#) "In addition to the role it plays as a potent detoxifier, "Calcium Montmorillonite Clay" has also been used extensively in the treatment of pain, open wounds, colitis, diarrhea, hemorrhoids, stomach ulcers, intestinal problems, acne, anemia, and a variety of other health issues." Dr. Cohen
- [Herbal formulas to cleanse and purify](#) - Assists the body's natural ability to cleanse/detox and restore balance.
- [Homeopathy](#) New studies show that homeopathic medicine is effective in treatment of toxic exposure to various types of poisoning. As reported in Newscientist.com (Oct. 22, 2003), researchers treated infected mice with homeopathic Arsenicum Alb, which reduced the toxicity in the livers of the mice.
- [A strong immune system](#) removes toxins (harmful heavy metals) and damaged cellular material.
- [Deep breathing](#) is one of the most important things you can do to detox the lymphatic system for maintaining your health.
- [Exercise is critically important for detoxification](#) - Why do some people NEVER give their bodies any exercise?
- [The Role of Pure Water in Detoxification](#) It is essential to drink plenty of pure water to detoxify

Well, I hope these suggestions are helpful for you and your family.

Cancer doesn't have to be something that terrifies or controls us, once you know how to eliminate it.

Let me know how I may be of assistance to you and if you found the foregoing helpful.

Ed Meelhuysen

P.S. The following web page also has a fair amount of other information on cancer and eliminating it through natural means. <http://www.shirleys-wellness-cafe.com/cancer.htm>

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