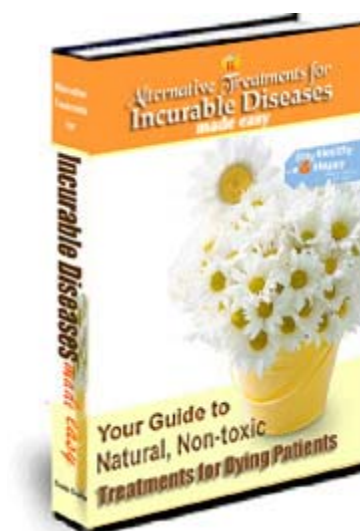


Treatments for Incurable Diseases *"The Complete Guide to Self-Healing"*



We know you can't believe that this book is FREE, This eBook will teach you valuable information about how disease develop and how simple changes in your diet may prevent and cure serious illness. We encourage you to share this information with your friends and family, just attach [Treatments-4--incurable-diseases.pdf](#) file to your e-mail or tell them to visit our [source page](#) to get theirs, so they can Overcome the So-called Incurable Diseases or Any Health Problem and Never Worry Again!

Grata Young MD

[Http://www.treatments-4-incurable-diseases.us](http://www.treatments-4-incurable-diseases.us)

Overcome Diseases and Never Worry Again!

How would you like to be certain about how to take control of your serious illness, and not depend on a doctor or some medication? What if I told you it is very simple: changing your diet....and reading my book would provide you with the right specialized knowledge on exactly how to do it?

What would it mean to you, if I could give you the ‘insider information’ on what causes diseases and how your body functions...what harms you...what is most effective in eliminating them...and how your illness can be cured by Natural Methods step by step...even so-called incurable disease? Would you think that would be of **tremendous value** to you? Possibly thousands of dollars?

Some people spend their lives going in and out of doctors’s surgeries and hospitals, looking for help with their disease. Their credit cards are worn thin with overuse at the specialists’clinic, charging thousands each session.

Can you afford to live like this?

Can you afford NOT TO HAVE the information you need to help rid of your illness?

Now imagine a new life. A life that free from all that worry and fear. A life in which you really start living again. A life that we can help you

find.

You could soon be getting out of bed each morning with more energy, feeling great and knowing your illness is a thing of the past. And you can have all the information you need to get started TODAY, delivered to your computer in only a few minutes.

You will start to feel happy. Why? Because, probably for the first time for as long as you can remember, you're going to see a light at the end of the tunnel. To see a way out. A way forward. You start to quickly imagine yourself doing all the things that you used to when you were healthy.

Chapter 1**Diets To Heal The Critically Ill****Chapter 2****Diet For The Chronically Ill****Chapter 3****Diet For The Acutely Ill****Chapter 4****Balancing the pH to Cure Diseases****Chapter 5****How Much Healing Power Can Still
be Left in a Dying Body?**

Chapter One Diets To Heal The Critically Ill

A critically ill person is someone who could expire at any moment; therapeutic interventions are racing against death. Can the body repair itself enough before some essential function ceases altogether? If there already exists too much damage to vital organs the person will die. If there remains sufficient organ function to support life, enough vital force to power those functions, and a will to live, the body may heal itself if helped by the correct therapeutic approach. But the therapy does not do the healing; the body does that by itself—if it can. This reality is also true of allopathic medicine.

I believe fasting is the therapy that almost invariably gives a critically ill person their very best chance of recovery. If a patient dies while fasting they almost certainly would have died anyway, and if death comes while fasting, it will be more comfortable, with less pain, and with more mental clarity.

Critically ill people may have, among other things, any of the following diagnoses: advanced cancer, advanced aids, heart failure, very high blood pressure, kidney failure, advanced liver disease, advanced emphysema.

Food In The Order Of Digestive Difficulty

Individual digestive weaknesses and allergies are not taken into account in this list:

Hard To Digest: Meat, fish, chicken, eggs (if cooked), all legumes including soy products, peanuts and peanut butter, beans, split peas, lentils, chick peas, dairy products such as cheese, milk, butter milk, nuts and seeds and their butters.

Intermediate: all grains--quinoa, amaranth, millet, spelt, rye, wheat, oats, barley.

Fairly Easy: Brussels sprouts, green beans, green peas, broccoli, cauliflower, raw cultured milk products, asparagus, cabbage, sprouts, especially bean sprouts, kale, other leafy greens.

Very Easy: fruits, vegetable juices, fruit juices, broth (clear).

No Effort: herbal tea, water.

pneumonia or other catastrophic infections, especially those that seem unresponsive to antibiotics, strokes, emboli, sclerotic vessels as found in arteriosclerosis, severe nerve degeneration interfering with nerve transmission to vital organs.

Treating the critically ill does not have to be an all or nothing, ideological choice between holistic medicine and AMA style medicine. It is important for the critically ill and their families to know that if they use

standard medical treatment such as drugs or surgery, these measures can and should be combined with natural healing methods. It is always desirable to quit all addicting substances, start a whole foods diet, (as light as possible), and add meganutrition (supplements) to the medical doctor's treatments. Few medical doctors are so arrogantly partisan as to assert that natural measures will do any harm as long as the MD is still allowed to prescribe as they please.

Holistic support will not only lessen the side effects of the medical treatments but will speed up healing and often reduce the required dose of prescribed drugs.

I have had several clients with cancer who chose to have surgery, radiation and chemotherapy, but stayed on a raw food diet and took high doses of supplements throughout the treatment. These people amazed the attending physician by feeling good with little if any fatigue, no hair loss, or flu symptoms. The same can be true of other conditions.

Ethyl always comes to my mind when I think of how much healing power can still be left in a dying body. She (accompanied by her husband for support) came to Great Oaks School with terminal cancer, heart failure, advanced diabetes, extreme weakness, and complete inability to digest. Any food ingested just came back up immediately. Ethyl had large tumors taking over the breast, sticking out from her skull, and protruding from her body in general. The largest was the one in the left breast which

was the size of a big man's fist.

She did have one crucial thing going for her, Ethyl was a feisty Irish red head who still had a will to live, and a reason to do so. She and her husband, who had just retired, had dreamed their whole life of touring the US and Canada in their own RV the minute he retired. The time had finally arrived but Ethyl was too ill to support her own weight (only 90 pounds) and to top it off was blind from diabetic retinopathy. The doctors had done everything they could to her, and now judged her too weak to withstand any more surgery (she had already had her right breast removed). Radiation or chemotherapy were also considered impossible due to heart failure. They sent Ethyl home to die, giving her a few days to a month at most.

Any sensible hygienist trying to stay out of jail would have refused to take on this type of case because it was a cancer case where death was likely. Treatment of this highly lucrative disease is considered the AMA's exclusive franchise, even when the medical doctors have given up after having done everything to a body the family can pay for or owe for. Whenever a person dies under the care of any person who is not a licensed M.D. there must be an autopsy and a criminal investigation in search of negligence. If the person dies under the care of an M.D. the sheriff's assumption is that the doctor most assuredly did everything he could and should have done and death was inevitable. By accepting Ethyl

I had a reasonable likelihood of ending up in trouble; but being foolish, brave and (stupidly) feeling relatively immune to such consequences (I was under 40 at the time), it seemed important to try to help her. So, undaunted by the task, regardless of the outcome, I proceeded logically, one step at a time. Today, with more experience and a modest net worth I wouldn't want to have to defend in a lawsuit, and at age 55. possessing no spare five to ten years to give to the State to "pay" for my bravery, I would probably refuse such a case. Fortunately I have not been confronted with this problem lately.

Since Ethyl was unable to digest anything given by mouth, she was fed rectally with wheat grass juice implants three times a day. She was carried to the colonic table for a daily colonic. Wheat grass and clay poultices were applied to her tumors three times a day. She received an acupressure massage and reflexology treatments during the day, plus a lot of tender loving care. This program continued for a month during which the tumors were being reabsorbed by the body, including the large, extremely hard tumor sticking out the flesh of the right breast.

Ethyl complained of severe pain as the large tumor in her breast shrank. While it had been getting larger and pressing ever harder on all the nerves, she had little or no sensation, but as it shrank, the nerves were reactivated. Most people think that a growing tumor would cause more pain than a shrinking one. Often the opposite is true. Pain can be a good sign that the

body is winning, an indicator to proceed.

By the second month, Ethyl, gradually gaining strength, was able to take wheat grass and carrot juice orally, and gradually eased into raw foods, mostly sprouts and leafy greens such as sunflower and buckwheat greens grown in trays. She started to walk with assistance up and down the halls, no longer experiencing the intense pain formerly caused by a failing heart, and most surprising of all, her eyesight returned, at first seeing only outlines, and then details.

The third month Ethyl enlarged her food intake to include raw foods as well as the carrot and wheat grass juice and sprouts, plus vitamin and mineral supplements to help support her immune system and the healing process. All the tumors had been reabsorbed by her body and were no longer visible, her heart was able to support normal activity such as walking, and nonstrenuous household chores, and her diabetes had corrected itself to the point that she no longer required insulin and was able to control her blood sugar with diet.

Her husband was then instructed in her maintenance and they went home to continue the program. The last I heard from them they had made two lengthy trips around the US in their RV and were enjoying their retirement together after all. My treatment worked because the most important factor in the healing of the critically ill person is not give them more nourishment than their body is able to process. The moment the

digestive capacity of the sick person is exceeded, the condition will be exacerbated and in a critically illness, the person is likely to die. If the body still has sufficient organ integrity and vital force to heal itself, it will do so only if given the least possible nourishment that will support life—provided no essential organs are hopelessly damaged. If the liver and kidneys are functional, and the person has done some previous dietary improvement and/or cleansing, success is likely, especially if the person wants to live.

A person in critical condition does not have time to ease into fasting by first spending a month or two on a raw foods diet. This means that the person who is taking care of the critically ill person must be experienced enough to adjust the intensity of the body's healing efforts and accurately assess the ability of the person to process toxic waste products clamoring for removal so the ailing body is not drowned in it's own poisons. It is often necessary to use clear vegetable broth, vegetable and wheat grass juices, and fruits juices, or whole sprouts to slow down the cleansing gradient and sometimes, to resupply the tissue's exhausted nutritional reserves.

I wish all cases of critical illness had such a positive outcome as Ethyl's, but unfortunately they don't. I had Marge on the same program at the same time. She also had cancerous tumors all over her body and had similarly been sent home to die. In some ways Marge's body was a more

likely candidate for survival than Ethyl's. Marge did not have heart failure or diabetes and was still able on arrival to at least take small amount of water orally and walk to the bathroom. Put on a similar program, her tumors also shrunk and were reabsorbed and she too went home.

But Marge did not really have a strong reason to live. Although her husband was by her side throughout the treatment program, Marge was deeply upset because she was estranged from one of her sons who she had not seen for over 10 years. When she went home from Great Oaks, the son finally consented to see his mother, went to the effort of trying to work things out with her, and finally confessed that under it all he still loved her.

At that point Marge died in peace. She had accomplished the last thing she wanted to take care of and her will to live did not extend beyond that point. Had she died several months earlier as predicted by the medical profession, Marge would have been unable to resolve this relationship. This was what Marge's life was pivoting on at the end. I was glad to assist her in doing what she needed to do. Her husband and other family members found it difficult to understand, and they were hurt that Marge did not wish to continue her life with them.

Chapter Two Diet For The Chronically Ill

The chronically ill person has a long-term degenerative condition that is not immediately life threatening. This condition usually causes more-or-less continuous symptoms that are painful, perhaps unsightly, and ultimately will be disabling or eventually capable of causing death. To qualify as “chronic” the symptoms must have been present a minimum of six months, with no relief in sight. People with these conditions have usually sought medical assistance, frequently have had surgery, and have taken and probably are taking numerous prescription drugs.

Some examples of chronic conditions are: arthritis, rheumatism, diabetes, early onset of cancer and aids, asthma, colitis, diverticulitis, irritable bowel syndrome, some mental disorders, arterial deposit diseases, many of the itises (inflammations).

Before fasting, the chronically ill often do have time to prepare the way with limited dietary reform, and frequently begin to feel relief quite quickly. Before actually fasting they should limit their diet to raw foods and eliminate all toxic foods like alcohol, coffee, tea, salt, sugar and recreational drugs for two months if they have been following a typical American diet.

If the chronically ill had been following a vegetarian diet, perhaps a diet

including with eggs and dairy, if they had been using no addicting substances, then one month on raw foods is sufficient preparation for fasting. If the person had water or juice fasted for at least a week or two within the last two years, and followed a healthy diet since that time, one or two weeks on raw foods should be a sufficient runway.

During preparation for a fast, I never recommend that a chronically ill person quit taking prescription medicines because doing so can seriously disrupt their homeostasis. However, if their symptoms lessen or vanish during the pre-fasting clean up, the person might try tapering off medications.

The length and type of fast chosen to resolve a chronic illness depends largely on available time, finances, availability of support people, work responsibilities, and mental toughness. If you are one of those fortunate people rich enough to give their health first priority, long water fasting is ideal. If on the other hand you can't afford to stop working, have no one to take care of you and assist with some household chores, and/or you are not mentally tough enough to deal with selfdenial, compromise is necessary.

Ideally the chronically ill person would fast for an extended period under supervision until their symptoms were gone or greatly improved, with a fall-back plan to repeat the whole process again in three to six months if necessary. If you are not able to do that, the next best program is to fast

for a short period, like one or two weeks, with a plan to repeat the process as often as possible until you are healed.

I have had clients with potentially life-threatening conditions such as obesity with incipient heart failure, or who came to me with cancer, that were unable to stop work for financial reasons, or who could not afford a residential fasting program, or who felt confident in their own ability to deal with detoxification in their own home. These people have fasted successfully at home, coming to see me once a week. Almost inevitably, successful at-home fasters had already done a lot of research on self healing, believed in it, and had the personal discipline to carry it out properly, including breaking the fast properly without overeating.

Foods To Heal Chronic Illness				
Sprouts Baby	Greens	Salad	Juices	Fruit
alfalfa	sunflower	lettuce	beet	grapefruit
radish	buckwheat	celery	celery	lemon
bean	zucchini	zucchini	lime	lime
clover	kale	kale	orange	orange
fenugreek	endive	radish	parsley	apple
wheat		tomato	tomato	raspberries
cabbage		cabbage	cabbage	blueberries
		carrot	carrot	grapes
		spinach	apple	peaches
		parsley	grapefruit	apricots
		sweet pepper	lemon	strawberry

Fruits should be watery and lower in sugar. Some examples of poor fruit choices would be pineapple, ripe mango, bananas, dates, raisins, figs. Fruits should not be combined with vegetables.

Vegetables should not be starchy, packed-full of energy. Poor vegetable choices would be potato, parsnip, turnip, corn, sweet potato, yam, beet, winter squash. Sprouts and baby greens are vegetables and may be included in salads.

Juices should not be extremely sweet. Apple, orange, beet and carrot juice should be diluted with 50% water. Fruit juices should not be mixed with vegetable juices or with vegetables at the same meal.

Salads should include no fruit. Salad dressings should be lemon or lime juice, very small quantities of olive oil, and herbs. No salt, soy sauce nor black pepper.

Cayenne can be okay for some.

I have also helped chronically ill people that were not mentally prepared to water fast, but were able to face the long-term self-control and deprivation of a raw food cleansing diet that included careful food combining. These people also regained their health, but it took them a year at minimum, and once well they had to remain on a diet tailor-made to their digestive capacity for the rest of their life, usually along with food supplements.

Jim was such a case. He was 55 years old, very obese, had dangerously

high blood pressure poorly controlled with medication, and was going into congestive heart failure. He was on digitalis and several other heart medications plus diuretics, but in no way was his condition under control. He had severe edema in the feet and legs with pitting, and fluid retention in the abdominal region caused a huge paunch that was solid to the touch not soft and squishy like fatty tissue.

Jim had long dreamed of having his own homestead with an Organic garden and now he had these things but was too sick to enjoy them or work in his garden without severe heart pain and shortness of breath. Jim had retired early in order to enjoy many years without the stresses of work, and he was alarmed to realize that he was unlikely to survive a year.

The day Jim came to see me the first time I would have classified his condition as critically ill because his life was in immediate danger; but he responded so quickly to his detox program that he was very soon out of danger and would be more accurately described as a chronically ill person. Jim was not prepared to water fast. He was attached to having his food and he was aware that at his extreme weight he was going to have stay on a dietary program for a long, long time. He also wanted to choose a gradient that he could manage by himself at home with little assistance from his wife. He had been on a typical American diet with meat, coffee, etc., so that in spite of his dangerous condition it did not seem wise to me

to add the heavy eliminatory burden of a water fast to a body that was already overwhelmed with fluids and waste products.

Jim immediately went on a raw food cleansing diet, with no concentrated foods like nuts, seeds, or avocados, and with one day each week fasting on vegetable juice and broth. He did enemas daily even though it wasn't his favorite thing. In one month he had lost 30 pounds, his eyes had started to sparkle, and his complexion was rosy. The swelling had disappeared from his feet and legs, and he had to buy new pants.

Starting the second month he gradually withdrew from prescription medications. From the beginning I had put Jim on a program of nutritional supplements including protomorphogens (see chapter on vitamins and food supplements) to help the body repair its heart and the kidneys. In only four months he had returned his body to glowing health, and looked great for his age, though he was still overweight. At the end of one year he had returned to a normal weight for his height, and only cheated on the diet a couple of times when attending a social event, and then it was only a baked potato with no dressing.

He was probably going to have many qualitative years working his garden and living out his dreams. The local intensive care ward lost a lot of money when they failed to get Jim.

Chapter Three Diet For The Acutely Ill

The acutely ill person experiences occasional attacks of distressing symptoms, usually after indiscretions in living or emotional upsets. They have a cold, or a flu, or sinusitis, or a first bout of pneumonia, or a spring allergy attack. The intense symptoms knock them flat and force them to bed for a few days or a week. If they are sick more often than that, they are moving toward the chronically ill category.

People who are acutely ill should stop eating to whatever extent that they are able until the symptoms are gone. During an acute illness, the appetites is probably pretty dull anyway, so why not give a brief fast on water or fruit juice a try.

Most acute conditions are short in duration, usually not lasting more than a week. Allergy attacks, some types of flu, and a first bout of pneumonia may well last for three weeks or a month. The general rule is to eat as little as possible until the symptoms have passed, self-administer colon cleansing, even if you have a horror of such things, and take vitamin supplements, including megadoses of Vitamin C, bioflavinoids, and zinc. (See the chapter on vitamins.) Those having a little experience with natural medicine make teas of echinacea, fenugreek seeds and red clover and quit eating. Eating as little as possible can mean only water and herbal teas, only vegetable broth, only vegetable juice or non-sweet fruit

juice, even only cleansing raw foods. If you eat more than this you have not relieved your system of enough digestive effort.

After your symptoms are gone it is very important to change your life-style and improve your diet so that you aren't so toxic and don't have to experience an acute illness several times a year when your body is forced to try an energetic detox.

Chapter Four Balancing the pH to Cure Diseases

Total healing of illness only takes place when and if the blood is restored to a normal, slightly alkaline pH

Human blood stays in a very narrow pH range right around (7.35 - 7.45). Below or above this range means symptoms and disease. If blood pH moves to much below 6.8 or above 7.8, cells stop functioning and the patient dies. The ideal pH for blood is 7.4

An alkaline pH can occur from an alkaline forming diet, An alkaline balance will: increase the body's ability to absorb minerals and other nutrients, increase the energy production in the cells, increase it's ability to repair damaged cells, increase it's ability to detoxify heavy metals, and most important is that **disease cannot survive in an alkaline state and yet they thrive in an acidic environment.**

...ALKALINE FOODS...	...ACIDIC FOODS...
ALKALIZING VEGETABLES	ACIDIFYING VEGETABLES
Alfalfa	Corn
Barley Grass	Lentils
Beet Greens	Olives
Beets	Winter Squash
Broccoli	

Cabbage

Carrot

Cauliflower

Celery

Chard Greens

Chlorella

Collard Greens

Cucumber

Dandelions

Dulce

Edible Flowers

Eggplant

Fermented Veggies

Garlic

Green Beans

Green Peas

Kale

Kohlrabi

Lettuce

Mushrooms

Mustard Greens

Nightshade Veggies

Onions

Parsnips (high glycemic)

Peas

Peppers

Pumpkin

Radishes

Rutabaga

ACIDIFYING FRUITS

Blueberries

Canned or Glazed Fruits

Cranberries

Currants

Plums**

Prunes**

ACIDIFYING GRAINS, GRAIN**PRODUCTS**

Amaranth

Barley

Bran, oat

Bran, wheat

Bread

Corn

Cornstarch

Crackers, soda

Flour, wheat

Flour, white

Hemp Seed Flour

Kamut

Macaroni

Noodles

Oatmeal

Oats (rolled)

Quinoa

Rice (all)

Rice Cakes

Sea Veggies

Spinach, green

Spirulina

Sprouts

Sweet Potatoes

Tomatoes

Watercress

Wheat Grass

Wild Greens

ALKALIZING ORIENTAL

VEGETABLES

Daikon

Dandelion Root

Kombu

Maitake

Nori

Reishi

Shitake

Umeboshi

Wakame

ALKALIZING FRUITS

Apple

Apricot

Avocado

Banana (high glycemic)

Berries

Blackberries

Rye

Spaghetti

Spelt

Wheat Germ

Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk

Black Beans

Chick Peas

Green Peas

Kidney Beans

Lentils

Pinto Beans

Red Beans

Rice Milk

Soy Beans

Soy Milk

White Beans

ACIDIFYING DAIRY

Butter

Cheese

Cheese, Processed

Ice Cream

Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews

Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Raisins
Raspberries
Rhubarb
Strawberries
Tangerine
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

ALKALIZING PROTEIN

Almonds

Legumes
Peanut Butter
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish

Chestnuts

Millet

Tempeh (fermented)

Tofu (fermented)

Whey Protein Powder

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES &

SEASONINGS

Chili Pepper

Cinnamon

Curry

Ginger

Herbs (all)

Miso

Mustard

Sea Salt

Tamari

ALKALIZING OTHER

Alkaline Antioxidant Water

Apple Cider Vinegar

Bee Pollen

Fresh Fruit Juice

Green Juices

Lecithin Granules

Mineral Water

Shrimp

Tuna

Turkey

Veal

Venison

ACIDIFYING FATS & OILS

Avacado Oil

Butter

Canola Oil

Corn Oil

Flax Oil

Hemp Seed Oil

Lard

Olive Oil

Safflower Oil

Sesame Oil

Sunflower Oil

ACIDIFYING SWEETENERS

Carob

Corn Syrup

Sugar

ACIDIFYING ALCOHOL

Beer

Hard Liquor

Spirits

Wine

Molasses, blackstrap

Probiotic Cultures

Soured Dairy Products

Veggie Juices

ALKALIZING MINERALS

Calcium: pH 12

Cesium: pH 14

Magnesium: pH 9

Potassium: pH 14

Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

ACIDIFYING OTHER FOODS

Catsup

Cocoa

Coffee

Mustard

Pepper

Soft Drinks

Vinegar

ACIDIFYING DRUGS &

CHEMICALS

Aspirin

Chemicals

Drugs, Medicinal

Drugs, Psychedelic

Herbicides

Pesticides

Tobacco

ACIDIFYING JUNK FOOD

Beer: pH 2.5

Coca-Cola: pH 2

Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body

Chapter Five How Much Healing Power Can Still be Left in a Dying Body?

Jessie always comes to my mind when I think of how much healing power can still be left in a dying body. She (accompanied by her husband for support) came to my Clinic with **terminal cancer, heart failure, advanced diabetes, extreme weakness,** and complete **inability to digest.** Jessie had large tumors taking over the breast, sticking out from her skull, and protruding from her body in general.

She did have one crucial thing going for her, Jessie was too ill to support her own weight (only 90 pounds) and to top it off was blind from diabetic retinopathy. The doctors had done everything they could do to her, and now judged her too weak to withstand any more surgery (she had already had her right breast removed). Radiation or chemotherapy were also considered impossible due to heart failure. They sent Jessie home to die, giving her a few days to a month at most.

By accepting Jessie I might get into **trouble,** but it seemed **necessary** to **help** her.

Since Jessie was unable to digest anything given by mouth, she was fed with **wheat grass juice** implants three times a day. She was carried to the colonic table for a daily colonic. Wheat grass and clay poultices

were applied to her tumors three times a day. She received an acupressure massage and reflexology treatments during the day, plus a lot of tender loving care. This program continued for a month during which the **tumors** were being **reabsorbed** by the body, including the large, extremely hard tumor sticking out the flesh of the right breast.

Jessie complained of severe **pain** as the large tumor in her breast **shrank**. While it had been getting larger and pressing ever harder on all the nerves, she had little or no sensation, but as it shrank, the nerves were reactivated. Pain can be a good sign that the body is winning, an indicator to proceed.

By the second month, Jessie, gradually gaining **strength**, was able to take wheat grass and carrot juice orally, and gradually eased into **raw foods**, mostly **sprouts** and **leafy greens** such as sunflower and buckwheat greens grown in trays. She started to walk with assistance up and down the halls, no longer experiencing the intense pain formerly caused by a failing heart, and most surprising of all, her **eyesight returned**, at first seeing only outlines, and then details.

The third month Jessie enlarged her food intake to include raw foods as well as the carrot and wheat grass juice and sprouts, plus vitamin and mineral supplements to help support her **immune system** and the healing process. **All** the tumors had been reabsorbed by her body and were no longer visible, her heart was able to support normal activity such as

walking, and nonstrenuous household **chores**, and her **diabetes** had **corrected itself** to the point that she no longer required insulin and was able to control her **blood sugar & pH** with diet.

Her husband was then instructed in her maintenance and they went home to continue the program. The last I heard from them they had made two lengthy trips around the US in their RV and were enjoying their retirement together after all.

Who Can This Book Help: Quite informative eBook and EASY to read/understand. The information is appropriate for patients, family members, and caregivers. This book combines insights and inspiration with practical information and sensible suggestions for coping with critical, debilitating illnesses and the attendant problems such as changing blood pH to alkaline state, fasting , deciding on diet treatment, and enduring a loss.

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