

DEALING WITH CANCER / BY DR SARAH MYHILL

This is a war, not a battle, and the aim is to reduce the tumour burden and allow the immune system to get ahead of the game. CBD oil has been responsible for some miraculous recoveries but it has to be top quality. I suggest using it in conjunction with the strategy below.

Also visit <https://medi-cure.uk> for procedures that turn bodies into an inhospitable home for cancer.

Why...	How... in order of importance
By the time you have a cancer diagnosis there will be billions of cancer cells so yes, initially....you will need surgery, radiotherapy, chemotherapy to reduce this initial load. At first this will work really well.
But what kills people is rarely the primary tumor, it is the secondary spread.....so move on to do all interventions below - and do them for life. This is for two reasons - firstly to reduce risk of recurrence and secondly to prevent another primary! Having had cancer once is a major risk factor for a second cancer for the same reasons that the first arose!
There is good evidence to show that cancer results from a mitochondrial lesion	Improve energy delivery mechanisms See my book "CFS/ME – its mitochondria not hypochondria"
1.Starve out the cancer cells with a PK diet – cancer cells only run on carbs	PK diet Do make the energy bars to get calories in as fat and fibre - see recipe below Combine this with intermittent fasting. Cancer cells are gobbled up by autophagy (or self eating). Once you are in ketosis, autophagy is switched on after 16 hours of fasting. Start by consuming all your food within a 6 hour window of time – this gives you 2 hours of autophagy daily
2.Kill the wretches with vitamin C	Vitamin C to bowel tolerance. Slowly increase the dose until you get a change in bowel movement – then maintain it just below

Alkalisating is “poor man’s chemotherapy”	<p>...and neutralise with magnesium carbonate.</p> <p>The recipe is 2 parts AA to one part Mg carbonate by weight – this also give you a nice dose of magnesium!</p> <p>https://www.salesatdrmyhill.co.uk/magnesium-carbonate-powder-80g-55-p.asp</p> <p>A heaped teaspoonful of Mg carb weighs about 2 grams</p>
Iodine	<p>Lugol’s iodine 15% 1 drop at night – build up to 10 drops.</p> <p>Allow at least 2 hours between iodine and vit C.</p> <p>https://www.salesatdrmyhill.co.uk/lugols-iodine-15--30ml-463-p.asp</p>
CBD oil kills cancer cells	https://medi-cure.uk/clinical-studies-on-cannabis-and-cancer/
Heat	<p>Heat kills cancer cells.</p> <p>Start with Epsom salt baths – as hot as you can tolerate.</p> <p>And/or try a sauna with Epsom salt baths</p>
Iscador (mistletoe)	<p>Iscador (mistletoe) can be obtained from NCIM Clinincal Services</p> <p>Emma Greenhow is the contact - enquiries@ncim.org.uk</p> <p>Phone - 0117 370 1875</p>
Mushrooms	<p>Turkey tail three times daily – full pipette in water</p> <p>Reishi at night – full pipette x 2 in water</p> <p>Chaga weekly - full pipette in water</p> <p>https://www.iwmushrooms.co.uk/product/5-dual-extract-tinctures-delivered/</p>
Herbs	CBD oil - Many other options!
3. Retrain the immune system to focus its fire on the cancer cell	<p>Remedy (depends on the tumor) – take one daily in strict numerical order.</p> <p>Tip the contents of the capsule under the tongue and hold in the mouth for as long as possible.</p> <p>No food or drink for 30 mins.</p> <p>Take one on rising.</p> <p>Can be supplied by Dr Myhill.</p> <p>https://www.drmyhill.co.uk/wiki/Reprogram_the_immune_system_with_micro-immunotherapy</p>
4. Feed the immune system the raw materials it needs to fight	Multivitamins, Sunshine salt, Vitamin D 10,000iu daily
5. Oxygen kills all tumors. That is why we do not see cancer of the heart – it is well supplied with oxygen	<p>Many people hyperventilate without realising.</p> <p>This impairs oxygen delivery to the tissues.</p> <p>See oxygen chapter.</p> <p>Do the breathing exercises.</p>

6. Monitor results with tumor markers	<p>Ask the hospital to measure the relevant tumor markers. The level of these is proportionate to the volume of tumor. This tells us if we are winning or losing the War! The hospital may have already done these – ask for a copy of all tests to see - -then I can check</p>
7. Get inspired!	<p>Read "Radical Remission" by Kelly Turner. This details the 9 essential interventions that people have used to reverse the late stage "incurable" cancers.</p> <ol style="list-style-type: none"> 1. Radically change diet (ie keto!) 2. Take control of your health 3. Follow intuition 4. Use herbs and supplements 5. Releasing suppressed emotions 6. Increasing positive emotions 7. Embracing social support 8. Deepening your spiritual connection 9. Having strong reasons for living

Sue McCullagh's Energy Bars – mother's mainstay!

Melt equal amounts of coconut oil and cocoa butter fat together in a saucepan, add a sprinkling of sunshine salt (to taste)

*Grind a similar amount of low carb seeds * and low carb nuts ** in nutri bullet and add to the melted fats.*

Perhaps add in some whole nuts and cacao nibs.

Possibly add in coco or carob flour. Possibly a sprinkling of stevia.

This is a very forgiving recipe! If the mix is too runny, add in more dry ingredients, if too dry, add in more fats

Pour mixture into a flat square container lined with baking paper and cool in fridge.

Once cold and fully set, cut into small squares and freeze. They can be eaten straight from fridge as a delicious snack.

Even your non-PK friends will love these!

If you want to make a snack for travel - use 100% cocoa butter fat - this raises the melting temp so no need to refrigerate.

**(linseed, sunflower, pumpkin)*

*** (walnuts, Brazil's, desiccated coconut)*