

# Cancer and Essential Oils



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## The History of Essential Oils



Essential oils have been used for thousands of years. Priests used them to heal the sick, and they were more valuable than gold in some cultures because of their unrivaled healing properties.

In the bible, there are references to anointing people with oils in spiritual rituals, and obviously, the wise men offered the Baby Jesus Frankincense and Myrrh.

The Chinese used oils and herbal medicines as far back as 300 years ago to treat health conditions, and the Arabians used herbs and oils for therapeutic reasons too.

The Greeks and the Romans also believed in treating health conditions holistic therapy and used oils in massage and aromatherapy, and in Roman bathhouses.

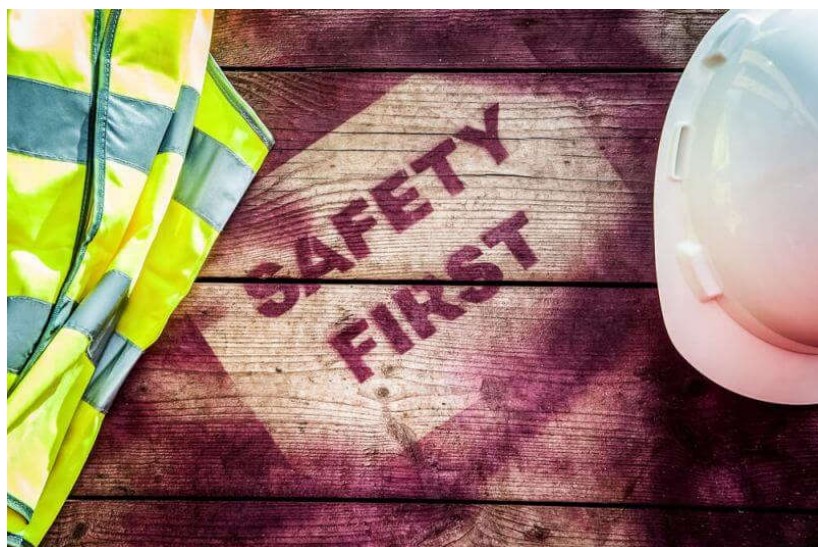
Fast forward to the 1900's and a French chemist discovered by accident that essential oils had healing properties when he suffered a burn on his arm. He applied lavender oil and realised that this reduced the pain, and prevented scarring. This led him to discover that oils could easily absorb into the body and interact with the body's chemistry.

Following on from this discovery, essential oils were used to treat soldiers'

wounds during the war. They were then adopted in massages, and they remain popular today for many different reasons. There is an increasing interest in aromatherapy and essential oils, and as a result, there is an increasing body of research into the uses and benefits of oils.

People today are interested in how they can live a more natural lifestyle, and this includes looking at alternatives to modern medicines that can be expensive and cause undesirable side effects.

## Essential Oil Safety



Essential oils contain active compounds that can act as medicines in the body, so they need to be used correctly. Here are some useful safety tips for using essential oils:

Always research your chosen oil before you use it, to check for usage instructions and safety warnings. For example, some oils can be sedating, and some can make the skin sensitive to the sun. Knowing these things can help you to take suitable precautions.

Use them with caution if you are pregnant or breastfeeding, as there is not enough evidence that they are completely safe. Always ask your doctor for advice before using complementary therapies.

The same applies to essential oils with children and older people. There is not

enough evidence of safety, so always get appropriate advice.

Always carry out a patch test on the skin of your upper arm to test for sensitivity. Wait for up to 24 hours to see if your skin reacts, and if it does, discontinue use.

Don't ingest an essential oil unless you're doing it under professional supervision.

If you have an existing health condition or you are on medication, speak to your doctor before using essential oils. They can interact with medicines and change the way they work in the body.

Don't use oils near the eyes, ears, or genitals, and keep them away from any areas of broken or sensitive skin.

Essential oils are very flammable, so keep them away from naked flames or sources of ignition.

## **Oils that can irritate the skin**

These oils should be well-diluted and used with caution as they can sensitise the skin:

- ◆ Bay (*Pimenta racemosa*)
- ◆ Cinnamon bark or leaf (*Cinnamomum zeylanicum*)
- ◆ Clove bud (*Syzygium aromaticum*)
- ◆ Citronella (*Cymbopogon nardus*)
- ◆ Cumin (*Cuminum cyminum*)
- ◆ Lemongrass (*Cymbopogon citratus*)
- ◆ Lemon verbena (*Lippia citriodora*)
- ◆ Oregano (*Origanum vulgare*)

So even though essential oils are natural, they can cause problems if used incorrectly. They can be used to treat many health problems, but think of them as a medication and use them responsibly.

## Leukemia



A Leukaemia is a form of blood cancer. There are different kinds of Leukemia, and the treatments and prognosis will vary depending on what type you have. The different types of Leukemia include:

- ◆ Acute Lymphoblastic Leukaemia
- ◆ Chronic Lymphocytic Leukaemia
- ◆ Acute Myeloid Leukaemia
- ◆ Chronic Myeloid Leukaemia

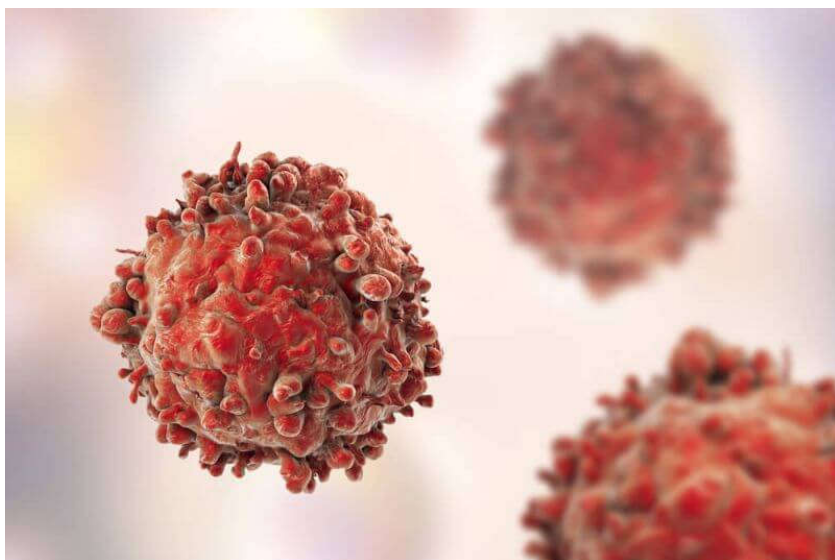
*'Acute' means cancer develops and grows quickly.*

*'Chronic' means cancer develops and progresses very slowly.*

*'Lymphoblastic' and 'lymphocytic' mean that an abnormal cancerous cell has developed from a lymphoid stem cell.*

*'Myeloid' means that an abnormal cancerous cell has developed from a myeloid stem cell.*

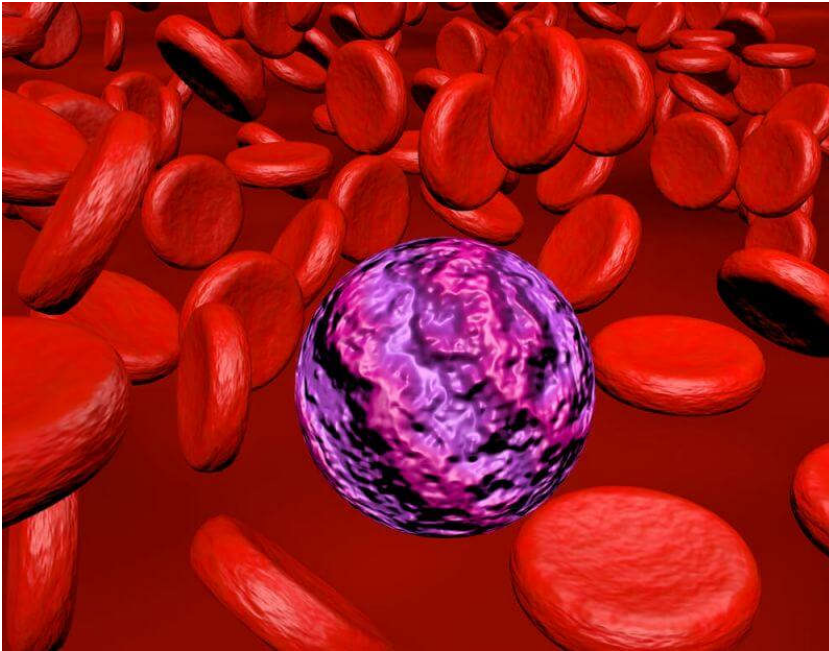
## What is Leukemia?



Leukaemia is a cancer of the cells in the bone marrow. Cancer occurs when the cells of the body multiply out of control. Large numbers of cells build up and eventually form a tumour or mass. With

In the case of Leukemia, cancerous cells in the bone marrow find their way into the bloodstream. Most types of the disease develop from the abnormal multiplication of the cells which usually turn into white blood cells. The term Leukemia comes from a Greek word which means 'white blood'.

## What causes Leukemia?



A Leukemia starts from just one abnormal cell. Cancer occurs when the genes that control how cells divide and multiply are damaged. This makes the cell behave abnormally, and multiply out of control. Experts still don't know what causes cells to become abnormal, but there are thought to be contributing factors like:

- ◆ Radiation: Receiving radiation therapy for another health condition, and many survivors of contact with radioactive waste go on to develop Leukemia.
- ◆ Previous treatment of cancer or other medications that cause weakening of the immune system.
- ◆ Genetic disorders most commonly down's syndrome.
- ◆ Exposure to chemicals and toxins such as benzene.



## The Symptoms of Leukemia



When the body makes large numbers of abnormal cells, the bone marrow fills with them, which overwhelms the normal cells. The abnormal cells make their way into the bloodstream. This is when problems can develop.

**Anaemia:** This happens because the number of red cells in the bloodstream reduces due to the number of white cells. You will likely experience tiredness, breathlessness, paleness, and weakness.

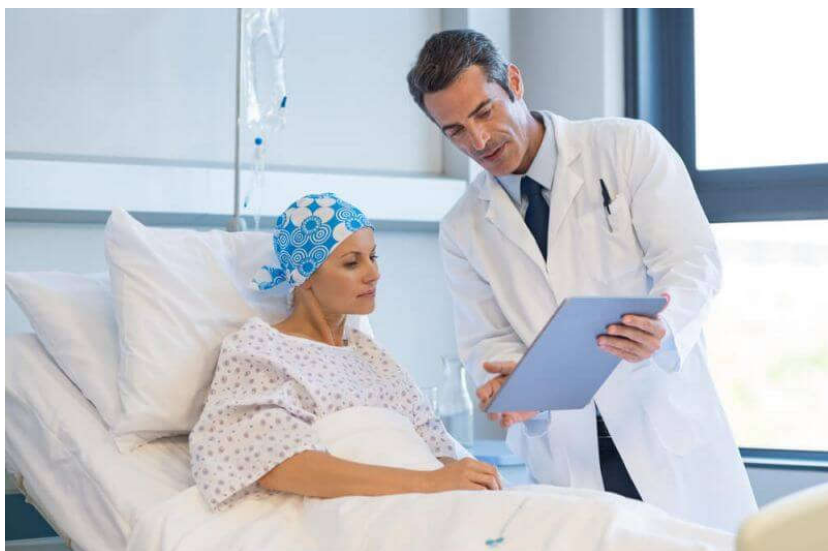
**Problems with blood clotting:** This occurs because of low levels of platelets in the blood. You will likely experience easy bruising, bleeding gums, and poor healing of skin wounds.

**Serious infections:** The abnormal white blood cells do not protect against infection like the normal white cells do. As there is also a reduced number of white cells, the body is less able to fight infections, especially serious infections.

The abnormal cells can also build up in the lymph glands and in the spleen. You may, therefore, develop swollen glands in the neck, armpits, and groin, and develop an enlarged spleen.

Other symptoms which can develop include pain in the bones or joints, a persistent fever, night sweats, and weight loss.

## How is Leukemia diagnosed?



## A Blood Test



A blood test can detect abnormal cells, then further tests are done to confirm the presence of Leukemia.

## A Bone Marrow Sample



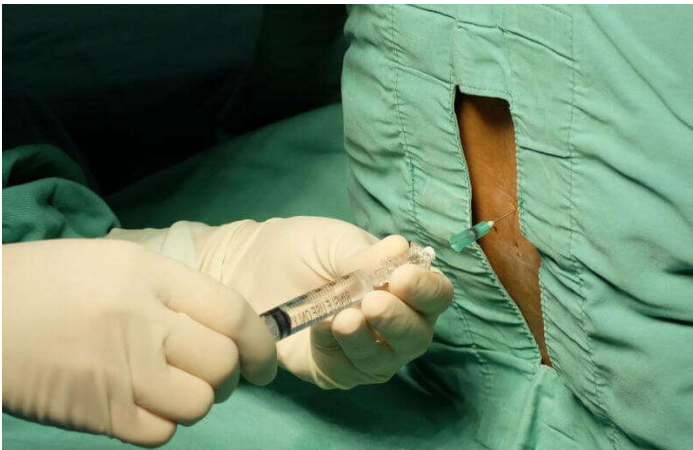
For this test, a small amount of bone marrow is removed by a needle that's inserted into the pelvic or breastbone. A local anesthetic is used to numb the area before the test. A small sample of bone might also be taken to check that the Leukemia hasn't spread. The samples are checked under a microscope, and this will be able to identify abnormal cells in the sample.

## Cell and Chromosome Analysis



In-depth tests are often done on abnormal cells that are extracted from the bone marrow sample or blood test. These find out the exact type or subtype of cell that is abnormal and this can indicate the type of Leukemia you have.

## Lumbar Puncture



This test involves collecting a small amount of fluid from around the spinal cord, which is known as cerebrospinal fluid. It is done by inserting a needle between the vertebrae in the lower back. By examining the fluid for abnormal Leukemia cells, it can help doctors to see whether the disease has spread to the brain and spinal cord.

## Other Tests



To confirm Leukemia, you might also be sent for a chest X-ray, blood tests and other tests that will check your overall health.

## Treatment for Leukemia



The treatment that is recommended will depend on the type of Leukemia you have and what stage it is at. The faster developing forms of the disease are treated as soon as possible with chemotherapy, whereas the slower developing types may not need any treatment at all in the early stages.

The treatment of cancer and Leukemia has advanced but it is constantly developing. New treatments are discovered all of the time and some of these are very promising. No matter how wonderful these treatments are, we can't get away from the fact that they have side effects.

## Chemotherapy Side Effects



The side effects of chemotherapy will depend on the drug or combination of drugs that you get. As with all kinds of treatment, side effects will vary as everyone's body chemistry is different.

Anticancer drugs target the abnormal dividing cells, but they can also damage some of the healthy cells too, such as blood cells, hair root cells and cells in the digestive tract, and this is largely to blame for side effects. When chemotherapy damages healthy cells, it can lower your immunity to infection, you'll feel more tired, and you might bleed or bruise more easily. Hair loss is a common side effect, and so is nausea, vomiting, and mouth ulcers. Side effects tend to subside once the cycle of treatment is finished.

Anticancer drugs can affect fertility. Women's periods may become irregular or stop, and women can have symptoms of the menopause, like hot flashes and vaginal dryness. Men might even stop producing sperm. Fertility can be affected permanently, so some people decide to have their eggs or sperm frozen before they start treatment. When children are treated for the disease, fertility tends to be normal when they are older, but not always.

## Radiotherapy Side Effects



If you are getting radiotherapy treatment, you might find that you feel very fatigued, so rest when you need to, but try and also remain a little bit active if you can.

When radiation is directed at the head, people often lose their hair, and the scalp can become red, dry, and tender. You will usually be given skincare advice; however, no products should be applied to the treated skin without your doctor's advice.

Radiotherapy can also cause nausea, vomiting, and loss of appetite. These side effects are usually temporary, and your health care team will suggest how to reduce symptoms until your course of treatment is finished.

## Side Effects of Other Treatments

Leukaemia patients can have a procedure called a stem cell transplantation, which carries a risk of infection, bleeding, and other side effects because it involves large doses of chemotherapy and radiotherapy. Sometimes, a complication of this procedure is that a condition called graft-versus-host disease can occur. This is when a patient has received donor bone marrow cells, and the cells react against the patient's body tissues. This affects the liver, skin, or digestive tract most commonly. Steroid medication can protect against this, but the risk remains even years after the treatment.



## The Prognosis for the Disease

This varies widely for each different type of Leukemia. The prognosis for many types of cancer has improved in recent years, and Leukemia is no exception. Many people can now be completely cured, or even if they can't be cured, treatments can prolong life considerably.



How can essential oils benefit the overall health of the body when you have cancer?

Essential oils harness the power of plants to enhance physical and emotional well-being.

Aromatherapy, in particular, uses blends of essential oils with health-giving properties to bring about health benefits, for example, lavender can relax you when you inhale it. Oils can also be used in massage or added to your bath to bring about the same results.

Essential oils may help to reduce stress and so they might help you cope with your illness better and give you a sense of wellbeing. They can also help to re-



duce anxiety and pain levels which plays an important role in how you feel about your illness and cope with it.

## Essential Oils for Leukemia

When people are fighting cancer, treatments can be quite aggressive and invasive, because they have to kill cancer cells. Unfortunately, these drugs can damage healthy cells and tissues, and this leads to bad side effects. This may lead

people to explore gentler forms of treatment that are kinder to the body, that may not have such bad side effects, including essential oils. However, these should not be used instead of conventional treatments, and they should only be used with your doctor's approval.



## The Best Essential Oils for Leukemia

### **Citrus Oils**

The citrus oils are some of the most effective oils for Leukemia. One of the most common compounds, d-limonene, has been shown to be an anticancer agent. Research has shown that if this is taken as a dietary supplement, along with monoterpenes, it can inhibit the growth of tumours, kill cancer cells, and even prevent cancer.



## Clary Sage

Clary sage contains a compound called Sclareol which has been shown in tests to kill cancer cells. It stops them from growing and actually triggers them to commit suicide. This makes the oil a very promising prospect for the future.



## Frankincense Oil

This oil is one of the less familiar essential oils, but it's been found to be very effective for cancer. It contains compounds that have been shown to kill cancer cells, without any undesirable side effects. In research studies, the oil has shown promising results in inhibiting the growth and cancer cells, and actually killing them, especially in cases of breast, skin, pancreatic, stomach, colon, breast, and bladder cancer. It is, therefore, a very useful treatment to take alongside your medicines, only with your doctor's consent, of course.



## Lavender Oil

Lavender oil is a very versatile oil. It is known to be rich in antioxidants, which boost the immune system and benefit overall health. They can help to combat substances called free radicals caused by stress, pollutants, toxin and also chemicals, that float around the body and cause aging and disease.



## Lemongrass Oil

Lemongrass is also a very effective oil for Leukemia. According to several prominent studies, this oil has the potential to be used as a cancer treatment, as it contains compounds that have been shown to kill cancer cells.



## Myrrh Oil

Myrrh oil is one of the best essential oils for Leukemia and has long been researched as a potential cancer treatment. The main reason for this is that it slows down the growth of cancer cells. This oil has been used in Chinese medicine for centuries to cure blood disorders and to reduce inflammation in the body.



Sourced from: <https://www.balancemebeautiful.com/essential-oils-leukemia/>

## Lipomas

Lipomas can be a burden even if they're not cancerous. They can be a problem from an aesthetic point of view. Fortunately, surgical procedures are not the only remedy. You can solve this problem with the help of four essential oils that can help to dissolve your lipoma. Some of the most effective Lipoma dissolve oils are listed below:

- Ginger essential oil
- Grapefruit essential oil
- Clove essential oil
- Frankincense essential oil

One of the most important things about these essential oils is that they have to be diluted before they are applied to the skin area above and around the lipoma. You can use coconut oil to dilute as directed on the back of the essential oils bottle. You just have to apply 1-2 drops on your affected skin area. For great results, you should also know that a proper diet, exercise and lifestyle changes are also important. Thus, using essential oils is more a holistic remedy and compliments an already healthy diet and lifestyle. Lipoma is a condition that is most likely a result of emotional, spiritual, social, physical and environmental imbalances in the body, and alternative medicine is a wise choice for anyone wanting a holistic approach to health.

Essential oils help the body to dissolve lipomas. Additionally, such oils will also help you in many other ways:

- Relax
- provide immune support
- offer mood enhancement
- pull out infection from tissues in the body
- Antioxidants
- dietary use
- great effects on the lymphatic system
- helps the sympathetic nervous system



If you start to use these essential oils and be on a healthy, nutrient rich diet and proper exercise, you'll be one step closer to preventing lipomas in a natural way. By doing this, your life will improve and you'll feel better than ever. Not just for your lipomas but for your entire body.

## Hope in holistic healing

5 Cancer Fighting Essential Oils and some more!

There are many ways that essential oils and aromatherapy can support in cancer healing, including stress relief and emotional support. However, some essential oils are shown to act directly on cancer cells, preventing growth or even promoting apoptosis (cancer cell death).



We all have a small amount of “cancer,” or malformed cells, in our bodies at all times. A healthy body, which is fed good food and enjoys robust lifestyle practices, is able to remove or heal these cells, keeping the body in balance. However, when the body is fed junk food and is not well maintained, these malformed cells can continue toward the development of cancer. Recent scientific studies show that we can use essential oils to support the body to heal and excrete these cells, so we can prevent the growth of cancer.

Some of the most effective oils against unhealthy irregular cells include thyme, rosemary, oregano, chamomile and frankincense. These oils are remarkable because they are able to selectively harm or disable cancer cells while leaving healthy cells intact. This is in contrast to many conventional cancer medications and treatments, which are often poorly targeted and cause severe side effects. A good analogy is to compare conventional treatment to an atomic bomb, while essential oils are more like a SWAT team.

Let’s review some of the natural plant extracts or essential oils that show the most promise in preventing and treating cancer.

All of this evidence offers us a great deal of hope in the holistic prevention and treatment of multiple types of cancer. Although the strength and efficacy of natural therapies such as essential oils has been well investigated by researchers, don’t expect to see them being used in mainstream cancer treatment anytime soon. This is because natural compounds cannot be patented — therefore there is no huge potential for profit as there is with pharmaceuticals.

However, we encourage you to use natural medicines for their powerful pre-

vention capabilities, which can always be used in tandem with conventional medical treatments. Try some simple prevention techniques today by incorporating plant-based antioxidants into your diet! You can do this by drinking green tea, using turmeric in cooking, or applying essential oils.

## **Thyme essential oil**

Thyme is an evergreen herb used for both cooking and medicine. The ancient Egyptians used it for embalming, and Greeks used it in baths and for incense. During the Medieval times in Europe, people kept thyme under their pillows to ward off nightmares.

All of these traditional uses echo a wisdom that is now being verified by modern science. Recent scientific analysis is uncovering the amazing health-promoting abilities of thyme and its essential oil.

A 2010 study done in Switzerland evaluated a number of essential oils against MCF-7 breast cancer cells, A-549 lung cancer cells, and PC-3 prostate cancer cells. It was found that thyme essential oil exhibited the strongest cytotoxicity toward all three types of human cancer cells. This is likely due to the active compound thymol, which has been shown to activate a number of cancer-killing mechanisms.

## **Rosemary essential oil**

Rosemary is an aromatic evergreen shrub used for flavoring in cooking, pest control in gardening, and fragrance in toiletry products. It contains a number of potent phytochemicals or therapeutic plant compounds.

Rosemary has been shown to have antioxidant properties, helping to protect against free radicals which damage cell membranes, tamper with DNA, and even cause the death of healthy cells. A number of recent studies have shown that rosemary extract has powerful anti-tumor properties in several areas of the body including the colon, breast, liver, stomach, skin and blood. One study found that rosemary essential oil at a concentration of 1 percent was able to deactivate more than 90 percent of ovarian and liver cancer cells.

## Oregano essential oil

Oregano is a common culinary herb native to the Mediterranean region and is part of the mint family. It has a number of strong chemical compounds, which give it a strong flavour and also impressive medicinal abilities.

Dr. Supriya Bavadekar, assistant professor of pharmacology at Long Island University's College of Pharmacy and Health Sciences, has been leading a group testing carvacrol, a constituent of oregano, on prostate cancer cells. They have found that the oregano compounds use signalling pathways that cause "cancer cell suicide." Dr. Bavadekar explains that, while we have previously known of oregano's anti-inflammatory and antibacterial properties, its "effects on cancer cells really elevate the spice to the level of a super-spice like turmeric." When recent data shows that 1 in 36 men will die of prostate cancer, this is a very promising study.

Oregano oil also contains carnosol, one of the same constituents as rosemary. Oregano essential oil has been shown to stop the growth of colon cancer cells, activating apoptotic (cancer cell death) effects which are selective for cancer cells. This oil has also indicated promising results against prostate, breast and skin cancer.

## Chamomile essential oil

Chamomile is one of the most ancient medicinal herbs known to mankind. The flower comes in two common varieties, German chamomile and Roman chamomile. The dried flowers of chamomile contain many therapeutic chemical constituents, called terpenoids and flavonoids, which contribute to its medicinal properties. Chamomile preparations are commonly used for many human ailments, including hay fever, inflammation, insomnia, gastrointestinal disorders, and hemorrhoids. The most commonly used form of chamomile is as a herbal tea. Chamomile essential oil is a more potent version for concentrated therapeutic use.

In cancer studies, the most bioactive constituent in chamomile has been identified as apigenin. Recent studies have shown that medicinal chamomile

extracts have little effect on normal cells, but have a significant effect in inhibiting many human cancer cell lines. This effect has been found in skin, prostate, breast and ovarian cancer.

The 2010 Switzerland cancer study mentioned earlier found that chamomile essential oil killed 93 percent of breast cancer cells. Another study found that chamomile essential oil is able to inhibit cell mutation by 60–75 percent. Therefore chamomile has been shown to be highly effective against cancer while providing a safe solution that doesn't harm the healthy parts of the body.

## **Frankincense essential oil**

Frankincense essential oil is made from resin or sap that is obtained from the Boswellia tree family. There are many different types of Boswellia trees in Asia and the Middle East, each of which produces a slightly different resin. Frankincense has been used since antiquity as a medicine and in religious rituals. The main active ingredient in the essential oil, boswellic acid, has strong anti-inflammatory activity.

Chinese and Ayurvedic medical models use frankincense as a major ingredient in treating many health conditions, including cancer. Western studies are now backing up this traditional use, showing that frankincense essential oil and extracts have potent anti-tumor activity. When frankincense was tested against human pancreatic cancer cells, the essential oil was able to cause substantial levels of cancer cell death by inhibiting signalling molecules and cell cycle regulators. The same effect was found in another study on bladder cancer cells.

This study also tested the effect of the frankincense on normal bladder cells, and found that the essential oil was able to distinguish cancerous from normal cells. There were, again, multiple cell mechanism pathways activated by frankincense against the cancer cells. Overall the studies have indicated that no serious side effects have been recorded with continuous therapeutic use of frankincense essential oil.



Besides directly killing cancer cells, essential oils can also assist with side effects of traditional cancer treatment. For example, many brain cancer patients experience cerebral edema (swelling) after having radiation therapy. This is usually treated with steroid medications, which can cause further side effects. A 2011 study found that frankincense essential oil can offer a much safer alternative to this medication. In the study, 60 percent of patients had an improvement rate of at least 75 percent in their level of brain swelling.

## **Myrrh Oil**

Sometimes, it is a foreign invader that is causing the male glandular doughnut to develop larger than desirable proportions. In these cases, a myrrh essential oil massage may be in order. Diluting six drops of the oil with a teaspoon of a carrier companion can create a three times a day perineum rub that may boast anti-pathogenic properties.

## **Lavender Oil**

Lavender is probably best known for aromatherapy, but it also may be one of the best essential oils for prostate health as well. Like blue chamomile, it is the potentially anti-inflammatory effects lavender essential oil is thought to possess that make it a prostate protector, and it can be used similarly to blue chamomile, in almond or olive oil as a carrier.

## **My treatment for Prostate Cancer has been as follows:**

*Tom Sexton (<http://nopc4me.blogspot.com.au/2015/03/hello-my-name-is-tom-sexton-and-this-is.html>)*

- ◆ Fervent daily prayer for healing!
- ◆ In the morning with a small glass of the shake mentioned below:
- ◆ 4 drops of each
- ◆ Frankincense, Myrrh, Grapefruit and Wild Orange Essential Oils.
- ◆ I plan to cut back to 2 drops once I've determined that the cancer is gone.
- ◆ With each meal: (all Vitamins from Nutrilite) Multivitamin + Omega3

supplement + Calcium + Vitamin D + Saw Palmetto + encapsulated EOs (Frankincense, Wild Orange, Lemongrass, Thyme + some others)

- ◆ **NOTE:** These ingredients are in dōTERRA Lifelong Vitality Pack

### Right before bedtime in a glass of juice:

- ◆ 4 drops of each: Frankincense, Myrrh, Grapefruit and Wild Orange Essential Oils.
- ◆ I plan to cut back to 2 drops once I've determined that the cancer is gone.
- ◆ Strenuous exercise 4-5 times a week
- ◆ After exercising, consume a protein shake including Nutrilite Chocolate Protein powder, 1 Clementine orange, 1 banana, 1/2 cup frozen blueberries, 1/2 cup strawberries, 1 XS Strawberry + Burn energy drink + a handful of spinach leaves + a handful of kale leaves
- ◆ **NOTE:** dōTERRA has the Slim and Sassy protein shake

### What I haven't done:

- ◆ Totally cut out sugar. I do limit my sweets, but have not cut back on natural sugar from fruits.
- ◆ Totally cut out red meat. I occasionally have red meat, including the occasional juicy steak.
- ◆ Totally cut out alcohol. I like a glass of red wine occasionally, and according to some research, the resveratrol is actually healthy.
- ◆ I didn't make drastic dietary changes, but did cut back on Diet Cokes. I'm now in much better shape than I've ever been, I feel great and have lots of energy, and as of Feb 17th, my PSA has dropped to 1.68!

My PSA history is as follows:

2007: 2.55

2009: 3.1

2010 : 2.4

2011: 2.68 (this is where it started creeping up)

2012: 3.8 in Jan, 2.5 in Oct

2013: 2.86 in May, 3.8 in Nov

2014: 4.07 in May, (this lead to biopsy in Aug, which confirmed the cancer)

2014: 4.29 in Oct

2015: Feb 17th 1.68!!!

2015: Jun 2.11

2015: Oct 1.72

I'm not claiming that any one of these things will "cure" cancer, but as I've read in many other cases, it's my belief that changing your lifestyle can allow your body to cure itself.

## Fruits and Cancer

John Ubong with Uloma Akaranta.

January 14, 2016

### EATING FRUIT ON EMPTY STOMACH

Dr Stephen Mak treats terminal ill cancer patients by an "un-orthodox" way and many patients recovered.

Before he used solar energy to clear the illnesses of his patients, he believes on natural healing in the body against illnesses. See his article below.

It is one of the strategies to heal cancer. As of late, my success rate in curing cancer is about 80%. Cancer patients shouldn't die. The cure for cancer is already found - its in the way we eat fruits. It is whether you believe it or not. I am sorry for the hundreds of cancer patients who die under the conventional treatments.

### EATING FRUIT

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and \*when\* to eat the fruits.

## What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS!

FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH If you eat fruits on empty stomach, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit.

The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so due to the bread taken before the fruit. In the meantime the whole meal of bread & fruit rots and ferments and turns to acid.

The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an \*empty stomach\* or before your meals ! You have heard people complaining : Every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc.. etc..

Actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying of other food and produces gas and hence you will bloat !

Greying hair, balding, nervous outburst and dark circles under the eyes all these will \*NOT\* happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter.

If you have mastered the correct way of eating fruits, you have the \* SECRET \* of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only \* fresh\* fruit juice, NOT from the cans, packs or bottles.

Don't even drink juice that has been heated up.

Don't eat cooked fruits because you don't get the nutrients at all. You only get its taste.

Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the fresh fruit juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it.

You can go on a 3-day fruit fast to cleanse or detoxify your body. Just eat fruits and drink fresh fruit juice throughout the 3 days. And you will be surprised when your friends tell you how radiant you look !

## **KIWI:**

Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

## **APPLE:**

An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

## **STRAWBERRY:**

Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging and free radicals.

## **ORANGE :**

Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

## **WATERMELON:**

Coollest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

## **GUAVA & PAPAYA:**

Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

### **Basic dōTERRA Protocol:**

- 1) LLV daily for an adult (A2Z chewables for a child--3 1/2s per day, and IQ Mega)
- 2) DDR Prime--6 to 8 capsules per day for an adult if dealing with an active problem. This was reiterated by Dr. Hill at the east coast regional conference a few weeks ago. For a child, if they have problems swallowing capsules, use the DDR Prime oil blend and use it topically before the frankincense.
- 3) Frankincense--topically, frequently (every 2 hours), and everywhere! Bottom of feet, along spine, and over the problem areas as well (eg. breast, brain, lung, etc.). We metabolize the oils quickly, so frequent application is important when dealing with a current tumour. Change the protocol as the body learns. Use a little oil frequently.

Additional suggestions I've seen, which I also believe are from Dr. Hill:

- 1) Lemon in your drinking water throughout the day
- 2) Lemongrass or other oils topically (after frankincense)
- 3) AromaTouch Technique 3 or 4 times a week

Other oils you can use in the mix are peppermint, helichrysum, melissa, on guard.

Remember the doctors are not always right. The pancreas needs lots and lots of enzymes. Terrazyme in massive quantities. DDR Prime is best overall supplement.

Here's a few other tips:

- ◆ no dairy
- ◆ no sugar,
- ◆ no gluten,
- ◆ lots of fresh pressed mostly veggie juice (make it fresh each time),
- ◆ lightly steamed veggies,
- ◆ no meat or very little and if he feels he needs meat make it a small amount of grass-fed beef.

I'd be using Zendocrine to support the liver and kidneys. Both oil and caps.

Virtually everyone with cancer has fungus/candida issues. Do a 30 day cleanse and then start doing pb-assist.

Use Mito2Max to boost cellular energy.

# The ORAC Scale on Antioxidant Capacity

Comparison of Foods and Substances on the  
ORAC Scale per 100 Grams

Essential Oil Antioxidant Capacity		Food Antioxidant Capacity	
Clove	1,078,700	Vitamin E Oil	3,309
Myrrh	379,800	Pomegranates	3,037
Citronella	312,000	Blueberries	2,400
Coriander	298,300	Kale	1,770
Fennel	238,400	XanGo Juice	1,644
Clary Sage	221,000	Strawberries	1,540
German Chamomile	218,600	Tahitian Noni	1,506
Cedarwood	169,000	Spinach	1,206
Rose	160,400	Raspberries	1,220
Nutmeg	158,100	Brussel Sprouts	980
Melissa	134,300	Plums	949
Marjoram	130,900	Broccoli Florets	890
Ylang Ylang	130,000	Beets	840
Palmarosa	127,800	Oranges	750
Rosewood	113,200	Red Grapes	739
Manuka	106,200	Red Bell Peppers	710
Wintergreen	101,800	Cherries	670
Geranium	101,000	Yellow Corn	400
Ginger	99,300	Eggplant	390
Bay Laurel	98,900	Lime Juice	305
Eucalyptus Citriodora	83,000	Carrots	210
Cumin	82,400		



		Essential Oil Antioxidant Capacity	
Black Pepper	79,700	Grapefruit	22,600
Vetiver	74,300	Hyssop	20,900
Petitgrain	73,600	Balsam Fir	20,500
Blue Cypress	73,100	Niaouli	18,600
Citrus Hystrix	69,200	Thyme	15,960
Douglas Fir	69,000	Oregano	15,300
Blue Tansy	68,800	Cassia	14,800
Goldenrod	61,900	Sage	11,300
Melaleuca Ericfolia	61,100	Moutanin Savory	10,340
Blue Yarrow	55,900	Cinnamon Bark	7,100
Spikenard	54,800	Tsuga	6,200
Basil	54,000	Valerian	3,860
Patchouli	49,400	Cistus	3,860
White Fir	47,900	Eucalyptus Globulus	2,410
Tarragon	37,900	Orange	1,890
Cajeput	37,600	Lemongrass	1,780
Peppermint	37,300	Helichrysum	1,740
Cardamom	36,500	Ravensara	890
Dill	35,600	Lemon	660
Celery Seed	30,300	Frankincense	630
Canadian Fleabane	26,700	Spearmint	540
Mandarin	26,500	Lavender	360
Lime	26,200	Rosemary	330
Galbanum	26,200	Juniper	250
Myrtle	25,400	Roman Chamomile	240
Cypress	24,300		

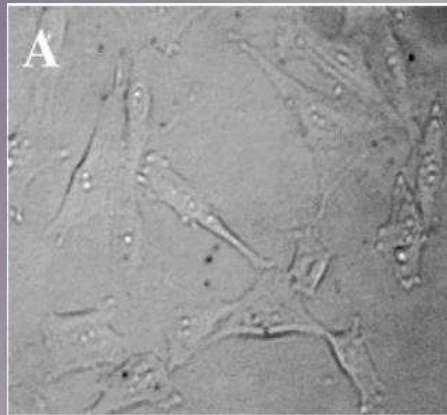
# Frankincense oil & tumor cells cytotoxicity

Frankincense oil derived from *Boswellia carteri* induces tumor cell specific cytotoxicity

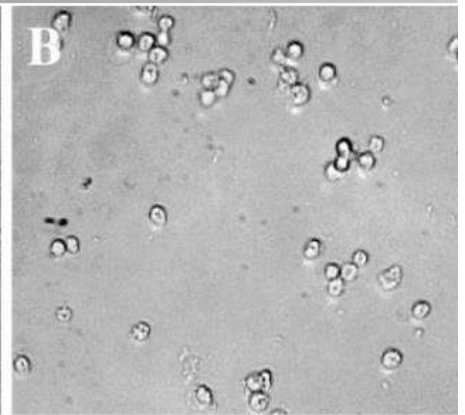
Please read the information here.  
<http://www.ncbi.nlm.nih.gov/pubmed/19296830>

Frank MB, Yang Q, Osban J, Azzarello JT, Saban MR, Saban R, Ashley RA, Welter JC, Fung KM, Lin HK

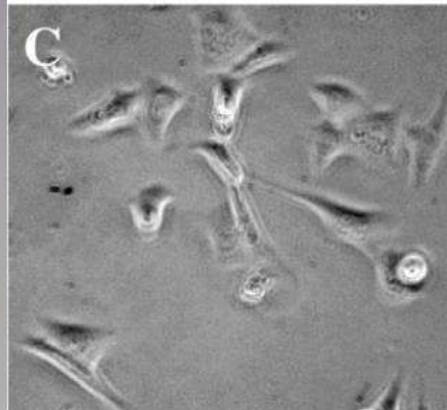
**A**  
untreated  
J82 cells



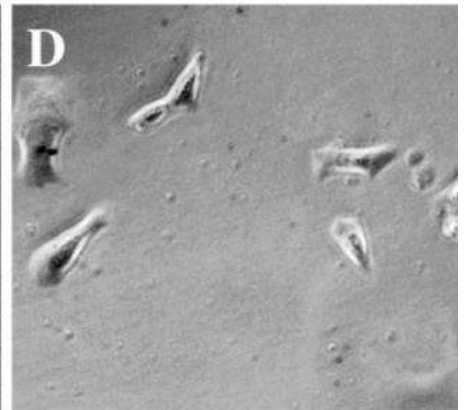
**B**  
J82 cells  
treated with  
frankincense oil



**C**  
untreated  
UROtsa cells



**D**  
UROtsa cells  
treated with  
frankincense oil



Frankincense oil appears to distinguish cancerous from normal bladder cells and suppress cancer cell viability.

# Essential Oil Cancer Aromatherapy

Cancer Type →	Brain	Breast	Cervical	Liver	Lung	Skin	Prostrate
Clary Sage		✓					
Clove	✓	✓					
Copaiba	✓	✓	✓	✓	✓	✓	✓
Cypress			✓	✓			✓
Douglas Fir			✓				
Frankincense	✓	✓	✓	✓	✓	✓	✓
Grapefruit	✓					✓	
Lavender			✓	✓	✓	✓	
Lemon		✓		✓			
Patchouli			✓				
Sandalwood		✓	✓			✓	✓
Siberian Fir					✓		✓

## Cancer Fruit Drink

Here it is! (This is from Presidential Diamond Theresa Harding) You can google or youtube her journey of cancer.)

My husband Roger created our own name for this drink for two reasons...

one, because of the ingredients the name fits perfectly, and two, our family loves basketball so we think the name is pretty clever.

This drink is nothing but fruits and vegetables! It's a recipe that comes from a famous Chinese book with recipes that are designed to fight unhealthy cell growth. It's not even available in English. This came from Kathy Teng, a dear friend of mine and my sister Laurea. Kathy is from Taiwan and she first shared this with Laurea when she had unhealthy cell growth in her chest. We both feel like it has made a big difference. You'll need a really good blender so you don't burn up the motor.

I have a Vita Mix and it works great.

This will make enough for 3-5 days depending on how much you drink each day.

All of the ingredients should be fresh and with no chemicals or pesticides.

You can either buy organic vegetables or make sure you have a great vegetable wash that gets the chemicals and pesticides off.

If you are not using organic vegetables, make sure you wash them well.

I told you I like my food to taste yummy and I like this drink sweeter. It's kind of thick too. When I add the optional juice it makes it perfect!

You Will Need

- 1 Apple (chopped into chunks. Keep everything but the stem.)
- 1 Cup Strawberries (With the greens) • 1 Cup Grapes (no stems)
- 1 Cup Pineapple
- 1/2 Cup Gogi Berries (The best I can find are dried at Winco in the bulk section. Find a store near you where they are available.)

- 1 Beet with the greens
- 1 Cup Celery (with tops)
- 1 XL Carrot
- 1 Large Tomato
- 1 Cucumber • (Optional) Pure Pineapple Juice or Apple Juice (with nothing added - especially sugar)

NOTE: This is not included in the original recipe.

#### Directions

1. Put the juiciest ingredients in first and fill the blender up about half way. This will allow the blender to blend without getting stuck.
2. Add additional ingredients a little at a time to allow the blender to blend as you go.
3. Add water if you'd like your drink thinner. Add Pineapple or Apple Juice if you like your drink sweeter - this will also thin it down.
4. Drink 8-12 oz. once or twice daily. Refrigerate remaining drink in a tightly covered container.

Veggie Wash: I've tried the special store bought ones that are supposed to be so good... but I've found that I just like using the essential oils...

Fill the sink with water (of course, leaving them in the water too long can leach out the nutrients too so don't do it for too long) and add your favorite essential oils... A good combo is on guard and lemon... you could use purify... And add any of the oils that are great with microorganisms... metals... take your pick.

Soak for about 10 minutes....

## Our Family's Cancer Experience

<https://jadebalden.com/cancer>

In 2013, my mum was diagnosed with thyroid cancer. Instead of panicking and being scared, we quickly **found strength and hope** in our knowledge and understanding of the body and the holistic approach to health. Fortunately, I had done a lot of research and learning on this topic prior to my mum's diagnosis.

**PLEASE NOTE: Any products recommended on this page, when used along with better dietary and exercise programs, can contribute to disease prevention and better health.**

### Our Plan

We had a simple powerful plan. The doctors gave us their advice to remove a lump immediately and go through the typical treatments. We weighted the options. She felt pressured to remove the lump quickly, so mum did. It was a quick procedure, but afterwards we wanted to do the rest our way: more naturally and less invasive.

At the time, I wished I was in Australia to support my mum for support against white-coat pressures, but, alas, I was living in the US. After she awoke from the surgery, she spoke to the nurse and offered Lemon Essential Oil to the hospital nurse, who looked like she needed something for her cough! My mum is so funny. She is always thinking of other people; A born nurturer.

To our amazement, two months after the surgery, and with our holistic approach, my mum healed completely! We continue to get blood-work done and have regular check ups every two months. It's been over 3 years, and so far she is still doing great! In fact, she is healthier than she was before and off almost all her medications. A girlfriend of hers had cancer at the same time. Mum offered to share our approach with her but her friend refused. That friend passed away only months after her treatment. At her funeral, my mum realized just how quickly yet subtly she herself had healed. There was no real drama or discomforts. It was nature's way of healing.

After that experience, mum had a hard time keeping what we've done to herself. If you were ever to walk through her door with a health problem, 'you'll be oiled up.' Today my mum is energized and vibrant. In fact, she is healthier than she was 10 years ago. Both my parents are well. They do a lot of traveling and enjoy doing philanthropic service projects with the Buddhist monastery in Australia and Vietnam.

The peace and confidence of this knowledge and experience with my mum has inspired me to support many other people over the last 5 years as they face challenges with cancer. There have been many many happy outcomes that we have been honored to be a part of.

Note: Please see your doctor and discuss all your options. Seek 2nd and 3rd opinions from other doctors, too. I am not a doctor and can not give specific cancer advice, but I will share with you how **you can find strength in the face of cancer**.

## How To Find Strength In The Face Of Cancer?

Healthy cells makes healthy tissues; healthy tissues make healthy organs; healthy organs make a healthy you!!

Understand the functions of the healthy cells. 1. Cells duplicate itself (Mitosis). 2. Specialized functions 3. Self-destructs at the end of its life (Apoptosis)

When cells are duplicating itself in a mutated uncontrollable way and not dying off as it should (apoptosis) and spreading throughout the body, we call those cells **cancer** cells. In the world we live in, every person has some sort of cancer cells in the body due to poor diet, toxins and other hazards. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. Normally our body's awesome inner doctor is strong enough to heal, repair or destroy these cancer cells on their own before it has multiplied enough to form detectable tumors, cancers, cysts etc.

Stimulate the body's self-healing response by feeding the cells, detoxing the cells, and relaxing the body, mind, and spirit. Deep relaxation encourages the

body to switch on the self-healing responses. We do this through reducing stress, relax, sleep, and journaling.

## **BODY**

### **Feed Cells and Nourish the Body**

The very first thing you need to do is to **nourish the body with nutrition to eliminate nutritional deficiency issues**. The real healer is YOUR BODY! Your body is NOT the enemy. Toxins, radiation, DNA mutations, free radical damage, and negative emotions damages cells and reduce or block proper cellular communications. Your body can use heal itself from these when it has quality building blocks as raw materials to work with. Those building blocks come in the form of qualify whole-foods. We get great nutrients from juicing and eating raw fresh foods. Basically, thats an anti-inflammatory diet. **Natural whole foods** encourage proper cellular functions. Foods are not only used for fuel, they are used for cleansing and detoxing the body. Are you aware that your body and its immune system is constantly working hard to operate optimally, detox, and repair? When we suppress our immunity with chemicals, we stop the repairs and renewal processes. Foods provide the raw materials or building blocks for these repairs to happen. **Greens and other whole foods** provides natural anti-inflammatory compounds. Our body creates inflammation causing us pain because it is looking for something to attack! Dr. T. Simoncini the author of book *Cancer is a Fungus* believes that the inflammation is from the immune system searching for fungus (which are **moving changing targets**). The mature fungus grows a tail and leaves your gut as it overgrows. This fungus invades other parts of your body. The body isn't attacking itself for no reason!

You can **supplement your nutritional** efforts with the **Lifelong Vitality supplements** (Essential oil Omega Complex, Food Nutrient Complex, Cellular Vitality Complex—follow instructions on the bottles). These are world class supplements the likes of which I have never come by! Use it daily as a foundation of great health.

**Utilize food enzymes by taking TerraZyme:** Use this Digestive Enzyme Com-



plex to assist in the digestion and absorption of critical nutrients that are lacking in many of today's diets. Enzymes assist the body in many important biological processes. Enzymes in this complex help break down proteins, starches, fats, sugars, gluten, and fibers.

**Drink water!** We are mostly water. Water helps with every function in our body! It is important for cleansing the body. Read more about hydration [here](#).

Let food be thy medicine and thy medicine thy food. ~Hippocrates

### **Cleanse & Restore the body (Boost Glutathione Production\*)**

**Cleansing the body** of toxins, fungus, mutated proteins, and other invaders allows the cells of the body to repair itself. Do the 30-day Cleanse & Restore program regularly (3-4 times a year).

**Drink 2-5 drops citrus oils in water 4-5 times daily.** Citrus oils help the body produce glutathione. **Glutathione (GSH)** is an important antioxidant capable of preventing damage to important cellular components caused by reactive oxygen species such as free radicals, peroxides, lipid peroxides, and heavy metals. Lemon oil & Grapefruit oil in water several times a day to assist the body in gently cleansing the garbage inside the body and boosting immunity. Remember to use glass drinking containers.<sup>1,2</sup>

**Use essential oils with high Monoterpenes content:** Limonene is a monoterpene, a chemical constituent found in essential oils. Limonene is found in most citrus oils. Limonene has cancer cell inhibition abilities. **Grapefruit** is 97% Limonene and Wild Orange is 95% Limonene (refer to chart)<sup>3,4,5,6</sup>

Some experts have recommended that we keep our body PH balance. When we cleanse our body with fresh vegetables, supplements and essential oils, it will naturally become more balanced.

If you've never cleansed your body before, have had lots of health problems in the past and have taken lots of medication, I would suggest start with a gentler cleanse for a few weeks before diving into the 30-day Cleanse & Restore program. To start gently, begin with the Lemon oil, TerraZyme and Life-long Vitality Pack for a few weeks. When you are ready for the 30-day Cleanse & Restore [click here](#) for more information & support

## Cell Support & DNA Damage Response,

### Stimulate the body's self-healing responses

**Encourage proper cellular functions, DNA support.** Essential oils help encourage sick cells to repair and overly damaged cells to self-destruct. The **DDR Prime is a Cellular Complex Blend**. We can take this internally and topically. Try taking 1-3 softgels 2-3 times a day. With the oil, dilute and massage on the areas of the skin near where you want to concentrate the oil. We like diluting with Fractionated Coconut Oil. When in doubt rub on the bottom of feet. Rub on breasts for breast tissues support, head for brain support etc. (More information on DDR Prime see below)

Other powerful oils to use to for cellular support: Turmeric, Pink Pepper, Sandalwood, Frankincense, Tangerine, Grapefruit, Wild Orange, Cinnamon, Patchouli, Yarrow, Clove, Thyme, Arborvitae.

**Starve the Cancer Cells:** An effective way to battle cancer is to STARVE the cancer cells by not feeding it with food it needs to multiply:

Sugar is a cancer-feeder. Sugar in all its forms supply food & fuel to cancer cells.

Milk causes the body to produce mucus especially in the gastrointestinal tract. Cancer feeds on mucous. Cutting out milk and substituting with healthy alternatives, such as organic coconut milk, can help the cancer starve. There are other problems cow milk causes in the body too.

Cancer cells thrive in an acidic environment. A meat-based diet is acidic. Commercial meats contains traces of antibiotics, growth hormones and parasites, that can weaken and slow the healing progress in people with cancer. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines will become putrid and leads to more toxic build up.

Avoid coffee, teas, green-teas and other foods and drinks that are high in caffeine. These drinks dehydrate the body. Drink lots of purified, filtered water instead.

Eating more fresh vegetables and fruits helps eliminate toxins. Lemon oil has the ability to counteract acidity. Everyone needs to help their body break down the highly processed foods and genetically modified grains we eat in our modern day diets with extra enzymes. Enzymes help reduce stress in the body which causes inflammation.

We can starve the cancer faster when we help the body reduce the toxic load in your cells in your organs and restore healthy flora in your gut with probiotics.

**Get quality sleep:** Give your self time to fully rest each day. Sleep is as important as eating right and exercising.

During this time, you should be sleeping more than you do normally. Read more about sleep here.

**Settle the organs:** Rub 2-4 drops Juniper Berry on the tummy before bed. That way you stay asleep all night without your organs waking you up to go to the bathroom!

**Diffuse:** Serenity Restful Blend for calming and relaxing.

**Internally:** Take 1-2 Serenity Restful complex softgels before bed (It has the relaxing benefits of Lavender essential oil and L-Theanine along with lemon balm, passionflower, and chamomile to gently promote relaxation and sleep)

**Get a GENTLE Massage:** The AromaTouch massage is awesome. To help with that have a sleep routine. Have regular sleeping times to give your body clock a chance to 'kick in' properly. Turn down the lights. Reduce noise. Move all hand electronics far away from your bed.

## MIND

Simplify your life. Organize priorities. Do only the important things only. Eliminate the less important things in life. Write often and journal thoughts and feelings. Put it all in 3 categories GOOD, BETTER, BEST. Spend most of your time and energy in the BEST category only. Say good bye to all those things in the 'good' category.

Essential oils helps us produce calming chemicals in our brain and body. Diffuse, drink and apply the oils on topically all day long.

## **Reduce stress and Relax with essential oils:**

**Single oils:** Birch, Bergamot, Clary Sage, Douglas Fir, Geranium, Helichrysum, Lavender, Wintergreen, Ylang Ylang.

**Blends:** Balance, Serenity, Peace, Console, Forgive, Anchor, Arise

**Diffusing oils:** Balance, Citrus oils, Peppermint, Emotional Aromatherapy oils

**Stop the mind chatter:** Put 3-4 drops of Balance Grounding blend oil across forehead, ears, big toes.

**Centering:** Apply Sandalwood, Cedarwood and Vetiver oils on the ears, forehead and big toes.

## **Stop the Negative emotions that feeds cancer cells.**

Cancer is not just a lump or a bump to be merely cut out and destroyed. We have to treat the root cause of cancer to completely heal. Cancer is a disease of the mind, body, and spirit. A proactive positive spirit will help the cancer warrior be a survivor. Anger, unforgiving, bitterness and other negative emotions puts the body into a stressful and acidic environment. Learn to use the essential oils daily as tools to help manage emotions. A list of these emotions can be found in *Feelings Buried Alive Never Die* by Karol K. Truman.

Becoming loving, forgiving, flexible and choosing a happy positive outlook will help relax the body and encourage your body to produce more healing chemicals.

Lemon essential oil for example helps the mind be happier leading to the body producing more glutathione (a 'master anti-oxidant'. Its has an important peptide that plays several vital roles to our longevity!)

For example:

Lavender, Chamomile, Wild Orange, Marjoram helps the brain produce Serotonin.

Rosemary, Lemongrass helps the brain produce norepinephrine

Clary Sage oil helps the brain produce Dopamine!

When we are happier, we breathe better and relax the cells allowing oxygen molecules to travel around the body. Cancer cells cannot thrive in an oxygenated environment. Daily exercise and deep breathing helps to get more oxygen down to the cellular level of the body. Exercise encourages nutrient rich blood to circulate and go into all cells thus feeding the cells with essential nutrients for optimal function. Peppermint essential oils inhaled can help your body get more oxygen molecules into your blood stream. It is a good idea to diffuse essential oils often for this reason.

# ESSENTIAL OILS & HEALTHY CELLS

## BODY

### #1 Feed Cells and Nourish the Body

1. Eat whole-foods & eliminate overly processed foods, sugars, overly processed fats & oils
2. Feed cells with quality supplements. The **LifeLong Vitality Pack** contains food based vitamins and minerals
3. Drink a lot of water with citrus oils
4. Take enzymes to assist the body in breaking down food and repairing tissues. Use dōTERRA TerraZyme daily.



### #2 Cleanse & Restore the Body

1. Cleanse at the cellular level with the 30-day Cleanse & Restore.
2. Support proper cell function with DDR Prime, Tumeric, Pink Pepper, Sandalwood, Frankincense, Tangerine, Grapefruit, Wild Orange, Cinnamon, Patchouli, Yarrow, Clove, Thyme, Arbovitae. Dilute and apply topically on or near location
3. The 3 jobs of cells: Mitosis, Specialized function, & Apoptosis. Essential oils helps cells remember how to function properly.



## MIND & SPIRIT

### #3 Rest, relax, & Emotionally heal

1. The emotions of cancer are self-destructive based. Heal emotionally and allow yourself to rest and sleep more. Here are some affirmations to adopt:

- I allow myself to have the peace that my soul yearns for.
- I love and accept myself fully
- I am complete
- I am aligned with my divine path & purpose
- I release all negative thoughts and emotions held deep inside of me
- I release all pains, resentments, bitterness, hatred and anger deep inside of me.



[www.jadebalden.com/cancer](http://www.jadebalden.com/cancer)



# Cancer Protocol

## **NEW START WITH ESSENTIAL OILS**

**Nutrition:** Eat the Calories required to maintain your ideal body weight, of good quality, high nutrient, Organic when ever possible, Foods. Pay special attention to alkaline foods including lots and lots of raw vegetables, Cancer likes an acidic environment.

**Exercise:** 30 minutes everyday of consistent movement at whatever level you can move, stroll, walk, speed walk, run, bike, swim it doesn't matter as long as you push yourself at what ever level you are at. Then in addition moving frequently, don't sit more that 20 minutes at a time.

**Water:** Drink a minimum of 10-8ounce glasses of pure water, (filtered if city water) drink it out of glass or stainless steel containers. Add Lemon essential oil to all your drinking water, to flush toxins out of your system and aid in making a more alkaline environment. More water if you are a larger person. You need to continually flush

**Sunshine:** When you have the opportunity to get Sunshine, take it! Get at least 15-30 minutes a day of bare arms and some leg exposure, depending on skin type. When no sun is available take 6,000 – 8,000 units of Vitamin D3 per day. Vitamin D is an immunity vitamin.

**Temperance:** Be moderate in all things that are good for you, and do not do the things that are bad for you. Avoid at all costs: Alcohol, tobacco, caffeine, sugar and non-nutritious sweets, Non prescription drugs, Toxic environments, and putting anything harmful in or on your bodies. This includes many cleaning and skin care products.

**Air:** Open windows and air out the house, keep air fresh and oxygenated, every half hour practice deep breathing, for at least 15 breathes, Cancer cells don't like oxygen.

Back to exercise, to keep blood and oxygen flowing.

**Rest:** Make every effort to get 7-8 hours of restful sleep per night; this is when your body rebuilds. When you are tired during the day take short rest

breaks.

Trust in Divine Power: This may mean different things to different people, but you have to have faith and hope and a positive attitude because the body listens to the mind. This step is very important; A positive attitude goes a long way here. Smile. Essential Oils by doTERRA (The Brand is only because what I am telling you to do entails taking them internally and I know I can trust the quality of doTERRA's oils because of the rigorous testing they go through to make sure they are pure with no fillers, pesticides or herbicides) This protocol had been successful in turning around the advancement of cancer by supporting the body so it could heal itself, in some cases that I am personally aware of. You can do it by itself or in addition to what ever your Doctor and you decide to do.

First: Get DDR Prime capsules and oil, Take 6-8 capsules per day and put a roller cap on the DDR Prime oil or put it in a roller bottle and apply it over the area where the cancer is every 1-2 hours during waking hours.

Second: Use Frankincense in a roller bottle externally on the spine, on the bottoms of your feet, and over the skin near where ever the cancer might be. Do this every 1- 2 hours while awake.

Third: Take the Life Long Vitality pack Faithfully everyday. It has all the vitamins, minerals, nutrients, and anti-inflammatory building blocks that your body needs. You may just require additional Vitamin D depending on where you live and your access to sunlight.

Fourth: Add Lemon or Lime essential oil to your drinking water to help flush out the toxins. Treat individual Symptoms with the appropriate oils, remember there are many oils and each will treat many things and each problem can be treated by many oils.

Examples;

Nausea-Digestzen, peppermint, ginger

Pain-Deep Blue, Wintergreen, Helichrysum, Past Tense, Lemon Grass

Congestion-Breathe, Basil, Lime, Rosemary, White Fir, Peppermint

Infection-On Guard, Oregano, Melaleuca

Burns-Lavender

Depression-Wild Orange, Citrus Bliss, Peppermint

Anxiety- Lavender, Serenity

Anger and irritability- Elevation

Sleep-Lavender, Serenity, Vetiver

Allergies- Lavender and lemon and peppermint

These are just a very few of the possibilities, Look up your symptoms in the modern Essential book

## **MY MOTHER'S CANCER MIRACLE**

2013-06-29 May Davies' re-telling of BeBe McFall's mom's testimony of how she used doTERRA CPTG essential oils to overcome cancer

BeBe is a police officer from Washington State who's been using doTERRA essential oils for a couple years now on herself, family, and even her baby. Here is the condensed account she gave, as told by me, of her mother's experience beating cancer using

doTERRA CPTG essential oils. BeBe's mom also lives in WA.

## **A MIGHTY RUDE AWAKENING!**

Back in December 2012, BeBe's mom had just arrived at her little vacation home in a little one-horse town in CA, when she suddenly felt sick, like she couldn't breathe, and had a lot of pain in her back. When she went to the doctor there, those were her main complaints. She was told she had asthma and to go home and use an inhaler.

BeBe's mom knew something bigger was going on, as she'd never suffered from asthma ever in her life, but 8 years prior, she HAD suffered from breast cancer and underwent a lumpectomy and radiation, followed by 5 years of a pill to try to prevent reoccurrence.



She was admitted to the hospital on December 6th, 2012, and from there, many tests ensued. She was told she had double pneumonia and she had a mass in her left lung. Her lungs were full of fluid, but no one yet knew about the presence of cancer, although BeBe's mom suspected it. She progressed downhill VERY rapidly.

Surgery was performed, she was put on oxygen, and put a tube was put in her chest to drain out the POUNDS of fluid that had accumulated in her chest. She was struggling to breathe and was put on 3 different pain meds.

The doctors had notified BeBe that the medical community didn't know what was going on, but they believed her mom wouldn't even make it through the weekend and that she should come say her goodbyes right now. When BeBe arrived she was shocked to see her mom hooked up to all kinds of machines and looking as if she'd aged 30-40 years in just a couple of months.

BeBe knew what to do prior to flying down to CA, and she prepared by bringing her doTERRA CPTG frankincense, which she knew could work miracles. She started applying it to her mother's feet regularly, because the feet have the largest pores on the body and the most pores per square inch, and from there, they absorb into the bloodstream within 30 seconds. BeBe had to catch a flight home within 24 hours, so she applied the oils very, very frequently. The body will not overdose on oils, and unlike OTC and prescription pharmaceuticals, the oils can be applied as frequently as every 15 minutes. She gave her family a regimen, and planned to bring more oil down on her next visit. She also used DigestZen for her mom's constipation and Wintergreen for her pain, plus DDR Prime.

Turns out BeBe's mom did have spinal cancer that had moved to the lungs, and then from there it had metastasized (gone systemic and spread throughout the body). She was diagnosed with STAGE 4 CANCER. Because it was such a small town, there was only one overworked oncologist who said that in addition to her advanced case and because she hadn't seen him before, he could not fit her in to a visit. The said there was nothing they could for her, and were going to send her home with hospice.

This all took place IN ONE WEEK.

## **CROSSING THE LINE**

From hospitalization to the decision to send her home with hospice was one week. At that point, they were saying she may only have a couple weeks left to live. She arrived back in WA a week before Christmas, and hospice had been preparing the family as to what to expect as the body started shutting down. The patient will not want food or drink, and not to force-feed them or put fluids in their mouth if they don't want it or can't swallow.

When BeBe's mom got home, she did not want any food or drink for 3 days. Essentially, her mom was right on her deathbed.

BeBe knew that the essential oils, she would need to be drinking a lot of fluid, because the oils detox the system, and the body needs water to flush them out. Well she decided "What the heck! There is nothing to lose." and gave her the oils anyway. Her whole family took shifts administering the oils to her mom 24/7, 2 people at a time, because it took 2 people to lift her to the bathroom

Then finally on the 3rd day, she said that she was hungry and she wanted to eat, which was huge progress!! They got her whatever she wanted. This is when her slow turnaround started. It was incremental, but noticeable! There were some great days punctuated by some days of setback, but overall, there was a progression towards healing, coming off her oxygen. The more she ate, the more oils BeBe would give her. When she started eating on her own, BeBe started giving her the oils internally in addition to topically. They put the frankincense undiluted ("neat" means undiluted) topically on the protruding cancerous lump on her back where it was on her lungs and spine, and used wintergreen neat topically wherever she had pain. The wintergreen was very effective at taking her pain away! She was very happy about this because she hated all the pain meds (she was on 3 different kinds) and the adverse effects they had on her other body systems.

They were causing her to become sick to her stomach, to vomit, to be constipated, it would knock her out, and she hated it, so she refused any more pain meds.. Wintergreen was a welcome and effective alternative!! She loved it!!

PROGRESSION- the next 3 weeks The upward progression was still difficult at

times.

There were days she felt so bad she thought she was going to die, but BeBe would encourage her with words of life, and the next day she would have a really good day.

That's the way it is in recovery. Finally she progressed to the point where she could get herself out of bed herself a little bit with help, and to the potty by herself. Then she could take a few steps with the walker from the bed to the couch that had been placed at her bedside. After progressing more, she didn't want to use her hospice bed in the living room, which she called her "deathbed", asking questions like, "I wonder how many people have died in that bed?", which was really hard for BeBe and her family to hear.

They helped her get to her own bed and got rid of the hospice bed.

When she started walking around the house on her own, sometimes she would forget to put her oxygen on, but she was still doing well, even without it! Then there'd be times when she'd need her oxygen again for a little bit, but she kept progressing in her mobility, breathing on her own and increasing her appetite.

Finally, by mid January she was well enough to fly back to Washington, where most of the family was, where she could get more care and be more accessible to family. She was flown to Seattle where she was able to see the oncologist she'd had when she was diagnosed with cancer 8 years prior. He did not see her in the death-bed condition she'd been in 3 weeks prior, but up and walking around, and only using oxygen every now and then for extra support. Even though she was still really tired (as the body was still fighting cancer and flushing toxins), she was doing infinitely better! The doctor said he would NOT put her back in hospice, that she was doing great, and within a week or so of her being in Washington, her doctor said to her, "You're doing so well, I can see you still living in the next 10 years!". That is HUGE considering just 3 weeks prior she'd been ready to take her last breath! This is how FAST the oils work to kill cancer, but mind you, they were not just using one drop of frankincense per day. In the initial stages, they were going through a bottle every week and a half. When it comes to cancer, we're not messing around, but you

can see frankincense can even bring a person back from the brink.

It wasn't until she got back to ] Washington that she found out just how far her cancer had progressed and how much of it had taken over her body. Her doctor told her that her cancer was RAPIDLY DYING and that her blood was full of dead cancer cells. He was honest with her and told her, "I know nothing about dōTERRA essential oils." as most doctors don't. Many of them may be afraid of them or skeptical, but there is extensive scientific research available on a website called [www.aromaticscience.com](http://www.aromaticscience.com), which is the brain-child of Dr. David Hill, dōTERRA's Chief Medical officer and also one of it's founders.

### **OTHER FRINGE BENEFITS**

In California while the family of about 9 or 10 people were taking turns in shifts caring for BeBe's mom, a big old nasty virus came through the house, and everybody was coughing, hacking, sick and upset to their stomachs. BeBe and her mom never got sick, and thank God, because that bug may have taken advantage of her weakened state and been able to kill her, since she was having such a hard time breathing anyway. Frankincense, as it turns out, in addition to being anti-carcinogenic, among other things, has also been clinically proven to kill MRSA, the antibiotic-resistant strain of staphylococcus. BeBe also kept the oils diffusing by her mom's bedside 24 hours per day.

When On Guard is diffused it kills every airborne pathogen, including MRSA, as the oil is actually shot up in an ultrasonic mist into the air. From there, it lands on surfaces and kills pathogens, including MRSA, for up to 8 days.

TODAY! BeBe's mom is not using ANY type of mainstream medication, chemo, or radiation for her cancer. She is only using her oils, and Lifelong Vitality, and it is killing her cancer at a rapid, rapid rate. She is spending probably \$300-\$400 per month on her oils, and she's getting them at 25% off.

As of early May 2013, BeBe's mom is doing all kinds of things, including gardening like nobody's business, and is about to head back down to her vacation home in California.

She's been invited to participate in cancer research studies with some hospitals in the Seattle area that specialize in cancer studies. The medical field is

learning about this, and a lot of people are excited. Her doctor told that he didn't need to see her for 3 more months because she is doing SO well. She has tons of energy now, and is such a believer of these oils that she's attended 3 of BeBe's classes in 5 days, because she is so empowered and wants to know how more oils will upgrade her life. She is also such a strong believer that she is buying the first month's worth of oils and Lifelong Vitality

FOR another lady- a young mother of several young children

## **REGIMEN**

If you know somebody who's been diagnosed or suffering with cancer, THERE IS HOPE! "It's never too late to help the people that are still here."

It doesn't matter what kind of cancer a person is suffering from, cancer is cancer, and these are the oils and supplements you are recommended to use regardless.

There are no contraindications with any of these oils or supplements- they will not have an adverse reaction with any pharmaceutical medications you or your loved ones might also be taking.

## **LIFELONG VITALITY**

BeBe's mom is also taking Lifelong Vitality. It is loaded with HIG AMOUNTS of antioxidants, essential for battling cancer and restoring cellular health. It also contains powerful anti-inflammatories.

FRANKINCENSE-!TOPICALLY, neat (undiluted)- 2 drops on feet multiple times per day TOPICALLY, neat- directly over cancerous tumors morning and night (can also be diffused aromatically and taken internally in veggie caps or added to other oils in a veggie cap) At first you should be going through about 1 bottle of Frankincense every week and a half, and after a couple of months only a couple of bottles per month will be necessary. When layering oils, wait about 30 seconds to a minute between oils. Always use peppermint or any oil that contains peppermint last, as peppermint is a driver, and drives the oils deeper and faster into the tissues.

DDR PrimeTOPICALLY- Apply neat to bottoms of feet and cancerous tumors.

Dilute with carrier oils (fractionated coconut oil or olive oil) if skin is sensitive. Usually bottoms of feet are not sensitive, so it can always be applied neat to that area.

INTERNALLY- 6-8 capsules per day, or 6-8 drops in a veggie cap, 6-8 times per day BeBe's mom is also taking between 6 and 8 capsules a day of DDR Prime. This is an essential oil blend, which comes in both an oil and a capsule. In the oil form, it can be applied topically, either neat or diluted for sensitive skin, or put 6-8 drops into a veggie cap and swallowed. BeBe's mom is healthy enough right now to take capsules. However, in the beginning, when she could not swallow, she would apply the DDR Prime oil topically on her feet and tumors and spine and wherever.

WINTERGREEN TOPICALLY, neat, to any area of pain and to bottoms of feet. Layer on after the frankincense and DDR Prime. If you're also using Peppermint for additional antiinflammatory and pain management always use peppermint or any oil that contains peppermint last, as peppermint is a driver, and drives the oils deeper and faster into the tissues.

Natural pain killer with no side effects. Pain will decrease as the cancer dies off



## PRODUCT DESCRIPTION

DDR Prime Softgels Essential Oil Cellular Complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.\* DDR Prime includes Frankincense, Wild Orange, Lemongrass, Thyme, Summer Savory, Clove, and Niaouli essential oils, shown in studies to promote a healthy response to free-radicals while supporting healthy cellular function.\* DDR Prime Softgels are easy to swallow and provide an easy and convenient method for consuming DDR Prime essential oil blend, anytime, anywhere.

## DIRECTIONS FOR USE

Take 2 softgels daily with meal (may be taken one each, morning and evening).

## CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

## OTHER INGREDIENTS

Extra virgin olive oil, non-GMO food starch, carrageenan, glycerin, maltitol, purified water.

## KEY INGREDIENTS AND BENEFITS

- Frankincense: Promotes a healthy response to free radicals\*
- Wild Orange: Supports a healthy cellular response\*
- Lemongrass: Protects against environmental threats\*
- Thyme: Broad-spectrum activity in promoting immunity and cellular health\*
- Summer Savory: Supports healthy response to oxidative stress\*
- Clove: Powerful antioxidant properties\*
- Niaouli: Supports cellular immunity\*



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Contact:***Medical Disclaimer:*

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