

News from Sunshine House September 2016

To Our Managers, Distributors, and Friends in Nature's Sunshine:

After reviewing Steven Horne's outstanding Sunshine Sharing issue on Combating Cancer, we are focusing this entire issue to this health crisis that is the second leading cause of death in civilized nations and the number one cause of death between ages 45 – 75. We know first hand the fear and trauma one experiences while battling cancer. For this reason, we are re-posting our article on Dick's battle with melanoma. Dick fought, using natural herbal products and dietary changes, and he won!

Health Freedom Info: As you now know, the president signed into law S.764, known as the DARK ACT 2016 on July 29. Signing of this bill nullified the state laws of Vermont, Connecticut and Maine that required the labeling of genetically engineered foods. It also nullified the GE seed labeling laws of Vermont and Virginia, and preempted Alaska's law requiring labeling of all GE fish or fish products. With the vague wording of the law, even the FDA acknowledges that the bill will exempt most current GMO foods from requiring labeling. The FDA has 2 years to determine how the labeling will be handled.

Congress is currently on its summer recess. The House adjourned on 7/15 and will not return until 9/6, plus adjourning again from 9/30 – 11/14. The Senate adjourned from 7/18 – 9/5 and then again from 10/7 – 11/14. Obviously we cannot expect Congress to place our needs on high priority while they are either vacationing or campaigning for re-election. This means that the House will be in session for 111 days in 2016 and the Senate for 122 days. Meanwhile...who's running the government?

What a great message from **Diane Miller**, our Sunshine Health Freedom Foundation lobbyist for state issues. If we pooled our resources and support together, we would have an even stronger foundation to fight our fight for health freedom and the freedom to treat our bodies by natural means. Please read Diane's message below:

What if Everyone Working for Health Freedom United into One Huge, Cooperative Movement?

That is exactly the vision of National Health Freedom Coalition, which just hosted its 11th US Health Freedom Congress. The vision is shared by many health freedom leaders who gathered to strategize together for the strength of the movement.

Here is why we host the US Health Freedom Congress:

- We come together to share our visions and hope with each other.
- We come together to help each other experience and remember we are part of a larger community, we are not alone.
- We come together to expand the conversation and possibilities so that our voice can reach more seekers and the narrative of truth can pierce the propaganda machines.
- We come together to find ways to address the pragmatic nay-sayers.
- We come together to be honest with what we are needing to address and what we are up against.
- We come together to be appreciated for the hard work and contributions we make.
- We come together to celebrate each other and to celebrate the parts of our visions that are coming true.
- And finally, we come together to add to our visions, to sharpen the focus of our intentions, **and** articulate and describe the work we really want to manifest.

United States Health Freedom Congress
We Come Together by Diane Margaret Miller

It is now more important than ever that we support the endeavors of all organizations whose goals and efforts are to help us keep our freedoms free: Sunshine Health Freedom Foundation (sunshinehealthfreedom.org); Right To Heal Naturally (righttohealnaturally.com); Alliance for Natural Health (ANH-USA.org); National Health Freedom Coalition (nationalhealthfreedom.org); Green America (greenamerica.org); GMO Inside (GMOinside.org); National Health Federation (thenhf.com) and many more like-minded organizations.

Dick & Joy's Calendar September 2016

LEADERSHIP INSPIRE SUMMIT: Sept. 9-10, 2016

Hilton Parsippany 1 Hilton Court, Parsippany, NJ 07054; Phone: 973-267-7373

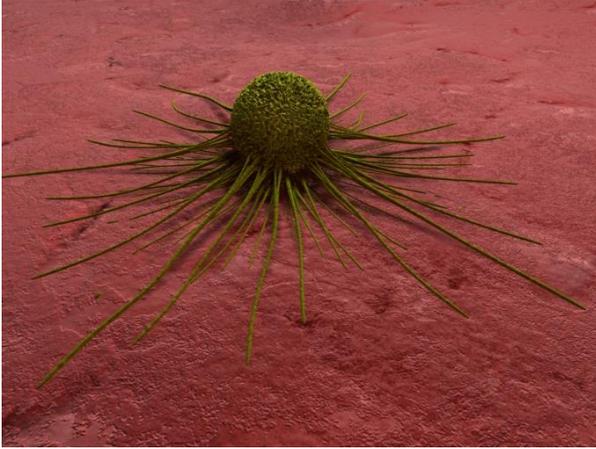
Registration Cost: \$79.00/person

In-person IN.FORM Certification available on Sunday Sept. 11

(Check website for other meeting dates & locations)

Paw Paw and Cancer

Written by Steven Horne



Cancer cells are the result of damage (mutations) to DNA in the cell's nucleus that turns a healthy cell into a type of parasite. Cancer cells grow much faster than ordinary cells competing with healthy cells for nutrients. Having lost their normal control systems for growth, cell division and death, these cells multiply out of control. They attract new blood vessels to themselves to feed their runaway appetites for the nutrients needed for their out-of-control growth. Cancers can grow "tentacles" to reach out and invade other areas. Cancers can even clone themselves. When they travel through the blood stream and lymphatic system, they metastasize throughout the body.

Although genetic weaknesses and predispositions may contribute to the occurrence of cancers, environmental influences such as chemicals,

radiation, and viruses are involved most of the time. Cigarette smoking is linked to 30% of cancers.

The liver detoxifies and eliminates many chemicals that might cause cancer and most traditional anticancer herbal formulas actually help by improving liver function. The liver also destroys excess estrogen, which is a signal for cellular growth and increases the development of cancers, especially in women.

It may take years for a primary tumor to grow large enough to be seen or felt as a lump. Cancer may spread through the system of lymph nodes. In very serious cases, cancer cells, traveling through the blood, may metastasize in other tissues such as the brain, lungs, or liver.

Understanding Cancer Cells

Cancer cells differ from normal cells in several ways. They develop an anaerobic metabolism that allows them to create energy in the absence of oxygen. They have seven times more insulin receptors than ordinary cells and more receptors for glucose uptake, which means they can absorb blood sugar faster than healthy cells. They have ten times more receptors for IGF-1, a hormone that allows glucose absorption. To sum it all up, their metabolic rate is many times faster than that of healthy cells.

In order to fuel their unusually rapid growth and reproduction, cancer cells stimulate the growth of new blood vessels around them and increase the rate at which they convert nutrients from the blood into energy for themselves.

Apoptosis—Programmed Cell Death

Just like people, cells in the body have a time to live and a time to die. Cells can die because they are killed by injurious agents, but they can also die because they are induced to commit suicide—a process called apoptosis. There are built in mechanisms inside each cell that cause apoptosis when conditions are right. This process takes place naturally when certain cells are no longer needed by the body or when they become a threat to the body.

The primary way the annonaceous acetogenins in paw paw work is by inhibiting the production of ATP inside the mitochondria in the cell. Since cancer cells need more energy than normal cells to survive, this loss of energy triggers apoptosis. In other words, paw paw "convinces" cancer cells to self destruct.

Are There Any Side Effects?

One of the main problems with traditional cancer therapies such as radiation and chemotherapy is that they damage healthy cells as well as cancer cells. So, the question naturally arises, if acetogenins block ATP production, wouldn't that affect healthy cells, too? Well, they do slow down the function of healthy cells, but since the cancer cells use energy at a rate up to 17 times faster than normal cells, the compounds have the strongest effect against the rapid metabolism of the cancer cells. The abnormal cancer cells are induced to self destruct due to the reduced metabolism, while healthy cells remain undamaged.

In early research, it was discovered that paw paw extract was consistently vomited up before quantities that could cause serious problems to healthy cells could be consumed! In a toxicology study using dogs, they were unable to give the dogs a dose sufficient to cause death. The dogs would simply vomit.

Also, before being released, this paw paw extract was provided to 130 cancer patients for up to one and a half years. Only three of those in the study reported nausea and vomiting and one reported itching. None had any typical chemotherapy problems such as bone marrow suppression, anemia, hair loss, etc.

Using Paw Paw Cell Reg

The suggested use of Paw Paw Cell-Reg is 4 capsules per day until after remission. These should be taken at the rate of one capsule four times per day. Many people have found they can tolerate more and have taken 8, 12 or 16 capsules per day, again, divided into four doses. Work up slowly, and if you notice any nausea, vomiting or loss of energy, back down.

People using **Paw Paw Cell Reg** often find it beneficial to combine it with **Immune Stimulator** and **Protease Plus** or **High Potency Protease**. For maximum benefit, take all of these supplements, including the Paw Paw, between meals.

Protease activates immune activity, including Natural Killer (NK) cells, against cancers. It makes cancer cells and viruses more discernable to the immune system. Immune Stimulator increases immune activity, which helps the body fight cancer.

This program can be used as an alternative or supplement to chemotherapy, then continued for a month beyond the time that all tumor markers are down and there is no further evidence of the cancer. Additionally, it can be used at least once a month for the next 2-3 years.

Paw Paw is NOT a product to take to prevent cancer. It should only be taken when actually fighting cancer or some other health problem. Also, Paw Paw only works on tumors. It is not helpful for other forms of cancer.

What to Expect

First, it is unlikely one would overdose on paw paw extract because vomiting occurs before too much can be consumed. If nausea or vomiting do occur, simply lower the dose.

It is typical to see significant reductions in tumor size and in tumor antigen levels within six to eight weeks. Some people report a more rapid, measurable response to the program. For instance, one lady saw an improvement in her CA-125 markers (Cancer Antigen 125 is used to monitor ovarian cancer) after only one week.

In a patient with non-Hodgkins lymphoma, who had undergone three rounds of chemotherapy in six and a half years, the white cell count and lymphocytes returned to normal ranges after only 35 days of taking paw paw extract.

People who have cancer who take Paw Paw Cell-Reg are also reporting increased energy levels. This is because paw paw's inhibiting effect on the metabolism of cancer cells means that healthy cells no longer have to compete with cancer cells for energy.

For more information on using Paw Paw for cancer consult The Comprehensive Guide to Nature's Sunshine Products.

Because cancer is a very serious illness, I recommend that you should have your progress monitored by appropriate medical testing and you should work with an experienced professional in developing your program.

Other Uses for Paw Paw Cell-Reg

Paw Paw may also be helpful for fighting certain types of infections. Because viruses require ATP to replicate, it may slow the progress of viral infections. Some people have found it helpful for shingles, warts and herpes; it may also be helpful for yeast infections and parasites. Typically, lower doses of 1-3 capsules per day are used for these conditions. It can be made into a salve to apply topically that is very effective for fungal infections, warts and herpes sores. Incorporate into a shampoo to eliminate head lice and fleas on animals.

To Make a quick & easy Paw Paw Salve or Lotion: Open and mix 5-10 Paw Paw capsules into 1 tbsp. of lotion or ointment (Pau D'Arco Lotion or Silver Shield Rescue Gel) & apply topically. This preparation will be gritty.

To make a non-gritty salve: combine 10 capsules Paw Paw with 2 tbsp. isopropyl alcohol. Mix well in a small glass container; cover and let mixture stand until the particles have settled to bottom. Pour off the liquid into a saucer & save the liquid. Add another 2 tbsp. alcohol to the remaining solids in the glass container. Cover & let stand until particles have settled. Again, carefully pour the liquid into the saucer. Discard the particles. Let saucer sit out, uncovered, until all the alcohol evaporates. You will be left with a green-brown residue, which can be mixed with 1 tsp. of salve or ointment, or 3 tsp. of a lotion. Apply topically. Store remaining salve or lotion in a covered container.

10 Cancer-Causing Foods You Should Avoid Source: Herbs-info.com

The food we eat has the ability to affect our health in very big ways – for better or for worse. Eat too much fat and you increase your risk of heart disease. Drink too much alcohol and you damage your liver. In today's day and age of processed and "fast" food, much of what we eat is actually a detriment to our health. But can food actually cause cancer? How much damage does our diet actually do to our cells? Here are 10 foods that have been found by studies to increase cancer risks:

1 – Red Meat

Red meat cooked at high temperatures contains mutagens that expose humans to NOC (N-nitroso compound) – a compound directly linked to colorectal cancer. A 2013 study revealed that red meat consumption was a risk factor for cancers of the oral cavity, pharynx, nasopharynx, esophagus, rectum, pancreas, breast, endometrium, and ovary.

2 – Alcohol

Alcohol abuse is one of the leading causes of liver cirrhosis – a condition characterized by the irreversible damage to the liver. In certain cases, alcoholism can cause liver cancer as well. According to a 2012 study conducted in Japan, heavy alcohol drinking by both men and women significantly increased the risk for acquiring primary liver cancer.

3 – Artificial Sweeteners

With recent studies linking the use of artificial sweeteners to metabolic disease, its effects on cancer risk has become a popular topic. While the official position of the US FDA body is that artificial sweeteners are safe, a study published in 2012 revealed a potential link between artificial sweeteners and leukemia and lymphoma in men – and while these results were inconclusive, the possibility of causation and association exists.

4– Genetically Modified Food

The controversial Seralini study showed huge tumors on rats that were fed GMO food. Although this study has been argued over endlessly – there's simply no need to be a "lab rat" yourself. Why risk it? It seems fairly logical that eating mutated food entails a risk of mutating your body – and one of the old "standards" of the pro-GMO movement, that the mutant DNA is fully broken down and rendered harmless, has been challenged. When something is genetically modified, its structure changes – which means that how "safe" it is for consumption changes as well. Genes or DNA introduced to the crop are not completely broken down by the body, meaning they can be potentially absorbed by the body's gut bacteria and cause antibiotic resistance. Also, the complete effects of genome modification are unpredictable.

5 – Refined Sugar

When products are refined, they lose much of their naturally-occurring nutrients, basically providing "empty" calories and taste to food. Refined sugar is a big culprit because not only is it low in nutrients, it also contributes to high glycemic load. High glycemic load has been linked multiple times over the years to cancer, with a recent study in 2012 revealing an association between high glycemic load and the risk of breast cancer.

6 — Manufactured Soft Drinks

A high intake of sugary drinks and foods is associated with increasing risks for diabetes and other metabolic disorders. Soft drinks have been directly linked or associated with various cancers, according to a review of studies done in June 2012.

7 – Smoked And Grilled Meat

Mutagens are formed in food when exposed to high temperatures in grilling and smoking. Intake of mutagens is linked directly to cancer risk, specifically prostate cancer according to a study in 2005. Mutagens – specifically heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) – damage DNA, increasing the risk for colorectal and pancreatic cancers as well.

8 – Hydrogenated Oils

Most cooking oils are hydrogenated, meaning they are heavily processed to prolong their shelf-life. In a study in 2000, the intake of hydrogenated oil was associated with an increased risk for adenomas. Hydrogenated oils are likewise rich in trans fats, which increase the risk for colon and colorectal cancer in men and women.

9 – Non-Organic Produce (Pesticide Sprayed)

The danger of consuming non-organic fruits and vegetables is the risk of consuming pesticides that have been sprayed on them. It's been demonstrated that these are absorbed by the produce and washing is not enough. Peeling helps – but in many fruit and vegetables, the best nutrients are in the peel. A 2014 study revealed that exposure to pesticides greatly increased the risk of cancer in multiple organ systems, except Hodgkin's and non-Hodgkin's lymphoma.

10 – Farmed Salmon

A topic of interest in the health community lately is the safety of farmed salmon. According to the Cleveland Clinic, farmed salmon has many health risks associated with it (compared to wild salmon) because of (1) lower nutritional content, (2) persistent organic pollutants or POPs, (3) Carcinogenic chemicals from the water the fish live in, (4) high content of contaminants, and (5) high antibiotic levels – all of which can damage DNA and cause cancer.



Mary Reed Gates Posted on Facebook, Natural Health Professionals Site on April 1

As many of you know, Dick Williams has been battling Melanoma. A scary feat for anyone, not alone an 87 year old man. Well, today his doctor declared him CANCER FREE!!! He only used natural remedies. "In the USA curing cancer is illegal," is a favorite line of Dick's. We sure are glad and proud of his "breaking the law," Way to go Mr. Williams :o)

Dick's Journey from Cancer Diagnosis to Cancer Free

On January 12, 2016, on the recommendation of my family practice medical doctor, I visited a Dermatologist for an evaluation of a small brown spot, which I assumed was a liver spot, on my right cheek that I noticed had begun to change in color. I left his office with an area that was the size of a large freckle biopsied. Several days later, the Dermatologist personally called me and quite directly told me the biopsy revealed that I had Melanoma skin cancer and that beneath the skin it was quite broad and a Stage 0-1 Melanoma. Furthermore, he told me that he had personally scheduled me for surgery several days later with a Plastic & Reconstructive surgeon who specialized in treating melanoma.

After concluding the call and telling my wife Joy of the diagnosis, I was left with the feeling that I had been placed on an assembly line conveyor belt, not of my choosing. I immediately called the surgeon and rescheduled my surgery for one week later for the purpose of exploring my options.

After several days, I decided to go ahead with my previously scheduled plans to attend the International Iridology Practitioners Association (IIPA) Symposium in Las Vegas. I also choose to begin a treatment that was highly recommended to me by an acquaintance who is a research scientist, which consisted of applying a salve to the lesion area twice a day. Unfortunately, this did not prove to be sound advice, as the salve almost destroyed my face. Fortunately, I finally listened to my wife and daughter and discontinued the salve and began work on healing the erupted areas. Needless to say, my face was not pretty looking for several weeks. I visited the Dermatologist again and used a cream he prescribed to heal the wound. The dermatologist also explained to me that the salve I had used could cause scarring of the underlying tissue and make a definitive diagnosis difficult, as the scared tissue could provide a 'home' for cancer cells to hide. Fortunately, I was human looking again by the time I flew off to Las Vegas.

Attending the symposium in Las Vegas turned out to be a wise decision. Many of the speakers and attendees were medical doctors with experience in treating melanomas, including Dr. Jiminez, an oncologist who owns and practices in two clinics, one in the USA and one in Cancun. His lectures were technical and enlightening, as were those from a Neuro Surgeon from Taiwan. I was fortunate to have individual consults with each of them plus several other doctors.

The day after returning from Las Vegas, I kept my appointment with my Dermatologist. He sent in his nurse to prepare me for a second biopsy, three weeks after the first one. I declined to have another biopsy. I wanted time to continue healing and to absorb all that I had learned at the symposium before I took another step. The Dermatologist was not pleased with my decision. He explained that since I had canceled the surgery twice and now did not wish to have another biopsy, he was required by law, and to protect himself, to write me a letter pointing out that I had refused his recommended cancer treatment for Melanoma Cancer. This letter would be sent to me to sign and returned to him to file with the Medical Ethics Board. He also explained that as time progressed, the cancer would grow and my alternative treatment would kill some of the cancer but ultimately would not kill it all and it would disperse to other areas. This concept, in part, was consistent with what Dr. Jiminez told me in Las Vegas. This being said, the Dermatologist left the room and his nurse returned saying I was to "come back when you will have your next biopsy." During this time, Joy and I discussed me having a consult appointment with the surgeon, which pleased the Dermatologist. He scheduled the appointment for me. The appointment with the surgeon was a complete, polite and caring experience, where she explained in detail exactly what the surgery would entail.

After this, I took the following steps:

- * I asked for and received a spiritual healing from our creator.

- * I gave thanks for this blessing and never allowed doubt to enter my mind.
- * I gave and continue to give many affirmations of gratitude each day, confirming that I am cancer-free.
- * Understanding that God expects us to do our part, I reviewed my options: cut, burn or poison in the USA, or travel to Cancun for a natural cure (lovely trip but expensive).

Then it occurred to me that I am knowledgeable of many of the holistic protocols for treating cancer naturally, and I have many highly qualified friends and acquaintances with whom I could consult as I pursued my path to becoming cancer free. I began by using kinesiology to muscle test herbal protocols and products one at a time on a daily basis. It's amazing how one's body speaks to ones self if we just listen to what it is telling us! It's also amazing that I had not proactively used my knowledge of the healing power of herbal products in the beginning.

I learned thru muscle testing that using **Pau D'Arco Lotion** and **Pau D'Arco capsules** were two herbal products that my body needed. I also received strong confirmations to drink **Pau D'Arco/Taheebo Tea**. I completely eliminated coffee from my diet, which I modified to 2/3 vegetables and 1/3 high quality protein, and severely limited my intake of sugars. As I normally do, I drank only pH balanced pure water, 3-4 quarts per day, knowing that these changes would halt the progression of my cancer but probably not cure it. I doubled my consumption of **Immune Stimulator** so that I would keep my immune system strong and functioning during its battle with the cancer.

Next, I was told by a very knowledgeable herbalist that **Frankincense Oil**, mixed 50/50 with a carrier oil, will kill melanoma cancer cells. Since my cancer by then covered a large area, I decided to apply it heavily to my entire face, which after a few days ballooned up like a pumpkin and I could barely open my eyes, looking out through small slits that were not sealed shut. Since Nature's Sunshine was arriving in four days to interview us and film our business, I stopped the Frankincense Oil application for four days and began applying **Vitamin E Oil** for healing. I had to wear makeup during the two day visit from NSP, which my daughter artfully applied each morning, during the filming because my face was red, blue and purple. After I resumed use of the Frankincense Oil, I used lesser amounts and applied only to the affected areas. (An interesting note is that initially we were out of Carrier Oil, so I used Coconut Oil as a carrier. It was after I switched to the carrier oil that I experienced the swelling – to me this is proof of the quality and action of our carrier oil versus using a substitute).

At this point, I was muscle testing for being healed of my cancer by May 9, and I scheduled with the dermatologist for a biopsy on that date. Knowledge again took over, and I remembered NSP's former Health Science Director Dr. Jerry McLaughlin and his 35 years of research on **Paw Paw**. I wanted to speed up my healing process as much as possible so I could tell my success story to people at Nature's Sunshine's Convention in April. I added **Paw Paw Cell Reg** to my regime, testing only for 1 in the morning and 1 each evening, knowing the Paw Paw would prevent the cancer cells from reproducing.

Within days, I muscle tested that I was cured and on March 25, I had my last biopsy done. On April Fool's Day, I was pronounced cancer free. It was a long wait to get the results but I had been told that it would be at least one week before all the microscopic testing and analysis would be completed. What a great day this will always be in my memory bank! I give credit for my healing to prayer, God's support, the vast array of wonderful natural herbal products that are a part of my daily diet, and to those I know and love who were such a strong support team for me.

In conclusion, I believe that several of the reasons that I still live an active life at age 87 is because of the continuing education and par excellent products from Nature's Sunshine. They put a spring in my step and joy into my life!

In addition to the herbal products I took during my battle with melanoma, I continued to take my repertoire of Nature's Sunshine products that I consume on a daily basis. I always take quite a few of the **Core Health** products to meet my body's needs for continued good health and healing. During my cancer treatment phase, I seriously increased my consumption of **Citrus Bioflavonoids**, not only to support my Immune System and increase collagen production, but to also increase the tissue healing without scarring.

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.

~ Ronald Reagan

