

Vickie Sorensen's NATURE WORKS

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HEALING FROM CANCER

Cancer is a dis-ease of the body representing a severe acidic state of the tissues and poor nutrient intake. Once the causes of the dis-ease are remedied the body can then effect a healing.

The first priority is to increase the water consumption. Water should be purified through a reverse osmosis system and the person needs to take in ½ ounce of purified water per pound of body weight. This increases metabolism and assists the body's eliminative systems such as the bowels and urinary to cleanse waste product from the cells. I recommend reading the book The Body's Many Cries For Water by Dr. F. Batmanghelidj.

Because of the body's acid state the absorption of vitamins and minerals is seriously compromised. Green drinks such as **Emerald Essence** help to balance pH. It is recommended that a person take 2-3 tsp per day in fresh apple or carrot juice.

Immune Multi is a whole food nutritional supplement that provides over 150 vitamins, minerals, and cell salts. This formula contains no synthetic vitamins. It was formulated specifically for the needs of people fighting degenerative dis-ease such as cancer. It is suggested that the person take 9 capsules divided throughout the day to stimulate immune system activity and eliminate nutritional deficiencies.

Flax seed is a powerhouse of nutrients and contains 37 known cancer-fighting lignens. Research from the University of Toronto found that flax is extremely beneficial for shrinking tumors. However, flax must be milled to release oils and nutrients or it passes through the body undigested. **Flax Plus** is a milled flax product boosted with powerful anti-oxidant herbs to increase its effectiveness. Recommended usage is 2-3 tbsps. per day, however start with 1 tbsps. per day and increase slowly to allow the body to adjust to its cleansing properties. Flax is a gentle bowel cleanser and taking too much at once can cause a healing crisis with flu-like symptoms. If this occurs just decrease the amount taken and increase the purified water that you are drinking.

Essiac Plus is a non-toxic herbal formula that's been with us since 1922. It helps boost immune system function specifically to fight cancers. The herbs used in the formula are historically used as blood cleansers and nutritive herbs. Check out the book Calling Of An Angel by Dr. Gary Glum for more information about this formula. Recommended usage is ½ tsp. Three times per day or one pint of **Essiac Plus** tea.

Parasites in the body can really stress the immune system and rob essential nutrients needed for healing and tissue repair. We pick up parasites from the meat we eat, pets, other family members, or even from the soil. Since it is impossible to prevent

acquiring parasites it is essential, especially when one is fighting cancer to rid the body of its hitchhikers. Parasite herbs are an easy and safe way to do this. The **Parasite Cleanse** is an herbal formula that has been used for ridding the body of parasites. Recommended usage is 2 capsules 3 times per day. The Cure For All Cancer by Hulda Clarke is a good source of information on this subject.

Your nutrition is extremely important to balance pH and provide energy for healing. The diet should be 75% raw fruits and vegetables. Juicing is an excellent way to provide the enzymes and food energy that a person needs. Read Fit For Life by Harvey Diamond and Power Of Juicing by Jay Kordich. Carrot juice is especially helpful because of the high carotene content, which acts as an anti-oxidant in the body.

Nutritional support of the immune system is vital during any healing program. **Blood Defense** is an herbal combination that acts as a blood and tissue cleanser. The herbs in this formula are powerful cleansing herbs that assist the body to eliminate heavy metals, chemicals, parasites, and protect the body from free radical damage. It contains twenty-five herbs known around the world for their ability to support the immune system when fighting cancer. It is recommended that a person take 2 capsules 2 times per day.

Also valuable in any health care regime is a good exercise program that increases oxygen to the tissues and helps with the absorption of nutrients. Walking briskly every day is a low stress way to do this. Although the energy of a very ill person may be low, they will benefit from an exercise program. This also helps the body regulate the pH. If the energy is too low have the person sit on a mini trampoline while someone else gently bounces. This will stimulate the movement of lymphatic fluid and thereby eliminate waste from the tissues.

Lastly but certainly not least are the spiritual aspects of the dis-ease in the body. Most people do not or will not recognize the thought patterns that created this illness in their body. Cancer occurs from long standing resentment and hurt. I recommend the books Feelings Buried Alive Never Die by Karol Truman and You Can Heal Your Life by Louise Hay. You can choose to fill your life with joy and vibrant health! God bless your efforts on this learning path you've taken. Remember all healing comes from God at our request. Acknowledge Him in this healing work.

All products can be purchased from Vickie Sorensen's **NATURE WORKS** ~ 415 West Midvalley Road ~ Cedar City, Utah 84720-7412. Or order by Phone at (435) 586-2049, e-mail at: goodhealth@vsnatureworks.com, or visit our web page at: vsnatureworks.com

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