

**STEP-BY-STEP GUIDELINES TO  
FOLLOW THE BLACK CUMIN  
CANCER PROTOCOL**



# Step-by-Step Guide to Healing Cancer with Nigella Sativa



**A detailed guide to follow the Black  
Cumin (Nigella Sativa) Cancer Protocol.**

**Learn how to implement the entire protocol from taking  
the oils properly to mixing the luffe and following her new protocol with  
barley. Healing your cancer is possible when you have full knowledge  
of the entire program.**

**This guide is a must read for anyone with cancer or who wants to  
prevent cancer for theirselves and their loved ones.**

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### **Disclaimer:**

Note: The author of this eBook is not a doctor or a medical practitioner and I cannot legally give out medical advice or to make medical claims. Moreover, even doctors cannot claim to tell you what will cure you according to the FDA except by using an FDA approved drug. Even though black seed has been used for thousands of years along with the other remedies I will share, I cannot legally say they are cures, but I can write about works for me and my clients and then it is up to you to decide.

**“Health is a state of complete harmony of the body,  
mind and spirit. When one is free from physical  
disabilities and mental distractions, the gates of the  
soul open.” ~B.K.S. Iyengar**

**“In order to change we must be sick and tired of  
being sick and tired.” ~Author Unknown**

**“Mainstream medicine would be way different if  
they focused on prevention even half as much as  
they focused on intervention...” ~Anonymous**

**You have suffered for years and years and I could  
have cured you in 30 days.**

## Foreword

I want to congratulate you on taking the first step towards treating your cancer with Nigella Sativa, also known as black cumin, kalonji and black seeds. By the year 2020 you will see cancer double in statistics from the year 2000 and by the year 2030 cancer statistics will triple.

Research has shown that people who chose chemo as their cancer treatment will have a 2.1% chance of survival after 5 years. So you will see more and more switching to alternative healing modalities and I am pleased that you have chosen to begin a new life starting today with Nigella sativa.

There have been more than 900 peer research studies showing the efficacy of Nigella sativa and many of those studies have centered on the ability of Nigella sativa to treat cancer successfully.

Nigella sativa has been shown to annihilate cancer tumors in pancreatic, breast, colon, prostate and liver. Other testimonies, such as mine has proven Nigella sativa successful in stomach, bone and brain cancers.

The more researchers search for new evidence the more you will see doors open up for all cancers.

Narrated Abu Huraira: I heard Allah's beloved Prophet (PBUH) saying "There is healing in Black Seed for all diseases except death."

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## **Dedication**

**I want to dedicate this book to my father, Jack Ellison and my sister Patty. They both had brain cancers and died horrible deaths. They depended on conventional doctors and treatments.**

**I remember dad's doctor told me "You just have to accept that your father is going to die." He was heartless and cruel. He would leave dad waiting in the waiting room for hours when dad was so sick he could not sit up. He gave dad chemo, knowing it was not going to heal. He wanted to get the pharmaceutical rebate and he could care less about my father.**

**Dad had so much faith and he did everything religiously to be well again and traveled around the states visiting his family to make amends for anything he did wrong.**

**Daddy loved to go fishing, but could not go anymore due to his health and his friends shunned him. He would cry all the time and dad never cried. We found out later it was the medicine that made dad so emotional.**

**In the end after all the chemo was done, they discovered two lumps on dad's lungs. If he had cancer on one lung, they could have operated but two was too much. So we brought dad home and in 30 days he was no more.**

**My sister Patty died in 1 and half years due to the fact she had inoperable cancer. I was so happy she was out of pain and suffering.**

**I swore I would never ever go through what they did and never did. I cured my own cancer with black seed and luffe. I never entered a chemo drip or relied on a corrupt doctor to save my life. The one that saves lives is God. God alone has the power to help.**

## **Acknowledgements**

**I would not be here today if it were not for the help of many people. Many researchers before me did the work and provided the backing for this protocol. There has been more than 600 peer reviews. The first review I read was by the Kimmel Cancer Research University with their work on pancreatic cancer. They showed that Nigella Sativa had an 80% Cure rate.**

**That means 8 out of 10 people will live. Compare that to the conventional treatments were 2 out of 10 live. I knew then that a cancer protocol had to be created and shared.**

**Through careful research by many others I came up with a multi-prong protocol that would help more than 8 out of 10 people be well. If I could find the right synergy of natural herbs, we could help people walk, talk and live productive lives.**

**While I can't guarantee success, I can tell you from experience and testimonies, the protocol works.**

## **Who Should Buy This Book?**

Everyone! At the rates of sickness we see in the West, you are virtually guaranteed to experience one or more chronic, degenerative disorders by the time you are 50. This is not just a cancer book, but a wellness book and this protocol can be used for many diseases.

1. Cancer
2. Heart Disease
3. Diabetes and Pre-diabetes
4. Fibromyalgia
5. Alzheimer's, Parkinson's and Dementia
6. AIDS
7. Crohn's, Colitis, Celiac, Diverticulitis
8. Autoimmune Disorders – including MS and Rheumatoid Arthritis Many others!

**If we fill our hours with regrets of yesterday and with worries of tomorrow, we have no today in which to enjoy our existence. Seize the day, and take control of your health and life. How you are going to live those tomorrows will depend on how you act and choose today.- George Allibone M.D.**

# Lynn

I met my client through a friend who offered to help her. She was stage IV breast cancer with a previous stroke. She had no memory and could not recognize her friend. I was asked to help.

So we did an interview and got the basics down and I made my recommendations. Lynn was happy as she had an organic garden in her back yard.

We worked on the protocol she needed and her friend paid for everything and even purchased two months supplies so she did not run short.

I gave her full instructions on how to do the Budwig Protocol too and she was able to purchase the supplies in a herbal store near her.

I asked for a few days to get the "honeycomb protocol" ready. Lynn's friend was so cooperative and anxious to get started. After the boxes arrived, Lynn started right away on the diet and lifestyle changes.

The results were remarkable. Here is what her friend told me.

Hello:

Lynn is doing famously! Her blood sugar dropped to 112; her large breast tumor is now falling in on itself; the smaller tumor is less than half size; her blood pressure is normal now; and she has lost over 20 pounds! Goes Kayaking, works in her garden and has joined a writers' club. I'd say she was well on her way.

I want to order the next 30 day package. Again, we owe you a big hug for your protocol!

Hi Again:

An interesting update on Lynn's condition. We spoke before about the fact that Lynn had a debilitating stroke – couldn't walk or talk for almost a

year. As mentioned, she is past all of that but had a remaining disability when it comes to reading and following instructions, some problems with alphabetical items, and much trouble with finance issues. She told me Friday that her mind is clearing! Her memory has improved to the point that she is now able to remember the names of the 16 people in her writing club after only two meetings! This is remarkable for her and she is very excited. I think we can plan on nothing but further improvements beyond the cancer!

Lynn, her son, and I are very, very grateful to you and to your program!

**Note:** We use to recommend self help and self implying of the protocols. We no longer do that. Guidance is so important. We suggest you sign up for coaching, so we can help you live longer. If you have cancer or any disease, you may not have time to reconsider later. Be smart and go the extra mile.

# Introduction

Black seeds, also known as *Nigella sativa*, black cumin, kalonji seeds and haba al-barakah (Arabic phrase) have been used by people for thousands of years. Some associate black caraway with black seeds and they come from two different plants. Kalonji seeds are found in India and haba al-barakah is an Arabic word and used in the Middle East mainly. Black seeds are commonly used in the kitchen also in many recipes.

*Nigella sativa* (black seeds), an annual flowering plant that grows to 20-30cm tall, is native to Asia and the Middle East. The flowers of this plant are very delicate and pale colored and white. The seeds are used in Middle Eastern cooking, such as in their local breads. The seeds are also used by thousands for their natural healing abilities.

Black Seed is considered to be the greatest healing herb of our time and it has been much neglected. It is being used to strengthen the immune system, fight and irradiate Prostate Cancer and other tumors, purify the blood and increase longevity. Black seed was found in King Tut's tomb, proving the value of this herb to the Kings.

*Nigella sativa* or black seeds is from the prophetic remedies. It was used by both Muslims and non-Muslims for thousands of years. The seeds were used by the ancient Romans in cooking and the Asian herbalist for many remedies, including migraines.

The name *Nigella sativa* comes from the Latin word, *nigellus*, meaning black. *Nigella sativa* is small black seeds, with a slightly rough texture and it has an oily interior.

Narrated Abu Hurairah: I heard Allah's Apostle saying "Use this Black seed; it has a cure for every disease except death." (Hadith of the Prophet from Sahih Bukhari)

## Prophecy of the Black Seeds

Prophet Mohammad was quoted as saying, "There is healing in Black Seed for all diseases except death." It is also believed that honey was part of the blessed seed treatment. It was part of the tradition to put some honey and ground whole black seeds in the palm of your right hand and lick it up with your tongue. In the days of Prophet Mohammad there was no black seed oil.

## Black Seed Oil Treasured by King Tut

Black seed oil was found in the tomb of King Tut proving that the important kings found value in this seed. It was a sign also that of all the gold and diamonds he possessed, black seed oil was part of what he chose to take to the next life. The black seeds were found in his tomb also.

## **History of Nigella Sativa**

To understand the history of Nigella sativa you need to know more of what has happened in the past. Black seeds can be traced back to over 3000 years.

Black seed has been used extensively as an herbal remedy and as a food condiment for thousands of years. It has an abundance of names and is most commonly referred to as black seed or black cumin seed in Western countries.

## **Mentioned in the Bible**

Nigella sativa was referenced in the book of Isaiah of the Old Testament. It was called "ketzah." Ketzah was used for cooking and for a spice. Ketzah is a Hebrew word for black cumin or Nigella sativa. Isaiah compares the reaping of black cumin with wheat. "For the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod."(Isaiah 28:25, 27 NKJV).

## **Recommended by the Prophet Muhammad (Peace be Upon Him)**

Prophet Mohammad (peace be upon him) stated, "Hold on to the use of the black seed for indeed it has a remedy for every disease except death." "Hold on," indicates that one should take the remedy daily and take it often and regularly.

## **Assyrian Herbal Book**

An Assyrian herbal book explains black cumin seed as a remedy internally for stomach problems and externally for ears, eyes, mouth and many skin problems, such as itching, rashes and sores. Nigella sativa was also used for herpes.

## **King Tut's Tomb**

The black cumin oil and seeds were found in King Tut's tomb proving how valuable it was. The honey and seeds were also found in the tomb indicating that this was a prescribed way he took this miraculous medicine. Cleopatra was also known to use the oil for her beauty and her health. Queen Nefertiti who was admired for her beauty, also used the black seed oil. Doctors and the Pharaoh used the black seed oil and the seeds to treat people with such ailments as: colds, headaches, digestive problems and allergies.

## **Used by all Naturopath Masters**

The blessed seed Nigella sativa was also used by Hippocrates in the 5th century B.C. He claimed that Nigella sativa was a valuable remedy in hepatic and digestive disorders. Pliny, the elder, used the seeds in the first century extensively and wrote in his "Naturalis Historia" (Natural History) about Nigella sativa and referred to it as "Git".

Pliny used its remedy for scorpion stings and snake bites, callosities, tumors, abscesses and skin rashes (eczema). Due to its anti-inflammatory qualities, the seeds were used for head injuries.

Greek physician Dioscorides used the blessed seeds for a variety of ailments to include: intestinal worms, headaches, toothaches and nasal congestion. The seeds were also used as a diuretic, to increase milk production and to promote menstruation in women.

### **Appreciated in Ayurveda**

Black cumin or *Nigella sativa* was appreciated for its many qualities and bitter, warming stimulant nature. In tradition and typology of the 3 doshas, black cumin reduces vata and kapha and increases pitta.

Black cumin was used for a wide variety of complaints, such as anorexia, certain disorders of the nervous system, discharge and venereal disease.

### **Nigella Sativa Used in Orient**

*Nigella sativa* was used in the orient for stomach problems, diarrhea, flatulence, constipation, jaundice, dandruff, hair loss, skin care, congestion, dementia, infections, worms, menstrual problems and bronchial disorders.

In the 16th to 18th century the German Medical Encyclopedias, Hieronymus Boch, "New Kreutterbuch 1539 and Jacobus Theodorus Tabernaemontanus, and "The new Complete Herbal Book," all gave great respect to *Nigella sativa*. The oil was used traditionally as others did, but now it was being used on dogs, cats and horses.

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## What's Inside

First I want to congratulate you for taking the first steps to be well naturally. You are demonstrating you are serious about resolving your health issues and transforming your life. I understand, when you purchase a book such as this, you are seeking a cure and want to get right to the bit telling you how to achieve it. It should be EASY, needs to work QUICKLY and has to be AFFORDABLE. If you could just pop a pill, or herb, without doing anything else, fantastic!

We all have been conditioned from childhood to want a miraculous cure and to want it ASAP. We want a magic pill and we want to be well again. Sometimes however the magic pill is not available and only through hard work will you be well.

In the pages to follow we will show you how to use Nigella Sativa and the herbs and protocols available for healing. We will give you research and why you should want to use this protocol also. And we will give you a choice of which protocol suits you best. This book contains the original protocol posted on Cancer Tutor I wrote years ago, the advance protocol and my latest protocol, the honeycomb protocol which is the best.

Once you have the key that unlocks the secret of how to use therapies, supplements and so on, they WILL work. Let me start with what is not in the book. You will not find 200 pages of research that you can do on the Google search engine and there is not a bunch of promises I cannot keep. There is not a magic wagon of hokey pokey statistics either. I try to keep it real, easy to read and understand in real People talk. I will explain why doctor's are not God and why the program works best.

In the end you must decide what is good and what is real. My heart is to make sure you are cured and never die like my dad did. God rest his soul.

# Chapter 1 – The Health You Deserve

Good health is earned and you are exactly what you eat. Put in oreo cookies and diet soda in your system and you will be a giant Oreo zombie. Eat healthy salads, lean meats and whole wheat breads and YOU SHOULD have a healthy body.



Let me emphasize should. Even some of the healthiest eaters are not healthy due to their gene make up and lifestyle. Eat healthy but drink at night, smoke cigarettes like a chimney and you will not be healthy.

Destroy your body for 20 years and eat healthy for 5 and you may get cancer. Change your eating habits and in 6 months YOU SHOULD see drastic changes in your longevity.

Modern medicine does brilliant things with Acute and Emergency care. Yet, for Chronic and Degenerative disorders such as Cancer, Heart and Cerebrovascular Disease (stroke), which cause 75% of deaths in industrialized nations, it is a colossal failure. Millions are set to be tortured, scarred, mutilated, poisoned and burned by well-meaning but ignorant medical doctors, attempting to relieve suffering, until they are finally rejected and sent home to die. Think I am exaggerating? In 2013, the National Cancer Institute admitted two important cancers; early stage breast cancer and prostate cancer, were NOT cancers after all but harmless lesions. Over a 30 year period, 1.3 million women had been subjected to some combination of either mastectomy, lumpectomy, radiation, and chemotherapy. Many more were filled with fear and dread. Who knows how many new cancers these interventions created? The same applies to thousands of men, wrongly diagnosed with prostate cancer. It should have been front page news, worldwide.

We now know that chemo patients have a 2.1% chance of survival over 5 years. Take harmful drugs and you will reap the benefits. Some who take chemo will survive their cancers only to come with secondary cancers down the road. When we look at cure rates, we look at people who survive after 5 years.

Good health is all about mental well being along with diet and lifestyle. In other words, a total package. Humanity is being flushed down the toilet. We are the most diseased generation in the history of mankind. The scale of disease is such it can no longer be called an accident. In every aspect of our lives today we see “garbage in, garbage out”. The solutions we are presented with do not work and, on closer examination, are crafted to do even more damage, while presented as ‘advances’.

In the next 10 years you will see even worse conditions and even martial law. It is time to stock up and save what you can. Stocking up on herbs and seeds may be the smartest move you ever made. The health you deserve is the health you work for.

## **DO NOT BELIEVE DOCTORS!**

Recovering one’s health does not have to be complicated. All you need is a clear understanding of what steps to take and the will and motivation, not only to get started, but to succeed. If you want to live, the knowledge and ideas in this book will help you. If you want to die, please continue on your way and may whichever God you worship, bless your journey. You DO want to live, don’t you? That’s why you bought this book.

**BEING WELL STARTS TODAY.**



## Chapter 2 – WHY AM I SICK

### Faith Healing

Faith heals the soul, nourishes our inner being and feeds our physical body with the perfect food of heaven. One's aura is increased through faith. You become stronger when your faith becomes stronger. While faith is not easy, it is ever controlling.

"Healing takes courage, and we all have courage, even if we have to dig a little to find it."  
Tori Amos

### Black Seed Healing Based on Faith

Angel Gabriel brought the news to Prophet Mohammad that these miraculous black seeds should be used daily and that they brought with regular use, a healing for all disease except death.

With the seeds came the instructions on how to live also. So you cannot take a few seeds and eat like there is no tomorrow.

Did the people of Prophet Mohammad day have faith or were they led by instruction? While a person can be told to take black seed oil and be healed, it takes more than just opening your mouth for the oil.

By faith you will be healed. With this protocol you must believe it will work or your thoughts may govern your outcome. I have seen some who tried the protocol for a few weeks and gave up. It takes time to work. It is not an overnight cure.

Cancer is a toxin in large. Your body is full of toxins from years of abuse and in order to cure the cancer you must remove the toxins, clean the body, ingest supplementation and pray.

You did not develop cancer overnight, it took years and years in many cases and so don't expect a quick fix. We must build up your immune system, remove the bad, replace it with good and get your body in a proper alkaline pH mode.

So with each drop of oil you take and each capsule you ingest of the herbs, believe that God will heal you. Say to him daily "I love you and I believe you will heal me." Don't give up after a few weeks looking for something else to spend your money on.

**Oh ye of such little faith, believe in the one who created you.**

While many non-believers may say they cured their self, truth is God healed them. Atheist can cure their cancers with a multitude of protocols and they did that simply with

following instructions, but research has shown that those who had faith, prayed often and believed had a higher success rate of healing their disease than others who participated in the protocol with no religion or faith.

## **Chapter 3 - Why are Doctors Treated Like Gods**

According to the World Cancer Research Fund there has been a 20% rise in new cancer cases worldwide. This means that there is presently 12 million cases of cancer a year and 2.8 million of those diagnosed are caused by diet, obesity and lack of exercise. These calculations are frightening as more and more are flocking to be saved by butcher doctors who want only to get their kickback from the pharmaceutical giants. Cancer is suppose to rise substantially over the next decade.

The article went on to say that 25% of these cases are preventable, but many feel this figure is correct and up to 90% of cancers are preventable. I also believe that cancer is 90% or more curable in the event it is diagnosed early and treated with the proper cancer protocol. The problem now is that the pharmaceutical giants are greedy and along with the FDA, supplements, herbs and cancer cures are being shut down and simple housewives raising an herb garden are arrested and told to stop.

Many times I have found that people prefer to go to their doctor and listen to him then to follow a natural and holistic protocol. People treat doctors as Gods and never realize that by following what the doctor said, they are digging their own grave. I recommended one woman not to have breast surgery and she became frightened. She was diagnosed with breast cancer and against her better judgment and mine she agreed to the surgery. She went ahead with the operation anyway and sure as I had predicted, one cancer cell was not caught and her cancer spread. I was called after this happened and they wanted a cure.

I told her the diet to go on to stop her problem, but again this woman preferred to eat red meat and take the medicine the doctor had prescribed. She was prescribed a medicine called tamoxifen and told this drug should be taken for 5 years to prevent further cancers. The truth is however, that tamoxifen causes secondary cancers and many other side effects.

I showed her documentation that this drug was very dangerous to take, but like so many, she was so frightened of the word cancer and chose to follow the word of a doctor and not follow a natural and holistic diet. Doctors are not God and they cannot save you unless it is your destiny.

### **Causes Of Illness**

The root of all illness is the stomach. These words are never truer today than it was two thousand years ago. What we eat is exactly what we become. If we spent our days eating nothing but what God has provided for us in the gardens of Mother Nature, most likely we would never be sick.

Now there are some illness that are hereditary and through destiny and chance, we become ill and maybe die, but most illness is from the stomach and those illnesses can be treated naturally.

Whatever disease is sent down to the earth by God will also be followed with a cure. Finding that exact treatment is the trick though. You may wonder why I talk about religion so much in this book and the answer is simple. This blessed seed, *Nigella sativa* is a miracle sent down from God through Angel Gabriel and presented to Prophet Mohammad to save the world from impending doom.

So even if you are not religious and you do not believe in God, you can still be healed if you believe. Taking a medicine and not believing in the treatment is like pouring vinegar on an open sore. It will be a waste of time and money.

A Sufi Sheik named Sheik Nazim believes that illness is presented for two reasons. One is to cleanse the body of sins and the other is for physical reasons. Physical reasons are simply put, abuse of the body. If you drink Pepsi cola everyday and eat 5 chocolate candy bars, 6 bags of chips and 3 gallons of ice cream, I can guarantee you in a little while you will be sick.

Abuse of the body is the number one reason for illness. In today's world that is full of fast food and processed and packaged foods, the body will become tired. Taking black seed oil daily and eating a diet full of junk will not save you. You must learn to take care of the body and the soul.

Each one of us needs to clean the temple that has been gifted to us. Cancer diets include vegan and vegetarian lifestyles. Red meat and processed meats have been proven to cause cancer, so why do you consume cancer causing agents? Eat no more than a piece of red meat the size of your small fist once a week and never ever eat processed meats including, bacon, deli meats, baloney and more. Preserve your body with good things.

One cancer doctor, David Servan-Schreiber, who had brain cancer, saved himself by eating non-causing cancer foods: spinach, kale, broccoli, cauliflower, onions, garlic, ginger, blueberries, blackberries, cranberries, pomegranate juice. He suggests giving turmeric (the spice) or curcumin capsules, to drink green tea, dandelion tea, and p'au d arco tea. Have lots of green juices (made from celery, spinach, green peppers, etc with carrots for flavor). He also stated not to eat meat, dairy, sugar, or flour.

He also suggested taking flax oil as suggest by Johanna Budwig with lots of water and exercise. One of the best ways to flow lymph is with a mini-trampoline or rebounder. Read more about flowing lymph here: [Rebound on a Trampoline to flow lymph & fight disease.](#)

## **Avoid Tumor Reseeding**

Your doctor declares that you are cancer free, but he neglects to tell you about tumor reseeded. Cancer cells are like jinn. If they feel that you are going to bring a sheik to get rid of them, they will go and hide on the roof until the sheik is gone. The other things that jinn do often is bring in many other jinn to fight you off. Jinn consider this a threat on their life. If you stop them from doing their job, then they will be killed by the big boss Jinn or the Devil himself. Cancer cells are much the same.

During treatment of cancer, some very tiny or even one very tiny cancer cell will go hide to avoid detection. Once the treatment to cure cancer is over, a very tiny cancer cell may come back to the place where the original cancer was and reseed there and cause in some cases, a more aggressive type of cancer. This tumor reseeded is why doctors give tamoxifen hoping to kill all tumor reseeded chances. Tamoxifen is more harmful than the original cancer itself though.

The best way to avoid tumor reseeded is with *Nigella sativa* or black cumin. By taking black cumin twice a day for your entire life you can with the will of Allah, avoid further cancers. See the section on black cumin to understand more.

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## Chapter 4 - The Protocol

If you are reading this book, chances are you have already read my protocol . But in case you have not, here is the protocol for you to read.

### **The Black Cumin Protocol for Cancer**

*Nigella sativa*, also known as black cumin, black seed, kalonji and haba al-barakah (Arabic name) has been proven with countless peer reviews to effectively treat cancer. There have been more than 450 peer reviews in the past 40 years for a wide range of diseases, such as diabetes, MS, Alzheimer's disease, hepatitis C and more. Originally, *Nigella sativa* was used to treat migraines and allergies, but recent discoveries have shown that this little black seed is effective in destroying cancer cells.

Researchers at Kimmel Cancer Center at Jefferson showed that *Nigella sativa* could cause cell death when used against pancreatic tumor cells. The results showed an 80 percent success rate. This study on pancreatic tumor cells was only the beginning to many future studies on the effect of *Nigella sativa* against cancer.

According to Hwya Arafat, M.D., Ph.D., associate professor of Surgery at College of Thomas Jefferson University, "*Nigella sativa* helps treat a broad array of diseases, including some immune and inflammatory disorders. Previous studies also have shown anticancer activity in prostate and colon cancers, as well as antioxidant and anti-inflammatory effects."

The studies showed potential positive results with prostate and colon cancers. Breast cancer has also been studied in separate research showing the ability to eradicate cancer cells and provide excellent health for many women worldwide.

Further documentation from survivors showed testimonies from people who cured their cancers using *Nigella sativa* for a wide array of cancers, which include brain, bone and stomach cancer.



### **Benefits of Nigella Sativa**

Nigella sativa has many benefits. It contains strong anti-hypertensive, anti-Inflammatory, anti-tumor, anti-bacterial, and anti-histamine properties. It also strengthens the immune system. Additional benefits are that it promotes lactation and is anti-parasitic.

Nigella sativa is best known for improving the immune system and according to Dr. Gary Null, health advocate, "Black cumin oil is probably the most important oil you can put in your system." He further stated that if you are eating a regular SAD diet, inflammation is a main problem and by taking black cumin oil, you could alleviate this problem.

### **Further Research**

The Cancer Research Laboratory of Hilton Head Island, South Carolina, USA, in 1997 stated it had enormous success in tumor therapy without the negative side effects of common chemo-therapy.

They found that it increased the growth rate of bone marrow cells by a staggering 250% and inhibited tumor growth by 50%. It stimulated immune cells and raised the interferon production which protects cells from the cell destroying effect of viruses.

The cancer research group concluded that when a person has a healthy immune system, cancer cells are destroyed before cancer can pose a risk to a person's health. They concluded that black seed oil is an ideal candidate for use in cancer prevention and treatment, and that it has remarkable promises for clinical use.

### **Simple Protocol for Cancer**

Why does treating cancer have to be so difficult? There are over 400 different protocols for cancer and some are extremely expensive. Not only is Nigella sativa simple to use, it is also inexpensive. In fact, Nigella sativa is one of the most inexpensive protocols currently on the market. The cost is only \$9 for each 3.3 ounce bottle of oil and each bottle contains almost 20 teaspoons.

The recommended dosage is 3 teaspoons of oil a day or 2 teaspoons of oil and 1 teaspoon of seed powder mixed with raw honey or freshly squeezed juice. This is the basic plan that many people have found to be effective. However, to thoroughly target cancer, the advanced plan is recommended. The advanced plan was created to make sure the cancer is completely eradicated. No two cancers are alike and each person's body is made up differently. Although Nigella sativa has been proven to treat cancer, this complete program will help to fortify the body. All the components of this program are natural and easy to follow.

The complete program consists of Nigella sativa, black seeds, olive leaf, luffah leaves (#1 choice for cancer treatment in the Middle East), empty capsules, 1 kilo of energizing honey and a free book on treating cancer holistically. Total cost of this program: \$175

monthly which includes the energizing honey. Without the energizing honey, the program costs \$90 per month. All parts of the program can be purchased separately, including the black seed oil (\$9 each) and the black seed.

In addition to the black cumin oil (*Nigella sativa*), it is essential to follow the cancer diet protocol, together with getting moderate exercise and daily sunshine. It is further suggested that stress be eliminated or reduced. Stress is a major cause of disease, which includes cancer. This advanced protocol is meant to stop the cancer before metastasis occurs.

How to Administer the Basic Program with the *Nigella sativa* oil: Take 1 teaspoon of the oil mixed with ½ teaspoon of the energizing honey ½ hour before breakfast, 1 teaspoon in the afternoon mixed with the juice of one orange and 1 teaspoon of oil mixed with ½ teaspoon of the energizing honey before bed. That is the entire protocol for healing.

### **Where to Buy the Products and Programs:**

The Black Seed Expert's Store - <http://black-cumin.weebly.com/>

## **Important Components of the Advanced Program**

### **1. Luffah Leaves - #1 Middle Eastern Cancer Treatment**

Luffah leaves are used to treat cancer effectively in the Middle East and they are second only to *Nigella sativa*. The leaves are used fresh in cooking or dried with the leaf only and then ground to a fine powder. The locals soak the luffah leaves in hot water and then drink the liquid only, as in a steeped tea. A better solution is to take the powdered leaves in capsule form. You only need 2 capsules per day. Luffah leaves must be considered to be a companion remedy along with the black seed oil. Note: The leaves in the US are not the same as the Middle Eastern leaves.

### **2. Olive Leaf**

Olive leaf is a natural antibiotic which is used for many illnesses, such as candida albicans, viral infections and cancer. Freshly dried olive leaf has been shown to eliminate cancer tumors in relatively short periods of time. Some tumors in mice were eliminated with the oil of the olive tree in as little as 12 days. There have been many stories and studies done on olive leaf extract and all were found to be successful.

Suggested dosage is 21 capsules the first day and then 9 capsules each day following. This remedy is used with dried organic olive leaf, not supplements. You can also use fresh leaves and water if you prefer. If you take 1 ½ cups of fresh leaves and add in ½ liter of water and blend on high speed, you can use this instead of the capsule method. A

man in Greece used the fresh leaf method to treat his cancer successfully with olive leaf alone, but it took up to 9 months for this remedy.

### **3. Energizing Honey**

This recipe for honey helps to fight cancer more effectively and relieve cancer-related fatigue. While most cancer-related fatigue is due to conventional treatments, fatigue can occur at any stage when the body is fighting cancer. It is hoped that you will use this natural protocol and avoid treatments, such as chemotherapy and radiology which serve to destroy the healthy cells that fight cancer in the first place.

The energizing honey has many cancer fighting properties, such as nigella sativa oil, ginger, saffron, bee pollen, turmeric, calendula and more.

### **4. Black Seed Mixture**

As a final part of the advanced program, there is a simple black seed mixture added to eat with your meals or place inside whole wheat bread dough for added protection. This mixture is comprised of black seeds, oregano, whole wheat and sesame seeds. The locals use this as a dip with cold pressed olive oil and whole wheat bread. My suggestion is to add this mixture to whole wheat bread dough along with some chopped broccoli, green onions and seasonings.

## **Conclusion**

Nigella sativa has been used successfully for more than 2000 years for many diseases and illnesses. This cancer protocol was created and developed to help mankind eliminate the disease easily with all natural products. There is not a lot of money to invest and average treatment is 3 months when the program is begun in stage I. A maintenance program must be continued with regular consumption of the black seed oil which not only will prevent further cancers from recurring, but it will continue to keep the body in the best shape for longevity and vitality.

## **Updated Versions**

While this has remained to be the basic version of my protocol, I along the way have found a few more aspects to be beneficial to cancer. This protocol has many aspects and while some may have no problem implementing, some find great difficulty in taking the time to make the capsules and preparing the powders on a daily basis.

I found by adding all the oil at once is best. Place 1 tablespoon of the black cumin oil (3 caps of oil if you purchased the 100ml bottles) in a large mug of hot water, along with 1

teaspoon of my super energizing honey and 1 black seed tea bag. Drink this 1/2 hour before breakfast.

This is an updated version but you can also order the 1/2 kilo of raw honey and the 1/2 kilo of black seed honey to use in the old version. The old version allows you to take one teaspoon of black seed honey before bed if you prefer and 2 teaspoons of oil in the hot toddy in the morning.

Another change I made was adding in the turmeric mix. My turmeric mix contains turmeric, black pepper to intensify the turmeric by 1000% and calendula to fight off infections.

The 3rd part that was changed or should I say added was the herbal tea with pomegranate leaves. This tea contains all the herbs that have been proven good for cancer: nettles, horsetail, red clover, black seeds, mint, chamomile, rosemary and pomegranate.

Pomegranate is something I am using in many of my protocols now due to its proven ability to fight cancer twice as much as green tea and red grape seeds.

You need to have 3 cups of hot tea during the day. My new herbal tea requires no sweetener at all. Avoid all sweeteners on your diet.

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# Chapter 5 - The Cancer Diet

## Step One - Eating a PH Balanced Diet



Cancer can never attack a body that is in an alkaline state of 7.5 or more. Once you rid your body of the toxins, you will be on the road to recovery. This process is not easy and will take some time.

Each time you drink a soda, just one can, your PH drops to 2.5. So at this state you are opening your body up for attack. That is why 1 can of soda a week can increase your risk for pancreatic cancer, one of the worse cancers to defeat.

Why is pancreatic cancer so hard to beat? Because it is a hidden cancer in most cases with literally no physical signs until the cancer has spread. Some pancreatic cancers take up to 20 years to develop. So this means you had 20 years to reverse your life around. So when you get cancer, don't expect immediate recovery. Remember it took years to develop. Minimum time on this protocol is 3 months. Do not wait till you have 2 weeks left to live and order this protocol. There is not enough time to defeat your cancer with Nigella Sativa. You will need much more.

**One of the easiest ways to bring up your PH fast is to drink a glass of fresh pineapple juice with lemon juice daily.**

### **Beginning the Protocol with the Diet**

I always tell my clients that the first step is the diet. No matter what you want to do or eat, remember that each bite you take may put you further towards death. Think of death constantly.

If you see your family eating heavy meats and gravies, do not be tempted. Remember that you must be in an alkaline state at all times. What foods cause toxicity? Foods to avoid are sugar, white flour, white rice, white bread, meats, fish and chicken. You can have

turkey occasionally. You must be on a vegetarian diet if you are in stages I and II and a 90% raw diet if you are in stages III and IV.

If you are on a vegetarian or raw diet, you must supplement with vitamin B12. We suggest Vitamins C and D3 for stages III and IV also. Before beginning with any supplementation, go to the laboratory and be tested. How you take your vitamins will depend largely on your levels. Almost everyone is deficient in b12 and D and a test will show you what needs to be done. Also be careful about the type of supplements you are taking.

First remember never to take gelatin capsules. You must take a halal or vegetarian capsule. All pig products should be avoided. There is no point in taking a healing protocol and then fill your body with toxic pig products. There are some capsules made with beef products, avoid those also.

Second thing to remember is to avoid all supplements that contain aspartame or sweeteners, these are toxic and will cause appetite to increase and are carcinogens.

## **Fruit**

Many cancer patients will become worse if they eat too much fruit. Fruit is a natural resource of sugar and must be greatly limited. Eat only fruit that is low glycemic (where sugar is released slowly into your system) and eat the fruit in the morning before noon.

The fruits that are best are lemons. Grapefruits, limes and berries. Lemons and limes are acidic, but when added to the diet becomes alkaline. You can have banana (1 only and on the green side. Never eat bananas when they have brown spots and have ripened) and you can also eat peaches, pears, apricots, mango (small) and pineapple.. No citrus fruits at all except the ones listed above. You can have no more than 1 Granny Smith Apple per day. Remember fruit is natural sugar so limit them greatly, even if they are organic.

What I suggest is to have a green smoothie for breakfast and save 1 fruit to put in the Budwig mixture for your snacks. Twice a day you will have a Budwig protocol made with goat yogurt and flax seeds.

## **How to Make the Budwig Protocol**

Dr. Johanna Budwig used her famous flax seed oil protocol to save many patients and some on their death beds. Her protocol is very extensive and the patient who follows a strict Budwig must remain on the protocol for 5 straight years or face the possibility that a secondary cancer will arrive and there would be no cure.

What we do to aid in the healing of cancer here is to use her simple cottage cheese mixture and instead of using the flax seed oil we use only the seeds. The Budwig mixture is also one of the best natural colon cleanses there are too.

Keeping your colon clean is imperative in healing your cancer. Taking the Budwig is just as important as any other part of the protocol we will discuss. If you do use the cottage cheese, it must not be from cow, unless you cannot find goat cheese or yogurt or it is not affordable. If you do use homogenized cottage cheese from cow, you must supplement with vitamin C. .

What I do is use raw goat yogurt. [Healingcancer.naturally.com](http://Healingcancer.naturally.com) who specializes in the Budwig protocol suggests this method. The cottage cheese in the US and abroad is not the same as the Quark that Dr. Budwig used some 40 years ago in Germany.

So if you have access to a raw goat yogurt this is best. Cottage cheese is made with cow products and all dairy should be avoided in this protocol if all possible.

To make the yogurt cheese, simply put a linen cloth on top of a strainer. Place the strainer on top of bowl to collect the liquid and pour your yogurt on top. Do this even if you are using cow yogurt. Goat yogurt or similar to Greek yogurt is a thicker yogurt and has much less liquid than cow yogurt.

Place the yogurt to drain in the refrigerator for at least 12 hours. Remove the yogurt cheese and store it in an air tight container, preferably glass.

Each time you make the Budwig protocol add in 1/4 cups of yogurt cheese and add a few tablespoons of water to make the yogurt pliable. Add in 1 and 1/2 tablespoons of freshly ground flax seeds and a pinch of cayenne. Mix well. If needed add in a bit more water. You can add in a small bit of fruit if you like.

Eat this as your snack in the morning and in the evening at least 2 hours before sleep. Never go to bed on a full stomach.

### **Breakfast Smoothie**

It is recommended to have a green smoothie for breakfast. It is very easy to make. You can have two organic eggs per week and by adding them to this smoothie you have gotten your protein.

There is a big difference between vegetarian eggs and organic eggs. Vegetarian chickens are fed GMO corn meal. You must avoid all GMO (Genetically Modified Organisms) products. Look for chickens that have been fed from Mother Nature only.

You cannot fry your eggs, so placing them in your smoothie is best. Remember only 2 per weeks.

## **Green Smoothie Recipe**

A green smoothie can be made with any greens you like from spinach, kale or Swiss Chard. Ice Berg lettuce has no nutritional value at all and should be avoided except in salads for taste.

- 1 cup of fresh or frozen spinach. (spinach you personally froze, not boxed or store bought)
- 1 cup of ice cold water
- 1 frozen banana (greenish)
- 1 raw egg (only 2 per week, so for 5 days, do not include this)
- 1/2 avocado
- 1 tablespoon of olive leaf
- 1 packet of Stevia (natural only)

Place all in a blender and blend on high speed. Place in a tall glass and drink. You can make any green smoothie you find a good recipe for.

Note: Do not use honey in your breakfast smoothie. We must limit your honey to no more than 1 tsp per day and you need this for your oil.

## **Oatmeal for Breakfast**

Another alternative for breakfast is whole wheat oatmeal. When making any food, remember small or minimal foods at one time. When making your oatmeal use no butter or milk. Place some water on the stove with some cinnamon and a dash of sea salt. Bring the water to boil and then add in some oatmeal. Cook until ready and place in a bowl. Top with a swiggle of honey (1/2 teaspoon).

## **Salads**

Salads are going to be the base of your eating for the next months to come. You can update them, add many delicious vegetables to them, but there are things you cannot have. You cannot have any store bought dressings, cheese, croutons and no bacon bits. In fact you cannot have any pork at all.

Even when making your own dressings, you want to spritz only olive oil on your salad. You must reduce the oils in your diet completely. Simply spritz a bit of olive oil and then spritz some lemon juice on. Add some seasoning and walah you have a salad.

You can buy a no salt seasoning from Bragg's called Sprinkle. It has 24 spices and the reviews are great. Remember that 1 cup of olive oil has 2000 calories in it.

## **Water**

Avoid tap water, like you would the plague. The best water to drink is Evian or Fiji water or water obtained from an approved water filter. The best one is the Berkey Water Filter.

## **Foods to Avoid**

If you are in stage IV of your cancer then you must be on a 90% raw diet. So if you are eating 2000 calories per day, 200 calories can be cooked. Of those calories, all must be beans.

If you are in stages I, II and III then you must be on a vegetarian diet with no pork, red meat, fish and chicken. You can have turkey once a week but no more.

You must avoid all forms of sugar, except honey for your protocol. Never use more than 2 packs of Stevia sweetener per day, avoid all enriched flours, white breads and white rice. You must make everything homemade and you can have nothing processed or packaged. Tell yourself that everything must be fresh. You can have steamed vegetables and a potato is allowed a few times a week. You will have carrot juice daily, so limit the use of raw carrots to 1.

Make sure to get your proteins in and so eat 1 cup of beans a day. Red and white beans are the best. Lentils are high glycemic and should be limited. You can have salt but no more than 3/4 tsp per day.

## **Juicing**

In the afternoon, you will need to drink 1 quart carrot, red onion and veggie juice. This juice must be mainly carrot, celery, beet, broccoli and cauliflower. You can add any other veggie that you enjoy also. You can add in a bit of pineapple for sweetness. Remember the juice must be consumed within 4 hours of juicing the vegetables.

Note: now adding in 1 small red onion. For thousands of years the Arabs used the onion juice to treat cancer. Being the taste is so harsh, I am adding it here in your regular juice.

This is an extremely important part of your diet.

## **Appliances Needed**

You now realize that you need to have a good juicer. I did my juicing program with a Phillips Juicer which cost only \$100, but the better juicers such as the Omega is

recommended. You will also need to have a food steamer or basket and a coffee grinder for the flax seeds. Prices vary but these items are fairly cheap.

### **Stage IV Additions**

If you are in stage IV we suggest you take IP6, Blood support by Jon Barren, Vitamins b complex, vitamin C 2000 to 8000ml per day, vitamin D 5000IU daily and a good herbal tea with cancer fighting herbs such as my pomegranate tea. We also suggest colloidal silver daily (1/4 cup) and plenty of turmeric daily.

You must be on a strict PH enriched diet. No other alternative is possible.

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## **Chapter 6 - How to Begin the Protocol**

The first step to begin a cancer healing protocol is the diet and supplementation program. This was discussed in the cancer diet, chapter 5. Once you have perfected what you need to do with your diet and detoxification program, which is discussed in chapter 7, then you are ready to begin the Black Cumin Oil and Herb program.

Some will be too weak to flush and cleanse and so we must first build their immune system up and then we can hope to do mini-cleanse programs. Removing toxins out of the body and building the immune system is our number 1 priority.

Again remember an alkaline body cannot have cancer. Taking black cumin daily will help you to eliminate inflammation, rid the body of toxins naturally, increase the good cells and destroy the tumor cells. This protocol is a complete program and all sides fit in together.

If you fast forwarded to this page hoping to take a few seeds and be cancer free, you wasted your money buying this book.

### **Step 1 - The Diet**

Remember some basics: no sugar, no white flour or rice, nothing processed in a bag or in a can. No red meats, fish, chicken or processed meats either. If you cannot buy organic then buy local vegetables that are in SEASON.

### **Step 2- The Oil**

The oil will be simple to use. You must follow these instructions carefully.

Take 1 teaspoon of oil 1/2 hour before breakfast on an empty stomach. Mix the oil with the juice of one orange or 1/2 teaspoon of raw honey. You can mix it with the energizing honey if you like.

Take the 2nd teaspoon in the afternoon exactly as the instructions above.

If you have the black seed honey, then take 1 level teaspoon of the black seed honey. If you have a partial protocol or the oil alone, take the final teaspoon of oil with raw honey before sleep. Remember maximum 1 teaspoon of honey per day.

This protocol does not allow any citrus fruit except the two oranges you will juice for the oil. You can use any juice you like, but it must be freshly squeezed and only the juice, not the pulp.

New updated version: Place 1 tablespoon of oil in a large mug full of hot water with 1 tablespoon of Super Energizing Honey and 1 black seed tea bag or any herbal tea of your choice.

### **Step 3 - The Luffe (Luffah Leaves)**

The loofah leaves are a very important part of my protocol. I send them already mixed with the valuable ingredients that I deem % necessary. You get 75% loofah leaves and 25% other ingredients (red grape seeds, barley (whole kernel) and pomegranate leaves). All these things have been proven to heal, treat and cure cancers.

The protocol is simple. If you are taking the Syrian Luffe then you must take 5 capsules a day. Each capsule contains 1/4 teaspoon of powder, so you need to take 1 1/4 teaspoon daily. You can take them any time of the day with food or without.

If you are taking the Mountain, Organic of Palestinian Luffe, then 3 capsules is enough.

If your budget allows, then buy extra luffe. I have found cooking with luffe or sprinkling luffe in some goat yogurt is best. Remarkable results have been seen with this process.

### **Step 4 - The Olive Leaf Mixture**

The olive leaf mixture is a combination of freshly ground olive leaf (75%), 25% (fennel, black seed and oregano). A perfect natural antibiotic. You have to do nothing but fill your capsules.

You need to take 21 capsules of the olive leaf mixture all at once when you get the box and then 10 capsules daily. With the 10 capsules, spread them out during the day.

### **Step 5 - The Black Seed Dip**

A woman I know used this dip and hijama (blood letting) to cure her daughter's cancer. I use to call it my cancer dip, but banking and FDA regulations, frowned on this. So I changed the name to "The Black Seed Dip." I include it in my protocol due to my friend's experience with her daughter.

It contains black seed (ground), organic oregano, toasted sesame and whole kernel wheat (which I grind, after it is heated). I then add in some of the best extra virgin olive oil available.

This dip is used as a dip, in foods, on salads or my favorite way to use it is in your whole wheat bread dough. Simple enough, I just put a couple handfuls of the dip in the dough when mixing along with some broccoli, green onions, goat yogurt, olive oil and yeast. For others they want to add it to their food. Either way you use it make sure to consume the entire cup in the month's time.

## Sunshine

Sun is about as important as the diet. You must get regular sun everyday and remember not to be in the sun during its peak times of 10am till 2pm. A study was done and found that the cancer patients who took in the most sun were the ones who survived the most. Sitting in front of a window does not count. Try to go outside and soak in the rays as much as you can.

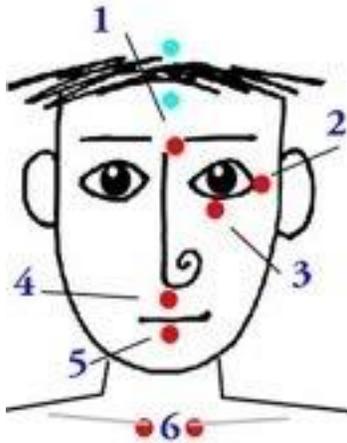
## Ridding the Body of Stress

Stress Causes Cancer, spreads cancer and makes you crazy. I cannot emphasize this enough. Even if it is your mother, get rid of her. You need to breathe in happiness, positive thinking and good will. If someone is in your way of getting well, then get rid of them.

As hard as it may seem, you must relax. Herbal remedies to aid in relaxation are chamomile and mint teas. Or you can brew some anise tea, but only use the whole seed, do not buy pre-packaged tea bags.

A simple way to relax immediately is to grind up 1 inch of fresh ginger and sprinkle in 1/2 teaspoon of black seeds. Eat this straight away and you will be super relaxed. You will be so relaxed, no one will bother you.

## EFT (Emotional Freedom Technique)



EFT is tapping on pressure points. This really works. By tapping you get the nerve points to listen to your affirmations. You begin tapping positive messages that go direct to the brain. You can say:

- I do not have Cancer
- I do not have pain

- I see wellness that surrounds me
- I am happy and I am free.

Repeat this on every pressure point shown in the photo above and go to the Dr. Mercola website for further instructions on EFT: <http://www.eft.mercola.com>

This is an optional alternative treatment, but it has been shown to be successful. It can be use for many illnesses, not just cancer.

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## **Chapter 7 - Optional Cleansing Protocols**

You now know that your body was too toxic and that is most likely the reason you got cancer in the first place. So now you have begun your cancer diet, implemented the black cumin oil protocol, getting tons of sun and you have eliminated as much stress as possible. The last part we must delve on is starting cleansing protocols.

These protocols will depend on the stage of cancer you are in. Some will be too weak to do any cleansing and some will be able to fast, cleanse and refresh as most suggest that need to be done.

Cleaning the body is very important if you have cancer. You cannot take black seed daily and eat like a pig the rest of the week. It is important to go on a bowel cleansing, take the right supplements and eat a healthy diet. Rebounding on a mini-trampoline is the best form of exercise for indoors. For outside, walking is the best exercise and make sure you do not over tire yourself.

If you are following my protocol then you are already doing one of the best colon cleanses there is, The Dr. Johanna Budwig Cottage Cheese Mixture. This simple protocol will keep your bowels running regularly and ridding the body of toxins.

Traditional bowel flushing is one where you eat nothing, but fruits and veggies. This is basically a raw diet, as you have seen on TV or the internet. One of the most powerful cleansing ways to cleanse your bowels with is by juicing. Juice veggies, such as carrots, celery, kale, dark green veggies, ginger, parsley and barley grass. A very powerful way to prevent cancer is by drinking one ounce of fresh broccoli juice daily.

### **Easy 7 Day Liver Flush for Cleansing Only**

- 1 glass of water
- 1 T of cold pressed olive oil
- 1 clove of garlic
- Juice of 1 grapefruit, lemon and orange

Put all in the blender and blend on high for one minute. Drink 1/2 hour before breakfast. This will not flush out stones, but will cleanse the system.

### **Easy Egg Yolk Flush**

- 1/2 cup lemon juice (freshly squeezed)
- 1/2 cup egg yolks
- 1 tablespoon cold pressed olive oil

With this flush you need to drink 1 quart of apple juice for 5 days prior.

Mix the lemon juice and egg yolks together and drink. Then take the olive oil. Go lay down for at least 30 minutes and do not eat anything for 2 hours. You must take this first thing in the morning or before you sleep. If you take this at night, make sure you have eaten or drank nothing for three hours. You can do this 4 days in a row and then you must wait 2 weeks before starting again. If you have any problems, such as an upset stomach, then do only 2 days and stop. There is nothing wrong in building up to a full flush.

The best way to get rid of all the sludge in your intestines is with a warm water enema. The Max Gerson Cancer Diet also suggests the use of enemas. The enemas are not required though.

### **Classic Coke Flush (Full Flush)**

Any full flush is hard on your system and I recommend that you start with one of the easy flushes and work up. If you have been newly diagnosed with cancer, then working on a cleansing protocol will be easier than if you have stage III or IV cancer, as you will be weaker and more sick.

Three days prior to doing this liver flush drink at least a quart a day of freshly squeezed apple juice and eat several apples a day also. Eat regular meals, but eliminate meats and processed foods.

#### **Right before you go to bed take:**

- 5 ounces CLASSIC coke
- 6 oz. extra virgin olive oil
- 2 tbs of freshly squeezed lemon juice

#### **When you wake up:**

Take 10 ounces of Citrate of Magnesium - available online or at drug stores.

#### **Next 30 Days:**

Drink 1/4 cup of apple juice, first thing in the morning when you wake up and right before you go to sleep. The juice must be freshly juiced. You should see many stones dropping during the month. A good way to catch the stones is with a colander or strainer.

#### **Other things you can do to support your liver**

1. Supplements suggested by the Berkson Clinical study is selenium, Alpha lipoic acid and milk thistle. A group of women took these supplements as directed, changed to a healthy diet and started exercising and their livers improved tremendously. They were facing liver transplants and now the transplant was not necessary. Note to self: buy some milk thistle, alpha lipoic acid and selenium.
2. Coconut oil is very good to help your bile flow freely and the Gerson Diet also recommends the use of coffee enemas.

3. Use turmeric daily. Do not use turmeric if you are on any kind of pharmaceutical medicine though. Although turmeric is very good, it is not easily absorbed in the system, so simply taking some capsules each day will not do the trick.

Dr. Mercola recently published a very good article on curcumin (turmeric) and he stated to place one quart of water in a pan and bring it to boil. Add in 1 tablespoon of the powder and boil for several minutes. Allow the liquid to cool and drink. The mixture should be drunk before 4 hours has elapsed.

The problem with this mixture is that your tongue and teeth may be permanently colored. This measure allows for easy absorption.

What I did is when the water has reduced some, I add a small amount of rice to the mixture, around 1/2 cup and I cooked the rice. I ate the rice daily with some raw goat yogurt. My teeth did not turn color this way.

4. Drink 1/2 cup per day of beet juice.

5. Detox your home. Cleansing your liver and bowels are important, but more important is to detoxify your home. Quit using all harsh detergents, aerosol sprays, insect repellants and foil. Do not cook in aluminum pans and cook with electric if at all possible.

## **Castor Oil Flush**

Adults (approximate body weight 70 - 79kg (155 - 175 pounds):

Pour 40 ml to 75 ml ( 1.5 to 2 ounces) of castor oil in a cup and add an equal amount of orange juice that is freshly squeezed to it and mix well. Do this flush first thing in the morning, when you wake up on an empty stomach.

Wait for 15 - 30 minutes and then start sipping hot water, one cup at a time. Drink at least 3 to 4 cups, but wait 10 to 15 minutes between each cup. You will start having bowel movements.

After 2 to 3 bowel movements, stop drinking the water. Now drink one glass of yogurt to stop the bowel movements. The rest of the day eat only fruits and vegetables.

### **Warning: People who should avoid this flush?**

- Children below the age of four and pregnant women should not do this flush
- Very ill people should not do this cleanse.
- If you are suffering from fever or have diarrhea or dysentery avoid this flush.
- People with liver problems or poor liver functions should not do this cleanse.

## **Dr. Bruess Fasting Diet**

Dr. Bruess has a wonderful fast for those who are physically able to fast. His rate of success is extremely high. His diet consists of juicing and liquids for 42 days straight. If you cannot do 42 days, then do what you can physically handle. Understand that in the beginning you will be very tired and wonder if this diet is worth giving up your favorite foods. Here is what is in the Bruess juice: 55% red beet root, 20% carrots, 20% celery root, 3% raw potato and , 2% radishes . You can have herbal teas also. Everything is in liquid form. In order to do the fast properly, you should buy his book and read it thoroughly.

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## Chapter 8 - In Conclusion

Research has shown that black seed oil alone annihilated 80% of cancer tumors. Research further went into saying that many types of cancers were healed.

This protocol is to increase your chance of curing your cancer completely without it returning.

In the Middle East the Black Seed Oil and the Luffe is used to treat cancer, but I found that it was not enough. There is a high rate of cancer in Jordan now. It could be from the residue of the bombs from Syria and Israel or it could be from lack of good food and water.

Either way I have found those who relied strictly on Luffe, did not have enough. This is why I added in my power mixes to increase your chance of being successful.

You can also choose a protocol where you choose the oil. It is your choice

You have a choice though. The cleansing and flushes are voluntary. Start small and work up. Do not try to do a 40 day flush without experimenting first to see if your body can handle the stress now.

Muslims do not fast during Ramadan. The fasting will cause your cancer to increase. Ask Allah's forgiveness, give charity and eat normal.

Eating normal is a must. Eat your meals on time and drink your carrot juice daily. You may find that you need help implementing the full protocol. Buying the fresh vegetables, preparing the capsules and getting the exercise you need, may take someone's help.

This book is meant to help you to be able to follow the protocol without any assistance at all. It is a complete book in itself. By following the steps in this book, we hope that your cancer will be gone and never return.

We make no guarantees and we are not doctors. In order to avoid tumor reseeding, you must be on a maintenance program after the cancer is cured. Estimated time to heal your cancer is from 3 months to 1 year.

A maintenance program is 1 tsp of oil 1/2 hour before breakfast, 2 capsules of luffe a week and a continual basis of the olive leaf.

I wish you wellness and I wish you love.

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