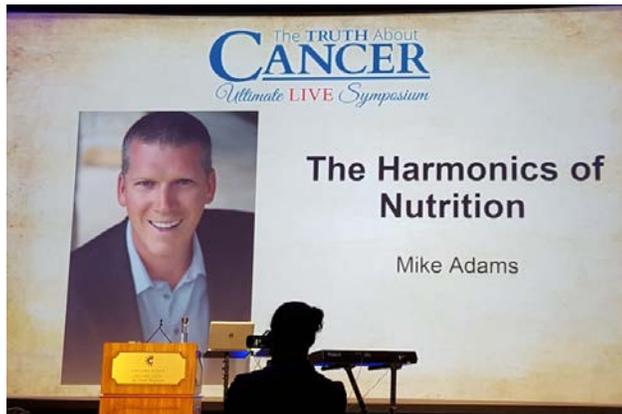


The Truth About Cancer, October 14-16, 2016 (Dallas, TX), by Ann Fonfa, president Annie Appleseed Project (please share) **This is Part I of three**

This was an amazing meeting with about 1500 people in the actual auditorium and thousands more via Live Streaming. I hope some of you were part of that.

The first day opened with an astounding talk by **Mike Adams** (you may know him as the Health Ranger). He showed the audience through slides and sound, what useful elements and toxic elements sound like. As a Chemically-sensitive woman, I got quite the headache listening to the Toxic sounds of Mercury, Lead and



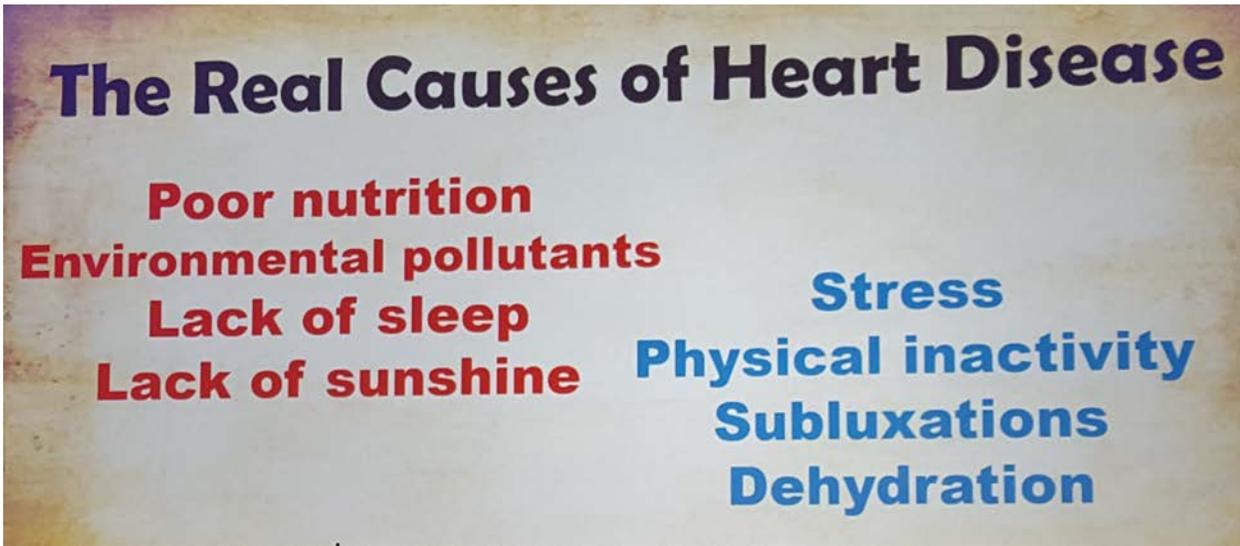
Fluoride.

In drugstores, water for infants contain fluoride and that is odd (from a health perspective) since fluoride is useful for teeth which babies lack.



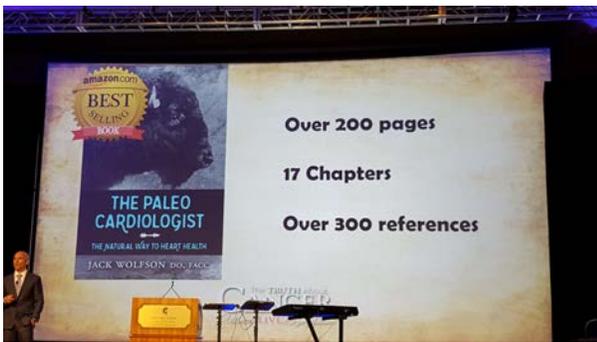
Worse than that, he showed that Fluoride blocks 72 known biochemical pathways for Iodine which puts folks at risk of cancer. In a later presentation he announced that he has set up a laboratory to fully study natural substances. This is great news. He talked quite a bit about one of the terrible dangers in our world – Glyphosate (alternatively called Round-up) *“How a devious corporation poisoned the entire world with a deadly molecule hidden in your food”*. So many vegetables and fruits have been Genetically-modified (GMO) and fed either to humans directly or to the animals so many eat. HINT: if you eat meat, look for pasture fed whenever possible. Dairy animals also eat the GMO corn, grain or soy. This makes their milk or cheese products toxic to humans. Look for Organic/Pasture Fed or the Non-GMO label. See link: <http://www.nongmoproject.org/find-non-gmo/verified-products/product-categories/>

The next talk featured **Drs. Jack and Heather Wolfson**, who charmingly told the tale of how she, a holistic Chiropractor, persuaded him, a mainstream Cardiologist, to change directions.



Dr. Jack Wolfson talked about Spirulina as one excellent supplement for the heart with 7 clinical trials. Spirulina combined with Chlorella has been shown to kill cancer cells. He reminded folks that anyone on Statin drugs MUST supplement with CoQ10. He also mentioned a meta-analysis (gathering of many studies), published in the American Journal of Clinical Nutrition in 2010, showed no connection with heart disease and saturated fats. Reminder: if you eat Red Meat – make sure it is from Grass fed/pasture-raised animals. (It has long been noted that an important element CLA is not found in animals fed grains, corn or any other GMO foods.)

Dr. Jack Wolfson has written a book on Paleo foods and offers some free gifts for those who text him:



The next talk I heard was a breakout (3 different speakers) from **Patrick Quillin, PhD**. Dr. Quillin is the author of *Beating Cancer with Nutrition*, first published in 1994. Since I was diagnosed in January 1993, this was a MOST useful resource on my journey.

OUTLINE FOR TALK

1. Time for paradigm shift in cancer tx.
2. How does nutrition influence carcinogenesis?
3. What is the nutritional status of the people?
4. Why should nutrition tx be part of cancer tx?
5. What should you eat?
6. Supplements of value?



WHAT DO AMERICANS EAT? Annual consumption/person

Catsup, french fries, onion rings most commonly eaten veg.

Refined sugar: 130 lb/yr

Pancakes: 700 million at IHOP alone

Twinkies: 500 million

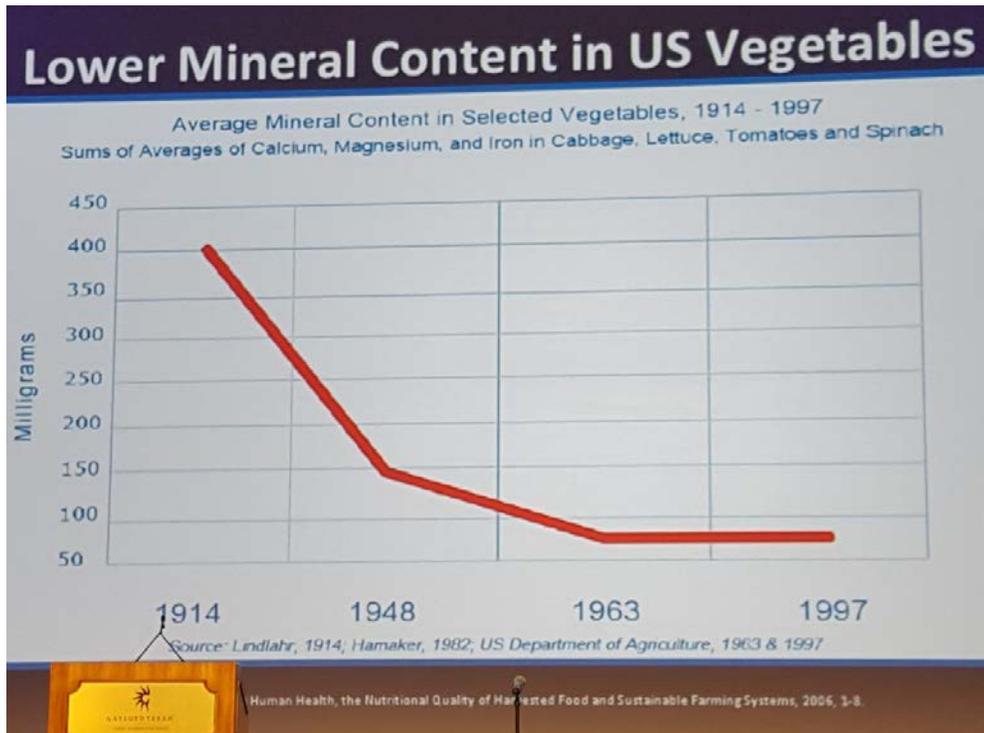
Soft drinks: 45 gallons

Doughnuts: 10 billion

If you are in this group, **CHANGE** your habits! Annie Appleseed Project suggests creating a healthy shopping list and **NEVER** deviating. If you don't bring this **BAD** stuff into your home, you are a lot less likely to eat it. It is always possible to make small changes so that step by step you clean up your diet and lifestyle.



Dr. Quillin maintains an extensive ORGANIC garden with fruits, vegetables and herbs. That's so great, but many of us cannot do this. It is more and more possible though, to purchase organic. Some of the big box stores now carry quite a bit, there are Green markets all over, and buying clubs in many areas and online. Go ORGANIC whenever possible. One reason to go Organic is

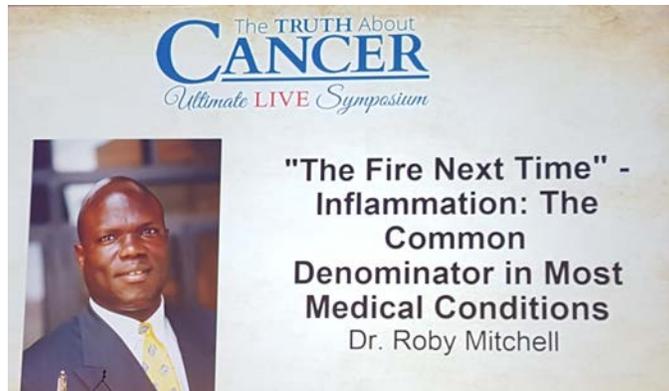


shown here:

This is also an

argument in favor of Dietary Supplements.

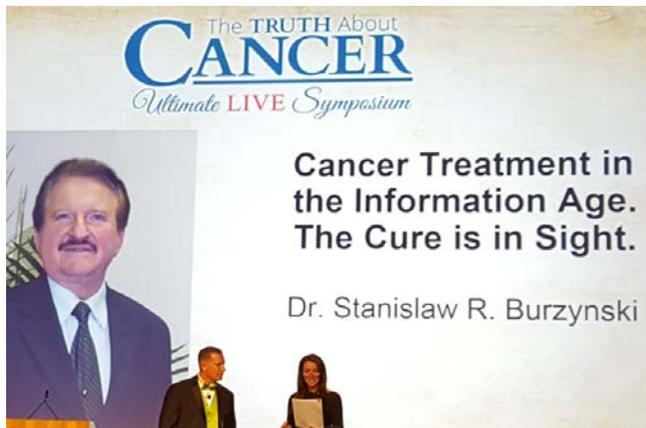
The other talks which I did not attend (at the same time), were Jordan Rubin and Dr. Daniel Nuzum *"The Truth about Nutritional Supplements and Vaccines and Cancer – Is there a Connection? What's Coming Through that Needle could be Deadly"*, by Dr. Sheri Tenpenny. (all talks will be available as CDs I believe).



Dr. Roby Mitchell was the next speaker :

He started this presentation by doing 20 pushups – a member of the audience joined in (most likely a ‘former’ marine – they say there is no such thing, that’s why it is quotes). He is also known as “Dr. Fit”. Inflammation is involved in almost all the dis-eases in our current times – heart disease, diabetes, arthritis, and of course, cancer. There are quite a few anti-inflammatory herbs/spices, Dr. Mitchell especially likes black cumin seed oil which he offers from his website. He also speaks out against antibiotics. (more about them later in this summary). He spent some time in China and understands Traditional Chinese Medicine. He is not a supporter of hormone replacement or mammograms.

After lunch on our own(I always bring as much organic food with me as possible – carrots, dried fruit, apples, nuts and seeds and this time some spelt wraps. A friend bought humus for me from a health food store. As soon as I got home, I made sure to eat sauerkraut – there are so many amazing combinations available these days and SO HEALTHY), the next speaker was **Dr. Stanislaw Burzynski**. He is well known as the developer of



Anti-neoplastons.

These are patented treatments for

Emerging Paradigm Shift in Cancer Treatment



- ❖ Academic science is research based on past scientific achievements.
- ❖ Revolutionary science is involved in "paradigm shifts" that open new approaches to science.
- ❖ The emerging paradigm shift consists of the treatment of genes which are causing cancer, but not treatment of the name of cancer derived from microscopic diagnosis.



cancer that can be individualized.

His clinic is in

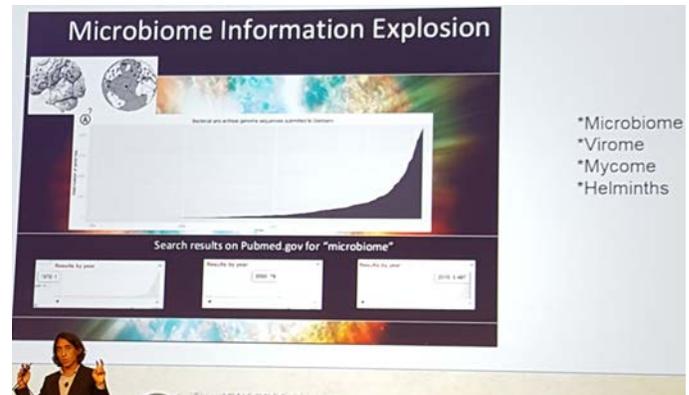
Houston, TX. He's been among the MOST persecuted doctors (thanks, Texas), but was recently and again, found not to have violated any laws. He's always had strong patient support and I am sure that helped. He is best known for treatment of brain tumors but has been able to show good results in other cancers as well.

Preparation of Treatment Plans

- ❖ Intravenous ANP can be used in this treatment plan in clinical trials and under the Right to Try state laws.
- ❖ Phenylbutyrate (PB), which is available as an oral prescription drug and is metabolized to ANP, can be used instead.
- ❖ Both PB and ANP affect approximately 100 genes involved in cancer.
- ❖ The goal of successful treatment plan is to affect approximately 200 genes.
- ❖ This can be accomplished by using a combination of PB or ANP with other medications and supplements, which are selected based on genomic analysis.



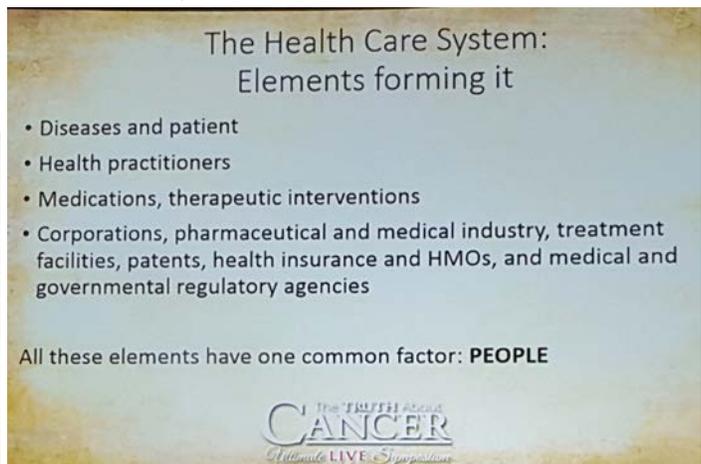
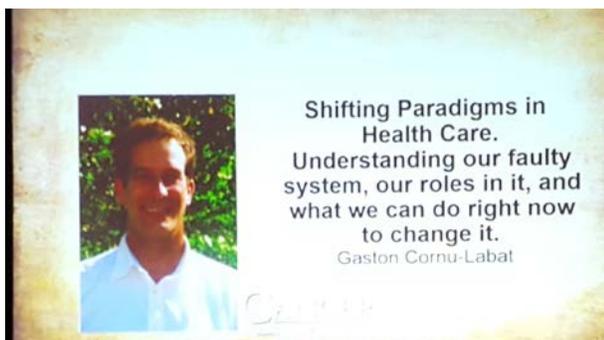
The next speaker that I heard was **Sayer Ji**, founder of Greenmedinfo.com. He talked about the importance of the Microbiome. Visit his website for the studies behind Natural medicine. There are SO MANY. Sayer spoke at an Annie Appleseed Project conference some years ago and is due back in 2018 (date to be announced).



Other speakers at the same time included Leigh Erin Connealy, MD *"Cancer is merely a symptom"* and Dr. Terry Harmon *"The Autonomic nervous system's role in cancer"*.

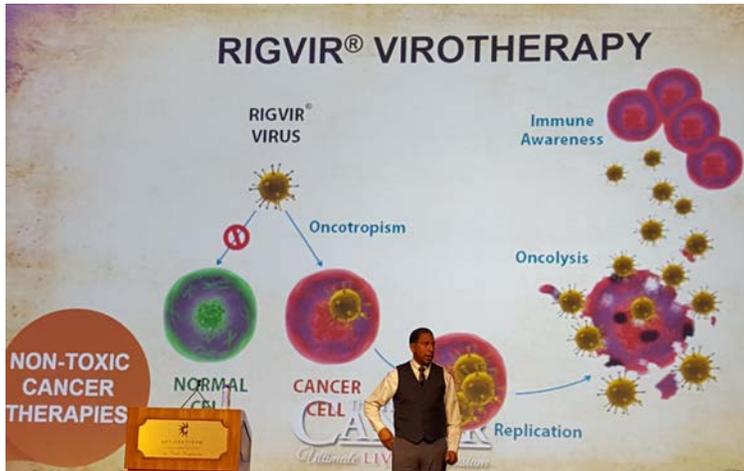
BTW, there were many breaks throughout the day so that people could get up, walk around or network.

The next set of talks included Cherie Calbom *"Revive! Juice fast, Juice detox"* and Dr. Charles Majors *"Cancer Killers – getting to the cause is the only 'cure'"*. I attended a talk by **Gaston Cornu-Labat, MD**.



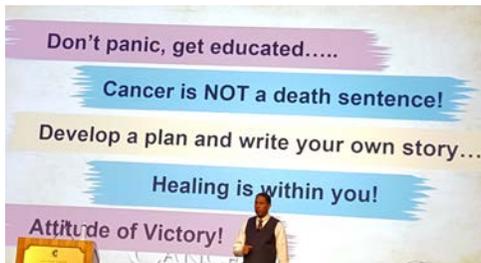
I understand that Big Pharma is composed of people, but sometimes when people work for a corporation, they forget the ethical aspects and focus on the corporate bottom line to the detriment of all of us.

The next talk I listened to was **Dr. Tony Jimenez**, The present and future of “Non-toxic cancer reversing



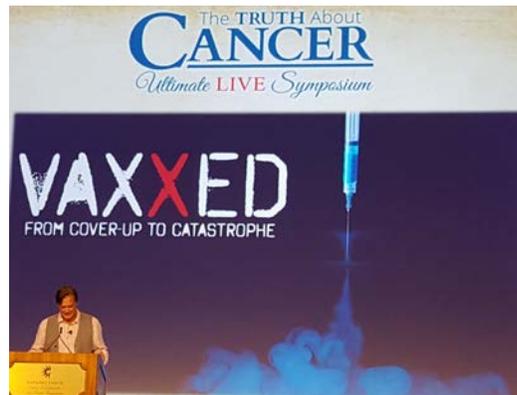
therapies”.

He has been a speaker at Annie Appleseed Project conferences in the past and runs the Mexican cancer clinic Hope for Cancer. He offered this for the audience:



Other sessions at this time included: Irvin Sahni, MD “Near infrared sauna therapy, natural low-cost, and effective detoxification”, and Al Lanigan “The human immune system from infancy to old age” (Did I mention that there will probably be CDs offered for these talks)?

The final speaker of Day 1 (Friday, October 14, 2016) was **Andrew Wakefield, MD** “A Crisis in Public Health”.



I did not start out an anti-vaxxer, but years ago I became a Cochrane Collaboration consumer (this is an International network of volunteer researchers, consumers (advocates and patients) and some paid staff. The work they do is to create standardized meta-analyses (gathering of studies to see overall effects sometimes hard to see in smaller studies). I learned that it is possible to do a short term study (when we NEED longer – term outcomes) and Dr. Wakefield told this audience that one study lasted 5 days! I learned that it is possible to study the WRONG parameters- as in what outcomes REALLY matter to the community (humans). How is it possible to ignore the Mercury (Thimerosal) in vaccines?



How is it possible to IGNORE the fact that NO studies exist showing safety or NOT of SO MANY Vaccines given to children? And at the same time! How is it possible to IGNORE the fact that infants (as Dr. Wakefield pointed out) are unlikely to be exposed to some of the very illnesses these vaccines are supposed to prevent? (i.e. Hepatitis B). And finally, most damningly HOW is it possible to ignore the Adverse Effects (often referred to by the ‘marketing’ term ‘side’ effects)? I serve on the Cochrane Adverse Effects Method Group and can share that many studies fail to adequately report some of the adverse effects (in many different study areas).

Additionally, at least in the United States, there is NO standard way to measure the ‘grade’ of such a bad effect. Grades exist but it is up to the PI (Principle Investigator) of the particular study, to assign the Grade of problem (does that work for you?) Within Cochrane, we are trained to ask: Is the right outcome even being studied?

Watching a pharmaceutical TV ad for a statin drug, I heard and saw the phrase ‘rare’. I called upon folks I knew at FDA and asked what ‘rare’ meant. Guess what? It has not standardized meaning but as with Grades of adverse effects, it is in the eye of the beholder (meaning the PI). Get it? I, as a Cancer Patient Advocate might consider the adverse effect level to be Grade 4 (very toxic) but the PI can state it was Grade 2 (and they do!)

Another problem is that the media, connected to their advertisers – corporations such as Big Pharma has almost never states the actual problems with vaccines. They make it sound so general that the public does not really understand objections such as I outlined above. And there are more for sure. Watch the film **Vaxxed** if you can, buy it and share it. Yes, we were and are being lied to.

That evening, along with my roommate, Annie Brandt, Exec Director of Best Answer for Cancer (nonprofit), I attended the Mix & Mingle. It was great to talk to so many people and hand out information about our nonprofits. Annie Appleseed Project is an all-volunteer nonprofit and our work is to provide information to you and anyone dealing with or interested in cancer issues. Our focus is natural therapies (we provide info on the evidence-base and the missing, but discoverable evidence).

See my notes on Part II for Saturday, October 15 and Part III, Sunday, October 16 (coming soon).