

THE ORIGINAL PREVENTION OF SICKNESS: GENERAL *NUTRITIONAL HERBOLOGY* INSTRUCTIONS



- PREVENTIVE SICKNESS HYGIENE & NUTRITION
- STOMACH AND INTESTINAL CLEANSING
- RELIEF OF CONSTIPATION
- PREVENTION OF CANCER
- PREVENTION OF *NUTRITIONALLY RELATED DISEASES*

BRCA/SYNERGISTIC RESEARCH AND DEVELOPMENT, INC.

GEORGE W. SINGLETON III
B.A. - General Biology
HD. - Doctor of Herbology
317-293-1519

2005 edition ©

THE ORIGINAL PREVENTION OF SICKNESS: GENERAL NUTRITIONAL INSTRUCTIONS

XIV. THE 12 CAUSES OF CANCER AND HOW TO PREVENT IT

This message is dedicated to my Mother and Step Father who have been staunch supporters of my work over the years and both suffered from cancer. I am reminded I have been warning my family and friends for 30 years now what I had learned in my *medical pathology* and "nutritional herbology" studies starting with my pre-med undergraduate education at the *University of Chicago* from 1966 to 1970 (BA in General Biology) and culminating in my *Doctor of Herbology (HD) Degree* in 1986 ___ that 50% of the American people will contract preventable cancer. Of course not having an MD degree and warning so early in the "cancer pandemic" very few have listened to me seriously.

In addition to my Mother and Step Father contracting cancer, my mother's brother and sister died of cancer within 6 months of diagnosis in 1998, my Step Father's sister died of cancer in 2002 and his brother died from cancer in 2003. A score of other people in my family and network have it or have died of it. Several years ago I heard a frustrated and frightened Reverend Jessie Jackson on his CNN cable show ask desperately what was the cause of the cancer epidemic in America?

Here is a list of the 12 leading causes of the cancer epidemic known 30 years ago remembering that cancer cells are one's own cells who mutate and decide to break the "body plan" and revolt growing on their "own plan" and satisfying their own needs without regard to the body's needs, overall safety and well being:

#1.) animal organ and flesh foods ___ animal protein digestion unlike plant protein digestion leads directly to the heavy production of the carcinogen *uric acid*, unnatural animal manure containing *bacteria and fungi* which is allowed into the meat from the dead animal's intestinal tract during the "curing process" of hanging butchered meat caucuses to tenderize the meat, and these microbes excrete carcinogens (*mycotoxins*) into the ingester's body; and leads to ingesting *agri-chemicals* from the grains these farm animals are fed ___ creates the cancer cell producing environment of a thick acid pH blood condition with a low level of oxygen;

NOTE: a.) The human body in its normal cellular death maintenance metabolism produces *uric acid* that is excreted by the kidneys, and is additionally overloaded from the unnatural addition of animal organ and flesh foods adding additional *uric acid* for the body to eliminate.

b.) Dairy products that are rennetless are alright to eat and prevent cancer but are extremely hard to get. Thus substituting and switching completely to dairyless cheeses (soy) and soy; and other seed and nut milks is ideal. **Refer to Section I above.**

c.) Please study Appendix H for the shocking discovery announced in May 2002 on in Science Magazine that the cause of Colon Cancer has been identified as **Lithocholic Acid which means it is a factor in all cancers being made by the Liver in fatty animal flesh digestion and stored in the fat tissues by the Liver throughout the body.**

THE ORIGINAL PREVENTION OF SICKNESS: GENERAL NUTRITIONAL INSTRUCTIONS

XIV. THE 12 CAUSES OF CANCER AND HOW TO PREVENT IT (continued)

#2.) improper internal hygiene ___ people are taught to brush, and floss their teeth and antiseptically wash their mouth; i.e. the beginning of the digestive/alimentary tract but have not been told and in fact are encouraged not to conduct **enemas** thus washing the tail end segment of their digestive/alimentary tract the *colon*; **the colon being the part of the intestinal tract that not only withdraws water from the feces but helps purify the blood along with the kidneys by filtering solid wastes from the blood stream into the large intestine for elimination in the stools** ___ thus leading to a further compounding of the **Cancer Epidemic cause #1 problem above** by causing a build up old undigested putrefactive acid forming **mucus** waste material amounting to a dangerous *anaerobic* (oxygen deficient) cesspool environment teaming with microbes and their carcinogenic toxic excretments;

NOTE: Colon and stomach cancers are the top 2 killing cancers and obviously are connected to what we eat and drink and the relative internal hygiene of these two key food digestive organs.

#3.) parasitic tape worms, flukes, protozoa, viruses, bacteria and fungi ___ usually animal manure, organs and flesh food originated but also in contaminated and spoiled vegetable, fruit, nuts, legumes and grains as well as in the air from other infected people and animals ___ *tapeworms, flukes and protozoa* getting the nutrients before the host, *viruses* entering cells and mutating their genetic (DNA and or RNA) material carcinogenic, and *bacteria and fungi* feeding on undigested food residues ___ with them all excreting carcinogenic wastes into the core of the body carried every heart beat by the blood stream throughout the body;

#4.) conventionally grown vegetables, fruits and grains contaminated with *agri-chemicals* from artificial fertilizers, pesticides, herbicides, growth hormones and fungicides;

#5.) refined, adulterated and preserved foods ___ from farm and garden humus topsoil erosion and failure to soil remineralize producing especially since World War II and the onset of chemical agriculture empty caloric food products devoid of biogenic energy and natural micro-nutrients needed to detoxify carcinogenic wastes and chemicals and fight cancer cells abound ___ producing in the general population a "subclinical malnutrition" devoid of the natural fresh fruit, vegetable, nut, seed and grain cancer fighting *cytosomes, vitamins, minerals* and *enzymes*; with additionally chemical preservatives, artificial colors and additives including *propyl alcohol*;

#6.) improper beverages and damaged disinfected drinking water ___ *alcoholic beverages* including wines and beers overwork the cancer fighting organ the *liver* while stimulating briefly increased blood flow by thinning the otherwise average meat eater's thick acid pH blood condition with a low level of oxygen, as well as the use of the chemical poisons *chlorine gas, fluoride, calcium carbonate* and *aluminum* to name a few to disinfect and treat sewer utilized water to produce public drinking water which is high pressurized in municipal water systems damaging its molecular structure and oxygenation ability;

THE ORIGINAL PREVENTION OF SICKNESS: GENERAL NUTRITIONAL INSTRUCTIONS

XIV. THE 12 CAUSES OF CANCER AND HOW TO PREVENT IT (continued)

#7.) loss of 50% of the Oxygen in the Air since 1900 ___ by the continued deforestation of the planet and environmental chemical pollution killing the oxygen producing *trees*, water and soil *algae* and ocean *plankton* and *seaweed*__ which alone explains the *Ozone Holes* since *Ozone (O3)* is produced naturally from *Oxygen (O2)* and if the former is reduced so will the later be reduce ___ causing the increased need for nutritional *anti-oxidant* vitamins and micronutrients;

#8.) ultraviolet light from the sun ___ can mutate cellular genetic material carcinogenic is normally filtered out by the atmosphere but allowed through the atmospheric *Ozone Holes* ultimately caused by the loss of trees and other oxygen producing plants and thus loss of oxygen in the atmosphere produces skin cancers;

#9.) industrial chemicals in commercial products, manufacturing work sites and as environmental pollutants in the air, water, earth, food plants and animals;

#10.) natural and man made radiation ___ from substances as natural *radon*, from nuclear power plants, radioactive wastes used to produce "*irradiated preserved*" foods, nuclear weapon testing and uses thereof ;

#11.) stress at home, work or extracurricular activities ___ usually from a dislike of one's livelihood or one's interpersonal relationships blocks the bodies daily detoxing of *free radicals*, cancer cells and other carcinogenic toxins; **and**

#12.) Over indulgence in sexual intercourse, prescription & illicit drugs and greed.

Obviously, it is a wiser lifestyle and economically expedient to prevent the onset of cancer in one's life before it starts or to cure it in its early stages. You can afford to look like an "extremist health nut" if you can avoid the cancer epidemic, since the majority of America's people are content in allowing this cancer epidemic to consume them for the sake of progress, too confident in their health insurance and hoping for a "magic" cure. Even the first stages of a particular cancer can benefit from an avoidance of the 12 cancer causes no matter what treatment one chooses to take ___ the conventional legal chemical, surgery and radiation treatments or an alternative cure.

Finally, there are so-called "genetically associated cancers" but it is maintained here that avoiding the 12 cancer causes outlined above will prevent even "so-called "*hereditary cancers*" from manifesting which comprise only 5% of all cancer incidents.

14.

THE ORIGINAL PREVENTION OF SICKNESS: GENERAL NUTRITIONAL INSTRUCTIONS

XIV. THE 12 CAUSES OF CANCER AND HOW TO PREVENT IT (continued)

For those needing guidance as to how to deal with Cancer Causes #1, 2 and 3:

- 1.) **the vegan/vegetarian diet** is highly recommended for you **immediately**;
- 2.) with corresponding "high enemas" every 4 days for at least a year reduced to once a month there after when all one's sickness symptoms have disappeared targeting the "unseen" intestinal tract unsanitary *mucus* food wastes;
- 3.) please refer to this **Original Prevention of Disease: General Nutritional Instructions Pamphlet** which we encourage you to copy and spread through your **network** for free for diet, high enema and ridding oneself of tape worms and internal intestinal *mucus* filth.

For those needing guidance as to how to deal with Cancer Causes #4, 5, 6 and 7:

- 1.) **invest** in your health and start buying "organic" food produce and food products from your local natural food store, market or farmers' market;
- 2.) **invest** and plant your own *deep bed garden* that will produce 4 times as much food with half the water ___ for faxed deep bed installation instructions call 317-251-0414;
- 3.) **invest** and increase the number of oxygen producing landscape trees and ornamental plants inside and outside your residence;
- 4.) **invest** in a *Champion* quality triturating juicer and prepare your own fresh vegetable and fruit juices which are rich in oxygen;
- 5.) avoid drinking tap or well water directly and wasting money on bottled water not in polycarbonate plastic as any other plastic bottle will leach plastic polymers into the water, and **invest** in a mobile *Nikken PiMag (Fliptop or Sport) Water Bottle* on sale this month at half price (\$29 or 4 pack for \$88) and *Magna Tote* (\$95) or stationary residential faucet installed *Nikken PiMag Water System* (\$850) and purify and naturally energize your potable tap, well or camp site water to oxygen rich, pH balanced *PiMag*.

Please feel free to feedback upon this message or ask for specific help with your and any of your family or network member's situation at 317-251-0414.