

Health Resource Directory

The Food and Drug Administration has not evaluated the statements that follow. These products are not intended to diagnose, treat, cure, or prevent any disease. You are encouraged to seek proper care from a medical expert whom you trust.

- 1) Read the book [*The China Study*](#) by T. Colin Campbell, Ph.D., copyright 2004. Dr. Campbell has received over 70 grant-years of peer-reviewed research funding and authored more than 300 research papers. *The China Study* was the culmination of a twenty-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. He shows that cancer is turned off 100% of the time with a plant-based diet (i.e., vegetarian diet, or the Genesis diet) and cancer is turned back on when one eats meats and dairy products. It is the most comprehensive study of nutrition ever conducted. It produced 8,000 statistically significant associations between various dietary factors and disease!
- 2) [Dr. John McDougall's Health and Medical Center](#): He promotes a vegetarian diet (i.e. also called the Genesis diet – or the first diet that God gave to man). He has a 10 day clinic where he puts you on this diet and is able to take you off many of your medicines over these 10 days.
- 3) [Center for Advanced Medicine and Clinical Research](#) - Detoxifying methodologies utilized as preventative and for treatment of many conditions
- 4) *Go Natural!* by Mark and Patti Virkler has many informative ideas on maintaining and restoring vibrant health. Order at www.cwgministries.org/store/edens-health-plan-go-natural or 1-800-466-6961.
- 5) Remove the spiritual roots of diseases by applying the teaching of the book *Prayers That Heal the Heart* by Mark & Patti Virkler. Order at cwgministries.org/store/prayers-heal-heart. You can book three days of prayer ministry counseling at www.faithfamily.net.
- 6) Healing Ministries which offer healing crusades (recommend you attend as many as possible until fully healed):
 - Dennis Walker www.dunamisarc.org (Word of knowledge to discover root cause)
 - Benny Hinn www.bennyhinn.org
 - Randy Clark www.globalawakening.com
 - Francis MacNutt www.christianhealingmin.org
- 7) *How to Release God's Healing Power Through Prayer* by Virkler, Greig and Gaydos (free download from cwgministries.org/free-christian-books-and-articles)
- 8) www.treating-cancer-alternatively.com - full of excellent resources

- 9) Dr. Julian Whitaker, MD has an **excellent** newsletter which gives you a monthly update concerning his take on new nutritional and drug research coming out. Don't be confused; get this newsletter at www.drwhitaker.com.
- 10) Essiac Tea <http://thetruthaboutcancer.com/essiac-tea-cancer-fighting/>
- 11) Dr. Julian Whitaker has written about Dr. Burzynski's cancer clinic in Texas. It appears they have a great success rate. www.cancermed.com. Order the book ***The Burzynski Breakthrough*** by Thomas Elais from Lexikos Publishing at 866-372-2873. Also visit www.burzynskipatientgroup.org.
- 12) Great free email health newsletter from Dr. Joseph Mercola – www.mercola.com. One thing he recommends strongly is Green Tea.
- 13) Reversing autism www.generationrescue.org
- 14) [Nordic Living Water Systems](#) (costs approximately \$300 - \$500). The Original Water Revitalizer (OWR) is available in different sizes and models ranging from models for the shower, the kitchen faucet, or whole house in any size from 1/2 inch diameter to 4 inch diameter.
- 15) Water Filtration and Reverse Osmosis Systems from A to Z Wholesale International, East Aurora, NY. Call Norm at 1-800-398-9833 for products and pricing for any size water filtration system. Countertop Filter for your kitchen sink is @ \$129 and Slim Line Shower Filter to take chlorine out of your shower water is @ \$27. You really don't want to be breathing in hot chlorine steam, nor do you need chlorine soaking into your body through your pores. Top quality products at great prices. norm-carol@msn.com
- 16) Austin Air Purifiers (one of the best on the market) www.airpurifiers.com/products/austin-air/
- 17) Melaleuca, Inc. carries non-toxic household cleaners as well as personal hygiene products such as toothpaste, shampoo, make-up and laundry and dish soap. The healing Melaleuca oil is in many of these products. To see what's available check out www.melaleuca.com.
- 18) **A simple way to reduce cancer risk by 60%**. The first large-scale, randomized, placebo-controlled study on vitamin D and cancer has shown that vitamin D can cut cancer risks by 60 percent or more! In response, the Canadian Cancer Society is now recommending vitamin D for all adults. ([Click here for more on this study.](#)) In addition to cancer, vitamin D deficiency can contribute to [a host of other ailments](#) (from Autism to Osteoporosis).

Action to take: Twenty minutes per day of sun exposure (without sunscreen, just don't get burned) is enough to obtain your dose of vitamin D. If you live in an area

where this is impractical or impossible, cod liver oil is one of the best alternatives. A quality brand available in most health food stores is Carlson, and it even has a pleasant lemon flavor (nothing fishy like you might expect).

Dr. Joseph Mercola suggests one teaspoon per 50lbs of body weight, and since there is a chance you may already be getting enough vitamin D, he also suggests getting bloodwork done to check your current levels before supplementing heavily. More information at: www.mercola.com/2002/feb/23/vitamin_d_deficiency.htm. When buying supplements, don't bother with synthetic vitamin D2 (ergocalciferol), but instead go for natural vitamin D3 (cholecalciferol).

19) Naturopath – Dr. Pam Insinna (716-655-2390) – available for appointment over the phone and/or through utilizing a photograph of yourself. You will receive two or more homeopathic remedies personalized to what you are currently testing for. Many people have had excellent results with Dr. Pam. Fees – about \$110 for your first appointment and about \$55 for each follow-up appointment. Dr. Pam's offices are at 494 Main Street, East Aurora, NY 14052.

20) The Budwig Diet: Dr Johanna Budwig, died May 19, 2003, in Freudenstadt, Germany, at the age of 94. Dr. Budwig, a seven-time Nobel award nominated doctor, says this essential nutrient combination promotes overall health and actually prevents and cures cancer! Blend the following for a nice breakfast, dessert or late evening snack. Take ¼ cup of organic cottage cheese mixed with 1.5 oz of flaxseed oil (3 tablespoons). The ratio of cottage cheese to flax seed oil is critical and you must not deviate from it. Add fruit, banana, and honey to your taste. Adding ½ quart of strawberries makes a great tasting smoothie. When not in good health, take 3 times a day. Read an in-depth report at www.budwigcenter.com/download/budwig-cancer-guide.pdf. For additional information, visit www.budwigcenter.com.

Dr. Johanna Budwig was known and highly respected around the world as Germany's premier biochemist. In addition, Dr. Budwig held a Ph.D. in Natural Science, had medical training, and was schooled in pharmaceutical science, physics, botany and biology. In all courses, this brilliant scientist excelled.

She is best known for her extensive research on the properties and benefits of flaxseed oil combined with sulphurated proteins in the diet, and over the years has published a number of books on the subject, including *Cancer--A Fat Problem*, *The Death of the Tumor*, and *True Health Against Arteriosclerosis, Heart Infarction & Cancer*.

Dr. Budwig assisted many seriously ill individuals, even those given up as terminal by orthodox medical practitioners, to regain their health through a simple regimen of nutrition. She experienced a 90% cure rate with the 2900 patients she treated. The basis of Dr. Budwig's program is the use of flaxseed oil blended with low-fat cottage cheese. (These two natural foods, organic flaxseed oil & cottage cheese, must be

eaten together to be effective since one triggers the properties of the other to be released.)

After more than 10 years of solid clinical application, Dr. Budwig's natural formula has proven successful where many orthodox remedies have failed. Dr. Budwig's formula has been used therapeutically in Europe for prevention of: Cancer, Arteriosclerosis, Strokes, Cardiac Infarction, Heartbeat (irregular), Liver (fatty degeneration), Lungs (reduces bronchial spasms), Intestines (regulates activity), Stomach Ulcers (normalizes gastric juices), Prostate (hypertopic), Arthritis (exerts a favorable influence), Eczema (assists all skin diseases), Old age (improves many common afflictions), Brain (strengthens activity), Immune Deficiency Syndromes (multiple sclerosis, autoimmune illnesses).

www.amazon.com/gp/product/0969527217

21) Colon Cleanse and many other truly outstanding natural health products are available from Dr. Schulze. <https://www.herbdoc.com/index.php?&c=1> Plus you want to sign up for his blogs. Outstanding and inspirational.

22) www.oasisofhope.com Oasis of Hope Hospital is just across the California border into Mexico. In its 40 years of existence it has treated 100,000 cancer patients with natural therapies. Its 5-year survival rates have ranged from 30% to 86% (with 95 percent of these patients coming to them with stage IV cancers after conventional therapy had failed to help them and they were sent home to die). Conventional medicine 5-year survival rates for the same cancers range from 2% to 33%. Oasis of Hope Hospital offers a 4-day and a 21-day stay with a 5-year follow-up program. I think it would be safe to assume that if you went to Oasis of Hope before you were in stage IV cancer, and before your body's organs had been devastated with the poisons of radiation and chemotherapy, you would have an outstanding chance of full restoration. Free phone consultation with an Oasis of Hope Hospital doctor at 1-888-500-5673.

23) Robert Mendelsohn, MD, director of Michael Reese Hospital, shows proof in his book *Confessions of a Medical Heretic* **that 90% of the operations done are unnecessary and many die needlessly**. Google and buy online.

24) *Restoring Health Care as a Ministry* available at www.cwgministries.org/store/restoring-health-care-ministry. Chapter One of this book warns of the dangers of traditional medicines (e.g., U.S. hospitals accidentally kill 300,000+ people a year), and the later chapters provide a biblical and scientific basis for a number of other approaches for maintaining optimum health.

- 25) **Life Line Screening Radiology** provides a nationwide service. They spend one day in communities all across the nation and you can schedule an appointment to receive painless, quick screening for stroke, vascular disease or osteoporosis. They can let you know if there is plaque buildup in the carotid arteries (the leading cause of stroke), abdominal aortic aneurysms, risk for osteoporosis and other serious problems before they become life threatening. These problems often can even be prevented. That's the key – knowing what's happening inside your body so something can be done about it. www.lifelinescreeningradiology.com or 1-800-778-6098. If you live in Canada, you can register and come to the U.S. for the evaluation.
- 26) www.cancure.org Go to this website and spend hours. Everything you need to know about alternative approaches to cancer. Books and products to purchase, and website connections unending...
- 27) *Cancer: Why We're Still Dying to Know the Truth* by Phillip Day – This book has a large section on the research done on Vitamin B-17/Laetrile. Here is a bit of information from the book.

In a cancerous cell, the presence of the enzyme beta-Glucosidase breaks Vitamin B17 down into hydrogen cyanide (HCN) and benzaldehyde (both of which can be very lethal poisons). A cancer cell has 3000 times more beta-Glucosidase than a normal cell. Normal cells produce another enzyme, Rhodenase that breaks Vitamin B17 into Benzoic Acid (an analgesic/antiseptic) and Thiocyanate (regulates blood pressure and builds a pool for production of B12 in the liver). Thus unwanted Vitamin B17 is neutralized and washed out of the body within 24 hours. Studies have shown that normal cells next to cancer cells are not damaged when taking Vitamin B17 while cancer cells, on the other hand, are killed.

Nutritional supplementation for average weight healthy adult is 10 - 12 apricot seeds per day for life (50-100 mg of B17), and maximum nutritional supplementation for a body fighting disease would commence with 2 seeds per waking hour to a maximum of 20 per day, increasing intake to a maximum of 5 seeds per hour or 50 seeds per day. The goal in this case is to get about 3,000 mg of B17 into the body daily.

Pancreatic enzymes have been shown to break down tumor walls and are an important part of nutritional therapy. The breakdown of the tumor wall allows increased penetration of Vitamin B17.

Notes: Some government health departments believe that apricot kernels produce toxic reactions when taken in excessive doses. For this reason, we recommend that not more than 60 seeds per day should be consumed as per the United States Food and Drug Administration guidelines. Consumption should commence with low intakes, increasing as tolerance allows. In a minority of cases, nausea may be experienced when first taken. If this reaction occurs, consumption should be reduced until symptoms pass and then increased steadily up to tolerance threshold.

Consumption of these seeds by animals or children should be varied in accordance with bodyweight.

Seeds should be pulped and chewed thoroughly in the mouth. Do not swallow whole as reported nutritional benefit will be lost and constipation may occur. Seeds may be grated or shredded for salads and garnishes or accompanied by fresh or dried apricots. Not all apricot seeds sold on the health food market contain the bitter 'marzipan' taste that characterizes the most health-effective kernels. www.sunorganic.com is a good source for bitter apricot seeds.

28) Dr. Gonzalez's Nutritional Regimen <http://www.dr-gonzalez.com/regimen.htm>.

For more information about Dr. Gonzalez and his practice, see www.dr-gonzalez.com. He's also working on a series of books, two of which have already been published and received five-star reviews: *The Trophoblast and the Origins of Cancer*, and *One Man Alone: An Investigation of Nutrition, Cancer, and William Donald Kelley*, which is the original monograph of Dr. Kelley's work that he couldn't get published 23 years ago. Dr. Gonzalez is still on the front lines and actively engaged in helping people by coaching them about natural alternatives to toxic drugs and radiation. His office is in Manhattan and he can be reached at 212-213-3337.

29) For alternative cancer treatments go to www.cancerdecisions.com and subscribe at the bottom of the first page.

30) Healthy salt can be purchased from www.selinanaturally.com (800-867-7258), or from Dr. Mercola. Normal table salt is very unhealthy for you.

31) The Gerson Institute www.gerson.org

32) The Townsend Letters www.tldp.com

33) The arthritis website www.arthritis-trust.org

34) Coley's Toxins / Issel's Fever Therapy www.cancerguide.org/coley.html

35) Full Spectrum light bulbs at products.mercola.com/light-bulbs/

36) Hallelujah Acres www.hacres.com (eating the Genesis diet).

37) A survey of 11,000 households comparing the rates of **neurological disorders in vaccinated vs. unvaccinated children**.

generationrescue.org/resources/vaccination/cal-oregon-unvaccinated-survey/

Among more than 9,000 boys age 4-17, the survey found vaccinated boys were two and a half times (155%) more likely to have neurological disorders compared to their

unvaccinated peers. Vaccinated boys were 224% more likely to have Attention Deficit Hyperactivity Disorder (ADHD), and 61% more likely to have autism.

For older vaccinated boys in the 11-17 age bracket, the results were even more pronounced. Vaccinated boys were 158% more likely to have a neurological disorder, 317% more likely to have ADHD, and 112% more likely to have autism. (Note: older children may be a more reliable indicator because many children are not diagnosed until they are 6-8 years old, and we captured data beginning at age 4.)

38) Hoodia is a good suppressant for appetite (Google this).

39) I have found that [Dreamate](#) helps me sleep better plus I have purchased “[Mind Work Station](#),” and use their pre-programmed ocean waves sounds to go to sleep at night (which have entrainment binaural beats woven into the background).

40) **SilverGen Ionic - Colloidal Silver Generators** www.silvergen.com. You can purchase this product and make your own colloidal silver and use it in many ways. The website is extensive and gives you everything you need to know. READ IT!

41) **Mini Masseuse** – Excellent for reducing muscle tension in the back or any sore muscles (order from www.minmimasseuse.com)

Energy Testing Software – Test yourself & your family in your own home, easily & inexpensively

I have always wanted a testing device which was:

- Easy enough for everyone to use, right from their own homes
- Cheap enough for all to afford
- Could be used to test our bodies on a monthly basis to ensure ongoing health and wellbeing

I wanted something easier than Muscle Response Testing, as MRT demands a skilled practitioner to administer, and if you go to a naturopath trained in MRT testing, they are likely to charge from \$30 to \$65 per monthly appointment.

I have found what I was looking for in “The Compass.” The Compass reads electricity impulses from numerous key points on the client’s palm (there are 400 million energy impulses per second in your body). You lay your hand on it for 5 minutes after which you receive a printout of what your body is calling for and 2-3 key products which will move your body back toward balance.

Order the Compass at www.zytocompass.com. (Purchase is \$399 plus a monthly \$39.95 license fee which allows software to be constantly updated with new and revised health products from “New Sun”.) Each month, I test myself, as well as my family, friends and office staff. We will place a corporate order once a month from “New Sun”

for whatever products we all have tested for that month. New Sun's health products are excellent and often priced from \$8 to \$15 per item. (Note: If you want to expand your ministry, you can surely build a home-based business by using the "Compass" and charging for testing, as well as for product sales. Many people do this!)

You may enroll in New Sun at www.newsun.net and if on the enrollment form you list Mark Virkler as your sponsor, that would be a way of blessing our ministry and supporting us. Thank you!

The Food and Drug Administration has not evaluated the statements above. These products are not intended to diagnose, treat, cure, or prevent any disease. You are encouraged to seek proper care from a medical expert whom you trust.