

POWER OVER CANCER
THE FIVE AGREEMENTS THAT CAN
SAVE YOUR LIFE

BY

LARRY PAHL L.M.T.

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I would like to dedicate this book to my father, Col. Philip Miller Pahl (RET). Thanks Dad for planting 'those reading and writing seeds' in the mind of a 12 year old sports fanatic. Who knew that someday, you would be reading my book. Thanks for everything!

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When you're depressed, the whole body is depressed, and it translates to the cellular level. The first objective is to get your energy up, and you can do it through play. It's one of the most powerful ways of breaking up hopelessness and bringing energy into the situation.

--O. Carl Simonton

SECTION 1

We should not let our fears hold us back
from pursuing our hopes.

--John F. Kennedy

THE FORK IN THE ROAD

Like most people who have received the diagnosis of cancer, my first reaction was a high degree of fear that cut through me like a knife. It was in that instant that I became truly awake to the fact that my greatest asset was my health. Without my health, nothing else really mattered.

The clarity of that moment was unmistakable. It's like your life flashes before your eyes and there you stand staring at the fork in the road. Mark Nepo, author of several wonderful must-have books, describes the mental fork in the road as walking through a door in your mind and the clarity of the moment causes a change in thinking. And when you turn around to walk back through that door, it is gone, and you can't return to what you once were.

Walking through that door is what gave me the passion and the motivation to begin living an anti-cancer lifestyle and to vigorously pursue the truth with regard to what we need to do to obtain and maintain our power over cancer.

A great many cancer survivors will admit that their cancer diagnosis was a blessing in disguise because it forced them to choose between the continuation of a "road to disaster" lifestyle, or a new, healthy-choice, low-stress life that allowed their body to regain its ability to effectively fight against the ongoing cancer process.

Everyone who receives a cancer diagnosis will have their fork in the road moment - their moment of truth where they must decide how they are going to live going forward.

Most cancer survivors are survivors because they chose the correct path of healthy living. If you believe that your own health is your greatest asset, you will embrace my

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favorite mantra - if you want to be healthy, you have to live healthy.

I am also motivated to empower everyone I can with regard to the cancer process and how our anti-cancer defense system keeps us cancer-free. The byproduct of this knowledge will allow us to embrace hope and confidence as we reject the destructive forces of fear and worry.

My diagnosis was level 4 malignant melanoma based on the removal of mole on my left arm. I barely remember the nurse telling me that she was sorry - I was too focused on the number 4. I didn't know much about cancer in the spring of 2009, but I knew that 4 was a very bad number. I was told to schedule surgery on my arm as soon as possible. It was three weeks between "the call" and my appointment with my surgeon, and the whole time I thought level 4 meant stage 4. During those three weeks, the information was causing me serious emotional stress and the byproduct of this stress was constipation, nausea, and an inability to sleep or eat properly.

It was during this three week period that I made a vow to learn everything I could about cancer so I could help people not experience the fear of cancer I was going through.

That was the beginning of my anti-cancer journey. My love for outdoor activities has kept me balanced between the research, the writing, my massage therapy practice, my family, and my hobbies. Attention to my "true north" keeps me focused not on what I do, but why I do it. I do it to empower everyone seeking the truth about how to prevent cancer, how to be proactively involved in the strengthening of your defense against cancer and how to increase your chances of staying cancer-free after medical treatments.

I hope that the *Power Over Cancer* books will inspire and motivate you to search and find your own "true north" and to know without any hesitation that you possess more power over cancer than you know.

EMBRACING THE TRUTH

This is a book about aligning your beliefs with the truth about what you can do to regain your *Power Over Cancer*.

Bill Henderson, author of ‘*Cancer-Free*’, was instrumental in helping me align my beliefs with the truth about cancer. His greatest message is this, “Killing cancer cells (with chemo and radiation) is not how you recover from cancer. You recover by rebuilding your body’s balance and by making it hostile to cancer cells. Once your body has its cancer-fighting balance restored, it takes care of the cancer cells, just as it always had before you were diagnosed with cancer.”

The greater our knowledge becomes about the cancer process and our anti-cancer defense system, the more likely it is that we will realize the importance of becoming proactive in embracing the anti-cancer lifestyle – a lifestyle that gives us the ability to replace fear and worry with hope and confidence. And as your hope and confidence increase, we can embrace with enthusiasm the realization that we do have the ability to help our body overcome this disease and prevent its ability to develop again!

This is also a book about understanding what allows the cancer process to develop into the disease of cancer and why the conventional treatments of surgery, chemo, and radiation only have the capacity to treat the symptoms of cancer as they weaken an already chronically weak immune system and liver.

And finally, this is a book about building a bridge between what we know and what we do on a regular basis to keep our anti-cancer defense system strong.

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Knowing what to do and how to do it only matters if we put a plan of healthy choices into action.

A great teacher of his time, Aristotle said, “You are what you repeatedly do. Excellence then, is not an act, but a habit.”

Indeed, we must increase our frequency of good choices in order to develop healthy habits that we can learn to enjoy, because nothing feels better than knowing you are healthy and that you do indeed have *Power Over Cancer*.

ENOUGH IS ENOUGH

"The significant problems we have cannot be solved at the same level of thinking with which we created them", Albert Einstein.

Indeed, we have a significant problem in our country today. Our ever increasing cancer epidemic is claiming 500,000 lives a year.

In order to overcome our cancer epidemic, we must change the way we think about it. In order to change the way we think and therefore the way we believe, we must raise our awareness with respect to how cancer works and what we need to do to support our natural system of cancer defense.

Cancer is the ultimate attitude check, our attitude can either steal hope and defeat us or it can provide us with the motivation we need to do everything we can to gain victory over cancer.

Our attitude is based on our beliefs and our beliefs are formed from our knowledge and what we believe to be true.

The easiest way to have a negative or defeatist attitude is to embrace false truths and have little in the way of real knowledge.

Power Over Cancer was written so the reader could gain a basic understanding of what cancer is, how it develops into a disease, what causes it and what our body needs from us in terms of nutritional support to regain the optimal functioning of our anti-cancer defense system. The system that begins to eliminate 'good cells gone bad' from the day we are born.

1.2 Million Americans will receive a cancer diagnosis in 2015 and close to 500,000 of them will lose their battle. I say "enough is enough". It's time for us to learn more so we can

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fear less. It's time for us to prevent better, to learn how to eat better and manage our stress better. It's time to realize that we live in a cancer promoting world. And it's high time that we all know that the cancer process is a natural normal part of who we are--just like our heart and our brain. Because we all 'own' the cancer process, we all 'own' the possibility of developing cancer when our natural defenses against it become chronically weakened.

Many cancer experts believe strongly that our modern, high stress lifestyle is responsible for a vast majority of the adult cases of cancer that occur today. Tobacco and obesity are considered our top two risk factors, while nutritional and environmental stressors follow closely behind. These chronic stressors all weaken our natural defenses against the progression of the cancer process from developing into the disease of cancer.

Cancer will defeat us if what we have made weak is not strengthened. How we treat cancer (chemo and radiation) does not make us stronger--it makes us dramatically weaker yet!

When we choose surgery, chemo and radiation to treat (kill our cancer), we first of all, must be aware of this weakening effect and secondly, we must be prepared following these treatments, to begin the long process of strengthening our ability to stop the cancer process from developing again.

This can only be accomplished by embracing the anti-cancer diet and by effectively managing the four categories of stress.

Power Over Cancer is an easy to understand guide that will light the way as you begin your journey back to health.

If you desire to once again have the ability to say no to cancer, embracing the anti-cancer lifestyle is essential--there is no drug or medical procedure that can strengthen our anti-cancer defense system. Due to the way that we are wired, if

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you want to be healthy, you have to live healthy. Why? Because cancer is a by-product of too much environmental stress, too much nutritional stress, too much emotional stress and too much physical stress. In order to change our body from unhealthy to healthy, we must become the change that we want to see in our life. My hope is that *Power Over Cancer* will provide the truth and the knowledge that you need to transform your body into a 'healthy butterfly 'once again.

Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence.

--Helen Keller

FINDING OUR WAY TO BETTER HEALTH

The steady decline in the health of Americans has been very well documented. We are now amongst the unhealthiest of all the developed countries of the world. And when you add in the fact that we spend more on health care and more on weight-loss products than any country in the world, it makes you wonder what the future holds for us.

Where do we go from here and how do we find our way to better health?

I believe that it starts with the recognition that our health care system is designed from an educational and economic standpoint to treat illness – not to provide preventative guidance on how to be healthy and avoid disease. Our health care professionals are not trained for it and they don't have time to do it. It is, quite simply, impractical for them to invest time, money, and energy into keeping us from being sick!

The second important step necessary to place us squarely on the path to better health comes from the understanding that there is no drug or medical procedure that can compensate for an unhealthy lifestyle. In order to live healthy, we must raise our awareness with respect to how we respond to stress from a hormonal standpoint, and what our body needs from us to maintain good health.

And when we truly know good choices from bad, we can then develop a personalized plan for ourselves which incorporates the managing of nutritional, emotional, and physical stress. And from the pool of good choices, we can

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then ‘piece together’ a plan of healthy living which is reasonable, doable, enjoyable, and sustainable.

The really neat thing about this healthy living plan that you have constructed is that it is also the perfect way to become or maintain your healthy weight, overcome chronic pain, reverse disease, and hopefully become drug-free. If you help your body by eating well, getting enough sleep, sunlight, and exercise and make water your dominant drink, your body will respond by providing you with better health.

Thomas Edison gave this hopeful prediction about 100 years ago, “The doctor of the future will give no medicine, but will interest their patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

Until our health care industry has the capacity to actually help their patients in this way, it is up to each one of us to recognize that the prevention of disease is up to us!

As my good friend, Dottie Asselin, is so fond of saying, “You are the most important person in your life.” The person that can give you the most health and happiness is you!

Our greatest asset is our health. Whatever material wealth we accumulate is diminished if we don’t have the health to enjoy it.

My hope is that you will find your way to better health and that you will reach all of your goals. To be successful, it will require increased awareness, a rock-solid determination to leave your unhealthy lifestyle behind and a belief in your ability to become a healthy success story.

I also hope that these timeless, natural truths will serve as a life-changing learning experience and will empower you to live your best, happiest and healthiest life.

REGAINING OUR POWER OVER CANCER

The disease of cancer now affects nearly all Americans, either directly or indirectly. With cancer research contributions at all-time highs (U.S. taxpayers contribute 5 billion per year into the American Cancer Institute) we are rapidly approaching cancer rates that affect 50% of our population.

In spite of more testing and more early detection, more of us are getting this disease called cancer and more of us are dying 'before our time.'

Clearly, we need to do more than visit our doctor regularly and participate in the variety of cancer-cure events that add millions to the research coffers. If we truly want to 'stand up to cancer', we need to learn more about how cancer works and what we can do to keep cancer from developing into a full-blown, life-threatening disease.

We need to realize on no uncertain terms that we alone are responsible for our health. We must have a shift in consciousness. We must change the way that we think in terms of what we eat, what we drink and how we live. All of these things matter. Everything we do either supports or defeats our ability to be and stay healthy. Food is either 'medicine' or it is 'poison'. Unfortunately, an overwhelming majority of what we eat and drink today is highly addictive, full of sugar, salt, unhealthy fat, easy to consume on the run, heats up quickly in a microwave (fast and easy), and is counter-productive to good health.

We are all born with an anti-cancer defense system. It is a magnificent system composed of hormones, enzymes,

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minerals, vitamins and various cancer killing immune cells that seek out and destroy cancer cells everyday of our lives. When we support it by managing stress and by eating healthy, we increase our odds of staying cancer free. However, all of us have the potential to develop cancer in the absence of a properly functioning anti-cancer defense system.

I wrote this book to share the truth about how the cancer process becomes the disease of cancer, how our body protects us from developing cancer, and what we need to do following conventional medicine treatments in order to prevent our cancer from coming back.

The truth about cancer is not something that has been recently discovered. It is not the result of billions of cancer-research dollars. These cancer truths have been well known for decades and have been used for decades by our cancer pioneers to help people overcome cancer and develop power, once again, over it.

THE QUEST FOR TRUTH

With every word that has been written for this and the other *Power Over Cancer* books, the quest for the truth is priority one. There are no politics, no economic agendas and no egos involved--if I don't believe with all my heart that it's true, it won't be included. That being said, I welcome any debate that will shed more light and perhaps a greater truth than what my research has proven to me. I will always remain open to new ideas that can give all of us clearer ideas of the truth regarding cancer.

Most conventional medicine professionals and research agencies in this country do not have the ability, due to educational deficiencies, politics or economic agendas, to be entirely truthful about cancer. They have too much to lose!

I believe very strongly that the truth is the truth is the truth, it is no more and it is no less. When you add or subtract from it, it no longer remains the truth.

Achieving power over cancer demands that the whole, entire, unadulterated truth be shared, embraced and put into action. It is only then that we can become awake to the fact that there is a better way to prevent, fight and defeat cancer--one that leaves us in robust health at the end, instead of being physically and mentally 'beat up'.

Dr. Max Gerson enjoyed a very impressive success rate treating people with advanced (stage 4) cancers. He was a true pioneer and a cancer-warrior champion. He dedicated his life to helping people gain back their freedom from cancer. He said, "If you have a healthy working liver, pancreas, thyroid and immune system, cancer cannot live in your body." When not working at their optimal level, these

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are the causes of cancer--the things we have to fix by giving them the natural resources (not drugs) that they need in order to be healthy again. These natural resources are the only "medicine" that can do the trick of strengthening those vital organs and life-sustaining systems. They are the vitamins, minerals and enzymes that come from eating raw, whole, organic, fruit, vegetables, nuts, seeds, beans, rice, herbs and spices.

Drugs buy us time, but there is a heavy toll that we pay. Every drug has to be processed by our liver, a liver that is already under tremendous strain due to the high toxic state of the cancer patient. Every cancer patient eventually reaches a point when they are either deemed to be cancer-free or they can no longer tolerate any more treatments. This is due to the severe negative side effects of cancer therapy treatments that can devastate our immune system, leaving us with an alarmingly low white blood cell level, (the cells that kill cancer cells).

When we reach the end-point of our medical treatment, our body must take over the fight. Just because we receive an all-clear diagnosis does not mean that the day-in, day-out cancer process is magically going to stop! It is at the end-point of treatment that our body needs the most help from us! This is due to the fact that our immune system and liver have been overwhelmed and weakened. We must realize that conventional medical treatments compromise our ability to fight against the cancer process going forward.

Therefore, in order to increase our chances of becoming a long-term survivor, we must restore the optimal working condition of our anti-cancer defense system so our body can once again have the ability to stop the progression of the never-ending cancer process in its tracks.

This is how we gain back our freedom over cancer.

THE POWER OF BELIEF

How we approach cancer from an emotional standpoint is critical to its outcome.

If fear and worry dominate our emotional mindset during the treatment process--if we allow ourselves to wade into the waters of hopelessness, then the chemistry produced by these emotions and beliefs can be even more devastating than the cancer itself.

Deepak Chopra has observed patients that upon receiving the diagnosis of cancer, immediately began a downhill slide of deteriorating health. "It's as if the diagnosis became a greater force than the cancer itself."

On the other hand, if we believe that we have the ability to overcome cancer, and we are determined to participate in the treatment process--if we are proactively involved in doing everything we can from an emotional and nutritional standpoint, then the chemistry of hope can allow our immune system to become strengthened instead of weakened.

My good friend Sue has cancer of the liver. When I asked her how she was doing, she said with no hesitation that, "I still have a lot of spunk and cancer can't kill spunk!". Even in her tough situation, she makes people laugh everyday--she is a true inspiration!

We want to create hope for the person...we must give hope, always hope.

--Mother Teresa

BUILDING A BRIDGE

When we strongly, completely believe that we can achieve something, or that a certain outcome will be realized, we align ourselves from an energy standpoint with the forces necessary to make it happen. This is the power of the placebo effect--it is the power of belief.

Believing strongly that we can achieve *Power Over Cancer* is without question a most powerful medicine. It requires hope, knowledge and faith, a faith or confidence that is unwavering in the face of any negativity that may come our way.

The more we learn the truth about cancer, the less we have to fear about it. And when we replace fear with hope, our belief that we can win becomes stronger.

As our knowledge increases and our believe increases with regard to our ability to become cancer-free again, the bridge that we build between what we know and what we do becomes stronger.

The bridge is the embracing of our anti-cancer lifestyle. The strength of that bridge is directly proportional to our belief that we are on the path to regaining our power over cancer.

When we learn how to support our anti-cancer defense system in a calm, peaceful manner, instead of fighting with anger, fear, worry and drugs (all of which make our system of cancer defense weaker), we begin to activate our bodies ability to once again, become a hostile environment for the ability of the cancer process to develop into the disease of cancer.

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Restoring our anti-cancer defense system to its normal strength is how we regain our *Power Over Cancer*. It is our responsibility to oversee this process of giving our body the vitamins, minerals and enzymes it needs to effectively destroy cancer cells on a daily basis once again. There is no drug or medical procedure that can replace our need to keep our stress hormones in their normal range and to embrace a plant-based, organic, whole-foods diet. This is how we support our bodies ability to say no to cancer. This is how we achieve *Power Over Cancer*.

SHARING THE "GIFT"

Every one second of your life, 10 million new cells are born and 10 million old cells are programmed by their DNA to cease their existence. The medical term for our cells self-induced termination is called apoptosis. When the delicate DNA of a cell is damaged by a free-radical, it can lose its ability to die when its time is up. It is a natural process that plays itself out every day as normal cells are transformed into cancer cells.

One of the very important messages of this book is that cancer cells are always present in our body, but the disease of cancer cannot manifest unless conditions are right on a long-term basis. This is due to the awesome work of our anti-cancer defense system, which keeps us cancer-free as long as we supply it with the minerals, enzymes and vitamins it needs to 'do its job' to the best of its ability.

When we gain an understanding with respect to what conditions give cancer cells the ability to manifest into the disease of cancer, then we can do the work of effectively preventing cancer from gaining a foothold in our body.

Can you imagine having the ability to embrace a lifestyle that will prevent the disease of cancer from affecting your life? Can you imagine sharing this gift with everyone you care about? Well I can, and that's what this book is all about-helping each other say no to cancer by learning how cancer cells become the disease of cancer and what we can do to prevent those conditions from manifesting.