



Natural Path News



“All chronic diseases, including cancer, are to a certain extent due to faulty nutrition.”

~ Josef Issels, MD, Founder Issels Hospital, 1951

In 1951, Dr. Josef Issels founded a hospital specializing in the treatment of conventionally incurable cancer patients. His revolutionary program was the first to integrate conventional with alternative and complementary treatments. This comprehensive treatment program focuses not only on the cancer cells and tumors but also, with the same importance on the regulatory, repair and immune mechanisms of the cancer afflicted person. Dr. Issels successfully treated over 12,000 patients in-house for months at a time. An integral part of therapy was the application of a highly nutrient dense diet. His success proved that nutrition is a powerful weapon in disease cure and [prevention](#), one in which we have control over rebuilding health.

The current perception of cancer is that the disease is local, confined to the tissue in which the tumor manifests, and that the tumor itself is the disease. From the perspective of natural medicine, the tumor is a symptom of the disease, but not the actual disease. Cancer is a localized manifestation of a [systemic dysfunction](#). The appearance of the tumor is the final stage of a disease that has been developing in the body for years. A healthy body possesses the capacity to identify and destroy malignant cells. A body overburdened by toxins, both physical and emotional, loses this capacity. Nutritional deficiencies adds to the toxic load in the body.



The source of chronic and degenerative disease is multifaceted, ranging from genetics to environment, unresolved physical and emotional traumas, and [constitutional weaknesses](#) (to name a few), thus therapy must also be multifaceted. Unquestionably, modern medicine has made tremendous strides in saving lives in acute and emergency conditions, such as removal of tumors, heart attacks or acute bacterial infections. However, when addressing chronic and degenerative conditions such as cancer, drugs, surgery and radiation offer only symptomatic relief. After the tumor has been removed what happens next?

The environment that provided the grounds for development of the cancer must be addressed. If your garden is growing mushrooms, simply removing them does not prevent their re-growth. Poisoning them with chemicals may provide a temporary solution, however, now the soil has been altered to an unhealthy state. The same applies to the soil of the blood and connective tissue of the body. More microbes comprise the human body than cells so the “soil” must be adjusted to foster an environment of healthy tissue where it is no longer fertile for cancerous growth. It is necessary for natural medicine to compliment conventional therapy at this point. Failure to do so virtually guarantees that the cancer will “reappear” in the same or an entirely different organ in the future.

This brings us back to nutrition, one of the most powerful weapons available to rebuild healthy tissue. Most of us know what to eat - plenty of fruits and vegetables preferably in their raw and natural state.

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The challenge seems to stem from knowing what not to eat. Nowhere was it more apparent that this information was sorely lacking than at a recent fundraiser for cancer at a local hospital. A Continental Breakfast was offered as part of the fundraiser. The "Continental Breakfast" table towered with pastries, muffins, donuts, cookies, scones, and at the end of the table, a small inconspicuous bowl of fruit. A veritable smorgasboard for cancerous cells, as sugar is their main source of fuel.

In providing nutritional support for cancer therapies, there are several important guidelines. While no one diet fits all, clinics around the globe that are successful in treating cancer with [alternative therapies](#) follow a few general guidelines. First and foremost - eliminate all sugar. Since cancer cells feed on sugar, cut off its food supply. This means no white, raw, or brown sugar, honey, jams high fructose or other corn syrups. "Junk" carbohydrates like white flour, white bread and pasta all turn to sugar in the blood stream and should be avoided also. Alcohol is high in sugar. Sugar stresses the adrenal glands which are already exhausted. Sugar substitutes - Aspartame, NutraSweet, and Splenda - are even more dangerous as they pass the blood brain barrier and destroy brain tissue in the same manner as MSG. A small amount of raw, organic fruit can be eaten, the whole fruit with the fiber but avoid fruit juice, as it is concentrated sugar.

Organic, whole foods are always preferred. Not only are they free of carcinogenic and [toxic chemicals](#), but they have a greater abundance of antioxidants, vitamins, minerals, bioflavonoids and enzymes. Eat an abundance of vegetables, any and all either raw, steamed or stewed, preferably organic.

Whole grains and vegetables are an excellent source of complex carbohydrates, fiber, protein and minerals. In addition to wheat, rye, oats and barley, more ancient

grains such as amaranth and quinoa are delicious foods.

Fresh cow's milk should be avoided. It creates mucous and is loaded with dead bacteria, hormones and antibiotics. Unless raw, even organic milk is pasturized which leaves dead microbes. Buttermilk, yogurt, goat, rice or almond milk are some acceptable substitutes.



Meat is a mixed issue. Red meat is difficult to digest leaving toxins of putrefaction to be detoxified by an already overburdened system. Pork contains both toxins and histamines which contribute to inflammation. Free-range chickens, lamb, venison, and fish are preferred. Smoked meats and cold-cuts should be avoided as they are loaded with carcinogenic chemicals. Legumes and nuts are an excellent source of high quality protein that digests much more completely.

Saturated and trans fats should be avoided. They generate free radicals which are dangerous in a cancerous condition. Acceptable oils are plant based such as sunflower, safflower, almonds, sesame and olive. And it should be no surprise, but all junk, packaged, fast foods and sodas need to be eliminated. Much of this can hardly be termed food as it not only lacks any nourishment, but is loaded with highly toxic chemicals that cause immense damage physically and mentally.

Though not comprehensive, this list is intended as a guideline that anyone can follow to rebuild and sustain health. Proper diet with nutrient dense, mineral and enzyme rich foods is one part of a multifaceted therapy that fights cancer or any other chronic disease.

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