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Therapy Protocol One

Diet and Lifestyle Protocols

By I Wayan Nyepi - Traditional Healer

We suggest you follow these diet and lifestyle guidelines before and during therapy. They will greatly speed your recovery and help to eliminate possible causes of illness.

Because the basis of our practice is natural healing and related medicines, we take a more holistic approach. This means we look at causes more than symptoms, prevention over cure, though all remain relevant in balanced healing.

Most points can be further clarified by viewing the attached websites.

Therapy Protocol 1A

Avoid these types of foods and activities during your therapy:

1A1) Stop Making Cancer.

Skin diseases, such as warts, moles, fungus, and even humble acne are blatant indicators of imbalance or disease in the body - are considered by us as *literal* 'pathways to cancer'. These serve to weaken immunities and as invitations to stronger bacteria, fungus, and the cancer viruses.

How to make cancer:

- Expose yourself to [radiation](#) (mammograms, CT scans, X-rays, MRIs, etc.).
- Eat cancer-causing foods like bacon, processed meats and foods with chemical preservatives, [junk food](#), etc.
- Avoid all anti-cancer nutrients like super-foods, Spirulina, wild and organic foods, etc.
- Avoid sunlight, remain deficient in [vitamin D](#).
- Use lots of toxic personal care products made with cancer-causing chemicals.
- Use deodorants and toothpastes containing [aluminum](#).
- Smoke tobacco, breath highly-polluted air.
- Drink tap water laced with fluoride and common chemicals.

- Rarely exercise.
- Live a high-stress lifestyle.
- Ignore obvious signs of disease in the body.

Do these things for long enough and you'll get cancer.

Cancer is Getting Harder to Avoid

"Most people are likely unaware that virtually all chemotherapy drugs are themselves classified as Class 1 carcinogens!"

1A2) **All forms of sugar**, sweetened foods and beverages - including honey and raw sugars.

Sugar is the strongest cause of cancer, fungus, and immune disorders of the skin. The complete avoidance of sugar, and related substances, will speed recovery faster than any other ideal. Cancer and skin disorders thrive on sugar. Sugar has been called 'human pesticide' for good reason. Consider reading *Sugar Blues*, by William Duffy.

1A3) **All forms of artificial sweeteners**; Aspartame, etc.

These chemical atrocities appear to have no other purpose than to create disease. Their effects are often instantaneous and cumulative. They tend to cause on-going problems and take time and effort to eliminate from the body.

1A4) **MSG** (monosodium glutamate, Ajino Moto).

Included in most fast foods and Asian dishes, MSG causes tremendous tissue irritation and is the primary cause of brain and nervous disease. It can also cause numerous skin and immune disorders.

1A5) **Junk food**.

The most obvious of healing protocols. Avoid most anything pre-packaged, with preservatives, sugars - refined and blatantly advertised. Eat instead fresh fruit, carrot sticks, a healthy meal when hungry. Simple but difficult for those addicted to the foods of death. You can do it.

1A6) **Smoking**. Perhaps the most blatant and difficult.

If you are smoking cigarettes, then perhaps there is no reason to heal yourself of disease. Modern cigarettes are a chemical composite, that quickly and efficiently deliver over 72 toxins, nearly all carcinogenic, some radioactive, and more

addictive than heroin.

1A7) All non-fermented types of soy.

Modern soy foods, contrary to manufactured mass-belief, can cause cancers and immune deficiencies. Soy is often the base of refined foods, and also a primary cattle and chicken feed.

1A8) Commercial body soaps and shampoo, deodorant soap, antibacterial soap, etc.

Many contain aluminum and other irritating/ carcinogenic substances, that over time, can greatly affect skin and lymphatic immunity.

Add these types of foods and activities during your therapy:

1A8) If available, use cold-pressed coconut oil.

Cold-pressed coconut oil contains the highest ratio of beneficial fats, that remain healthy after cooking. Raw olive oil can be used on salads. Proper fats will aid the skin with Vitamin E and other beneficial nutrients. Raw oils give the immune system a boost and much needed energy for fighting disease.

1A9) Improve your diet.

Include [foods](#) and [spices](#) that are anti-virus and immune boosting.

Consider following a diet that is appropriate to your blood type. The book, *Eat Right for your Blood Type*, by Dr. Peter J D'Adamo, can do more for boosting your health than you may think possible.

1A10) Drink two or three times more pure water.

These medicines and therapy protocols work by flushing toxins and boosting immunities. [Water is essential.](#)

1A11) Exercise, especially up-and-down motion.

Moderate or vigorous exercise stimulates elimination and beneficial hormone production.

Therapy Protocol 1B (includes the above protocols 1A)

Avoid these types of foods and activities during your therapy:

1B1) Coffee and harsh stimulants.

Cancers and parasites feed on these. Stimulants oddly tend to limit breathing and much needed oxygen. If needed, drink light green tea.

1B2) Alcohol in all forms.

Alcohol is also a form of sugar, and tends to alter the bacteria of the digestive system. The exception is tinctures used in healing. Medicinal Tinctures carry the medicine directly to the liver, for assimilation into the body. Other alcohol will inhibit the action of the tinctures.

1B3) Wheat and other refined grains.

If you are suffering Thyroid disease or Celiac disease, caused by wheat and refined grains (pastas, bread, tortillas, cereals, etc.) then [consider limiting or eliminating wheat](#) and many other similar grains. Many new 'GMO' grains are now loaded with carcinogenic biocides that become concentrated during the refining process.

If you have lost a lot of weight during your illness, you may not want to cut wheat for now.

1B4) GMO foods. Genetically Modified Organisms.

Yet another new assault on humanity. Look for organic foods and use them when you can.

Add these types of foods and activities during your therapy:

1B5) Take Immediate Control of Your Health.

Especially in western nations, people have allowed themselves to be manipulated and literally used as human harvest for the drug and medical establishment. Take the time to truly study both the cons and pros of what you are doing health-**wise**.

The great tragedy of orthodox medicine is that doctors have always been

suspicious of anything new and often reluctant to listen to theories and [ideas which contradict traditional attitudes](#).

For the foreseeable future the official answer to cancer is likely to remain the same as it is at the moment: blast the body with toxic chemicals in the hope that these will kill the cancer tissue.

Ironically, the medical establishment, committed as it is to supporting the pharmaceutical industry and the cancer industry, seems unlikely or un-willing to recognize that the other effect of this approach is to damage the immune system, weaken the body and make the organs and tissues within the body more vulnerable not only to the existing cancer but to the development of new cancers too.

1B6) [Moderate indirect sunshine](#).

Natural vitamin D deficiency affects over half of the population, is almost never diagnosed, and has been linked to many cancers, high blood pressure, heart disease, diabetes, depression, fibromyalgia, chronic muscle pain, bone loss, and autoimmune diseases like multiple sclerosis.

Just five minutes per day will cause the body to create enough [vitamin D](#), and will also boost mood and energy.

1B7) [Sleep](#).

Whenever you feel tired, [take a nap](#). Some people need to sleep up to three or more times per day when healing from virus.

1B8) [Fresh Food](#).

Eat plenty of [fresh fruits and vegetables](#), clean and [organic](#) if available. Give your body a break from compounded toxins while healing. If not eaten raw, steam or lightly cook your meals.

1B9) [Fresh ocean or lake fish](#).

Trout, salmon, cod, halibut, etc. These tend to be less toxic with chemicals than bottom feeders and larger fish that are higher on the food chain.

1B10) [Beneficial herbs and spices](#).

Garlic, turmeric, ginger, small onions, rosemary, basil, cumin, sage, saffron, cayenne, cinnamon, oregano, coriander, thyme, sea salt.

Curcumin (Turmeric)

- * anti-oxidant effects.
- * anti-inflammatory effects, yet it does not irritate the stomach as do many Cox-2 inhibitors.
- * anti-dyspepsia effects;
- * breaks up Alzheimer's amyloid-beta oligomers and aggregates in laboratory studies. We await clinical trials in humans.
- * anti-platelet effects;
- * causes apoptosis (death) of various malignant cell types including skin, colon, forestomach, duodenum, and ovary in laboratory studies. We await clinical trials in humans.
- * anti-viral effects;
- * anti-fungal effects;
- * anti-bacterial effects (inhibits Helicobacter Pylori);
- * inhibits NFkappaB, 5-lipoxygenase, glutathione S-transferase and cytochrome P-450 isoenzyme 1A1.

1B11) **Appropriate vitamins and minerals.**

Vitamin C, as a complex, will greatly [boost your therapy](#). We recommend Ester C, as it is fully digestible and contains calcium also in a digestible form.

Vitamin B complex will speed healing and help to limit pain. B12, taken sublingually (under the tongue) will help to relax the body.

Vitamin D is vital for the immune system.

Vitamin K protects against Non-Hodgkin Lymphoma.

1B12) **Get massages and/or bathe using magnesium, and other beneficial minerals.**

When facing cancer and other serious diseases, the application of [magnesium salt, also known as English salt](#), on the skin, or in our medicines will greatly speed healing, and relax the body, nutrify the skin.

Therapy Protocol 1C (Includes the above Protocols, 1A and 1B)

Avoid these types of foods and activities during your therapy:

1C1) Red meats, pork, and chicken.

In this modern era, especially in the western world, these foods are loaded with hormones, drugs, antibiotics, and carcinogens.

1C2) Shell fish and bottom feeding fish.

1C3) Consider avoiding conventional medicines and therapies.

1C4) Avoid all ionizing and non-ionized sources of harmful radiation, especially during your therapy.

[CT scans](#) and the like exhibit tremendous cancer causing properties, and are shown to cause more can than they cure.

Most Common Diseases From [Ionizing Radiation](#):

- * leukemia
- * lymphoma
- * solid tumors on any organ
- * bone & blood disorders
- * lung cancer
- * breast cancer
- * endocrine disruption
- * reproductive abnormalities
- * accelerated aging process
- * birth defects
- * congenital malformations
- * kidney, liver damage

Radiation risks are continually misrepresented. There is no safe level of radiation, ever. One microscopic 'hot particle' lodged anywhere in or on the body can cause a cancer and other disease to form.

- * Cesium 137 accumulates in fatty tissues, liver, spleen and muscles
- * Iodide-131 accumulates in Thyroid, breast and ovaries
- * Strontium-90 concentrates in the bones and liver
- * Barium-140 causes bone tumors up to 30 years later
- * Tellurium-132 causes cell mutations, repeatedly via replication
- * Yttrium-0 damages the liver and respiration
- * Plutonium-244 concentrates in the liver
- * Uranium 235 accumulates in the bones and liver

1C5) Modern Medicine is Not a Science.

[Cancer Is Getting Commoner](#) And The Industrial Cancer Industry Will Never Find

A Cure. The most repressive, most prejudiced and most obscenely intolerant branch of the international medical industry is undoubtedly that part of it which [claims to deal with cancer](#).

Add these types of foods and activities during your therapy:

1C6) Up-and-down exercise.

The lymphatic system and the liver work best [when the body is exercised](#). This is vitally important in eliminating the problems that are coming out of your skin. Skin problems often occur due to these systems being overloaded. Even if it is only walking it will make an impact. Running, or something akin to running, is the idea.

1C7) Blue-green algae.

One of nature's super foods. Delivers trace nutrients fast, speeds healing.

1C8) Consider detoxification tools.

These may include [colonic irrigation](#), Chlorella,

1C9) Inspect your eliminations.

Like it or not, [our bowels are the ID cards of our bodies](#), charting our recent histories with terrifying accuracy. So, how do we ensure a healthy gut?



This page is in progress, and is often updated.