

Pancha Bhoota Healing for all cancers

Holistic Cancer Treatment Regimen-1

Pancha Bhoota healing for cancer is a **very effective** Natural, Holistic Alternative Medicine or Alternative Therapy for all types of cancers.

How is this Pancha Bhoota different from all other alternative therapies?

1. The objective of this approach is to strengthen the body's own immunity to heal cancer. The methodology is oriented towards both the body and mind.
2. Some of the other therapies claim that by using certain herbs cancer will be healed. While some others say by doing meditation or Yoga alone the disease can be combated. Still others claim that by detoxification procedure the body can become healthy.

Pancha Bhoota says not one aspect can be effective, but when all these approaches are combined, the healing becomes complete. The five components of Pancha Bhoota not only detoxifies the body, but also purifies the mind and brings about integration of the body and mind, the critical step in healing.

Why Five Steps?:

There are three types of toxins that build up in the system that causes cancer.

1. Water soluble Toxins.
2. Fat soluble toxins

These two act at the body level and the third one at the mind level, which we shall discuss later. These two toxins should be cleansed out of the body on a daily basis like cleaning our house, car or clothes. But due to our ignorant life style, we accumulate these toxins in a part of the body, which finally causes genetic changes in a cell or group of cells leading to abnormal growth or cancer.

Getting rid of these toxins is the effective way of treating any disease including cancer. Through the integrated and effective approach of Pancha Bhoota healing we help you to get rid of these toxins for not only getting rid of cancer but also for preventing in future.

Read the first step of removing water soluble toxins.

Holistic Cancer Treatment Regimen-2

Dirt in our clothes or on our external body are partly removed through water and rest by applying soap. We everyday take a shower on our external body to keep as fresh and clean. Similarly our internal body has to be showered and cleaned everyday to keep it clean of water soluble toxins.

1. Water soluble Toxins:

In the ancient ayurvedic texts, water is referred to as nectar (Amrit). Its powerful properties offer effective healing properties by cleansing and replenishing the body inside and out. Water soluble toxins are removed on a daily basis by doing every day water therapy with flavors. (See more details in water therapy page)

Boil 1.5 liters (1.6 quarts) of water in the evening or bed time. Then add one of the flavors (one for each day) and close the lid. Next day morning the water will be at room temperature. Drink this water first thing in the morning to remove all the toxic impurities that the thirty trillion cells of our body throw out into the blood during the night fast.

1. One small piece of Ginger
2. Two to three fennel leaves or seeds
3. Two to three Basil leaves (Tulsi, Tulasi).
4. One Clove
5. One or two Neem leaves
6. Few cumin seeds
7. Corriander seeds
8. Two pinches licorice powder (Athimadhuram or madhuka).
9. Two pinches of Winter cherry root powder (Withania somnifera - Ashwagandha).
10. One Cardamom seed

For names of the above herbs in other languages click http://www.uni-graz.at/~katzner/engl/Glyc_gla.html

Using the above flavoring herbs one a day at a very small dose will help to remove water soluble toxins that accumulate every day in our body.

Drink water with full awareness that the water will flush the toxins away and make your body healthy. This positive thoughts will definitely make a difference.

Withania somnifera Dunal

Sanskrit- Ashwagandha, Turangi-gandha; **Hindi-** Punir, Asgandh; **Bengali-** Ashvaganda; **Marathi-** Askandha tilli; **Gujarati-** Ghodakun, Ghoda, Asoda, Asan; **Telugu-** Pulivendram, Panneru-gadda, Panneru; **Tamil-** Amukkura, Amkulang, Amukkuram-kilangu, Amulang-kalung (root), Aswagandhi; **Kannada-** Viremaddlinagadde, Pannaeru, Aswagandhi, Kiremallingadde; **Punjabi-** Asgand, Isgand; **Rajasthani-** Chirpotan

Glycyrrhiza glabra L. (Licorice)

Sanskrit- Madhuka, Yashti-madhu; **Hindi-** Mulhatti, Jethi-madh; **Bengali-** Jashtimadhu, Jaishbomodhu; **Marathi-** Jeshta madha; **Gujarati-** Jethi madha; **Telugu-** Yashtimadhukam, Atimadhuramu; **Tamil-** Atimaduram; **Kannada-** Yashti madhuka, Atimadhura; **Malayalam-** Iratimadhuram

Holistic Cancer Treatment Regimen-2-2

The water soluble toxins are excreted through the kidneys as urine. This clears the metabolic waste products and other toxins from the body clearing the way for natural body healing. Without this cleansing process doing other steps in Pancha Bhoota Healing does not give satisfactory results.

What effects are seen in cancer patients doing water therapy?

1. Good appetite:

Most patients tell us immediately that they get good appetite. This indicates that their digestive system is picking up to help the body to supply the needed nourishments.

2. Less body pain:

Cancer cells grow faster and metabolize more and produce lots of lactic acid (anaerobic). This accumulated lactic acid can cause general body pain. The lactic acid is converted back to pyruvate by liver.

Since the liver of most cancer patients are choked up, the lactic acids will be accumulating in the body. Water therapy helps to clear the lactic acid in the cells and helps liver to convert into pyruvate, many patients experience a well being with decreasing body pain.

3. Less side effects experienced doing chemotherapy and radiation:

Some patients have reported us that doing water therapy especially with ginger and mint leaves experience less toxic side effects, like less nausea and vomiting.

Having done a few days of water therapy then the patient might be ready for the next cleansing of the fat-soluble toxins. water therapy combined with this approach makes Pancha Bhoota Healing very effective.

Holistic Cancer Treatment Regimen-3

If you want to clean a cloth, just by rinsing in water alone will not help. Because through water only water-soluble toxins will be removed. The fat soluble toxins or greasy toxins can be removed only by soap.

Our body similarly removes fat soluble toxins through a soap it manufactures called bile. Bile has two functions, one is to emulsify the fats and make it easy for digestion.

2. Fat Soluble Toxins:

Next step in the five step healing process is to get rid of the fat soluble toxins from the body. The liver detoxifies all the toxins that enters into the body. The liver converts chemicals into water soluble chemicals so that kidney can throw out of the body through urine. This is why water therapy is good that it helps the liver and kidney to do their job well.

But some times the liver may not be able to convert a chemical completely into water soluble form. The liver produces a body soap called bile. The fat soluble toxins easily gets dissolved in the bile and flows through the gall bladder into the small intestines. In the intestine the bile is re-absorbed, while the toxins get mixed with fiber in the food and get excreted.

However due to our wrong life style of eating refined foods that are less in fiber, makes the toxins also to be re-absorbed into the body again. Over time the toxins builds up in different parts of the body and damages the genes of the cells and other components of the cells causing various diseases.

Therefore the next important step is to get rid of the fat soluble toxins in the body. This is why we recommend to eat more of fiber rich food. The more we eat fiber rich food our system gets cleansed of the toxins. To get rid of the toxins faster we recommend the patients to do castor oil cleansing or herbal cleansing with a very ancient herb "kadukka", depending upon the condition of the patient.

If the patient is very weak and has other complications we give this cleansing at a later stage when the patient improves. Till then we do a milder cleansing with food by asking the patient to eat seven different chutneys, each per day.

Read above the simple chutneys that help to cleanse the liver and make the liver produces its own pharmaceutical chemicals to heal the body.

Holistic Cancer Treatment Regimen-4

The some most important herbs that detoxify the system and also rejuvenate the liver and naturally the body. These seven different chutneys also provide micro nutrients that are essential to cure cancer and prevent further incidence of it.

Chutney's to detoxify and tone the liver:

The following should be eaten , one per day and keep rotating the cycle for 3 to 6 months.

1. Garlic
2. Orange peel or lemon leaves
3. Eclipta Alba
4. Curry leaves-available in Indian stores
5. Phyllanthus niruri leaves
6. Oleander -silybum marianum - Milk thistle
7. Aloe vera
8. Guggul commiphora mukul
9. Boswellia serrata
10. Indian gooseberry

All the above should be ground well in the raw form and not to be heated. Fresh is the best source, but if you cannot get then use the dried powdered form.

Always add a pinch (or tolerable hotness) of black pepper powder. This is very important. If needed add salt, coconut for taste. You can make it as a thick paste and swallow it just before lunch time. The amount to be eaten every day should be the amount of a small lemon size.

Names of herbs in other languages

Eclipta alba

Arabic- kadim-el-bint, Hindi - bhanga, mochkand, Kannada-garagadasappu, kadiggagaraga. Marathi- bangra, bhringuraja, Sanskrit- bhringaraja, kesharaj, nilapushpa, pankajata, Tamil----- karishalanganni, kaikeshi, Telugu - galagara, gunta-kalagara, Tibetan - bhra nga ra dza, bhri-ga, brin ga ra dza, Urdu - bhanga, babri, bhanga, bhanga, ab bhanga.

Phyllanthus Niruri

Sanskrit- Bhumyamalaki, Bahupatri; **Hindi-** Jaramla, Jangli amla, Bhuinanvalah, Bhonyabali; **Bengali-** Bhui amla, Sadahazur-mani; **Marathi-** Bhuivali; **Gujarat-** Bhonya anmali; **Telugu-** Nela usirika; **Tamil-** Keela nelli; **Kannada-** Nela nelli, Kiranelli gida; **Malayalam-** Kizha nelli; **Oriya-** Bhui aola, Badianla

Commiphora Mukul : Hindi- , guggul, mukul, Kannada- guggala, guggulu. Malayalam- gulgulu, mahisaksagulgu. Marathi- guggala, gulag, mukul. Persian- boe jahudan, boejahudan. Sanskrit-

guggulu, kaushika, mahishaksha, Tamil- gukkan, mahisaksi, Telugu- gukkulu, mahisaksh, Tibetan- gu gul, gu gul, gu-gu-la,

Boswellia serrata

Arabic- bastaj, kundur, Hindi - kundur, luban, Kannada - guggaladupa, kunda, lobana, Malayalam - kunturukkam, kunturukkam, Marathi- salaphali. Persian- kundur, kundur. Sanskrit - kunduruguggulu, kunduruki, shallaki, Tamil - kundurukkan, kungiliyam, kungulu, Telugu - guggilamu, parangisambrani, Tibetan - bog dkar pa, bog dkar pa, po ga dkar po, po

Indian Gooseberry

Sanskrit- Bhumyamalaki, Bahupatri; **Hindi-** Jaramla, Jangli amla, Bhuinanvalah, Bhonyabali; **Bengali-** Bhui amla, Sadahazur-mani; **Marathi-** Bhuivali; **Gujarat-** Bhonya anmali; **Telugu-** Nela usirika; **Tamil-** Keela nelli; **Kannada-** Nela nelli, Kiranelli gida; **Malayalam-** Kizha nelli; **Oriya-** Bhui aola, Badianla

Very important Herb

Holistic Cancer Treatment Regimen-5

To keep cancer cells under control while the body can build up its own immunity is to consume the most potent herb known in medical field, the turmeric root. For centuries turmeric has been known for its medicinal properties. In our experience we have helped a number of cancer patients who said Turmeric is a great herb to control cancerous growth.

One of a prostrate cancer patient had high elevated levels of PSA (prostrate specific antigen) in the range of 600, which came down to 5 within couple of months just by doing water therapy and eating turmeric alone.

We recommend to eat one table spoon of raw turmeric powder everyday before going to bed with or without honey for at least three to six months. We found the best is to drink a glass of fresh pine apple juice and then eating turmeric root powder. Do not take in empty stomach and also cautioned for ulcerogenic patients. Please use the below reference for toxicity data

<http://www.thepowerhour.com/curcumin/Turmeric.pdf>

Eating turmeric controls the fast growing cancer cells to a greater extent. It also check further growth of cancer cells. Turmeric is not administered as a drug because no company can sell it because it is not patented. The patent of turmeric in USA was forcibly withdrawn by Indian government due to its ancient use for centuries.

Turmeric

Among all the known natural compounds that has effect on cancer cells, is the Curcumin from Turmeric, which is highly talked about in Ayurveda. This Curcumin has the maximum influence on various genes that control cell multiplication and cell death.

For instance, the cell-signaling pathways inhibited by curcumin alone include NFkB, AP-1, STAT3, Akt, Bcl-2, Bcl-XL, caspases, PARP, IKK, EGFR, HER2, JNK, MAPK, COX2, and 5-LOX etc.

The above are the names of genes that are involved in the control of cell multiplication and death in our body. When the control mechanism goes wrong in the cells, it leads to uncontrolled multiplication of cells called cancer. It is very interesting that Curcumin present in turmeric controls a lot of the cell multiplication mechanisms.

Holistic Cancer Treatment Regimen-6

So far we have discussed about the effective ways to energize liver and other organs. We still have to detoxify the body from fat soluble toxins. This is possible on a daily basis by eating unrefined whole foods. Cancer patients suffering especially from pancreatic cancer should eat lot of whole foods to improve the function of pancreas.

High Fiber Diet

Our major refined foods are the sugar and carbohydrates sources like rice and wheat. Since we polish them we not only lose fiber but also nutrients. Hence we suggest to use unpolished rice and wheat. Soak the red or brown rice in water overnight and cook in excess water. It will be soft. If the patient is weak try to blend the rice in a blender (mixi) and drink as a gruel.

It is not an intelligent idea to drink energy drinks or high protein foods while treating cancer, because of the fact that major organs like liver, spleen, pancreas and lymphatic system are overloaded with work. So it is better to take lighter food as possible.

The best way to detoxify the body from fat soluble toxins is by eating other grains and cereals like red rice, whole-wheat, barley, rye, Finger millet (Ragi) quinoa, fox millet, pearl millet. These foods have high fiber and also in nutrients. Soaking and cooking them is the best way to make it soft and nutritious.

When the patient feels comfortable and strong enough an intestinal/liver toxic flush should be done using kadukka, a very ancient Ayurvedic method.

As a part of the whole program we recommend to eat different foods that are rich in anti-cancer compounds. See next page.

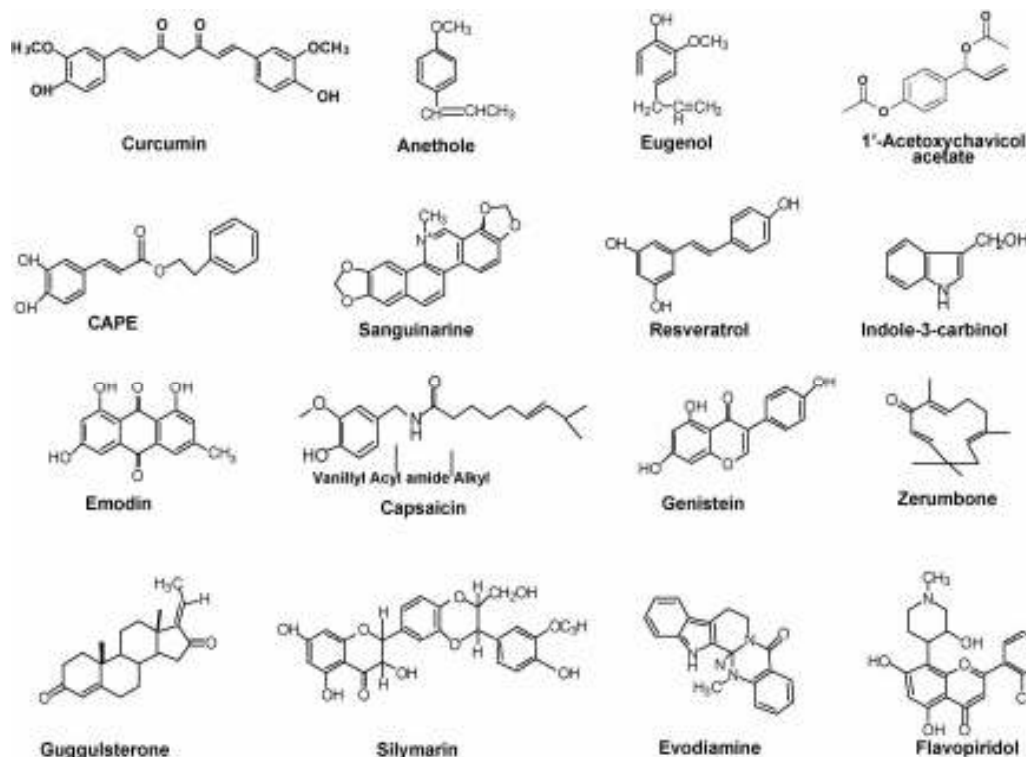
Molecular targets of dietary agents for prevention and therapy of cancer

Food is the complete pharmaceutical store:

Most modern medicines currently available for treating cancers are very expensive, toxic, and less effective in treating the disease. Thus, one must investigate further in detail the agents derived from natural sources, described traditionally, for

the prevention and treatment of cancer and other diseases.

The following chemicals from the respective foods are well researched at the molecular level. They include curcumin (turmeric), resveratrol (red grapes, peanuts and berries), genistein (soybean), diallyl sulfide (allium), S-allyl cysteine (allium), allicin, (garlic), lycopene (tomato), capsaicin (red chilli), diosgenin (fenugreek), 6-gingerol (ginger), ellagic acid (pomegranate), ursolic acid (apple, pears, prunes), silymarin (milk thistle), anethol (anise, camphor, and fennel), catechins (green tea), eugenol (cloves), indole-3-carbinol (cruciferous vegetables), limonene (citrus fruits), beta carotene (carrots), and dietary fiber.



Reference:

Biochemical Pharmacology: Molecular targets of dietary agents for prevention and therapy of cancer. Bharat B. Aggarwal , Shishir Shishodia b, a Cytokine Research Laboratory, Department of Experimental Therapeutics, The University of Texas M.D. Anderson Cancer Center, Box 143, 1515 Holcombe Boulevard, Houston, TX 77030, USA

Summary of Cancer Therapy

Water Therapy : We generally recommend doing **Water Therapy** with the flavors mentioned earlier to flush out water soluble toxins out of the body.

Earth Therapy: Eat more **fiber** rich food to pass out fat-soluble toxins. We recommend using fiber rich whole grains like brown rice (remember to soak in water and cook), whole rye flakes (33% fiber compared to 20% fiber in oats), whole wheat flakes (28%), barley flakes (26%).

Millets like **Ragi** rich in fiber. In all ancient traditions, people ate **different types of grains and millets many of the readers might be unaware of the names.** These millets give different nourishment that help prevent many diseases like cardiovascular, diabetes, cancer etc. millet, kodo-millet.

The above grains/millets are very good to be used during cancer treatment. These whole grains are rich in Vitamin B17 or laterile. Though there is a controversy regarding this vitamin, the natural food form of this vitamin does make sense.

Include more vegetables and fruits in your diet. Avoid any kind of meat foods.

One Juice a day for seven days a week:

Drink these fresh juices, one a day and repeat the seven every week. It is easy. Just cut and put in blender with little water and dates if needed , blend and drink.

1. papaya
2. **Aloe Vera** juice mixed with orange or carrot juice.
3. pear and dates
4. beet root and apple or carrot
5. papaya
6. **Aloe Vera** juice mixed with orange or carrot juice.
7. pear and dates

No bottled or canned. it should be made fresh and not filter it. Clear juices are free from fiber and so drink all juices with the pulp.

Aloe vera is excellent for cancer because it improves detoxification and also the oxygen circulation in the lymphatics. Aloe vera increases the oxygen levels in the cell and thereby specifically kills the cancer cells (see in the next pages for more information).

Triphala Powder - Strengthen Liver: Everyday night take one teaspoon of Triphala powder in 50 ml of hot water. (Please **Click here** to find the link to buy this herb).

Liver -Tonic Chutneys:

Every day eat the following chutneys. One per day. seven days seven chutneys and then repeat them again. All leaves should be raw and not heat sauted. But you can add coconut, red pepper, or black sesame seeds or split peas dal and salt to make it tasty.

1. **Coriander** leaves chutney
2. **Phyllanthus Niruri** leaves chutney
3. **Bringraj** leaves chutney
4. **Curry** leaves chutney
5. **Coriander** leaves chutney
6. **Mint** leaves chutney
7. **Moringa** leaves chutney or use **Aloe Vera** leaves.

Click here to see some model **Chutney Recipes** that you can modify to make the above chutneys. You can eat this chutney with pasta, bread or with rice.

If you feel the chutney is bitter, then you can make it thick and make it as a small marble and swallow it with water. Make them small balls so that you do not choke yourself.

If you cannot afford fresh leaves, then get dried leaves and boil in water and drink the decoction.

Very important is to cleanse the liver and intestines with **Castor oil and Gallnut (cleansing)** alternatively every two months. But if the body is weak do not do this and also do not do this when doing chemotherapy or radiotherapy, because the liver is flooded with so much toxic medications. Only after few months of chemo and radiotherapy, when the body feels fine, castor oil cleansing be done.

Fire Therapy: Less walking causes poor stool (bowel) movements and that also contributes to constipation. Avoid being sedantary (more hours of sitting before computers or resting). Walk twice in the morning and evening.

Yoga is very good especially **Surya Namaskar** given in fire section. It helps in good lymphatic circulation.

Air therapy: Taking a long breath and relaxes every now and then reduces stress in the body. Doing **Pranayama** 5 minutes morning and evening is also good.

Space Therapy: Similarly **relaxation** of the mind reduces stress.

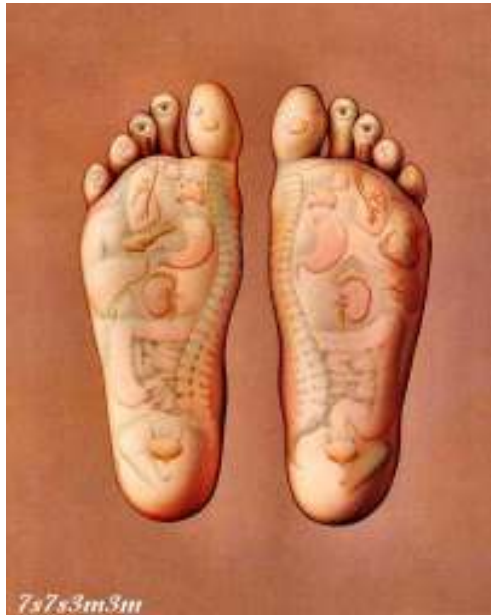
Holistic Cancer Treatment Regimen-7

Body & Mind Co-ordination - Fire Therapy

We have so far discussed how to remove water soluble toxins and fat soluble toxins through water therapy and food or Earth therapy.

To completely get rid of the water soluble and fat soluble toxins from the body, there should be good circulation of heat throughout the body. This heat is the Fire element. Heat is circulated through blood and lymph, the circulatory system and the lymphatic system. However

this involves the aspect of mind because, the Mind is the seat of action or motion and there should be the co-ordination of the mind and the body. This is the purpose of Yoga which means to unite.



We suggest simple Yoga exercises which improves blood, lymphatic and air circulation in the body helping in complete detoxification process. Doing this Yoga you try to connect your body and mind. Read about Lymphatic circulation and how it helps our body and immunity.

The Yoga exercise we recommend also has self acupressure exercise, which activates vital points in our body and helps to strengthen the body.

See details in Fire therapy page

All our successful patients have done this yoga to bring about complete healing.

Holistic Cancer Treatment Regimen-8

Wandering Mind - Air Therapy

Unfortunately to bring about co-ordination of the mind and body at present, the mind is not available. The nature of the mind is to wander and never present in the present (now). The mind is either brooding over the past or anxious of the future.

This fast wandering mind like the air is brought to the present and made available to heal the body through Air therapy. Pranayama is suggested as part of Air therapy, where breathing is done with full awareness. Mind always follows breath (Air) because without it it cannot function. Without food and water, mind can survive but not without Air. Taking this intelligent aspect into consideration we pull the wandering mind and allow it to transcend to the state of Awareness. This state of Awareness is the "Source" of all potentialities, including healing.

Unaware of breath

Most of us because of involvement at work of emotional problems we forget to breathe properly. This causes absence of free oxygen at the cellular level. Air therapy and all the exercises to increase awareness helps you to be aware of breath and breathe normally and supply enough oxygen to the cells. Supplying oxygen is the best means to stop cancer cells from growing. This is why it is very important to do Air therapy.

Air Therapy is very important for healing cancer.

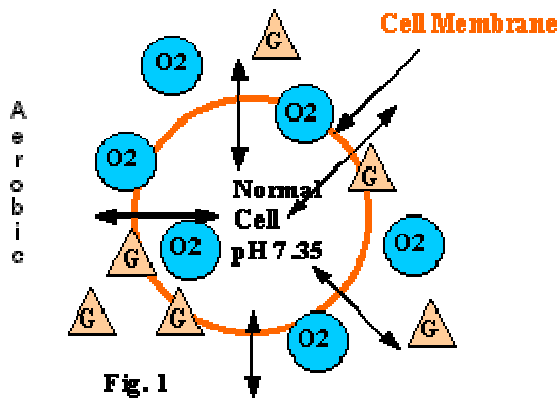
It is a matter of historical record that Otto Warburg received two Nobel Prizes in Medicine in 1932 for his discovery of the cause of cancer leading to the subsequent "cure". Warburg proved that cancer is anaerobic: occurring in the absence of free oxygen and is caused by impaired cell respiration due to a lack of oxygen at the cellular level.

According to Warburg, damaged cell respiration causes fermentation, resulting in hyperacidity at the cellular level. As innocuous as this discovery might seem, it is a significant finding worthy of a Nobel Prize. This means that cancer is caused by a lack of free oxygen in the body and, therefore, whatever causes this to occur is the cause of all cancers.

Holistic Cancer Treatment Regimen-9

Wandering Mind - Air Therapy

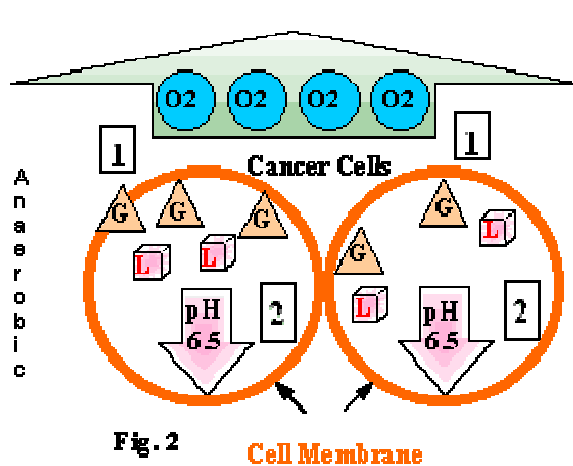
How cancer cells form



How cancer cells can be destroyed

Fig. 1...The Normal Oxygenation Process of a Healthy Cell
(Aerobic state)

A normal cell showing healthy Oxygen tension (O₂) and respiration across the cell membrane. There is free exchange of nutrient Glucose (G) across the cell membrane. Cell pH is normal in the range of 7.35.



2 1

Fig. 2...Forming the Cancer Cell *
(From aerobic to anaerobic state - From respiration to fermentation)

The energized cell membrane resulting, possibly, from prolonged irritation. Creates a condition where Glucose (G) can enter the cell, and Oxygen (O₂) cannot.

IN THE ABSENCE OF OXYGEN
The cancer cell completely loses pH control.

Glucose undergoes fermentation to Lactic acid (L); cell pH drops to 6.5. Lactic acid attacks the DNA, destroying template action. Messenger RNA is changed and the control mechanism of the cell is destroyed. In the acid medium, enzymes within the cell become toxic, eventually bringing about the death of the cell as well as the host. A tumor, therefore, consists of a layer of living cells with uncontrolled growth surrounding a central mass of dead cells.

*Otto Warburg, MD 1925

The above information is given to highlight the fact that increased oxygenation in the body by conscious breath is important for health.

Holistic Cancer Treatment Regimen-10

Detoxification of the Ego - Space Therapy

The mind wanders away from the Awareness to the outside through the five senses of the body. This is because of the toxin of the mind called Ego. The Ego drives the mind to seek out and not to the inner core of our being, the real "Self".

This is accomplished by the most subtle Element, the Space through Relaxation and Meditation. Through this we watch our thoughts and clearly distinct it from the Ego. This detoxifying the mind from the Ego is in fact the very purpose of Life.

For healing we thus combine holistically the five elements to make the whole process highly effective and complete. Completeness or fullness is the very nature of our "Being".

Fear the Killer

Fear of death and the negative thoughts about the incurability of disease makes healing worse. It is the ego that fears and brings the negative thoughts.

At this juncture it is important to understand about the cause of cancer and how the body mind coordination is lost in the development of cancer.

What is Cancer?

Cancer is a symptom requiring attention of mind on the body

Cancer is one such symptom, shown by the body, demanding attention to the body. Unlike other diseases cancer is deadly because the alarm is not because of a smoke but because the house is in fire. We ignored all the earlier signals and so when we find that this is a deadly signal we are panic stricken.

To worse the conditions, we lose all hope and think that we can never get save our home. But the truth is that by our indomitable courage we can save us like saving a house from fire. Consider a real situation in which your house is in fire. If you have around you all the means of putting fire, like fire extinguishers, water, mud etc, can you put off fire if you don't have hope or courage to put off the fire. No, if you don't have hope, you can then stand as a witness to see your house burned down to ashes by fire.

Cancer War

This is the same with this disease. If you loose hope and determine that you can never help yourself healing your body, no matter what effective treatment you give, nothing is going to work. It is like a commander of an army. If the commander gives up hope of winning the war, no matter how brave soldiers he has, can he inspire his soldiers to win? No. Without the spirit and without understanding the nature of the enemy he cannot win. Thus you have to mobilize your mind, body and spirit to fight the Cancer war in your body and put off the cancer fire from

spreading and conquering you.

Cancer is different from other diseases

In infectious diseases the enemy is from the outside. Here the enemy is within. So CANCER WAR is really a CIVIL WAR. When a country fights a war against an enemy country, it can get additional support from its neighboring friendly countries. But in a civil war, the external supporting soldiers find it difficult to distinguish the soldiers of the civil war. This is the same condition of treating cancer with chemotherapy, radiation therapy that in the process of killing the cancer kills also kills our good body cells.

Can we fight to win this cancer war with least side effects?

Yes, with the weapons from nature. We don't say that you should stop other treatments that you are currently undertaking. Start this as a complementary therapy and when you and your doctor's feels that you are doing well then you can follow this alone.

Why Cancer?

Understand the root cause

As told earlier first we have to understand that any disease is an alarm to give attention to the body. You should now understand the root cause of the disease and you can completely overcome it. Scientific research has proved many causative factors of this disease, like tobacco, alcohol, pollutants and carcinogenic chemicals in the environment and food, nutritional factors and the way of life. In the materialistic life, we surrender most of our lives running for grabbing money to satisfy our materialistic needs. In this constant stressful race, we forget about our mind and body. Finally we come to a state when we find our very existence is in threat. It is then we start to understand the value of our life and time. It has come to a point where the body can no longer bear the stress and it should be taken care.

Mind and body

Ancient healers and doctors have understood this Mind-body relation and have laid instructions for leading a healthy life. They have emphasized the holistic approach in this regard. Modern science is now in the process of appreciating the ancient wisdom of many civilizations but will however not understand its value until a holistic approach is done. We would just like to make you understand the mind and the body connection with a simple ancient story.

Lame and the blind



Once in a village there was a lame man. He had a wish to see a far off Holy Land but could not walk because his legs were paralyzed. In the same village there was a blind man who also had the same wish to go to the far off Holy Land. He could not go because he cannot see the way. The lame man once told the blind man if he could carry him on the back both of

them could go to the Holy Land. The blind man agreed and so he carried the lame man on the back. The lame man could tell the way while the blind man carried him. Thus when they both had a purpose both worked together successfully. This is how the mind and our body work. They work in communication. Both need the attention of each other. If both can't interact both cannot function. If the body is ill, the mind cannot be peaceful. If you have illness your mind cannot be at peace. Similarly if the mind is sick the body cannot be functional. Both of them have to go hand in hand. The un-connectedness of the two is the cause for all problems.

The approach is so simple

This approach is so simple to you and you will doubt its efficacy. The irony of any medical system is that, always patients feel that a medication will work only if it is too complex to understand. This treatment will do only good and no harm and will not interfere with your other therapies. This treatment can therefore be best called as "Parallel Therapy". However in due course of time you will feel that this treatment alone can heal the cancer and you can eliminate other therapies after the consult of the doctor or physician of your choice.

We help Cancer patients to treat the disease by understanding the root cause of the disease. Any treatment aimed at relieving the symptom without treating or eliminating the root cause is a failure. Treating just the symptom will control the disease for a time being and cannot prevent a second attack. It's like cutting the stem without removing the root of a weed in our garden. If we do not pull out the roots of the weed, definitely the weed will grow again. This is why modern medicine fails. Treatment of any disease should not be at the superficial level, but at the root level and be free from the fear of a second attack.

We will give more attention initially to mobilize the power of the Mind and the body to heal cancer. Along with it we will guide you to take the right diet, exercise and other steps needed.

Cancer Regimen

This regimen is for cancer patients. These are small changes one can have to improve healing. Make a time table for yourself based on the information given below.

Sleeping time

Go to bed early (around 9 - 10 p.m.) and wake up early (5 - 6 a.m.). Time of sleep is very important. There are lot evidence currently obtained through research that sleep-wake cycle influences hormones, which in turn affects the physiology of the body. Going early to bed and getting up early is helpful in many ways. Staying awake late in the night is in fact a stress to the body. You would have experienced lack of refreshment when you get up after a late night sleep. Next when you get up late you lack time for many morning activities and you have to hurry up with things. So remember to sleep early and get up early. Most of us tend to brood over our day to day life problems when we go to bed. We close our eyes but worry about the day's problems and about the next day and the future. This will tend you to keep you awake though you are in bed. So keep away your worries, think of having a good sleep. It's good to have a prayer if you are spiritual.

Sleeping place

Keep the room pleasant and well ventilated. Avoid bedroom lights and sleep in dark or with very mild light. It's healthy to sleep without light. In the afternoon while taking a short nap, try to make the room dark. Melatonin is a hormone that is secreted in the night, which has anti-oxidant and cancer preventing properties. They have a wide range of activities in the body and rejuvenate cells. The melatonin secretion is regulated by darkness.

Sleeping position

While sleeping keep the head towards east or west but never to the north direction. Sleeping parallel to the magnetic field of the earth (north south) might experience sleeping disturbances and bad dreams. This is to keep the body perpendicular to the Earth Magnetic field.

Waking time

Wake around 5 or 6 in the morning. Initially you will have some difficulty in getting up early but in due course of time you will enjoy this schedule. Waking up early in the morning gives you enough time in doing all that you need to do without any hurry. Its good if you have a picture of any positive object or scenery that you like in front of the bed and begin your daily activities with a pleasant thought.

Put up a writing in front of the bed to remind yourself of you to be fully aware of your thoughts the whole day. Waking up such a positive awareness thought will make a difference in the day. No matter what difficulties arise remind yourself of being aware of that negative thought. Just being awareness will put off negative thoughts and give peace of mind to you.

Brush your teeth and empty bowels

After brushing teeth flush your mouth well to get rid of the toothpaste, if needed can be swiped with a tongue cleaner

Water therapy

Drink 1.5 liters of water. Drink water after you brush your teeth and then do not eat or drink for at least half an hour to one hour after the water therapy

- Do Pranayama for 10 to 15 minutes in a well ventilated place, preferably in a garden or near a tree.
- Do walking for 10-30 minutes.
- Do the healing Yoga exercises which will take 30 minutes every day.
- Take bath and then breakfast after your prayers.
- Eat one bitter almond just before breakfast.
- Have heavy breakfast and lunch.
- Have a light dinner.

Alkalize the body with Food

Since cancer cells do not thrive in alkaline conditions of the body, keep the body alkaline with unrefined, unprocessed foods and also including more alkalizing foods.

Purify the Mind

The state of the mind is very important. If the individual lose will power the immune system weakens and no therapy would be effective. Try to bring body mind co-ordination which is very important in healing.

The Holistic

This holistic approach of integrating mind and body will allow the body to get rid of cancer cells. It looks simple but is the most powerful healing approach.

Visualisation, or Mental Imagery, is most effective when one knows the processes of the body and can accurately 'see' the desired processes working. There must be a CLEAR mental picture of what-needs to be done. The mind has to give instructions to the body - and this is possible only if there is adequate knowledge of these processes.

Visualisation is the link between the conscious and the Subconscious autonomic mind which actually instructs the body to carry out its operations and this autonomic mind must be contacted and instructed before any physical results can happen. The more specific a mental command is, the more likely is it to be carried out.

For other diseases and also for cancer

The image therapy and visualization is not done separately. The positive commands are given when pranayama is done. When the Pancha bhoota yoga is done massage and acupressure of different parts or the affected part positive commands and feelings are given. This is why doing all the five elements of Pancha Bhoota gives complete healing.

- Laughing is the best therapy. It relieves stress significantly. Laughing and keeping mind (See details in Space therapy page)
- Cheerful influences your immunity. In laughing clubs members laugh and relieve stress (why don't you join it?).
- Watch lot of comedy movies to relax yourself.
- Avoid too much serious movies and thrillers to avoid tension and stress.

Understand every thought you think will shape the destiny of your life. So think positive thoughts to live a positive life.