

It Is Really Not Your Fault!
There are many forces that may be sabotaging your health.
Let me keep you from becoming one more statistic.

By Nelson Berman

Preface

My life changed forever seven years ago in the fall of 2008. I arrived home after spending one week in intensive care as a result of a prostate biopsy that went terribly wrong. It was at this time that the urologist called with the bad news that my biopsy was positive for cancer. It struck me as funny that the word "positive" normally has a good connotation and yet in this moment I was momentarily devastated. After five minutes of feeling sorry for myself, I began my research and have never stopped. I feel a strong need to relate everything I have learned so that others will know how to maintain good health, prevent disease, and even reverse disease depending upon your overall condition.

Unlike most people who make recommendations, I have nothing to gain except personal gratification. I hope that after reading my opinions you will realize that, with few exceptions, you are personally capable of resolving any health issue and you need not rely on government or private institutions that might appear to be interested in your well-being, but in reality are not serving your best interest. Once you know the truth you will be empowered to reclaim your health.

Acknowledgments

Like most personal journeys, this was not a solitary event. I want to thank my family and the many mentors who have guided me during this journey. At first my family was not totally supportive of my decision to heal my body, without radiation or surgery, through lifestyle change. I realize now that they were fearful that, an unconventional approach, was an unnecessary risk. As time went by, they saw positive results and are now my biggest supporters. I doubt I would have been this successful if my wife Shelly did not join me 100% in my transformation. There have been a slew of health gurus, some of whom I've never spoken to, but they all have given me tremendous insight through their books and research. Here are some of people who inspired me along the way.

Dr. Joel Fuhrman, Dr. Deepak Chopra, Dr. Dean Ornish, Brenda Cobb, Mike Anderson, Patrick Quillin PhD, Bruce Lipton PhD, Dr. Bernie Siegel, Ty Bollinger, Dr. Wayne Dyer, Roger Mason, Dr. Michael Gregor, Dr. Pamela Popper and Dr. Edward Wagner.

I would be remiss if I failed to mention the recent passing of Dr. Wayne Dyer. He had survived cancer by means of non-conventional treatment only to have a fatal heart attack years later. Interestingly, His autopsy showed no signs of cancer.

Starting Anew

When I learned that I had prostate cancer, I immediately began an extensive research of all potential treatments, never for a minute giving any thought to what caused my cancer or if I should seek out anything other than the standard treatments. Days into my research having reviewed prostatectomy, various forms of radiation, cryotherapy and others, I found myself being drawn to the question; "what was the root cause of my cancer". I concluded that if I chose a conventional treatment to extract the tumor without dealing with its' source, what would stop a new tumor from forming in another organ in years to come.

With my new focus firmly implanted, I scoured the internet for information as to why cancer cells form and replicate. Most importantly what techniques could I use to heal my body and force the cancer cells to die. I came to realize even though cancer is perceived as mysterious and scary, it is nothing more than defective cells that we all naturally produce. The deformed cells are definitely not a problem, only their PROLIFERATION causes the problem. These cells, like normal cells, die in large numbers every day as a result of our highly developed immune system. The problem takes root when the immune system is compromised and/or overwhelmed. In subsequent chapters, I will explain what I did to help kill cancer cells and empower my body to heal itself.

Treating Symptoms

Western medicine is based on treating symptoms. Health issues are manifested as symptoms. This is nothing more than a way for your body to warn you that something is wrong. Fevers, infections, high blood pressure, high cholesterol, anxiety, and even cancer are not diseases but rather symptoms that something has gone awry. Sadly, western medicine focuses on "curing the symptom" without identifying the root cause. Dr. Dean Ornish has

a cartoon that best describes this approach. Picture an overflowing sink with the faucet continuously running and two men on the floor attempting to mop up the mess. This sadly is where we are today with western medicine. If your physician is of this mindset, I strongly urge you to find a holistic physician who will look at the full body for the root cause of your issues. You want someone who will help you turn off the faucet.

Too Fast for Evolution

Over millions of years man has evolved to a near perfect physical specimen capable of surviving in extreme temperatures with little or no food for days. Because of the survival of the fittest, the weak died off leaving only countless generations of people who were impervious to most anything. People were able to adapt because the changes were taking place slowly. Now fast forward to the last hundred years or so. We begin with virtually no pollution in our environment, no toxins in our food, no harmful chemicals in our bodies or our soil. Our food is 95% plant-based and nutritious. Our bodies are lean with little body fat and highly efficient through physical exercise and work. Now fast forward to today. The body's ability to store excess fat for survival is now on overload, resulting in ever increasing percentage of people suffering from obesity. The immune system is compromised because of numerous factors. The digestive tract is overwhelmed by the volume of toxins that the liver has to process. The organs cannot function properly because of the huge increase in fat constricting their space. The pancreas cannot process the 150 pounds of sugar we consume annually (vs. five pounds 100 years ago). I could go on but I think you get the point that the body is being thoroughly abused.

Forgive Them For They Do Not Know What They Do

I used to blame doctors for their part in a crime against humanity. I now realize that they are just following the guidance they were

given in medical school. I sometimes laugh when I hear about people going for a second and third opinion. If everyone is being taught the same concepts and solutions in medical school; you are going to hear the same opinions and recommendations. A big part of medical education is learning how to prescribe medications. Years ago, there were different types of schools teaching many approaches to medical treatment. Then the pressure for standardization brought about the delegitimization of alternative approaches, leaving only one approach that focused on the distribution of pharmaceuticals to solve problems. People who focused on the body's natural ability to heal, with minerals and natural herbs, were ridiculed and in some cases tried in court or asked to leave the country.

We are now left with a medical system that is bought and paid for by large pharmaceutical companies. Their people sit on the boards of medical schools, research foundations and, most insidiously, head up the federal agencies that, are supposed to be our watchdogs. Our well-being should be their highest priority, not the profits of drug companies.

See If You Can Guess What The Following Diseases Have In Common

- Obesity, the most important nutritional disease
- Hiatal hernia, one of the most common stomach problems
- Hemorrhoids and varicose veins
- Colorectal cancer, the number two cause of cancer death
- Diverticulitis, the #1 disease of the intestine
- Appendicitis, the #1 cause for emergency abdominal surgery
- Gallbladder disease, the #1 cause for abdominal surgery
- Ischemic heart disease, the #1 cause of death

All of the above are extremely common in America and virtually non-existent in countries, where the population is primarily comprised of plant-eaters. Why would anyone put all of their energy, time and resources into treating disease when you can have a far, far greater impact by preventing disease.

It's The Lifestyle-Stupid

I have asked several oncologists and heard them and many others attempt to answer the question as to what causes cancer. The most common answer starts "we really don't know but genetics seem to play a role." You do not have to be a scientist to figure this one out. If certain cancers occur at 20x to 50x that of other countries, one can obviously conclude that it is the lifestyle of the people in each country that will determine the likelihood of being diagnosed with cancer or for that matter any chronic disease. It is also stated that Afro-Americans have a higher incidence of cancer, heart disease and diabetes. This is also just a matter of lifestyle due to a fattier diet. See the low rates of heart disease and cancer for blacks in Africa, and you will understand that it is all about lifestyle. I agree that the genetic component is a factor, but the higher incidence is also a result of family members having similar diets based on their culture. It is also true that people immigrating to our country from a country with a lower incidence of cancer and heart disease tend over time to have a higher incidence once they adopt the standard American diet. In that same vein, as American food and culture are exported to other countries, it is easy to demonstrate the negative impact.

If you ask physicians if food is the cause, the best you can hope for is; they may say diet is a factor. The medical community cannot tell you that food is the cause behind the epidemic of chronic disease we are facing. To do so would bring on the wrath of the wealthiest, most powerful interests in the country. Do you

remember how physicians acted with regards to tobacco? In the fifties they showed advertisements with physicians promoting the benefits of smoking. In the sixties and seventies they began to call for people to reduce their smoking. It was only once the relationship between smoking and cancer was settled in the courts that they advocated for the cessation of smoking. Prior to that they would likely have been sued for false accusations, and forced to recant under threat of extensive legal fees. The same is true of the food industry. Do you remember when Oprah publicly announced that she would not eat meat during the time of mad cow disease scare? The meat industry sued her and she was forced to spend millions to defend herself.

Changing Our Relationship with Food

Our finances and/or emotional state often determine how we eat. Some eat to avoid starvation, some to provide fuel for the body, some to satisfy emotional issues and some for pure pleasure. I am an advocate of food acting as clean fuel for the body so that it can run at high efficiency. The people who say they are eating for pleasure, are confusing cravings and addiction with pleasure. Brain scans prove the validity of this premise. By consuming high quality vegetable proteins and complex carbohydrates along with monounsaturated and polyunsaturated fats, you will see your body and mind respond in no time. The best news is you never have to count calories or limit portions, and you will reach your ideal weight before you know it.

Screening Is a Poor Excuse for an Answer

The powers to be tell us to be proactive and have annual screenings to test for cancer. Telling the public that early detection through screening is their best chance of surviving cancer is blatantly false. Everyone should know that the very best way to avoid a cancer diagnosis is to live a lifestyle that keeps cancer cells dormant and

not aggressively subdividing. HAVING PEOPLE CONTINUE WITH A LIFESTYLE THAT PROMOTES CHRONIC DISEASE AND PREMATURE DEATH IS AKIN TO TELLING PEOPLE TO TAKE LOUSY CARE OF THEIR CAR AND WAIT FOR THE ENGINE LIGHT TO COME ON. While early intervention will help in some cases, it is not without liabilities. Annual mammograms cause tremendous anxiety, tons of false positives resulting in unneeded invasive procedures, causing great angst and added doses of harmful radiation. The PSA testing of men often produces faulty or misleading numbers and leads to 1,000,000 extremely invasive prostate biopsies. Mine caused me to have a near death experience. Currently 1 in 25 men ends up in a hospital; of these, some end up with sepsis (blood poisoning) which nearly took my life.

There are several reasons why screening is suggested many of which are only beneficial to the cancer industry. Screening leads to biopsies, biopsies lead to treatment and treatment leads to trillions of dollars which greases the cancer machine. Health providers benefiting from the status quo will proudly state all the advances they have made in cancer outcomes. Let me give you the numbers and you decide. In 1972 President Nixon declared war on cancer. At the time we had 600,000 deaths per year. With trillions spent on treatments, advertizing, research and pharmaceuticals, I am sad to report that deaths from cancer have remained level. Screenings give the illusion that people are living longer with cancer. They are fully aware that cancer is ten to twenty years in the making so an earlier discovery will automatically produce a longer survival period.

The Definition of Insanity

We all know that famous definition of insanity, doing the same thing over and over while expecting different results. This is exactly what we are doing to our bodies. To live a lifestyle that

produces malignant tumors, blockages in arteries, inability to produce sufficient insulin, formation of blood clots, etc. and continue to maintain that same lifestyle even after having a procedure is, in my mind, insanity. Sadly, this is what takes place in most instances because very few patients and their physicians are making the case that lifestyle is the direct cause of the disease.

They Call Them Habits for a Reason

You have it within your power to eliminate the possibility of being diagnosed with cancer, heart disease, diabetes, stroke or any of the auto immune diseases that are now running rampant. If you have already been diagnosed you still have the ability to reverse the situation. Reversing disease can not be accomplished by conventional treatment. You will never receive a 100% guarantee from conventional treatment. They will put a temporary band-aid on your issue only to have a reoccurrence down the road. Your health issues have been building unbeknownst to you for your entire life. A younger person who exercises more, stresses less and has a stronger immune system can better defend against the ravishes of our lifestyle, but as time goes by the symptoms start to appear as we become more sedentary and are increasingly impacted by the cumulative effect of poor food choices and environmental toxins. As the physicians attempt to treat the symptoms, the root causes flourish unabated. My goal is to empower you with awareness so you can plainly see the lunacy of our actions.

Most Americans Are Playing With Fire Expecting An Arsonist to Save Them

I believe that many people believe they can live an abusive life for decades and when needed medical technology will come to their rescue. I am speaking about those who regularly spread toxic chemicals on their skin, those who regularly inhale toxic fumes

from exhaust or tobacco, those who regularly consume slow digesting meat or dairy with it's known carcinogens knowing that once the accumulation reaches such a level to cause arteries to close or tumors to form, there will be a surgeon to put out the fire.

One might conclude why live a clean life if there will be someone to rescue you. The answer is the rescue is temporary. The deadly harm one does to their body can be eased sometimes, but we must know that there are lifelong consequences to every part of the body from living an unhealthy lifestyle. We recently had a scare regarding the Ebola virus. In the cities affected there was an abundance of fear. I wish those people along with the rest of us were as vigilant about lifestyle decisions as they were about Ebola.

Causes of Death

One thousand years ago, the main causes of death were war, accidents and starvation. Fast forward to today and it is heart disease, cancer and diabetes. These current diseases that were but a blip on the radar one hundred years ago, are now epidemics.

Metabolism

You hear many people talk about the need to speed up one's metabolism - the rate at which we burn food. This is funny because through evolution we evolved to have slow metabolism for survival purposes by storing calories. Up until one hundred years ago we were concerned about not losing body weight and malnutrition. My how times have changed.

Diets

Diets are guaranteed to fail. If one were successful, it would last forever, not just for one book cycle. You can tell the level of interest simply by seeing how many become top selling books.

The Game Plan

My plan has three facets. Consumption, exercise, and stress management. I will give you the optimal plan of action. Only you can decide if you want to go cold turkey, baby steps or somewhere in between. For me, having a potentially life threatening issue, it was an easy choice.

Food Consumption

I refuse to call it a diet. Diets are by nature temporary and have a very poor track record. I am talking about changing your relationship with food. When I ask people about what they eat, most say they eat a relatively healthy diet. In their mind they think it true only because they are comparing themselves to others whose eating habits are the same or worse. The American diet, as I stated previously, has had a dramatic negative transformation over the last hundred years. A diet made up of non-genetically modified grains, locally grown pesticide-free vegetables, hormone-free antibiotic-free chicken and fluoride-free water was all replaced with processed, manufactured food full of harmful chemicals and mostly devoid of nutrients and enzymes. The manufacturers made sure to include large quantities of sugar and/or salt to guarantee cravings leading to addiction. As the country produced a better standard of living, consumption of animal fats and proteins skyrocketed. Which have led us to where we are today: a society with high numbers of obese people who consume large quantities of simple carbohydrates, leading to a major epidemic of chronic diseases.

The solution is to consume only items that are in harmony with your body. Good examples would be vegetables, grains, beans, legumes, nuts, seeds, berries, spices, water and healthy teas. At first glance this might appear limited but I assure you that there are a vast amount of options available to you. I hasten to say I eat

many different types of food on my "limited" menu more than most people eat having no restrictions. Do not start this thinking of what you can not have, but rather celebrate all the new options you have never even tried. On this journey I am eating foods I never even knew existed like mung beans, watercress, fava beans, five different types of mushrooms, almond butter, coconut oil, kale and on and on.

I will concede that there is much more food preparation to preparing food from scratch and some limitations when eating out, but I believe it to be a small sacrifice for not having to experience the dire consequences of the standard American diet.

Spices

In giving up sugar and salt, I have found some incredible replacements. These spices not only give zest to the food but more importantly, offer incredible health benefits. Ginger root has a very distinctive taste. I use it in hot water as a soothing beverage and in sautéed dishes. Cumin and turmeric both have well-documented healing powers along with cinnamon sticks, cayenne pepper and others. Oregano is powerful and oregano oil is great to take if you feel a cold coming on.

Seeds

Each morning I make a sautéed dish we lovingly call "the concoction" since it consists of different ingredients each day. It consists of beans, grains, mushrooms and vegetables. The only ingredients that do not change are the spices and seeds. I use hemp, chia, fennel and flax seeds with the previously mentioned spices. Each one offers extraordinary health benefits.

Beans

I prepare a large variety of beans. I mostly buy them dry and soak them overnight. In some cases I then put them in a small burlap bag and watch them produce sprouts after a few days.

Vegetables

The key here is fresh, organic and a variety of colors. Each one is like taking a true prescription for healing your body. A couple of quick observations: red peppers are better than green and arugula is by far your most nutritious lettuce. The healthiest food per ounce is watercress.

Fruits

Try to stick to the berries as they have been proven to have the best healing powers. A couple of observations: if you buy grapes, try to get the ones with the seeds and the healthiest part of the strawberry is the leaves.

Beverages

Some say it is a waste to drink your calories. My top picks are water, green or hibiscus tea (iced or hot) and unsweetened almond milk. In addition every morning I make a green drink from greens, vegetables and berries.

Baby Steps

For those who might think this way of eating unrealistic, I would like to offer some baby steps to start with and perhaps over time we will meet at the same place.

Substitute rice or almond milk for cows' milk;

Substitute green tea for coffee;

Substitute sweet potatoes for white potatoes;

Make your own juice instead of processed juice;

Rice, spinach or artichoke pasta instead of white flour pasta;

Brown rice instead of white rice;

Sprouted bread instead of any other bread;

Seltzer mixed with a little juice instead of soda;

Raw nuts instead of roasted nuts;

Monk fruit instead of sugar;

Cumin and turmeric instead of salt and sugar;
Cocoa instead of chocolate;
Kale chips instead of potato chips;
Seitan instead of meat;
Hummus instead of a cheese dip;
Lemon water instead of lemonade;
Bean burger instead of a hamburger;
Coconut oil instead of corn oil.

Just by utilizing the above you will be on your way. In a couple of weeks you will begin to see changes in your body. Your energy level will increase, your weight will reduce without reducing consumption, and you will have increased cognitive powers all without creating any frustration or resentment. Perhaps as you begin to realize how good you are capable of feeling, you will gladly go to the next level. Remember all goals that may seem unattainable become much easier if broken down into small incremental steps.

Will Power

I am often commended for what is perceived to be will power. The truth is once you have gone through the withdrawal from eliminating sugar and salt, you will no longer be obsessed with food. You'll simply eat what you want, when you want and automatically cease eating when you are full. You can still have your favorites; the difference is they will not control your life. Trust me: dairy, meat, pasta and cake are not your friends. You will only fully understand this once they are gone from your life. When it comes to eating out, Asian restaurants are a great place to start. They have a wide variety of healthy, plant-based options. Once you are further along, you will find that you can eat at any decent restaurant simply by knowing that you can ask for some changes in the offerings, and you will find most restaurants to be very accommodating.

Your Weight Will Magically Drop

I began my journey at 227 pounds. Without even trying to lose weight, I was down to 175 in six months. I have maintained 185-190 for the last six years, while consuming tremendous quantities of food. The difference between the old me and the new is that my food intake is high in fiber and easily digestible, which brings me to a touchy subject.

This lifestyle requires large quantities of toilet paper. Unlike the fifty million Americans who suffer from constipation, the vegan frequents the bathroom three to four times per day. The byproduct of this is, excuse the pun, food that is slow to leave the body is much more likely to leave behind harmful toxins. In an earlier time in my life my wife and I used to do a total four day fast. I distinctly remember how calm my body was on the third day. This is when I realized how difficult it is for the body to digest food. Another consequence of veganism is your waste is long and relatively odorless.

Exercise

The body was designed to be in motion. One hundred years ago you would have been ridiculed if you promoted exercise. People's entire waking hours were consumed with physical exercise. Before the advent of labor-savings machines and appliances, our bodies were worked to exhaustion as a result of physical jobs and the need to do chores. We burned calories efficiently and therefore obesity was rare. Today we are at the other end of the spectrum. With every possible convenience, and with the majority of jobs being of a sitting nature, we are now storing fat like no time in history. Many might desire to do exercise but often claim there is no time.

When I started my research, I read about all the compelling evidence regarding how exercise impacts your health. It produces important hormones, causes blood flow to all parts of your body,

reduces stress and improves digestion. I then decided to do at least two hours per day, and I am proud to say that I almost always exceed that goal. Start by committing to fifteen minutes per day no matter what. Start with a modest goal. You will find it extremely easy to add small increments, and before you know it, you will be doing things you never thought imaginable.

Stress Management

In a stressful situation, the body shuts down everything that is not related to the stressor. This enables us to harness all of our power to solve the immediate stress. Unfortunately, the shutdown includes the immune system. The problem is that many people are confronted with overwhelming amounts of stress that overwork the body and the mind. If you cannot do the obvious and eliminate the stress in your life, then at least do yoga and tai-chi to help lessen the impact. Also, meditation is easy, short and extremely beneficial.

Energy

You want to bring into your life greater sources of positive energy while doing your best to avoid, reduce or eliminate negative energy. Those activities that produce destructive interference that in turn drain the energy from the body, should be avoided. Positive energy will ignite every part of your body even reaching the cellular level.

You Were Given Immunity, Why Not Use It!

Our bodies are perfect machines with thousands of moving parts all working in harmony. People naturally assume because the body functions so well that it would not be impacted much by abusing it in some small way: A little tobacco, a little air pollution, some food devoid of nutrition, some antibiotics, somewhat less sleep, a

little less movement and so on. Over time the abuses of our bodies become far more egregious, far more frequent, and cumulative. This perfect specimen comes with an immune system that is remarkable, but over time it can be overwhelmed by the accumulation of abuse. When it comes to cancer cells, they present a special challenge because they come complete with a protective shell that makes them harder to destroy. Fortunately the pancreas produces enzymes that remove their protection. Sadly, studies show that pancreatic enzymes are being overworked to help breakdown meat, so it can be digested, enabling cancer cells the freedom to flourish. This is just one example of hundreds of harmful things we do to our bodies by overwhelming our immune system.

One of my goals is to educate people so that they dramatically reduce the harm they are causing themselves. Sadly, because it takes decades to discover the negative impact of poor lifestyle choices, the need for change is less apparent.

One of the best byproducts I find in living this way, is that every morning you wake up without any pain and do not need to take medication to mask the consequences of an unhealthy life. The best thing is it is never too late to start. The amazing body is also very forgiving.

Excuses, Excuses

It is probably naïve on my part to think I can change a culture that for the last sixty years has been fully immersed in a lifestyle that is fully satisfying to the public, while being extremely harmful. Just because the task is daunting, it will not discourage me. I see many health gurus that are leaving their mark. As the public gets sick of being sick, perhaps things will start to change. Here are some of

the most common excuses people make for maintaining unhealthy lifestyles:

"I like what I eat"

I am sure that is true, perhaps because you have been eating it for decades or because the food is addictive. Whatever the reason; is this worth being incapable of fully enjoying life from age sixty on. Trust me, once you recover from sugar withdrawal and reacquaint your taste buds, you will be shocked by the great taste of real food and how it nourishes your body.

"It Is Too Limiting"

My contention is that people who have no restrictions on what they eat, are consuming far less in the way of variety by constantly returning to their favorites, perhaps the items that are most addictive. I find that I am eating so many items that are new to me. Sugar and salt are so overpowering and they dull our senses. Without them, the true taste of food comes alive.

"It is too time consuming to take better care of my health"

This excuse I find fascinating. For every extra hour people claim it takes to live healthy, they will end up wasting a multiple of those hours in the future waiting in doctor's offices, and in hospitals preparing for surgical procedures. They also waste time taking pills, along with wasted hours just from feeling sick.

"Healthy Food Is Too Expensive"

If people considered the cost per pound of processed food in addition to the outrageous cost of animal meat, they would realize how ludicrous this excuse is. Dry beans and grains are ridiculously inexpensive. I kid people by saying that they are "free". Here is what I am referring to. I soak my beans and lentils in a burlap bag. After a day or two they begin to grow by producing sprouts. I can take a fistful one day and come back the next day and have the

same volume of beans as the previous day as a result of the growing sprouts.

"You have to die from something"

No one can argue with that logic. Maybe by treating your body with more respect a person would lead a vibrant life to age 95, instead of years of suffering and ending at age 78.

"There are so many conflicting opinions as to what is the right course of action"

This I find to be a valid excuse. Since there are billions of dollars at stake regarding people's lifestyle decisions, you are bound to receive conflicting messages. Even soda which has no redeeming value is promoted by its manufacturers in a positive light. Whatever you do, do not be swayed by research without knowing the source of the funding. When it comes to company funded research, you will only hear of findings that shed favorable light on the product. When evaluating conflicting information, I tend to side with the person or institution who has nothing to gain.

"I know people who lived into their nineties and I would not want to live that long"

The people who make these statements know someone who is in poor health. In my mind this is an invalid assumption. Some people who are ninety are active and playing golf twice a week. It is not a question of your chronological age, but rather your vitality. If your mind and body are energized as a result of a healthy lifestyle, why then would anyone want to give up twenty extra years?

Are You be Treated as Well as a Thoroughbred?

Say you just spent \$600,000 on a thoroughbred horse. Could you imagine feeding him food laced with hormones, antibiotics, pesticides and other additives? Can you see yourself feeding him known carcinogens? Could you see yourself telling the trainer not to allow him daily exercise? Now you can see who is actually receiving the better care.

"What's Love Got to Do With it"

More research is surfacing supporting the notion that love and social interaction directly correlates with one's health and well-being. It turns out loneliness might be as harmful as sugar as we age.

Detoxification

Over time the body becomes more toxic as a result of an accumulation from toxic food and a toxic environment. Toxins build up and overwhelm the body's near perfect filtration components. Problems begin when the lymph system, bile, kidneys and liver are overworked and become clogged or backed-up.

The beauty of the human body is that any and all harm you have done to your body over decades can be undone by consuming clean, detoxifying super foods. Try eating all different colored vegetables, fruits and beans only for a few weeks and watch what happens.

Lymphatic System Stimulation

Your immune system's primary method of communication is the lymphatic system. This is where white blood cells are produced and stored. It's also known as the body's drainage system. Making

sure it is in peak working condition could drastically boost your prevention of cancer, your success in beating it, and your chances of avoiding reoccurrence. This network of organs, tissues, and substances is critical to your immune system, digestion, and central nervous system. The heart pushes blood through your body, which provides oxygen and nutrients to your tissues. The lymphatic system removes the cellular sludge by pushing lymphatic fluid through your lymphatic vessels that are found between the muscles.

All the damaged cells destroyed by your immune system as well as by-products of your diet, lifestyle, and overall health flush through this network to the liver and kidneys where they are removed from the body. Every cell is bathed in lymphatic fluid and the waste is removed. The lymphatic system is powered with every breath you take and by your body movement.

A lymphatic system that is overworked from poor diet, smoking, medication, or lack of exercise will become sluggish. It won't work as effectively or as quickly to remove the bacteria, waste, and toxins from your body. Pockets of "pollution" may back up in your body that result in more frequent illnesses, fatigue, heightened sensitivity to allergens, joint pain, digestive issues, weight gain, and much more.

Techniques to Improve the Lymphatic System

- **Deep Breathing:** Easily the simplest method to stimulate the lymph system, taking slow deep breaths in and releasing them compresses the muscles in your upper torso where most of your lymph nodes are located.

- **Drink Water:** Your body needs water and a fluid-based function such as your lymphatic system needs more. The equation is simple: hydration in, bad stuff out.
- **Move Your Body:** A brisk walk, deep stretching, or taking a low-impact yoga or tai chi class will get those muscles compressing and flushing your lymph vessels. A massage will break up pockets of pollutants along your lymph system.
- **Eat Fruits & Vegetables:** The chlorophyll, enzymes, and acids found in produce are natural lymph system cleansers. Eating them in the morning will improve digestion for the entire day.

A free-flowing lymphatic system is one that works at its best, patrolling your body and removing damaged cellular material that could become cancerous, if left unchecked. Though this won't prevent every cancer, the fact that most cancers metastasize via the lymph system means that keeping it running smoothly is a simple way to prevent cancer.

Supplements

I have two different opinions depending on what you are currently eating. If you are still consuming the typical American diet, by all means you need to take supplements. Junk food, bleached food and processed food are all devoid of nutrients. Iodine, vitamin D3, COQ 10, beta glucan, boron, NAC and magnesium can be beneficial supplements. If you are at the point where you are eating clean, nutrient-rich food, you are ahead of the game by having your supplements directly from the food. As a vegan, I am required to take vitamin B 12 as it is only available in animal food.

Why Are We Getting Sick?

I have already discussed the main issues. Here I would like to discuss some issues that might appear obscure but have great relevance.

Vaginal birth

In an effort to reduce litigation, a far greater percentage of babies are now delivered by C-section. As a result the natural immunity normally passed from a vaginal birth is lost. Research shows a difference in the white blood cells of C-section babies which alters the way their bodies respond to attacks on their immune systems for the rest of their lives. They tend to have greater instances of allergies and asthma.

Antibiotics

Everyone knows the benefits of antibiotics, but most are unaware of harmful effects, which in many cases are life shortening. Good bacteria in the gut is essential in our ability to digest food and absorb nutrients. Antibiotics are indiscriminate killers, they kill bacteria that are required for our survival as efficiently as they kill harmful bacteria.

Genetically modified food

Scientists tell us that there is shared genetic information among different organisms. So when chemical companies genetically modify food, the artificially created genes transfer into and alter the character of the beneficial bacteria in the intestine.

Autoimmune disease

Many diseases such as crohn's disease, multiple sclerosis and lupus affect 50 million Americans. They trigger a runaway immune response that results in the body attacking its own tissues. Instead of attacking infections, toxins and allergens, the body is somehow tricked into attacking healthy tissue. Whenever western medicine

tells me that these diseases are more prevalent in women and Afro-Americans, I reflectively conclude that it all stems from a diet of hormone-laced animal fat and animal protein.

Thankfully there is an inexpensive, easy solution to avoiding most illnesses. All you need do is to not be seduced by advertising and convenience. Simply preparing nutrient-dense, plant-based food, coupled with thirty minutes of daily exercise, you will diminish your chances of being impacted by disease.

The Cure for Cancer

Wouldn't it be great if we found a cure for cancer? The truth is we already have a cure. If one component of the population gets cancer and the other does not, then just do what the non-cancer group does. We are making cancer's origins so mysterious. We need to change the paradigm and start with the proposition that everyone has defective cells, and that the quantity of toxins that enter our body helps to activate, and therefore proliferate these defective cells. The opposite is also true. Someone who is mindful of the onslaught of toxins allows their body to naturally kill off these defective cells, before they are activated and reach critical mass.

Researchers have found similar percentages of undiagnosed cancer cells in the autopsied bodies of Americans and Japanese who died from trauma. The big takeaway is that while they might have the same potential for forming tumors, the Japanese's immune system keeps the cancer cells in check and, therefore, they do not reach critical mass to become diagnosable tumors.

Before undergoing chemotherapy, make sure to ask your oncologist if chemotherapy destroys cancer stem cells. These are the cells that cause malignant tumors to metastasize. If he is honest, the most positive answer you can hope to get, is we are not really sure. I will offer you one that has been proven to kill the most dangerous cancer cells and that is broccoli sprouts.

Pharmaceuticals

These companies will have you believe that they are developing products to improve the quality of life. Their efforts are spent on inventing chemical bandaids for all of today's medical issues, while doing their best to suppress natural solutions. The products are virtually always the same: requiring daily use for life. They are promoted on television as offering astonishing results, when in reality they are designed solely for the purpose of relieving the symptoms while avoiding the root cause. By not developing something that deals with the root cause, they assure that the product will be required forever. Interestingly, they develop many of their products by trying to duplicate plants and herbs because if the compounds were plant-based they would not be patentable. That is unfortunate because the chemical versions are far more likely to be lethal. This is why 100,000 Americans die every year from using their products as directed.

Now with television advertising they have millions of additional people marketing their chemicals. "Ask your doctor for" In addition the "chemical solution" often creates a new unrelated problem. This often explains why people are taking multiple pills. Sadly, over time the body may forget how to heal itself naturally as a result of the chemicals. I am sure by now everyone has heard of the placebo effect whereby people will honestly tell you they feel better as a result of taking a pill even if the pill was a water pill. I believe there are two main reasons why physicians nearly always write a prescription during your office visit. One, they are assured

of benefiting from follow-up visits. Two, psychologically patients might feel that they wasted their time and money if they did not leave the office with a script for the "magic pill."

Alternative Medicine

The powers to be have spent untold sums to make you confident about the providers of conventional medicine. They have also spent large sums to discredit anyone who offers "an alternative solution." Chiropractors are a classic example. In the early days chiropractors were often jailed as the medical establishment pressed on for decades to outlaw the practice. One hundred years ago there were one hundred hospitals that focused on holistic medicine. By 1950 there were none. If you ask practitioners of western medicine why they are so against alternative therapies, they will tell you it is not based on science. Scientific proof on a large scale is very expensive, eliminating everyone with the exception of multinational drug companies who have unlimited funds to spend on their own internal research while discrediting any non-chemical competition. I would strongly encourage anyone with a medical issue to go to a physician practicing holistic medicine. This way, you can be assured that the practitioner is going to look at the entire body for the source of your problem.

We Seem to Feel Healthy Until We Are Told Otherwise

How many times have you heard this? "He was the picture of health and one day he suddenly dropped dead from a heart attack" or "this woman was in perfect health and she goes to her doctor to find out she has cancer and is dead three months later." These are far from instantaneous situations. Their problems most likely progressed from decades of abuse. Maybe if cancer, heart disease or diabetes came about as a result of a single event, we would be much more likely to solve the scourge. These diseases are much more insidious, building in our body over decades with no or little

symptoms making us much less likely to take action. The philosophy “if it’s not broken why fix it” takes hold.

Perhaps if we realized that the day before we were diagnosed we were sick but just did not know it, maybe we would begin to look at ourselves each day in terms of whether we are adding to the quality of our lives or are we adding fuel to the fire of a potential medical issue down the road. An increased consciousness along with knowledge will go a long way toward maintaining a quality life.

Healthcare Delivery

Where did we go off the tracks and why? Back in the fifties the cost of healthcare in America was so insignificant that no one ever seemed to care or complain about the cost. Fast forward sixty years and we find that one out of every six dollars spent in America is spent on healthcare and that percentage continues to rise. There are a multitude of reasons for the astronomical growth, but I would like to focus on one that is at the heart of the problem.

Are health providers better compensated for preventing disease or treating disease? The answer is easy; all of the money is in treating disease. If people lived in such a way that there were no need to see a doctor, take medication, or check into a hospital, the country would look much different. Health insurance would cost \$500 per year because of the far lesser likelihood of being used. Large sums of money would no longer be needed to build hospitals. There would be much less need for doctors, nurses, medical technicians, etc. Pharmaceutical companies would close or evolve into developing different products. Medical equipment manufacturers would not find buyers for million dollar machines. My point is; nobody in the healthcare industry has an incentive to keep you healthy.

Our president chose to fix our broken healthcare delivery system by requiring everyone to enter the marketplace. The idea is that a larger pool of premium payers would help pay the collective debt of providing coverage to all. Without dealing with the fundamental flaw in the system, you will never solve the problem. The public must be educated about the consequences of unhealthful lifestyle choices with taxation similar to that of cigarettes for making unhealthful choices. Physicians need to be compensated for helping their patients prevent the need for prescriptions and/or medical treatment. When surgeons are salaried, like at the Cleveland clinic, there is far less surgery and much better outcomes.

The health insurance industry could learn much from the life insurance industry. In life insurance each customer's premium is determined by the potential risk. The result is that customers are incentivized to maintain a healthy lifestyle which in turn has produced continuously lower costs per thousand dollars of benefit for the past several decades.

Being Diagnosed With Cancer Was One of the Best Things to Happen to Me!!!!!!

Yes, I truly believe that. Before, like most people I was oblivious to the long-term consequences of the repeated abuses to my body. Annual bouts with upper respiratory problems, weekly reflux issues, occasional gallstone attacks, decreased energy and overall gradual decline in health were accepted as normal aging. In looking back I now realize I stupidly agreed to have my gallbladder removed after a series of attacks that eventually led to having a near fatal bout of pancreatitis. I now know that this was caused by the type of foods I consumed. My cancer diagnoses prompted me to study all aspects of health. Over time I was no longer sleepwalking when it came to my health. One by one chronic issues I assumed to be normal have gone away. I now

wake up each day without any pains or limitations. It is such an awesome feeling that calls me to spread the word to others. I see so much pain and suffering in friends and family that are preventable, in most cases, and more importantly reversible. Now is the time. Like the expression says "it is never too late to start the day over." This is why I am thankful for my cancer because it caused me to change my life and raise my consciousness.

Stop the Madness

What should you do if something is abundantly clear to you and is not even a blip on anyone else's radar? To make matters worse this clarity has to do with the general wellbeing of the entire public. This sums up how I feel. I know without reservation that virtually all disease is directly related to the toxins in the food we consume and the toxins in our environment. As a result I conclude that most disease is avoidable and self-induced. Perhaps with greater awareness of the consequences that bacon cheeseburger might not taste as good. Through the internet I am hoping that the blinders come off of the American public. The truth about the harm caused by the American diet is reaching more people everyday. It may not be easy to compete with the billions spent on mind altering advertisements from companies like Coca Cola, but gradually the truth is beginning to shine through.

Why You Should Not Be Impressed With Five Year Survival Rates

Like all industries, the cancer industry promotes statistics that show them in the most favorable light. They are proud of a national average of 60% survival rate across all types of cancer after five years. In some cases it is five percent in others 95%, but so you can better understand this statistic you need to know more. First, you should understand that it only means one is alive after five years with no qualification as to the quality of life. Second,

statistically it is far easier to be alive after five years simply by putting a greater emphasis on early detection. It is one of those lying statistics that is wholly misleading. Naturally if we could find tumors on average two years earlier, therefore patients would live two years longer with cancer. Nothing really changed except the starting date. Third, there is a good reason why five years is used and not ten or twenty. Cancer which becomes detectable once it reaches critical mass is obviously not solely confined to the tumor in question. So by surgically removing, burning and/or poisoning it you will definitely slow the progress, but it is wishful thinking to assume that the issue has been totally resolved.

If we now understand that lifestyle helps the cancer cells proliferate and if the lifestyle does not change, we can safely conclude that no matter what the oncologist says the cancer cells will regroup somewhere else in the body or perhaps in the same organ. It would be similar to a person going to Florida for the winter and turning off the heat in his home in New York. Upon his return he has a plumber repairing the burst pipes, but proceeds to do the same thing next year while expecting different results.

Presently chemotherapy and radiation are regarded as state of the art. After decades of building their image, the public is duly impressed with the outcomes of prevailing western medicine. This might come across as a cheap shot but publications tell us that the public was equally impressed with bloodletting in its heyday. Some of the existing techniques have been in place for the last fifty to one hundred years with minor changes. Alternative treatments are ridiculed as unproven quackery. In some cases if the provider of an alternative solution gains too much of a following he is imprisoned or deported. I find it disturbing that when a person dies after utilizing unconventional therapies both the practitioner and technique are lambasted as a failure. But when thousands die every day from conventional treatments, no one seems to say a word. Simply because they treated with standard protocol. Why are we

silent about the 600,000 who die from cancer every year after being treated with "state of the art" conventional treatments. Quite often we hear the bereaved family praising the physician and the facility.

Conventional treatments are nothing more than short-term fixes; band-aids if you will. As we learn more about people healing their bodies through lifestyle changes assisted by unconventional treatments, things will begin to change. With billions at stake the cancer industry will not go down without a fight.

Cancer Charities

How could someone who has been diagnosed with cancer be opposed to supporting charities attempting to raise funds for cancer research? Before you think that I am or have lost my mind, let me try to explain my position. Let me use two of the biggest charities as examples, the American Cancer Society and the Susan B. Komen Foundation (Race for the Cure). Go on either of their websites and see if you can find anything regarding how to prevent being diagnosed in the first place by living a lifestyle that does not promote cancer. The closest thing you will see is their strong focus on early detection. It would be as if your auto mechanic never told you to put oil in your car while repeatedly advising you to be diligent about keeping an eye on the engine light. Sadly these organizations and the government's research are all based on how to extend life somewhat through chemical solutions. Are you ever curious why no powerful institution is talking about how to prevent cancer? Doesn't it seem strange that they do not use their high visibility to make the public aware of what can be done to prevent cancer from occurring in the first place? You may think it horrible to say but there is no money in what I believe we should all be passionate about. Living a high quality life would cause physicians, hospitals, pharmaceutical companies, advertisers,

medical equipment makers and others to lose trillions of dollars. Caring for and treating sick people is a large part of our economy.

A society that is trim and fit from eating primarily nutrient rich food coupled with daily exercise has no need for any of the largest money-making industries in the country. There would be an insignificant need for certain professionals and corporations that are currently in wide demand. Cardiologists, radiologists, oncologists, and surgeons would all be looking for different employment. Cancer centers, pharmaceutical companies, cancer charities, research doctors, centers for treating obesity and auto immune diseases would all dry-up from lack of business. Businesses that provide pesticides, antibiotics, growth hormones and many other chemicals would have to find alternatives to selling their toxins. Attorneys who take part in the 100,000 wrongful death suits each year brought against doctors, pharmaceutical companies and hospitals would find a dramatic reduction in business. Politicians who take money from lobbyists to look the other way when it comes to the health of the public would be greatly impacted.

As you can plainly see there are trillions of dollars at stake by preserving the status quo; few people have the guts and/or money to take on the vested interests. The good news is, I firmly believe, that the truth is resilient and will eventually shine through to the masses. The situation has deteriorated for the last hundred years, but with the limitless power of the internet things are beginning to change. People will spread the word on a grassroots level. We will gain momentum as people get tired of always being sick and they will want a better life for their children and themselves. It may not be apparent today, but I see a time when sugar will no longer be subsidized eventually leading to its taxation for its harm to society. Food manufacturers will be required to put warning labels on their products similar to tobacco. Doctors will be morally obligated to require their patients to change their lifestyle before ever resorting

to writing a prescription. I am confident that things are about to change, and when they do watch out because it will explode.

Be Aware of G-d's Warning Shots

I am a firm believer that G-d fires a shot across the bow before sinking the ship. I believe I had been given several warnings and was totally oblivious to them. Mostly I was uninformed as to the connection between a medical issue and what it really meant. As with most people, I paid the price but I am thankful that I am here to tell the tale. Make sure to heed the warning signs and look for a greater significance to their presence.

War or Coexistence

In the early seventies President Nixon famously declared a war on cancer. One of my mentors, Dr. Wayne Dyer, spoke about coexisting with your cancer as opposed to hating it. I now realize I need not fear cancer cells floating around my body. The odds are good that most people are in the same position, they just have not been diagnosed. Cancer, if fully understood, is nothing more than a symptom of a sick body. If analyzed, it is nothing different than a fever. Both are indicators of something gone awry in the body, something out of balance, something that needs to be tended to. You might question my using both symptoms as if they were equal in importance. I realize cancer seems much scarier but both are capable of causing death. Cancer, high blood pressure, high blood sugar, fever, etc. are nothing more than symptoms of something out of balance in the body. You may choose to buy into the notion that cancer must be cut out, burned out or poisoned based on the tenets of western medicine. My contention is that the medical establishment will ultimately realize that until you treat the root cause of the imbalance in the body, you will never really heal the body.

Positive Energy

I decided when I began this new journey that I would surround myself with only positive energy. I embrace anything with positive energy and I avoid negative energy like the plague. People exuding good energy, laughter, good books, exercise, the arts, yoga and tai-chi are all welcomed. Here are some of my favorite quotes that have resonated with me in my new life.

"Holding on to anger is like drinking poison and expecting the other person to die"

"First they ignore you, then they laugh at you, then they fight you, then you win" Mahatma Gandhi

"Discovery consists of seeing what everyone has seen, and thinking what no one else has thought" Albert Szent-Gyorgi

"Yesterday is history, tomorrow is a mystery, but today is a gift. That is why they call it the present"

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I want to change myself" Rumi

Attitude

I have tremendous gratitude for the smallest things in my life. Sadly we are all guilty of taking things for granted until we lose them. I have had three near death experiences in my life. Each time I dreamed of having my life back to normal. It is so easy to take everyday mundane things for granted. Clean water, the ability to speak your piece, paying for something with a piece of plastic, taking a walk, seeing the ocean, living in peace, the love of family

and friends and countless more should never be assumed as a given. We tend to play up what we don't have as opposed to the countless miracles we all possess. It may seem unscientific but it appears to me that the people with the best attitudes tend to have less sickness and better outcomes upon becoming ill.

Spirit

You do not necessarily have to believe in G-d to have a healthy and meaningful life, but for my money it surely helps. Research shows that patients who believe in G-d have better outcomes after surgery. Statistics show the best outcomes occur when you and your surgeon both believe in G-d.

Here Are Some of the Things That Are Sabotaging Your Health

This perfect specimen, the body, was designed to sustain life through periods of feast or famine. It miraculously stores fat to protect the body against starvation. The problem is, even for the poorest Americans, there is an ample supply of low quality, inexpensive food which results in over-consumption of unhealthy food.

The body requires a certain level of nutrients. If the food you are consuming is lacking nutrients, the body will demand additional food to meet its minimum requirement of nutrients.

The jobs of today are much less physical. The newer jobs are more sedentary. Coupled with a greater reliance on automated helpers to assist with household chores, and we have the perfect recipe for obesity with all of its related problems.

To make matters worse your body has been programmed to demand more of the food that is saturated with sugar and salt and

like other addictions; it requires higher doses over time to satisfy the craving.

Now That We Fully Understand the Problem.....

I realize I spent much time identifying the problems at hand. My intention is not to be negative, but if we are going to counter the devastating trend in our country, you have to fully understand what we are up against.

Now is the time to start talking solutions. The answer to mastering a high quality, long, invigorating life is simply to consume nutrient-rich foods, do vigorous daily exercise, have purpose, and social interaction. The challenge will be to avoid all of the obstacles I have spoken about. My hope is that knowing that many institutions you might presently respect are not really interested in your long-term well being will motivate you to be skeptical of their intentions. Until things drastically change, you can assume the goal of maintaining good health will be limited to a precious few like-minded people. Make a point to associate with these types of people while spreading the word to others.

G-d, grant me the serenity to accept the things I can not change, courage to change the things I can, and the wisdom to know the difference.

Change

This is one of the scariest concepts. When it comes to altering our lifestyle, it can be threatening. We tend to feel comfortable doing things the same way we have done for decades. It may seem challenging in the beginning but, once you start seeing results, you will never want to go back. The problem is the food manufacturers

know this and are designing food for young children to foster a lasting relationship by hijacking their taste buds.

Once sugar has kidnapped your taste buds, the foods rich in nutrients can never expect to compete. Salt is another product that gives unhealthful processed foods a distinct advantage when competing for your taste buds approval. To squash these addictions, you have to eliminate their consumption for two weeks. Don't worry I know you need sodium to live. You naturally get plenty from nutrient-rich food. During these two weeks you most likely will go through some form of withdrawal. After the two weeks your taste buds will have been reformatted and you will no longer crave sugary or salty products. You will have taken a major step in changing your life.

Who is More Receptive to Change the Taliban or the American Public

Let's assume you are speaking before a group of jihadists. Do you think you would have much success in trying to alter their beliefs about killing "infidels". How about talking to a group of Taliban about equal rights for women. This is how I feel sometimes when making the case of how the American public is complicit in their own demise. While I will admit the frustration, I can assure you that I will continue to speak out against the deadly onslaught thrust upon us.

Cells

Your overall health and well-being starts with the health of your cells. Any health issue you have or will have in the future began with problems in your cells. Whether it be inflammation, oxidation, toxicity or parasites, they begin on a cellular level and very often are kept in check by the genius of the human body. Only when the immune system is overworked by having to put out

multiple fires do seeds of destruction take hold. What is so upsetting is that virtually every disease starts this way and it is totally avoidable in most cases. Avoid antibiotics at all cost, both intentionally taken and indirectly taken by consuming animals that were given antibiotics. Antibiotics while killing off bad bacteria are indiscriminate and thus kill off the good bacteria in your gut, which is a big part of maintaining good health.

Why I Have Chosen to Speak Out

It is difficult knowing what causes people to remain vigorous and healthy while seeing everyone around you succumb to all sorts of preventable diseases. Food manufacturers, doctors, pharmaceutical companies, cancer charities, restaurants, hospitals, government agencies, chemical companies - none of them have your best interest in mind. Some of them are at best like firemen putting out the fire once your house burns down. The solution is simple and does not require collectively spending trillions with these institutions. All you have to do to insure the highest quality of life is to religiously adhere to these simple beliefs.

1. Consume food that is nutrient rich, clean and chemically-free.
2. Exercise at least five times per week to maintain the machine.
3. Meditate to offset the stresses of life that breakdown the body.
4. Laugh a lot, love a lot, be kind and giving.

I will leave you with this one closing thought. You may attempt to rationalize why this does not apply to you or that it is too rigorous or whatever excuse you want to use, but if you decide that your life is worthy of good care, I assure you that once you make the change and see how it feels to live without pain or symptoms, you will never go back.

"It is never too late to start the day over." Thanks for your time.

Please go to my website for more information.
WWW.cancerisnotmyenemy.weebly.com.

Nelson Berman