

A microscopic image of tissue, possibly showing cellular structures and fibers, with a prominent blue overlay that creates a sense of depth and focus. The colors are vibrant, with reds, oranges, and greens visible in the tissue, and the blue overlay is semi-transparent, allowing the underlying structures to be seen.

# YOUR IMMUNE SYSTEM SUPERCHARGE YOUR FIRST LINE OF DEFENSE

The TRUTH About  
**CANCER**  
educate • expose • eradicate

# Your Immune System

## Supercharge Your First Line of Defense

By Ty Bollinger

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# 1

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## The Link Between Cancer and Your Immune System

How strong is your immune system? Take this quick quiz to find out. Simply answer yes or no to the following questions:

- 1) Do you avoid social situations?
  - Yes
  - No
- 2) Do you get less than 7 hours of sleep each night?
  - Yes
  - No
- 3) Are you regularly stressed out day after day?
  - Yes
  - No
- 4) Do you use other people's pens?
  - Yes
  - No
- 5) Are you a pessimist?
  - Yes
  - No
- 6) Do you keep your frustrations to yourself?
  - Yes
  - No
- 7) Do you often take antibiotics?
  - Yes
  - No



If you answered yes to three or more of these questions you are compromising your immune system.

Surprising scientific evidence shows that if you keep your friendships alive and thriving, get at least 7 ½ hours of sleep and express yourself in a constructive way – all of these actions help to keep your immune system healthy and strong.

On a separate note, don't borrow other people's pens and avoid taking preventative doses of antibiotics. Borrowing a pen can expose you to millions of germs. If you take antibiotics at the first sign of a cold, you're unknowingly suppressing and weakening your immune system.

Simple things you don't think about like breathing and eating are constantly exposing us to germs. Sometimes we get sick, but amazingly enough, most of the time we don't. Our body's ability to fight off disease is due to the incredible immune system. Maintaining a healthy immune system is the key to staying healthy and fighting cancer and all other degenerative diseases. If your immune system is functioning properly, your body has no other choice but to stay healthy.

Can a weakened immune system, lead to cancer? The simple answer is **YES**. In this special report, we examine the link between cancer and your first line of defense, **your immune system**.

**Cancer is the #2 cause of death in the United States, accounting for 1 in every 4 deaths.<sup>1</sup>**

The word "cancer" is a general term that refers to around 200 diseases named after the organ or group of cells they adversely affect. While most defective cells (millions every day) die and are flushed from the body, every so often, abnormal cells develop, manage to grow, and begin to divide out of control. This process is known as **carcinogenesis**.<sup>2</sup>

These cells spread through your body via your blood or lymphatic system, damaging healthy cells as they reproduce.

Some cell damage occurs before birth but the majority of damaged cells have a trigger. Though the known causes for every cancer are unknown, researchers do know that certain things increase your cancer risk.

Infection, environmental pollution (air, water, and soil), obesity, lack of exercise, tobacco use, hormone imbalance, chronic inflammation, metabolic conditions, over-consumption of alcohol, and stress have been

**Almost 600,000 people in the U.S. will die from cancer in 2014. –National Cancer Institute<sup>4</sup>**

pinpointed as the most common threads among cancer patients. 77% of all cancers are diagnosed in people who are age 55 or older so getting the facts early can prevent a lot of grief in later life.<sup>3</sup>

Why do some damaged cells die while others survive and mutate into cancer?

**The answer lies in your immune system** – without a doubt, one of the most fascinating functions of the human body. It defends your body against invasion from viral infection, bacteria, inflammation, allergens, and even something as small as a thorn in your thumb.

What you might be shocked to learn is that you have cancerous cells inside you all the time but they don't form into tumors or cancerous masses because they are taken out by your immune system before they have the chance to organize and cause a real problem.

Essentially, your “*Immune Army*” looks for “sick” cells – those that are infected or have unusual proteins present – and destroys them.

We'll examine the relationship between immunity and cancer. There are many ways you can “fine tune” your immune system to fight and even prevent cancer from becoming part of your life.

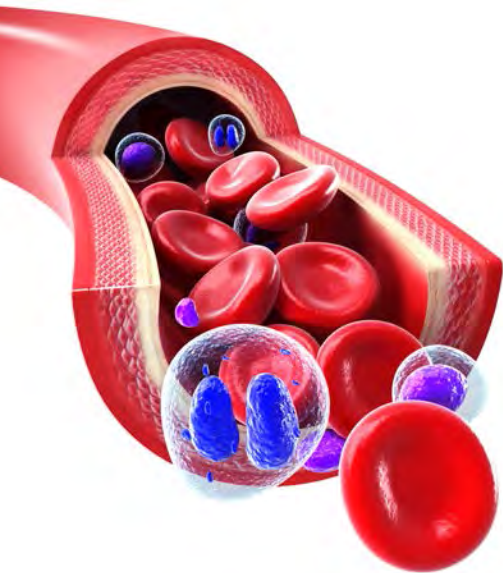
Experts worldwide estimate that *more than half* of all cancer cases are *preventable*. Of the 1.6 million new cases of cancer that will be diagnosed in 2014 in the United States alone, perhaps 800,000 could have prevented their cancer.

**Specific choices may not prevent every case but half is a good place to start.**

# 2

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## What Does Your Immune System Do?



Your immune system is a work of art. A brilliant display of design and function, it consists of organs, tissues, proteins, and specialized cells. It protects every cell in your body – hundreds of *trillions* of them – from attack.

Whether it is protection from a cold when the person next to you sneezes and forgets to cover his or her mouth, killing bacteria caused by contaminated food, pushing toxins from your body caused by the environment, or destroying damaged cells before they have the chance to morph into serious disease...your immune system is always on guard.

The army of your immune system is always on the move, traveling the pathways of your entire body via **lymphatic vessels** and blood vessels. They are on constant lookout for germs, parasites, and cells that don't pass inspection.

Cells that are foreign to a strong and well-fortified immune system are surrounded, attacked, and killed by the white blood cells – also called **leukocytes** – on patrol.

Leukocytes are produced and stored in the lymphoid organs, which include the thymus, bone marrow, and spleen. These crucial fighter cells are found in little pockets of tissue throughout the body but are clustered in higher numbers in your lymph nodes.

There are two main kinds of leukocytes:

- **Phagocytes** destroy invading substances and bacteria.
- **Lymphocytes** are able to memorize previous invaders and enlist the entire body to be on the alert for more of the same cells.<sup>5</sup>

Cytotoxic **T-cells** are the biggest, baddest lymphocytes on the block and when they receive intelligence from the **B-cell** lymphocytes that an invader has been spotted,

they swarm to the location to attack. They are helped out by macrophages, natural killer cells, and dendritic cells. If the mission is a big one, reinforcements come from all over your body to do battle.<sup>6</sup>

Anything considered “foreign” is called an **antigen**.<sup>7</sup> When its presence is detected, an alarm is raised. The B-cells produce antibodies that will always remember the specific invader. This is known as the **immune response**.<sup>8</sup>

The army mobilizes to the intruder, attacks it, and destroys it. If you are attacked again by the same germ or infection at a future date, the antibodies are already present in your body and instantly rally a defense, which keeps you from succumbing to it a second time.

## THE TRAITOR INSIDE YOU

The trouble with cancer cells is that they are “foreign” but sometimes not foreign enough to trigger an immune response. This trained army screens out your body’s own tissue and unlike germs and bacteria, cancer cells are *your cells* that have mutated and gone rogue.

A cancer cell is one that goes *undetected* by your immune system and has broken the natural restraints that inhibit excessive growth and replication. Each replicated cell is the same, growing and spreading, infecting healthy tissue.

Cancer is a Trojan horse – hiding in plain sight. These defective cells may even give off a signal that confuses the immune system enough to attack healthy tissue.

Our built-in defense against disease...*fails*.

The idea that your immune system can prevent and fight cancer – *naturally* – has long been met with skepticism by the health industry. The accepted treatments in the medical community have long been chemotherapy, radiation, and surgery.

Those methods may still be the top choice for some but what if you could improve your chances of getting rid of cancer for good? What if your immune system could help to ease the debilitating side effects caused by traditional cancer treatments and cancer can be prevented and fought naturally?

## HOW TO PUT YOUR IMMUNE SYSTEM TO WORK

The two primary forms of protection provided by your immune system are **innate immunity** (what you’re born with) and **adaptive immunity** (based on exposure within your lifetime to germs and the environment).<sup>9</sup>

Exposure to germs is both negative and positive. Negative because they may make you sick but positive in that your immune system gets stronger and has a better chance of fighting disease and infection in the future because of that exposure.



Overuse of antibacterial products and prescribed antibiotics strips away your exposure to milder germs and weakens your immune system over time.

*You need to flex your immunity muscles.*

Putting your body's defense system to work against one of the worst diseases in history – boosting it and training it to specifically hunt and destroy cancer cells – was considered “alternative medicine” or dismissed outright.

However, science is finally catching up to the brilliance of immune system design. Researchers the world over are discovering that *your own body can and will fight cancer cells* when given the right tools.

Those tools are readily available to you...right now.

# 3

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## What is Cancer Immunotherapy?

Cancer immunotherapy is a range of treatments that utilize your own immune system to fight this deadly disease. Proponents of these methods of treating cancer have been muted for decades, their research summarily dismissed as “new age” medicine.

As it turns out, your body *wants* to fight cancer as badly as it fights stomach flu or infection. It simply has a blind spot when it comes to cancerous cells.

Immunotherapy is the act of targeting the immune system rather than the tumor – and the results to date are fairly astounding.

Named as *Science Magazine's* **Breakthrough of the Year in 2013**, columnist Jennifer Couzin-Frankel wrote:

*“Immunotherapy marks an entirely different way of treating cancer - by targeting the immune system, not the tumor itself. Oncologists, a grounded-in-reality bunch, say a corner has been turned and we won't be going back.”<sup>10</sup>*

By ramping up your own natural defense system to fight for you, you increase your chances of beating cancer if you are diagnosed.

## BIOLOGICAL RESPONSE MODIFIER THERAPY<sup>11</sup>

This type of immunotherapy provides your immune system with natural (made in your body) or synthetic (created in a lab) substances and proteins to boost your ability to fight disease.

Compounds created from living or lab-created organisms are used as a sort of **cancer vaccine** containing cancer-based antigens that boost immunity against all destructive cells in your body. They have shown promise against cancer cells but are not specifically targeting those cells.

## TARGETED CANCER THERAPY<sup>12</sup>

Using DNA material, scientists have also been able to create **targeted cancer antibodies** that inhibit the growth of cancer cells.

Different from chemotherapy – which kills all cells believed to be cancer – targeted therapies work on the cellular level with specific identifiers based on your genes and the proteins present in your cancer. Removing the blind spot, targeted therapies are a more precise treatment that has shown incredible results in stopping the growth and survival of cancer cells.

Targeted cancer therapies are now rapidly becoming part of traditional medicine's arsenal against cancer. Here are some of the most common newer targeted therapies according to the National Cancer Institute:

- **Hormone therapies** – many cancers are hormone-sensitive (such as breast and prostate) and require hormones to grow and spread. Hormone therapies interfere with the hormones required, slowing, and stopping continued growth.
- **Signal transduction inhibitors** inhibit the improper signaling that occurs among cancer cells. Without “permission” from the surrounding environment, cancer cells continually replicate.
- **Apoptosis inducers** boost this natural process in your body. Also known as “cell suicide” – cells that are damaged usually know to destroy themselves. Cancer cells do not follow this protocol but an increase in apoptosis-inducers can force their death.
- **Angiogenesis inhibitors** prevent cancerous tumors from getting the blood supply they require to continue to grow. By removing the blood, necessary nutrients and oxygen required for growth and replication are denied. Effectively the tumor starves to death.

- **Monoclonal antibodies** are toxins that piggyback on molecules to target cancer cells specifically without causing damage to healthy cells lacking the bio markers specified. Since non-cancerous cells will not possess this antibody, the treatment is highly precise.

Some of these treatments are already in use in the fight against cancer while others are still in human trials to determine safety and efficacy.

These treatments use your built-in immune system functions for better results in recognizing, targeting, and destroying cancer cells. They're showing great promise and improving the lives of cancer patients by easing some of the side effects of traditional cancer drugs and treatments.

## WHAT ABOUT PREVENTION?

Are there ways to boost your immunity *before* cancer strikes or once you've beaten it to keep it from coming back?

Yes, there are...and they are available to you this moment without leaving your house or spending thousands of dollars on "supplements" that promise the world but give you very few actual results. Let's dig deeper...

# 4

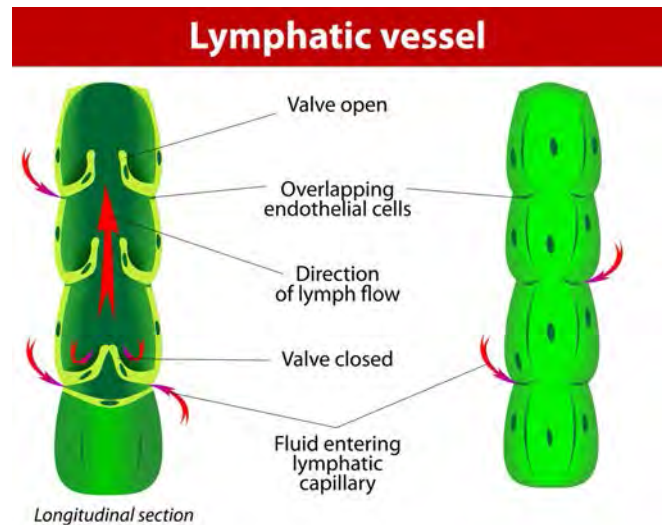
## Lymphatic System Stimulation

Your immune system's primary method of communication is the **lymphatic system**. This is where your white blood cells are produced and stored. It's also known as your body's drainage system. Making sure it is in peak working condition is critical to your health and could drastically boost your prevention of cancer, your success in fighting in, and your chances that it doesn't come back.

**A well-functioning lymph system is the key to good health.**

Generally regarded simply as part of your circulatory system, this network of organs, tissues, and substances is critical to your immune system, digestion, and central nervous system. If your lymphatic system stopped functioning, you would die within hours.

Your heart pushes blood through your body, which provides oxygen and nutrients to your tissues. Your lymphatic system removes the cellular sludge by pushing **lymphatic fluid** through your **lymphatic vessels** that are found between the muscles of your body. There is 2-3 times the amount of lymphatic fluid in your body as there is blood but there is no organ to pump it.



**Structure of lymph vessel.**

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 it is 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 sluggish lymphatic system leaves your body vulnerable.

A lymphatic system that is overworked (from poor diet, smoking, or medication, for instance) and under-exercised 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, acne, weight gain, and much more.<sup>13</sup>

When you have swollen **lymph nodes** – the small filtration pockets located along your network of lymph vessels (found in your neck, behind your ears, beneath your jawline, your armpits, and your groin) – it means infection has been detected and fighter cells are racing there to fight the invader.

Scientists in Europe and Asia have understood the importance of the lymphatic system for decades. Western medicine has all but ignored it unless there is an issue. Recently, the role this under appreciated function plays in health – specifically cancer – has been realized.

## KEEPING THIS CRITICAL BODY FUNCTION STRONG

Circulation through the lymphatic system depends on you. When you move, your muscles compress and stimulate the lymphatic vessels found between the muscles.

- **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.<sup>14</sup>

Be sure to take in air until your lower lungs fill to capacity (when your diaphragm appears to expand). Doing this for a few minutes each morning and before bed is excellent for relaxation, deeper sleep, and a more centered mind.

- **Drink Water:** You know the drill. 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:** Exercise doesn't have to be agonizing. A brisk walk around your block, 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 and get you circulating again.

If you're feeling particularly adventurous, try rebounding – also known as lightly jumping on a mini-trampoline! Minimal impact and total body movement combine to make it one of the best sources of lymph stimulation.<sup>15</sup>

- **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, adding fiber and natural sugars for an energy boost you won't get from a processed cereal bar.

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 that costs you nothing.

Keep reading for more natural wellness tips to boost your entire immune system!



# 5

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## Prevent Cancer & Diseases Naturally

All of us wish we could eat whatever we wanted, do whatever we wanted, and still maintain our good health – but that isn't the way things work.

Your body is a unique and incredibly complex organism. *It is the only home you have and if it breaks down, there are no “secondary” options.*

Sure, disease could strike even if you do everything right (which is the first excuse most of us give when faced with giving up something we love) but the statistics confirm that doing everything right decreases your cancer risk by more than half. The odds are even higher for high-risk habits you cut from your life.

*It's no fun to give up things you enjoy.*

If you're a smoker, quitting is mentally and physically traumatic and it may take you several attempts before you kick the habit for good. Cutting alcohol consumption to one glass a day if you're a frequent social drinker may seem excessive. Limiting processed foods if that's all you've ever eaten or removing sodas from your diet might result in irritability as your body adjusts to the decrease of additives and toxins to which your body becomes addicted.

*On the plus side...your body will thank you!*

Not only will you effectively boost your immune system, you'll improve the overall well being of every cell in your body – giving you the chance to live a stronger and longer life.



# TOP 10 LIFESTYLE CHANGES TO REDUCE YOUR RISK OF CANCER

## 1. NUTRITION.

The fuel you provide your body is the first step to keeping your body strong. Choosing low fat options, limiting refined sugars, and eliminating pre-processed foods will prevent your body from having to fight the toxins a poor food supply delivers. A good rule of thumb is to go organic or as close to it as you can get.

A nutrition plan high in natural foods like fruit, vegetables, grains, seeds and nuts, fish high in omega-3, beans, and low-refined oils such as olive oil or coconut oil will give your cells vitamins, minerals, and energy to keep you going each and every day. Don't forget to read your labels!<sup>16</sup>



## 2. CONTROL BODY WEIGHT.

More than 65% of the adult population in the United States is considered medically overweight or obese and childhood obesity is rising every year. The steady climb in our national weight coincides with our rate of heart disease, diabetes, and cancer to name a few. It is causing a chain reaction to every aspect of our health.

Maintaining (or obtaining) a healthy weight is crucial to your lifespan, your quality of life, and determines your risk of serious illness. It's considered a national epidemic and though it is an uncomfortable topic – the number of illnesses linked incontrovertibly to being overweight is terrifying. Start small, know that every good change helps, and give your heart a rest.<sup>17</sup>

## 3. WATER CONSUMPTION.

Experts estimate that women should drink approximately 90 ounces each day and men should drink 100 ounces each day for optimum hydration. Your body is primarily made of water and without enough of it, most of our basic functions such as our lymphatic system, digestion, central nervous system, circulation, and respiration suffer.

Start with eight ounces (one cup) each day if you rarely or never drink water. Add another eight ounces every week until you're consuming 64 ounces at the minimum. You'll notice a difference in your skin, breathing, and mental clarity when you add water to your day.<sup>18</sup>

#### **4. REDUCE STRESS.**

The studies linking stress to chronic inflammation which leads to diseases from Alzheimer's to cancer are astounding. The stress response causes a physiological reaction within your body and every part of you suffers for it.

Removing “non-crucial” stressors from your life may seem difficult but small changes can make a big difference. Hate your commute to work? Try public transportation. Hate how packed the grocery store is when you go? Try early in the morning or late in the evening instead.

Stressors you're unable to remove – such as a sick relative, the after-effects of divorce, or a toxic co-worker – can be handled more effectively with deep breathing exercises and meditation.

Stress can and will kill you by inches. Take steps to lessen stress in every area of your life possible and surround yourself with positive people who encourage a stress-free environment.<sup>19</sup>

#### **5. EXERCISE.**

You don't have to join an expensive gym to get exercise. Walking around your block, following a yoga video on your computer, or doing low-impact aerobics in the comfort of your living room will get you moving at no cost. If you live a sedentary lifestyle, any additional movement is going to make a difference. Get up, get moving, and be kind to yourself!<sup>20</sup>

#### **6. QUIT SMOKING.**

Smoking raises your risk for every single known disease. It shortens your life by slowly damaging your healthy cells. It is never too late to quit and it has never been easier to get help. There are now nationwide programs to help you quit the habit for good that are no cost to you.

If you quit smoking right now, your heart rate will begin to return to normal within one hour. Your oxygen levels will begin to rise within one day and your risk of heart attack will begin to drop. Two days of not smoking will improve your sense of taste and smell. In three days, the nicotine is flushed from your body. Your system will begin to regenerate cells damaged by smoking and lung function will begin to improve within two weeks.<sup>21</sup> Every aspect of quitting is good for you. Fight through withdrawal, kick the addiction, and breathe again.

## 7. LIMIT ALCOHOL.

When you consume more than a glass or two of alcohol each day, it raises inflammation levels in your body, robs your body of folate, raises hormone levels, and causes you to gain weight. A natural irritant, it can lead to damage in the mouth, throat, digestive system, and liver over time.

If you are in cancer treatment and immediately after – you should not consume alcohol of any kind as they can dangerously interact with treatment medications.<sup>22</sup>

## 8. GET ENOUGH SLEEP.

Sleep deprivation is a chronic problem in our modern world. Adults should get between 7-9 hours every night to allow your body time to restore your cells. According to *Harvard Women's Health Watch*, 75% of adults in the United States report getting too little sleep.<sup>23</sup>

A lack of adequate sleep leads to reduction in memory and retention, weight gain, an increase in blood pressure, poor mood, and lowers immunity steadily over time, which increases your risk of serious disease.<sup>24</sup>

## 9. PROTECT YOURSELF FROM OVEREXPOSURE TO UV RAYS.

Skin cancer is the most common cancer diagnosed in the United States and the most common cause is overexposure to UV (ultraviolet) light which is preventable. Sunlight gives you a natural potent form of vitamin D. Take care to avoid the sun during the hottest part of the day, and wear protective clothing if you'll be outside all day.<sup>25</sup>

## 10. TRY IMMUNE ENHANCING HERBS.

These powerful herbs have medicinal qualities that can prevent cancer and boost your immune system. Some of these herbs and plants are:

- ❖ Fresh Garlic
- ❖ Mushrooms: Shiitake, Reishi, and Maitake
- ❖ Dried Astragalus
- ❖ Panax Ginseng (mainly known as Korean or Asian Ginseng)
- ❖ Echinacea
- ❖ Tasty antimicrobials: Thyme, Rosemary, and Oregano
- ❖ Ginger
- ❖ Turmeric
- ❖ Gingko Biloba



Naturally, implementing all of these lifestyle changes will help every part of you prevent disease but you don't have to do them all at once. Consider making one change every couple of weeks, making it part of your daily regimen, then adding another change and another.

Before you know it, you'll be on the road to better health and an immune system that has every tool you can provide to make it stronger. While it might not prevent every disease – including cancer – it will definitely improve your chances of avoiding it and increase your likelihood of beating it if it becomes part of your life.

It's never too late to adopt a healthier lifestyle. One step, one day at a time, you can strengthen your natural defenses against cancer and supercharge your immune system.

# 6

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## The Quest for The Cures... Continues

In 2014, an estimated 1.6 million people will be diagnosed with cancer in the United States alone. Experts believe that of those diagnosed, more than *half a million* of those patients will die from the disease.<sup>26</sup>

The financial burden to patients, their families, and society at large is astronomical but that is *nothing* in comparison to the mental, emotional, and physical toll this deadly disease leaves on so many lives. There are no positive takeaways when cancer is involved.

Cancer is the second highest cause of death in the United States and the United Kingdom.

### SOME "EYE-OPENING" FACTS ABOUT CANCER

**DID YOU KNOW** that every 1 in 2 men and every 1 in 3 women will be diagnosed with cancer at some point within their lifetimes?

**DID YOU KNOW** that every 2.5 seconds someone is diagnosed with cancer and every 4 seconds, a life is taken by the disease?

**DID YOU KNOW** that within five years, cancer will surpass heart disease as the leading cause of death in the United States and it is already the leading cause of death in Canada and Australia?

There is Good News

Cancer is *preventable* and it is *curable*.

Every single day, tens of thousands of people just like you are **controlling cancer** (and/or preventing it) from destroying their bodies and taking their lives.

It's time to take matters into our own hands, to be proactive in the fight against cancer. It's time to educate ourselves about real prevention and treatments that work whether they are in the top of the media or not.

*It could save your life or the life of someone you love.*

In "[Quest for the Cures...Continues](#)," you'll hear from 49 doctors, researchers, experts, and survivors will show you exactly how to prevent and treat cancer.

*Real world, real science, real survival.*

## WATCH THE NEW 11 PART DOCU-SERIES

### "THE QUEST FOR THE CURES... CONTINUES"

Take the first step toward making sure your life and the lives of the people you care about remain free from the blight of cancer. Starting on October 13<sup>th</sup> you can join "**The Quest for The Cures...Continues**" movement by watching the brand new docu-series.

"**The Quest for The Cures...Continues**" new 11 episode documentary series begins on October 13<sup>th</sup>, in his riveting series features 28 doctors, 11 scientists, 9 survivors, and 1 "FDA dragon slaying" attorney.

Join them as they break 'their code of silence' and expose the TRUTH about cancer and exactly how to prevent, treat, and beat it 100% naturally.

*Here's a sneak peek of the episodes:*

#### EPISODE 1: MODERN MEDICINE & THE CANCER PANDEMIC

Why do modern medical doctors readily prescribe drugs to treat symptoms rather than finding the cause of disease and eliminating it? Why does your medical doctor most likely know next to nothing about nutrition?

In order to understand the current state of affairs of medical practice in the USA, it's vital to understand exactly how we got here. In episode 1, we're going to jump into the time capsule and go all the way back over 100 years to the turn of the 20<sup>th</sup> century.

The first step to preventing and curing cancer is understanding exactly what it is, how it forms, and what is currently offered by most mainstream doctors as treatments.

Episode 1 will lay the foundation as to **why** cancer has reached epic proportions worldwide and why the current treatment model (chemo, radiation, surgery) just isn't working. You'll learn "in plain English" the truth about cancer so that you can fight and win the battle.

## EPISODE 2: YOUR FIRST LINE OF DEFENSE...

What is your immune system? How strong is your immune system? Why is it called our “first line of defense”? And why do many oncologists believe that cancer cannot exist in a body whose immune system is functioning properly?

When most of us think about our immune system or having a weak immune system, we generally just relate it to getting sick, catching a cold or getting the flu. In this episode you’ll learn just how important your immune system is for fighting, destroying, and of course preventing the development of cancer and many other diseases.

You’ll not only learn how to build your immune system back up, but also what causes it to break down and what you can do about it.

## EPISODE 3: ELIMINATE THESE “DIRTY DOZEN” TO PREVENT CANCER

Never before in human history have we been exposed to such high levels of toxins.

There has been an explosion in the number of studies showing the effects of these environmental chemicals on human health.

Thankfully more and more people are aware of the risks and causes of GMOs (genetically modified organisms), but did you know that there are a lot of everyday items that are chemically destroying your body and your immune system? And what about vaccines? Do they really promote immunity and help protect from disease? Have vaccines been linked to cancer? And what about aspartame? Is it really a harmless zero-calorie sweetener, or should you avoid it like the plague? What about heavy metals and xenoestrogens?

In this episode you’ll learn what chemicals, elements, and heavy metals are detrimental to your body. You’ll also learn how to identify and remove them from your life.

## EPISODE 4: YOUR SECRET FOUNTAIN OF YOUTH...

We live in a much more toxic world than we did 100 years ago. There are estimated to be approximately 100,000 chemicals now in commerce, 30,000 of which are in common use and only 3,500 of which have been safely tested.

Throughout our daily life we are in constant contact with environmental toxins. Detoxification is simply normalizing the body’s ability to process and excrete toxins and chemicals. And while many of us have heard the numerous benefits to detoxing our bodies, there is an exact science to it, especially when it comes to treating cancer.

Not only will you learn the best detox methods and why safely detoxifying your body is so crucial to keeping you cancer free, but you'll also learn specific step-by-step instructions on how to detox properly and specifically for cancer treatment.

## EPISODE 5: NATURE'S PHARMACY

For thousands of years, humans have used the plant life around them to help cure their ailments. If you walk into the woods, you will be hard pressed to find anything that's not medicine.

In this episode, you'll learn about how natural food really can be your medicine. You'll learn which foods to avoid and which ones to eat. We'll learn about vitamin and mineral deficiencies and how to properly correct them with foods and herbs. And we'll also learn about which types of sugar feed cancer and which types don't.

## EPISODE 6: CLEAN FOODS & THE CANCER-FREE DIET

Today, Americans are bombarded with information about "healthy eating," but we suffer from higher rates of obesity and cancer than ever before. As a nation, we are increasingly eating more processed foods. Our supermarkets are full of convenient packaged foods that appeal to our taste buds, but compromise our nutrition.

In this episode will demonstrate why even a five year old understands the age-old axiom, "*You are what you eat*" as well as provide specific strategies to prevent and even treat cancer using food, nutrition, and supplementation.

## EPISODE 7: DIAGNOSTIC "DO'S & DON'Ts" - PROVEN TREATMENT PROTOCOLS PART 1

What if the popular diagnostic tests for cancer, such as mammograms and the PSA test, were ineffective (at best) and actually caused cancer (at worst)?

If that question caught your attention, you will definitely want to tune in to episode 7 as we learn that mammograms may not offer the life-saving benefits many women may hope for.

In this episode, we will also begin our journey to learn about proven cancer treatment protocols. We'll learn from Dr. Tony Jimenez, Dr. Rashid Buttar, Dr. Stanislaw Burzynski, Dr. Murray Susser, Dr. Lee Cowden, and Dr. Keith Scott Mumby, just to name a few.

## EPISODE 8: PROVEN TREATMENT PROTOCOLS PART 2

In this episode, we will continue our journey to learn about proven cancer treatment protocols. We'll learn from trailblazing physicians like Dr. Nick Gonzalez, Dr. Francisco Contreras, and Dr. Leigh Erin Connealy. We will also learn the story of suppression of



a totally non-toxic cancer treatment from documentary filmmaker and historian, G. Edward Griffin.

## EPISODE 9: PROVEN TREATMENT PROTOCOLS PART 3

In this episode, we will continue our journey to learn about proven cancer treatment protocols. We'll learn from Dr. Sunil Pai, Dr. James Forsythe, Dr. Bradford Weeks, R. Webster Kehr, Burton Goldberg, Dr. Ben Johnson, Dr. Daniel Nuzum, and Bob Wright.

## EPISODE 10: DOCTOR'S ORDERS

Ever wonder what your doctor would do if he/she were diagnosed with breast cancer or colon cancer?

Well in this episode, the doctors share exactly what they would do if diagnosed with different kinds of cancer. Plus you're going to hear from doctors who have actually been diagnosed and exactly what they did to cure themselves.

You'll learn the most cutting edge treatments that are working for others right now. Listen as you hear doctor after doctor share their methods for successfully treating cancer.

## EPISODE 11: HOW TO SURVIVE & THRIVE

*How did they survive? What did they do?*

Learn first-hand from survivors, ordinary people just like you, that beat the odds. In this episode, you'll hear from others who've fought and won the battle – and exactly how they did it. This is going to be a powerful, inspirational, and extremely educational show that you won't want to miss.

We will send out email reminders of when each episode airs! Don't forget to mark your calendar! [The Quest for The Cures... Continues starts on October 13th.](#)



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# ABOUT THE AUTHOR

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Ty Bollinger is a happily married husband and father, a CPA, health freedom advocate, health researcher, former competitive bodybuilder, talk radio host, and best-selling author of 7 books on natural health. He speaks frequently to health groups, at seminars, expos, conferences, churches, and is a regular guest on multiple radio shows, television shows, and writes for numerous magazines and websites. He also co-hosts a weekly radio show (along with Robert Scott Bell) called “Outside the Box Wednesdays” which is syndicated on the GCN Radio Network and NaturalNews.com.



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