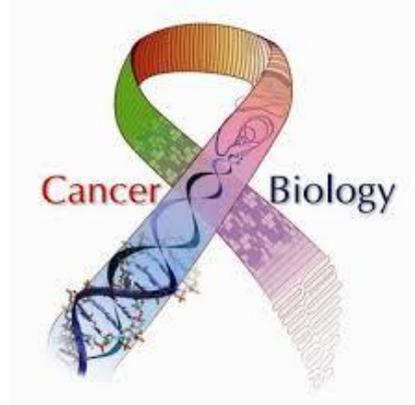


Why are we dying to know the truth?



What does science know about cancer?

What does science not know about cancer?

**What is the patient allowed to know
about cancer?**

**What is the patient not allowed to know
about cancer?**

**‘Why are we dying to know the truth?’
tells the truth about the extraordinary possibilities
about curing cancer.**

Oncologist:

“Your tumors are disappearing, that’s impossible!”

Sorry doctor, it is possible, here is the proof!

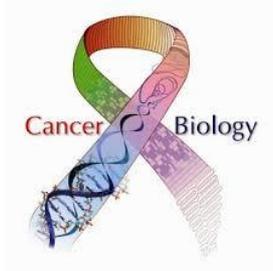
Foreword

This free booklet tells the true story about the why and how of cancer and the latest treatment possibilities. A surgeon during a lecture on this subject: "This was my greatest lecture ever".

The GNM Clinic Anti-Cancer Programme is based on the so-called 'systematic' thinking. Prof. Dr. Frits Muskiet highlighted this in the renowned British medical journal "The Lancet". There is a big difference between the usual medical reductive (reduction) thinking and systemic (biological body systems) thinking. It is precisely in the systemic methodology that unique possibilities for recovery are possible.

The thought that we can solve everything through science and that we can put nature to our own hands is constantly failing. Treatments based on the effects of a disease ignore our evolutionary background. So on the basis of "how it is going" without knowing "why it is how it is".

The GNM Clinic Anti-Cancer Programme is based on understanding the "why" and "how" of cancer, the weaknesses of cancer cells and thus the ability to heal.



Why are we dying to know the truth?

Cancer is a disease that we do not need to get.

Cancer is a disease that can be healed.

You need to understand cancer to be able to treat it.

Cancer patients need to be optimally informed about various treatment options. Cancer patients should have the freedom to choose their own treatment.

Five firm statements that require extensive substantiation.

Welcome reader!

About the usual treatments as we know it, cytostatics (chemo) and radiation, everything can be found on the websites of hospitals, patient associations etc. Therefore there is no need to repeat this. What we are going to do is to give information about innovative visions and possibilities for healing. We would like to emphasise that only information is provided. No more, no less. This information is intended for practitioners, patients, family of patients and anyone who is interested. Fortunately, we live in a free country. We can still say what we want. But what about the patients? How free are they? Are they allowed to decide for themselves what information they consider to be important and which treatment methods they prefer? Of course they are!

Not every practitioner agrees with this though. They often forget what their position is, or at least should be. Each practitioner is primarily an advisor. And there is only one person who makes the final decision, and that is the patient. We make a point out of this because in too many cases the advisory role of a doctor is forgotten and great pressure is exerted on the patients in an authoritarian manner to accept a particular therapy, even if they no longer want a treatment. In a number of cases, even the judge is consulted. The freedom to determine for oneself is then violated. GMN Clinic does not force you to do anything.

We only provide information.

The information is medically based science you probably have never heard of before. Partly because of this knowledge, you are able to make an educated choice for yourself.

What is cancer

Cancer often occurs unexpectedly and has a devastating effect to the person who gets diagnosed with it. At such a moment you feel the ground sinking underneath you. Panic, and the question why, and how can it be? Why my child, my loved one or myself? These questions may be rushing through one's head. Life changes completely at such a time. In many cases people look for information. Unfortunately, information about cancer is overwhelming and sometimes very confusing. With this booklet we want to explain step by step what is actually going on in ordinary language.

You will be taken on a journey that provides insight into what moves a body cell to become a cancer cell. How it does it, what the "mechanism" behind it are, how we can understand cancer cells, how they live, what they live of, what their "survival tactics" are and how we can respond to them. In short, to get to know and understand the cancer cell, in order to be able to use this science to do what is necessary to make cancer cells die and thus become cancer-free. This vision has proven its validity and has transformed into a form of treatment that will be explained in this booklet. For years we have lost none of our clients who faithfully followed the Programme.

The iron law of cause and effect

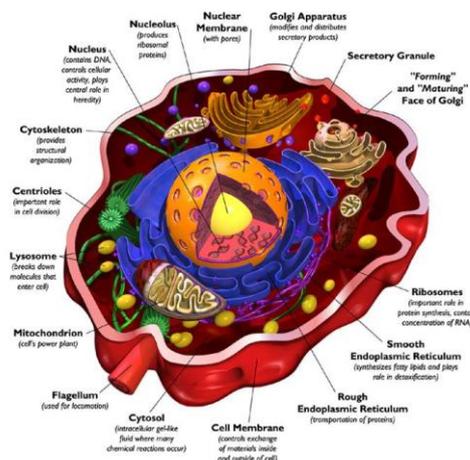
Our body is a fine example of ingenuity. Billions of cells are busy working together on the most complex tasks and they "talk" with each other (cell communication). Under normal circumstances in perfect harmony, noiseless and lightning fast, often incomprehensible and miraculous. At some point, faults may occur. Our body has 'repair kits' like for example the immune system. These tool cases must always be well equipped with the right tools. If the right tools are missing, do not fit, or get broken then there is a problem. Our 'body nature' is so kind to give a little sign.

It sends a message to you, as a thinking administrator of the system (the human being) that something is going wrong.

This message is achieved by means of a special and at the same time crystal clear code. Unfortunately only a few people can recognize it.

The message is that a symptom is being made. And precisely this warning can be the start of a serious disease process (such as cancer) due to unintentional ignorance of the language used by the nature of our body. The common medical response to a symptom is symptomatic treatment. These may be painkillers, antacids, antibiotics or prednisone, etc. The symptoms disappear. The patient is satisfied and the doctor is satisfied with his/her well-chosen treatment. Has our natural repair kit been helped in any way? No, not at all! The warning message is not understood. After a while, it could be months or a year later that the same or a different symptom may occur. And the whole process will then repeat itself promptly. Possibly with a wider working antibiotic and higher dosage of painkillers.

The symptoms disappear, the patient is satisfied and the doctor feels even better. What went wrong at the first time is repeated because the language of the nature of our body was not understood. And, as said, at this point, this is precisely the starting point of a later revealing auto-immune disease such as cancer. In all cases, a process of creation, which sometimes takes years, precedes it. It is precisely the starting point that the body gives us, of which we must be particularly attentive to. The language of our body nature will need to be better understood. As long as this doesn't happen, a golden opportunity for timely intervention and the opportunity to adjust in time might be missed. This is a dramatic shortcoming in modern medical science, which is so great on so many other points. On the picture below you can see a schematic image of a body cell.



Cancer is a survival mechanism of a body cell

Our body is composed of billions of cells. Each body cell is a world on its own as shown in the picture above. A cell contains a number of components that perform complex processes. These processes provide what we call energy, among other things. We have chemical - and electrical energy. In order to be able to perform all tasks properly, the cells work hard and require proper maintenance. Just like your car. The cell has a certain life span and ends in a programmed cell death, known as apoptosis. This makes room for a younger generation of cells. This is the natural process. If during the natural life of a cell it is attacked with acidification, toxins, a lack of oxygen, then the cell can do two things: die or defend itself. The latter is done by transforming itself into a cancer cell. We need to realize that every cell is the result of millions of years of development. Each cell still has the primal properties of a very distant past. The modern cell is nothing more than an ancient cell with evolutionary adaptations. If the cell finds itself in a hostile environment, it can go back to its primal characteristics.

Cancer is a survival mechanism of body cells. This survival mechanism is very powerful. Therefore, cancer cells are also very difficult to combat with toxic substances such as chemotherapy. Survived cancer cells are therefore even more aggressive and recurring cancer is often fatal.

Why does a healthy body cell become a cancer cell?

In most cases, cancer does not have to be a deadly disease that suddenly happens to you. There are very clear reasons why a perfectly healthy cell becomes a cancer cell. As said before, it is a survival mechanism of body cells that try to survive in a body environment of toxins, waste products, acidification, oxygen deficiency, a lack of necessary nutrients, stress, etc. All these factors create a hostile environment in the body. We ourselves create that environment. We do not usually do that deliberately (except smokers). By not knowing or underestimating the dangers, we create the conditions through our way of life that the cell is so affected that it goes into defence as a last resort.

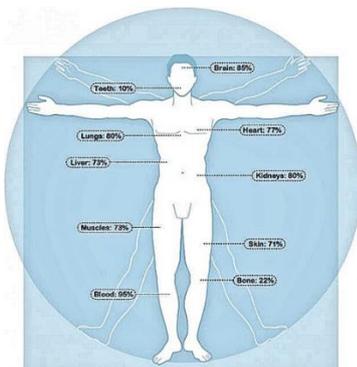
Through an intelligent change in lifestyle, smart changes of diet, recovery of the body's acidity, improvement of oxygen intake, removal of the body's toxins, filling in deficiencies of essential nutrients, countering cell oxidation, countering stress, (even though psychological factors have an influence on it), the causes of cancer can be eliminated and the body can be put back in a healthy condition. Well, well, well, that's quite a lot you may say. It is indeed quite a lot, but it is not more than normal. If you have cancer, you will absolutely have to apply these measures if you want to have a good chance of recovery. If you don't have cancer, you could also apply these measures preventively. Prevention is better than to cure. With a pill, alternative hocus pocus, chemotherapy, we do not get there. Adjusting your life pattern can save you. "That is difficult thinking" many people would say. But it is certainly not. Such a change in your life pattern is not difficult. In fact, it is actually easy, even fun to do, and super effective. We have built up many years of experience with the Programme, in which all patients said that it was not as difficult as they thought it would be, and that it has only improved their life.

So let's get started?

From now on start shopping with the idea that anything your great-grandmother wouldn't recognize as food in the supermarket you will not buy. Leave all ingredients with unpronounceable additives in their place, or at least as much as possible. This is a good start. Now you need the right help of an expert. Genuine medical experts in the field of cancer treatment are extremely scarce. More than 85% of oncologists acknowledge this weakness when they say that they would never take a chemotherapy themselves. Treatments with "the" cancer medicine, both in the regular and alternative circuit, are life-threatening. And false. The perfect anti-cancer model does not and will never exist. Claims that the cause of cancer would have been found can be referred to the realm of fables. There is never 'the' cause. What does exist is a series of factors that together force healthy body cells to become cancerous. From this point of view cancer must be understood and treated accordingly.

The next step is to get to know cancer cells more accurately.
To do that you need to know how and of what they live.
Before we tell you more about this, we go back to our diet.
Our body exists thanks to the ability to 'process' food into life energy.
Nutrition can be roughly divided into:

1. Water
2. Proteins
3. Fats
4. Minerals
5. Spore elements
6. Vitamins
7. Enzymes



Water is in 1st place because its the most important food. Without water everything will die. Our body consists of approximately 70% water. That is why we need to drink enough of it.

Drinking water

We all know that our drinking water comes from the tap. It is pumped up from the ground and rivers or re-used through the water filtration companies. What you probably already know is that water is also called H₂O according to its formula. H₂ is a gas. It is a special kind of gas and will be explained later on. O stands for oxygen. You need to understand that H₂ and O are both gasses. During lectures guests are always asked how it can be a liquid gas. In this case two gases at the same time. What people do know is that in order to make a gas into a liquid, a certain, rather high pressure is needed for it. Just think of a butane gas bottle. Water is a liquid gas that does not require high pressure.

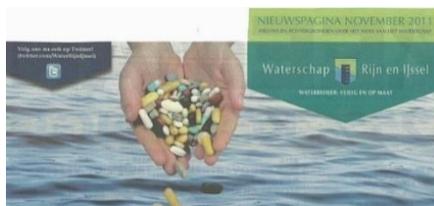
That is strange. Never before during lectures there has been anyone who guessed it right, not even highly educated people.

Apparently, because of the enormous amount of water on our planet, it is so ordinary that we do not even think about how this can be done. In other words, we do not know exactly what water is. Is that not strange? Water appears to possess even more surprising properties. The conclusion is that water is a very special substance and that our body consists three-quarters out of water, and is therefore vital. Our drinking water comes from the tap (or a bottle). That is to say, a liquid comes out of the tap. It is pumped from the source (soil or river) via a purification plant and an ingenious pipeline system to your home. Then you drink it, in good faith, and it enters your body. We do know that we do not drink melted water directly from the glaciers of the Swiss Alps.



Know exactly what we drink!

The government of The Netherlands published an article about the state of the countries drinking water:



HELP MEE: SPOEL GEEN MEDICIJNEN DOOR GOOTSTEEN OF WC

De afgelopen tientallen jaren is het oppervlaktewater in Rijn en IJssel een stuk schoner geworden. Heel veel partijen hebben hieraan bijgedragen. Industrieën zijn gesaneerd, er is riolering in vrijwel het hele gebied en de landbouw brengt minder mest op het land. Toch zijn er ook nieuwe zorgen om de waterkwaliteit: steeds meer medicijnen komen in oppervlaktewater terecht.

Dit komt deels door de vergrijzing: gemiddeld gebruiken ouderen meer medicijnen dan jongeren. Ook in de diergeneeskunde worden grote hoeveelheden medicijnen gebruikt. Denk aan antibiotica in de veeteelt. Onbedoeld komt een heel groot deel van al deze medicijnen (al dan niet gebruikt) in oppervlaktewater terecht. Immers, mensen poepen en plassen al deze medicijnen ook weer uit. Via huishoudens, zorginstellingen en ziekenhuizen komen ze in het riool en de waterzuiveringen. Helaas kunnen deze specifieke stoffen daar echter niet uit het water gehaald worden. Ze komen dus terug in het oppervlaktewater. Dat gebeurt ook met medicijnen in mest van koeien, varkens en kippen die van percelen afspoelt.

Evenwicht
In het gebied van Waterschap Rijn en IJssel is onderzocht welke medicijnen in oppervlaktewater voorkomen. Er werden dertig verschillende medicijnen gevonden: vaak pijnstillers, hartmedicijnen, antibiotica en medicijnen tegen epilepsie. Veel medicijnen zijn schadelijk voor de dieren in het water. Zo zorgen pijnstillers voor nier-, kieuw- en leverschade bij vissen. Andere medicijnen kunnen de hormoonhuishouding van bijvoorbeeld vissen veranderen. Mannetjesvissen kunnen erdoor vrouwelijker en dat verstoort het evenwicht in de natuur. Voor een deel weten we nog niet precies wat medicijnen in het

water doen. Zeker is dat ze er niet thuishoren. Daarom is het goed om zoveel mogelijk te voorkomen dat medicijnen in oppervlaktewater terecht komen. U kunt een handje helpen. Spoel overgebleven (vloeibare) medicijnen daarom nooit door de gootsteen of wc, maar breng ze terug naar uw apotheek.

Ideeën?
Waterschap Rijn en IJssel wil graag samen met anderen de mogelijkheden verkennen om de toestroom van medicijnen naar het water te verminderen. Hebt u hierover ideeën, ziet u mooie kansen of zou u met ons samen willen werken aan dit onderwerp? Laat het ons dan weten via info@wrj.nl of bel 0314 369369.

“Help out: do not flush medicines through the sink or toilet

Over the past decades, surface water in Rhine and IJssel (a province in the east of The Netherlands) has become much cleaner. A lot of parties have contributed to this. Industries have been rehabilitated, there is sewerage in almost the entire area and agriculture brings less manure to the land. However, there are also new concerns about water quality: more and more medicines are entering surface water.

This is partly due to the aging population: on average, older people use more medicines than young people. Large quantities of medicines are also used in veterinary medicine. Think of antibiotics in animal husbandry. Unintentionally, a very large proportion of all these medicines (used or not) end up in surface water. After all, people go to the toilet and all these medicines will end up in it. They enter the sewers and water treatment systems via households, caring institutions and hospitals. Therefore they return to the surface water. This also happens with medicines in manure from cows, pigs and chickens that are washed off from the pavements of farms.

In the area of the Rhine and IJssel Water Board, research has been carried out to determine which medicines are present in surface water. Thirty different medications were found: often painkillers, heart-, epilepsy medications and antibiotics.

Many of them are harmful to the animals in the water.

For example, painkillers cause kidney, gill and liver damage to fish. Other medications can change the hormone balance of fish, for example. Males may become feminine because of it, which disturbs the balance of nature. It is certain that they do not belong there. That is why it is good to prevent medicines from ending up in surface water as much as possible. You can help a little bit. Therefore, never rinse the remaining (liquid) medications through the sink or toilet, but bring them back to your pharmacy.

Ideas? Together with others, the Rhine and IJssel Water Board would like to explore the possibilities for reducing the influx of medicines into the water. Do you have any ideas about this, do you see great opportunities or would you like to work with us on this subject? Please let us know via info@wrij.nl or call 0314 369369.”

Doubtful quality of our tap water

If the quality of water becomes discernible, it is time to investigate further.

“63 million Americans exposed to unsafe drinking water” – USA Today

“Plastic fibres found in tap water around the world, study reveals” – The Guardian

“Emerging contaminants in surface waters and their relevance for the production of drinking water in Europe” - Journal of Integrative Environmental Sciences

“How drugs are entering UK water systems through urine” BBC News

“Cocaine use in Britain so high it has contaminated drinking water, report shows” - The Independent

And that is just a couple of articles.

Is bottled water safer?

If you squeeze gently into a plastic bottle you will probably have never wondered what exactly you hear. You hear it cracking. In order to give a plastic bottle resilience and elasticity so that it does not break, certain substances such as phthalates (softeners) must be used.

Phthalates are highly toxic substances released into the water from the plastic of the bottle. Phthalates and other substances like Bisphenols are very harmful to our body. Bisphenol A (BPA) in plastic bottles disturbs the hormonal system because it resembles female sex hormones, as was discovered.

The researchers Dr. M. Wagner and Dr. J. Oehlmann from the Johann Wolfgang Goethe university in Germany found evidence of oestrogen compounds in water

from plastic bottles. They speak of “large-scale contamination with potent synthetic oestrogens released from plastic”. Plastic hormones. These synthetic hormones are called xeno-oestrogens. In our body we have sending - and receiving “ticket offices” known as the receptors. A signal is sent from one receptor to another receptor. Just like an email from one computer to another. If the recipient's mailbox is overcrowded, the mailbox will be filled. The e-mail will then not be seen.

The same happens here with xeno-estrogens released in the water. They occupy the receptors (reception stalls). Bisphenol-A (BPA) is described by the researchers as a “endocrine disrupting chemical”. It disturbs hormonal activity with a significant risk of damaging health.

There is another substance in the water called Antimonium.

Antimonium is a very carcinogenic metalloid.

Prof. Dr. William Shotyk (from the Heidelberg: Uprecht-Karls University) said the following about it:

“The very dangerous carcinogen Antimonium is present in almost all PET bottles in Europe.” Antimonium is a metalloid.

It falls into the group of heavy metals. It is used in paints, rubber, ceramics, enamels, semiconductors, diodes, infrared detectors, lead hardener in batteries, small arms, light track ammunition, fire-resistant materials, fire fighting coats, and PET bottles. Antimonium has been designated as a “hazardous substance” by US and European authorities. The longer a liquid stays in a PET bottle, the more Antimonium gets into it.

Are there other sources that have something to say about antimonium? Certainly! The Health Council of the Netherlands said the following:

“Health Council of the Netherlands - 2 December 2012

To the State Secretary for Social Affairs and Employment.

Metallic chromium, antimony and antimony compounds have been assessed for their potential to cause cancer in people exposed to it at work. The antimony trioxide is a "suspected human carcinogenic" (category 2).

Prof. Dr. L.J. Gunning-Schepers, chairman Health Council of the Netherlands"

The Health Council of the Netherlands refers to 'being exposed to it at work'. Protective clothing is still used in workshops. We drink it. That is considerably more serious.

Astonishment

We can imagine that this is a matter of astonishment.

It is indeed scary to learn that we still call this drinking water.

We drink this toxic cocktail every day, we give it to our children and cook with it. Now you will doubtlessly think, what should we do if the water treatment plants are unable to filter all these substances out?

The solution

To reassure everyone at this point, the programme includes a unique system that ensures that all these toxins, most of which are carcinogenic, are removed from the water. This is an important part. To this end, we talked about a healthy body cell in a hostile environment being able to do two things:

A: Die or B: Become a cancer cell. The environment means the toxic substances that we ingest, the acidifying effect of food, water, impure air, radiation, chemicals personal care products, cosmetics, detergents, etc. which causes a constantly too low acidity (pH) of the 75% water we are made of. This is called chronic acidosis. More than 90% of the Western population suffers from this. Healthy body cells are surrounded by an acidified environment. The cell can die as explained or become a cancer cell. The body environment must therefore change from acidified to alkaline. It must become alkaline. "Because no disease, including cancer, can survive in an alkaline environment" - Prof. Dr. Warburg, Nobel Prize winner.

The Anti-Cancer programme ensures that this is possible.



"NO disease, including cancer, can exist in an alkaline environment."

Dr. Otto Warburg,
1931 Nobel Prize winner
for cancer discovery

Oxygen deficiency

If we do not breathe, we will die.

Our body cells need plenty of oxygen.

Cells should normally be energized by absorbing and using oxygen in the cell

respiration, known as the respiratory chain. Oxygen is attached to the red blood cells every time we breathe in our lungs. These transport the oxygen to the body cells. Our body cells need a certain amount to function properly.

The same Professor Warburg proved that a 35% reduction in oxygen content in a body cell stimulates it to either die or become cancerous. And what happens then? The body cell that has now become a cancer cell still appears to have the primal mechanism that has existed for many millions of years, namely, the ability to survive without oxygen.

This is remarkable and very worrying because the cancer cell is doing something that cannot be controlled. The cancer cell has become what we call an anaerobic cell. It no longer needs oxygen. Oxygen is suddenly the enemy of the cancer cell. And here, because we understand the cancer cell better, it is a good opportunity to intervene if we see a chance to bombard the cancer cells with oxygen. They cannot stand up to this.

What does a cancer cell live from?

What many people do not know is that a cancer cell lives from sugar. The more the better. The cancer cell ferments sugar and replicates itself. Each cell has the capacity to survive through fermentation if it does not get sufficient oxygen. This is called anaerobic glycolysis or fermentation. The metabolism of cancer cells is considerably faster (100 - 400%) than healthy cells. Accelerated cell division means that a cancer cell has a higher energy demand. Sugar is mainly used for this purpose. Cancer cells use ten to one hundred times more glucose than normal cells. This is special and at the same time another weak side of the cancer cell that can be used if we act wisely.

The McGill University, Washington University, University of Bristol and ITMO University research team in St. Petersburg studied the response of cancer cells to reduced glucose availability. They came to the conclusion that some cancer cells become scarce as soon as sugar becomes scarce. Then the cancer cells switch from glucose to the amino acid glutamine. The cancer cells are reprogramming themselves. This metabolic switch ensures that the cancer cells survive, but also continue to share in the event of "hunger". Sugar has another unpleasant characteristic. It has almost the same molecular structure as Vitamin C. Both fight each other to enter the body cell first. Sugar wins and Vitamin C delves into the bottom line. That is how we lose Vitamine C as an antioxidant in the cell.

Cancer cells do more

The cancer cells use two mechanisms:

- A. They break down their environment (collagen) in order to spread.
- B. They draw more "food" to sustain themselves.

With regard to collagen degradation, it is very important that resources are used to counteract collagen degradation with collagen build-up agents.

Solution

These high-quality medicines are included in the programme.

Regarding to B: (they draw more "food" to sustain themselves) the cancer cells install blood vessels to themselves. This process is called angiogenesis. Everything we eat goes right into the bloodstream.

So also sugar. Blood sugar. Cancer cells provide themselves with angiogenesis for an even better supply of sugar. The cancer cells install blood vessels to the tumour so that it becomes 'self-sufficient'.

It's essential for the tumour to do this. If the growth of blood vessels can be inhibited, the formation of metastases can also be inhibited.

This principle was already introduced in the early 1970s by Dr. Judah Folkman of Harvard Medical School, Boston USA.

The solution

The programme includes these angiogenesis inhibitors.

Carbohydrates are sugars

Sugar supplies should be restricted immediately upon diagnosis of cancer. The term sugar covers all carbohydrates. So not only pure sugar, but also everything that is flour based. Flours are carbohydrates. The question then, of course, is how to create a fully-fledged dietary method in which carbohydrates hardly occur. And if there is such a dietary method, is it possible to maintain it? The science of collagen build-up, as well as a carbohydrate limited diet with complete nutrition is a few steps too far for oncology. That is why this is lacking in the usual treatment of cancer. Well, as an oncologist you are not a cook, although...an oncologist in the kitchen would be quite handy.

The solution

The programme includes a fully fledged carbohydrate limited dietary method. It is generous, tasty and effective.

Investigation of carbohydrates reduction

If the cancer cells receive less carbohydrates (starch is also sugar) the cancer cell gets more difficult. This is called starvation of the cancer cell. This approach sounds quite logical because sugar causes the production of insulin and insulin growth factor 1 (IGF1). IGF1 stimulates the growth of a number of cancers, including prostate, breast and lung cancer. This was confirmed in a study of 265 postmenopausal breast cancer patients. Patients who were tested positive for the IGF1 receptor had a (70 %) higher risk of getting the disease again. This risk doubled once again when they ate as many or more carbohydrates as before during the study period.

It was notable that even a small decrease in carbohydrate intake had a measurable effect on cancer pathology (10 % or 26 grams less carbohydrates per day).

References:

Huber C. Glycemic Restriction in Cancer Patients: A 7-Year, Controlled Interventional Study. Cancer Strategies Journal - Spring 2014 – www.cancerstrategiesjournal.com Emond JA, Pierce JP, Natarajan L et al. Risk of breast cancer recurrence associated with carbohydrate intake and tissue expression of IGF1 receptor. Cancer Epidemiol Biomarkers Prev. 2014 Jul;23(7):1273-9

Fatal mistake

Then you would say, starve the cancer cells quickly! It seems that some practitioners are also in favour of this. Unfortunately, a fatal mistake is being made with this. The tumour should not be hungry! Especially not!

When this happens the cancer cell then falls back to an ancient defence mechanism. It promptly turns to the consumption of other nutrients (glutamine) to survive as soon as sugar becomes scarce. The cancer cells are reprogramming themselves. This metabolic switch ensures that the cancer cells survive, but also continue to share in the event of "hunger". (Research carried out by McGill University, Washington University, University of Bristol and the ITMO University in St Petersburg)

Glutamine

Before we talked about acidic body fluid around the cells.

Glutamine is important in regulating the acid/alkaline balance in the kidneys. Glutamine is found in large quantities in quark, yoghurt, milk, eggs, soy, wheat, spinach, cabbage, beans and tofu. For deacidification of our body we need calcium. Calcium neutralises acid.

The less the kidneys are burdened with regulating the acid/alkaline balance, the less glutamine they need. It is therefore of great importance to increase the acid/alkaline ratio to pH 7.36 or rather slightly higher (pH 8.3). pH is the unit of measure of acidity. It is therefore important to limit glutamine-rich food and take in more calcium.

The solution

The programme is formulated in such a way that it contains more calcium and the pH level is greatly improved.

Tackling cancer cells on different fronts



So weakening of tumours is the right strategy, and approaching cancer cells through multiple routes is the only way to achieve proper treatment of cancer.

The solution

The programme offers the ideal solution for this.

Tumours are weakened to such an extent that they can become smaller and smaller in size and eventually disappear. The strength of the programme rests on the various strategies to eliminate cancer cells. What is remarkable is that GNM Clinic has succeeded in developing an entire Anti-Cancer Programme in such a way that it stays close to what we are used to eat but stays effective.

Failing immune system

The immune system is a complicated defence system designed to combat intruders or altered cells of our own. When we talk about an immune system, we mean the immune response in multi-cellular organisms. This means that a large number of cells and molecules work closely together to prevent intruders. In addition to its protection against viruses, bacteria and parasites, the immune system also serves to clean up waste or diseased body cells such as cancer cells. The immune system is an ingenious system in which organs, blood, lymph, even saliva, work closely together. Every human being has to deal with millions of cancer cells every day. One person gets cancer the other does not. The cause lies in the immune system's ability to remove cancer cells.

The 007s of our body

In our body certain cells patrol on a daily basis. The dendritic cells. If they come across an unusual cell, it is recognized and marked with a registration number. The immune system sees this and sends the so called T-killer cells into the right direction.

These destroy the cancer cells. If the immune system is powerful enough then we do not get cancer. If the immune system is weakened, it cannot clean up the cancer cells. It is therefore clear that the quality of the immune system is crucial. Cytostatics (chemo) greatly affects the immune system negatively. The remaining resistance that would still exist is virtually destroyed. This is contrary to any logic. The immune system should be put in a better condition. The question is how to do that.

The solution

The immune system can be improved by 400% in just one week.

H₂: the miracle antioxidant

H₂ is a gas. We know it as hydrogen gas. For years hydrogen gas has been used as a fuel for car engines. On our planet it only occurs in a concentration of 0.2%. It is remarkable that H₂ occurs throughout the universe. The surprise was great when it was discovered that H₂ is the strongest antioxidant that exists. Our body has to deal with a daily process called oxidation. Exactly the same as butter turning yellow when exposed to light and oxygen, browning of a peeled apple or rust on metal. This process of oxidative stress as it is called attacks the cells of the body and stimulates the development of cancer.

The counterpart of oxidation is anti-oxidation. We should take the necessary anti-oxidants out of healthy food. Our diet has ceased to be what it used to be. In the past food came fresh from the farm, now it comes mostly from a pack, bottle, or pot, or even worse: fast food. Packed food contains preservatives, flavourings, colorants, antibiotics, thickeners, herbicides, pesticides, hormonal substances and more. The food itself is also too poor in quality to be consumed as a fully fledged nutritious food. Did you know that the biggest amount of antibiotics produced are used in food production? We know these additives to food like preservatives are incomprehensible to an average person. Surely they have been approved by the government, you would say. That is true, but that certainly does not mean that they are approved for your health. All these substances do not belong in our body. Most of them are potentially dangerous substances, even to a carcinogenic level.

The list of toxic substances in our drinking water was already impressive, the list of toxic additives in packaged food is many times longer. This means more and more oxidative substances, and fewer and less anti-oxidative substances. A downward spiral with enormous consequences for public health.

The increase in cancer is mainly due to this. And then it is discovered that H₂ is the strongest antioxidant of the entire universe. Of course, the question arises: if there is so little of it on our planet, what is the point of this wisdom? Well...very much! Because we can make it with a particular system. A system that can produce H₂ gas. The quantity is always expressed in PPM or Particles Per Million. This unique system produces 1400 ppm. As an antioxidant, it is perfect for our body. It therefore has great anti-cancer properties.

The solution

This unique system is included within the programme.

Brain tumors

Brain tumors (gliomas) are a hard-to-treat form of cancer. Brain tumors also thrive on glucose (sugar). Conventional medicines surpass the brain-blood barrier, which make it almost impossible and therefore not very effective. With the Anti-Cancer Programme this blockade is bypassed. Researchers at the University of Michigan (USA) took a look at it. The conclusion was that such a nutritional method could be promising. It should be noted that these results appeared only from case studies. (Out of 22 brain tumor biopsies)

References: Chang HT, Olson LK, Schwartz KA. Ketolytic and glycolytic enzymatic expression profiles in malignant gliomas: implication for ketogenic diet therapy. *Nutritional Metabolism* (London). 2013 Jul 5; 10 (1): 47

The solution

This special method is included within the programme.



Lung cancer

More than a quarter of men who die of cancer die of lung cancer. In addition, more than 12 percent die as a result of colorectal cancer and more than 10 percent as a result of prostate cancer. Since 2007, lung cancer has also accounted for the highest proportion of total cancer mortality among women. In the last 15 years, the number of women who have died of lung cancer has more than doubled. Breast cancer is the second most prevalent in women, with nearly 16% of cancer mortality, followed by colorectal cancer with a share of 13%.

Prostate cancer

This type of cancer can develop quietly because it usually grows very slowly and can also (in most cases) not cause any symptoms. Prostate cancer is becoming increasingly common at a younger age. It is usually associated with older men. This is usually the case, because the majority of patients are 65 or older. The appearance of prostate cancer at a younger age is very worrying. At that age, they are not aware about this. But they should be. The prostate is a gland under the male bladder. In terms of shape and size, it is somewhat similar to a chestnut. In the cells of the prostate's glandular tubes, cancer can occur, causing the prostate tissue to change and the prostate to become larger and/or harder. This form of cancer is observed annually in approximately 9000 Dutch men (statistics may vary per country). Without men knowing it, many more men suffer from this condition. Prostate cancer often grows so slowly that many older men do not suffer from it. They are more likely to die from another reason. Because prostate cancer grows so slowly, the disease often does not cause any symptoms for a long time. Often prostate cancer is only detected when metastases are present.

Of all men with prostate cancer, 80% on average still live 5 years after the diagnosis. Without metastases this percentage is even higher. Metastasis, however, only occurs at a late stage of the disease. These figures do not, of course, say anything about someone's individual situation. It is highly recommended to consult a general practitioner ahead of time if a prostate symptom is suspected. You can first check yourself. Complaints that may indicate a prostate deviation:

1. A more frequent urge to urinate;
2. Difficulty with urinating;
3. Pain or burning sensation while urinating;
4. Dripping of urine after urinating and/or a weak discharge,
5. Turbid or bloody urine

PSA (Prostate Specific Antigen)

If you are familiar with some of these symptoms, it does not directly mean that you have prostate cancer. These symptoms can also occur in the event of a urinary tract infection or prostate enlargement. If you recognize some of these complaints yourself, it is best to make an appointment with a general practitioner. Through rectal examination, it can feel if there is a prostate anomaly. This is then combined with a so called PSA test.

This test determines the amount of proteins in the prostate. Unfortunately, this test does not give a 100% reliable result, but a better test does not exist at the moment. An increase in protein levels could indicate prostate cancer. If prostate cancer is suspected, refer to the urologist. The urologist will repeat the first examination and the PSA test, and will do another examination by means of ultrasound, during which the prostate will be depicted. Or a biopsy can be done in which tiny pieces of tissue are removed. The latter can be fatal!

Biopsy sometimes fatal

A biopsy is taking a very small piece of tissue to see if it is cancerous. A biopsy is associated with the risk of cancer cell carry-over, and therefore with the risk of metastasis. An MRI scan can be used to determine how extensive the cancer is and whether there are metastases. The urologist will then propose a treatment.

Such a treatment can consist of a surgical partial removal of the prostate. Unfortunately, complete removal of the prostate is not possible. The prostate can be irradiated internally and externally (radiotherapy), or both. Hormonal therapy can also be advised whereby synthetic hormones are used to try to stop the growth of cancer cells. Another option is chemotherapy.

Therapists sometimes make the choice to wait for treatment in case the tumour causes few symptoms and only grows very slowly. Unfortunately urologists and oncologists are not familiar with other options, such as intervention with food, detoxification, deacidification, reducing angiogenesis build-up and immune-strengthening.

The solution

The programme amply offers these other possibilities.

Apoptosis

Body cells have a limited life span. A natural rejuvenation process, in which older used up cells are cleaned up so that new cells can replace them. Compare it to a football team, if old players were not replaced by younger players, the whole team would eventually run behind a walker. Little chance that they would still score. This process of dying and cleaning up outdated body cells is called apoptosis.

Cancer is one of the leading causes of morbidity and mortality worldwide

Cancer is the cause of death in Europe for one in four people. Nearly 2 million Europeans die every year from the disease. And it is increasing steadily. That is why it is necessary to change course! Not tomorrow or next year, but now!

Unrealized promises

Since the 1950s the "promise" exists that cancer could be cured in 10 years' time. We heard the same in the 60s, 70s, 80s, 90s, 2000s, 2010. There is no other conclusion to be drawn than that none of these promises of experts has come to anything. At the same time, the number of cancer patients has increased. Preventive measures to reduce the increase have also failed.

Age and cancer risk

The toxic burden of carcinogenic substances starts as early as day 1. In reality even much earlier, because the mother absorbs toxins too, and passes them on to the unborn child. As soon as the baby is born the personal care products come into play.

A small investigation:



Half of all baby wipes contain a substance that is toxic to the liver. 14 of the 34 products tested contain a preservative that can directly cause an eczema when it comes in contact with the skin. Almost half of the wipes contain substances that can cause allergies. 1 in 5 wipes contains endocrine disruptors.

In 94% of the products tested, large amounts of potentially harmful substances have been found which may be carcinogenic.

The substances that were examined were: Propyl and Butyl Parabens, Fenoxylethanol, Methylisothiazolinone, Methylchloroisothiazolinone and 26 allergenic substances of which labelling is mandatory, according to European regulations, from 10 ppm (mg/kg).

These kind of regulations allow manufacturers to add these substances that are highly toxic for newborns to their products.

The toxicity and carcinogenic properties are known to the government and, of course, the manufacturer which puts them in.

The average consumer is not aware of this. Manufacturers are also very easy to get away with it in order to cover up these dangerous substances. In other words, if there is 9.9 ppm (mg/kg) of a given substance and not 10 ppm, it does not have to be mentioned on the label. This will prevent consumers from becoming aware of the existence and amount of harmful substances. The conclusion can only be that you are systematically poisoned from birth and can get cancer from it.

And it's not only in baby products, many health and beauty products contain potentially harmful ingredients. Your body can absorb and accumulate these chemicals.

Your skin, your largest and thinnest organ, is your first line of defence against toxins and germs. Only 1/10th of an inch thick, human skin is also highly permeable. So, most of whatever you rub on your skin will end up in your bloodstream and travel throughout your body. In fact, putting chemicals on your skin may be worse than actually eating them! When you eat something, enzymes in your saliva and stomach help break it down. Chemicals on your skin, however, get absorbed without filtering of any kind, going directly to your bloodstream and delicate organs, where they tend to accumulate over time. When you add up daily exposure over the course of a lifetime, it really adds up. Common products contain all-too-common chemicals. Just a quick glance at the ingredient lists of many personal care products reveals potentially harmful chemicals. Here are some of the more common ones, and their potential effects:

Propylene Glycol: Found in brake fluid, hydraulic fluid and anti-freeze. In skin and hair care products it works as a humectant, which retains moisture. It can cause skin and mucous membrane irritation, skin rashes, and “severe effects on the [central nervous system] and metabolic disruptions.” (1)

Sodium Lauryl or Laureth Sulfate: Found in many personal care products. It is a well-known skin irritant, and according to the Journal of the American College of Toxicology, “in absorption, metabolism and excretion studies, Sodium Lauryl Sulfate had a degenerative effect on the cell membranes because of its protein denaturing properties.” Because it can compromise the cell, SLS clears the way for other harmful ingredients to breach our natural barriers. (2)

PEG (Polyethylene Glycol): Used in cosmetics, shaving cream, and other personal care items. PEG is considered so toxic that industrial workers are required to wear protective clothing, gloves and goggles while disposing of it. It is a petroleum derivative that penetrates the skin and may be carcinogenic. (3)

Parabens: Found in personal care products and cosmetics. A class of chemicals used as preservatives in thousands of cosmetic and care products. Their use is becoming increasingly controversial due to studies which have found their existence in breast cancer tumours. (4)

Polysorbates: Often used in cosmetics to bind essential oils to water-based formulas. May contain 1,4-Dioxane (a toxin found in Agent Orange), which is often created in the manufacturing process, and has the potential to create tumours on the skin and in the body. (5)

These are just 5 examples out of dozens of chemicals.

An extensive list of the most common chemicals can be found on our website: www.gnmclinic.org/ingredients

The solution

The programme offers safe and very effective personal care and household products, free from BPA and other toxic substances.

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"Concentration of Parabens in Human Breast Tumours." Journal of Applied Toxicology. Vol. 24, Issue 1: p.5-13. Jan./Feb. 2004.

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Yes doctor no doctor

“Our body will adjust itself to it” a doctor spoke recently. How should that change look like?

We cannot simply “upgrade” the liver.

Our immune system and DNA have taken millions of years to be what it is now.

Unfortunately, this doctor's wish is not fulfilled.

At least not in our lives or those of our next generations.

However, this doctor might in principle be right, because adaptation is an existing evolutionary process that needs to be “processed” via the DNA. However, there is too much optimism, because our DNA adapts itself, but not faster than half a percent in a million years. It is hard to wait for that. So this doctor's assumption is wrong.

Time of muddling is over

If we want to reverse the tide, we cannot continue the way we are doing now. We praise ourselves (GNM Clinic) extremely satisfied with the vision and treatment that has been developed by our Foundation.

We recognised the complexity that forces healthy body cells to a survival strategy, the mechanisms, problems and opportunities.

The experience we gained with cancer patients throughout the years is unique. The fact that none of our clients who followed the programme has died is phenomenal.

The role of psychological stress

It has already been mentioned before that cancer cells are capable of breaking down the collagen which surround the cancer cells.

And that there is a solution with collagen-growing substances.

Chronic stress also causes the degradation of collagen and damage the connections of the brain and, in particular, the hippocampus, a small organ in the brain. Cancer can therefore certainly be associated with stress. Sometimes a severe traumatic experience is mentioned as the cause of cancer. It is more likely that the duration of stress is mainly responsible for it.

Psychological suffering does not just shake away from you.

Stress needs something, namely anti-stress. In practice, it turns out that being in a relaxed environment for a while with positive prospects can contribute to the recovery of health.

The solution

With the programme there is an option to spend a carefree holiday in a very beautiful location on the Costa Blanca. If needed, home care facilities are available. (English speaking home care).

Pleasantly under the sun

The Costa Blanca (the white coast) is a beautiful region in the south of Valencia, Spain, with 300 days of sunshine a year. The possibility exists to follow the programme in this beautiful environment.

There are several possibilities for this. Optionally in a fully furnished apartment, or one of the comfortable modern hotels. (In every hotel there is an elevator available). We named this part of the Programme “On holiday at the doctor”. This helps the client to escape from the hospital environment, enjoying peace and quietness, the beautiful surroundings, more than 7 km of white sandy beach and the blue Mediterranean Sea on the doorstep.



Before, and after chemo/ irradiation

With chemotherapy or irradiation the Anti-Cancer Programme can offer advantages. The effects of such treatments, in particular the massive impairment of the immune system, can be significantly reduced.

This greatly reduces the risk of infection. With the Anti-Cancer Programme, the immune system can be improved with 100 to 400%

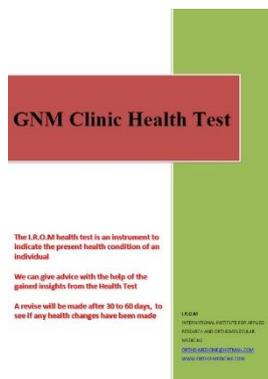
A Worldwide application of the Anti-Cancer Programme



During the development of the Anti-Cancer Programme it has been sought to make it accessible worldwide. Thanks to the modern means of communication, it has become possible to apply the Anti-Cancer Programme remotely.

Information can be exchanged quickly, advice can be given, a personal conversation with Skype is possible, resources can be delivered almost anywhere at home. This system has worked perfectly for years.

The first step



You are diagnosed with cancer. It is of utmost importance to map the causes that led to the development of cancer. For this we have developed the GNM Clinic Health Test. This is the first step. The Health Test will be sent. Upon receipt the test will be analyzed and you will receive the results with advice what to do next. The Health Test also proves to be of great service to take preventative measures. Very frequently, previously undiscovered aspects are discovered and can be adjusted accordingly.

How to start with the Anti-Cancer Programme

To reassure you, it is not difficult and certainly not unpleasant. The starting point for developing the programme is that it must be easy to apply regardless of age. Only then the programme can be followed faithfully. It had to be absolutely clear, so that mistakes are avoided. It had to be effective. The programme has been subjected to heavy demands. Practice has shown that this was the right approach. The patient gets all available information. In the programme it is carefully explained how to exactly start applying it. What means are used? What exactly do they do? The means are included in the programme for 3 months.

All information and use of the unique system that was described before is also included in the programme. Also, the special recipe book with delicious recipes. It also mentions which foods have certain values, so that one can cook independently from a number of recipes.

It is virtually impossible to make a mistake. This makes it very clear and in fact you don't have to do anything else but eat tasty and varied food and take your medicines and keep in touch with us. Often you can notice the difference after a short time. The best moment would be if the oncologist tells you that 'your tumours disappear, that is not possible at all!'.
Together, we will do everything we can to achieve that.

Social significance of cancer

The Agency for Healthcare research and Quality (AHRQ) estimates that the direct medical costs (total of all health care costs) for cancer in the US in 2014 were **\$87.8 billion**. An Oxford University study has found that the annual cost of all cancers to the UK economy is **£15.8 billion**.

Cancer costs in Europe were **€126 billion** in 2009. The real cost of cancer treatment can easily rise from several tens of thousands to hundreds of thousands per year.

Costs of the Anti-Cancer Programme

The cost of the programme is only a fraction of a conventional treatment. It is an all-inclusive programme for which the costs are stated in advance. It also includes all means for 3 months of basic use (except the H2 system). A full warranty period of 15 years applies for the unique system that is also included.

The patient informs the doctor

It is always better if there is an open relationship with a practitioner/doctor who treats the patient. Make it absolutely clear what you want and what you do not want. Keep in mind that your doctor may not know everything about cancer and the different possibilities.

As a patient you may listen to his opinion, but then decide for yourself what you do with your body, your life, your illness. If you have determined your choice of treatment, do keep in touch with your oncologist. Then both of you can keep track on what is happening.

More information

GNM Clinic is (in principle) available every day of the week to provide information or to receive visitors.

1. E-mail to: gnmclinic@outlook.com
2. Visit our website: www.gnmclinic.org
3. Via Skype: [gnmclinic@outlook.com](https://www.skype.com/people/gnmclinic@outlook.com)
4. First introductory consultation (online or at our clinic)
5. Home consulting service (prices may vary)



Sharing is caring

Feel free to share this booklet with anybody you know. This gives more people the opportunity to get acquainted with different insights and possibilities.

Help us to help

GNM Clinic performs research, develops new forms of treatments, provides information and offers free booklets and lectures.

If you sympathize with our introduction of new paths, new therapeutic possibilities, and free information for everyone, we would be very happy to invite you as a private individual or company to support our work. you can donate by donation, or as a sponsor.

As a donor your contribution does not have to be large. Everything helps us to continue our work.

You can send your donation to:

Bank: **ABN AMRO**

Account number: **(IBAN) NL59 ABNA 0416 422 535**

Bank name: **ABN-AMRO**

On behalf of: **I.R.O.M. Foundation**

This booklet is commissioned by GNM Clinic, an activity of the I.R.O.M. Foundation, a non-profit organization. Written by Wim J. Verbrugge (dir. I.R.O.M. Foundation) – published on 20-11-2017