

JAMES TEMPLETON

**10
THINGS**

**I DO EVERY DAY TO STAY
CANCER FREE**

It's been more than 30 years now since I received that devastating diagnosis of Stage IV Melanoma Cancer - and fought my way naturally to a clean bill of health. Being cancer-free for more than 3 decades, the first question I'm often asked is, "What do you do to keep the cancer from coming back?"

Even after you fight that initial fight for your life and find exactly what your body needs to overcome the cancer, you're not off the hook. You may be out of the woods but you still have to stay on top of your game. I believe that once you overcome cancer, you can pretty much do anything you set your mind to, and the good news is it's much less complicated – and less stressful – to maintain



your health and stay cancer-free for the long haul.

Cancer statistics show a third of all cancers are preventable, but I honestly believe that number is much higher. When you take into account all you're being bombarded with in your food, water, and air, it's easy to see how your immune system can get bogged down and let cancer cells grow unchecked. But when you remove as much of that burden as you can and nourish your body, it's like fixing the plumbing leak that's flooding the house and it goes a long way toward a healthy, cancer-proof body.

Being diagnosed with cancer changes your life, whether you want it to or not. And it's never just a "one and done" situation. Even if you had an isolated tumor and surgery got it all, you still need to address the root causes that allowed the cancer to develop in the first place.

You can't go back to the lifestyle that made you vulnerable to the cancer from the get go. No matter how you choose to heal from your cancer, you need to have a game plan for how to live the rest of your life. And that's why I wrote this for you.

Here are the 10 things I do every day to stay cancer free.

A top-down view of a rustic, dark brown ceramic bowl filled with numerous bright orange lemons. The lemons are piled together, some showing their green stems. The bowl sits on a dark, textured wooden surface. A few lemons are scattered around the bowl on the wood. The lighting is warm and directional, creating highlights on the lemons' peels and deep shadows within the bowl. The overall composition is centered and visually appealing.

JAMES TEMPLETON

01

VITAMIN C

I'm a big believer in vitamin C. I've taken it for more than 25 years. I really believe along with a healthy lifestyle and great nutrition, it's been a key to my healing. Vitamin C is one of the most well known nutrients used for overcoming cancer, and when any nutrient is claimed to be an effective ally in the fight against cancer, you are sure to find enough protocols and ways to use it to make your head spin. I know IV vitamin C gets most of the press, but my preferred way to take it is in pill form. It's how I've used it from day one.

I believe vitamin C has been a key player in not only overcoming my cancer but maintaining my health as well. My stepmother brought me Linus Pauling's book *Cancer and Vitamin C* in the initial stages of my cancer recovery. I was off to a good start with a very focused diet protocol and was searching for something to add to my healing regimen. As soon as I started reading Pauling's book I knew vitamin C was the boost I was looking for.

Linus Pauling and Matthias Rath, MD did a landmark 15-year study on a number of different types of cancer and Vitamin C. They gave terminal cancer patients a mix of Vitamin C, l-lysine, l-proline, and EGCG (green tea extract), and they put a certain amount of people on placebo. Their conclusion was that the Vitamin C stopped 90 - 100% of most of the cancers from spreading.

The most powerful nutrient combination was the one listed above.

Metastasis causes 90% of cancer deaths and this micronutrient combination prevented metastasis. After 15 years of research, they discovered that the reason it works is that there's an enzyme in cancer cells called nagalase that can eat through your body's collagen layers. This means that cancer is a collagen disease - it kills people by spreading to different tissues through the collagen or connective tissue.

Vitamin C strengthens the collagen matrix so the cancer has a harder time penetrating and spreading. When the cancer can't spread it can't survive. Even if you are perfectly healthy, every day your body is making cancer cells.

Out of the approximately one billion new cells you make each day, roughly one million of these are cancer cells. Your immune system, when it's functioning optimally, destroys these cells before they can circulate or form a tumor. Vitamin C not only strengthens your collagen so these cells are locked in place, but it also generates hydrogen peroxide and boosts your immune system and so it can fight the good fight and get rid of these dangerous cells.

Hydrogen peroxide is generated by the breakdown of vitamin C and is a killer of cancer cells. Hydrogen peroxide in the body is considered a

free radical and does considerable damage when left to its own devices. Your healthy cells have an abundance of an enzyme called catalase that neutralizes or removes hydrogen peroxide from the cells to protect them. Cancer cells that are low in catalase don't have the same protection and are destroyed by the hydrogen peroxide generated by high doses of vitamin C.

Vitamin C isn't produced by the human body and it's hard to get enough through fruits and vegetables. To get enough to help in the fight against cancer it has to be supplemented. Despite not knowing what I was doing at first, I took several different types of vitamin C supplements and got immediate results. It gave me a noticeable increase in my energy level, and for the first time in many years I wasn't getting the frequent colds and flus I had become accustomed to, or my usual seasonal allergy symptoms.

The maximum I've taken is 20,000 milligrams per day, and I wouldn't hesitate to go that high again if I needed to. I take 10,000 milligrams spread out through the day or guide my regular daily intake by my bowel tolerance. If you take more vitamin C than your body needs, then you'll get loose stools. When that happens, you back off the dose slightly and that's what you take daily.

To this day, I almost never get the colds and flus that go around, and

seasonal allergies are a thing of the past for me. But vitamin C is not just a cancer fighter and immune booster. It also cleans and repairs arteries, assists in your body's detoxification processes, and chelates out heavy metals.

Many years ago, I had a severe mold exposure where I became out of breath, lost my exercise tolerance, and felt fatigued. I suspected my heart was the problem. I went to a well-known Cardiologist in New York and had a calcium score test done. He said my arteries were as clear as a baby's, and I was 52 years old. With a family history of sudden cardiac death at a young age, I was relieved.

When I thought about it later, I wondered what I had done to keep my arteries so clean. It didn't take much searching to find studies that showed Vitamin C prevents heart attacks and stroke by keeping arteries clean and elastic while promoting wound healing. My artery testing is still clean today.

According to the Centers for Disease Control (CDC), heart disease and cancer are the two leading causes of death in the US. Together they are responsible for 46 percent of the adult deaths in our country. Vitamin C is a simple and inexpensive way to help keep these two killers at bay, and it makes good sense to add them to your daily supplement regimen.

A glowing blue human figure is shown from the waist up, with a bright orange thymus gland highlighted in the chest area. The figure is set against a dark blue background. A thin yellow horizontal line is visible at the top left. The text 'JAMES TEMPLETON' is in the top right, '02' is in the center, and 'THYMUS GLAND SUPPORT' is at the bottom.

JAMES TEMPLETON

02

THYMUS GLAND SUPPORT

When it comes to fighting off cancer and supporting the immune system and keeping cancer at bay, the master immune gland is the thymus. You don't hear much about the thymus gland; it sits right behind the breastbone at the level of the heart and makes T-lymphocyte cells, a type of white blood cell important to fight off pathogens and cancer. This gland is highly active in childhood but is infiltrated with fat cells as you age and weakens in its functioning.

The thymus gland is credited only with the development of your immune system, but in truth, it coordinates and controls the immune functioning of your entire body. And just like bone marrow produces cells for your cardiovascular system, the thymus produces cells for your immune system. The thymus gland is unusual in that it acts as both an endocrine gland that secretes hormones to stimulate immune cell production, and as a lymphatic gland, part of your body's line of defense against viruses and other infections.

When an organ in your body is damaged, it sends out cells into the bloodstream as an SOS. This cellular debris activates the immune system to produce RNA, which is filtered and stored in the thymus. From there, the RNA travels to the parotid glands, where it combines with saliva and is secreted as you chew your food. The RNA can then bind with the nutrients that the target organ needs to be able to repair

itself. Those nutrients are then “labeled” for use by the target organ only.

As the thymus shrinks and is slowly replaced by fat, its ability to coordinate our immune response, repair organs, and protect us from not only foreign invaders but also against autoimmunity is severely compromised. As you may recall from the vitamin C information, your body makes about a million cancer cells every day. The thymus gland controls the life cycle of these cells by making and sending T-lymphocyte cells to destroy the cancer cells before they can cause trouble.

While accumulating fat and shutting down the thymus is thought to be normal as you age, this process can actually weaken your immune system for the long term and your thymus may need support to function optimally. I myself take 500 milligrams 3 times daily (with meals) of a raw bovine thymus glandular extract from grass-fed cows from New Zealand to support the thymus and stimulate the immune response.

Glandular extracts are not a new idea. In 1925, the textbook *Medical Glandular Therapy* was published as a joint project of the American Medical Association and the University of Chicago. The editor was Frank Billings, MD, who later had a University of Chicago hospital

named after him. You probably know someone taking the thyroid glandular extract as a prescription (Armour Thyroid, NatureThroid, or Westhroid) for their low thyroid.

Glandular extracts were made by pharmaceutical companies (like Upjohn) into the late 1950's when scientists started synthesizing hormones. Synthetic hormones like Synthroid became the drugs of choice because they were able to cheaply make them in a laboratory. Steroid medications replaced adrenal cortex extracts, and hormone replacement therapy for women took the place of ovarian extracts.

The problem with all of these synthetic replacements is that we lose the other health protective supplements that a whole glandular supplies. When we take a glandular extract from a healthy animal source, we aren't just getting the tissue of that gland, but also all of the nutrients, enzymes, and other "building blocks" that helped that gland function optimally. I personally rely on whole glandulars that have been used for hundreds of years and save modern pharmaceutical replacements as a last resort.

<https://www.ncbi.nlm.nih.gov/pubmed/27627572>



JAMES TEMPLETON

03

SPLEEN SUPPORT

The spleen is the largest organ of your lymphatic system, and also plays a role in your immune system. Its primary job is to filter your blood. Blood flows into the spleen through a series of passages that are much like a maze. Here it sorts out old or damaged red blood cells and platelets, and cells called macrophages break them down.

Your spleen is also a storage site. Any iron that the broken down red blood cells release is stored in the spleen as ferritin or bilirubin and shuttled off to the bone marrow to make new healthy blood cells when needed. By expanding its blood vessels the spleen stores platelets and about a half a pint of blood.

Approximately 25% of the lymphocytes your thymus produces are stored in the spleen. As the blood is being filtered, if it detects a pathogen like a bacteria, for example, it produces white blood cells, antibodies, and compounds called opsonins to help the immune system fight it. Your spleen can swell as it fights certain cancers and infections. When this happens, it can become overactive and store or destroy too many red blood cells and platelets, weakening your immune system.

Your spleen is also responsible for your fluid balance and for keeping waste products out of your muscles and joints. When your spleen is

removed or not able to do its jobs, the liver and lymph nodes take over and compensate the best they can. Similarly, when you have liver congestion or impaired liver function, your spleen can become overworked and you'll notice frequent infections, low energy, muscle weakness, joint pain, anemia, and even cancer.

Raw spleen extract is a great way to boost the immune system, especially if you've had cancer or currently have low white blood cell counts, infections, or autoimmune disease. Taking this extract can have what's called an organ-sparing effect, by supplying the nutrients and enzymes that organ needs to be able to rest and recover, and also by neutralizing any autoimmune antibody attacks. I personally take and recommend 1000 milligrams of a raw bovine extract (from New Zealand cows) 3 times daily with meals.

JAMES TEMPLETON

04

PROBIOTICS

There are trillions of microorganisms inside your body right now calling the shots on your health. From moods to metabolism, the 100 trillion or so intestinal flora you have are behind the scenes orchestrating a wide variety of your body's crucial functions. Over time, you've collected an assortment of microorganisms from your environment that live primarily in your gut. These "gut bugs" have created their own ecosystem inside you called your microbiome, and the balance between the over 10,000 different beneficial and disease-causing bacteria is so sensitive that, for example, if it changes by even one strain, it can change your brain chemistry and lead to anxiety.

Your microbiome health is essential to your overall health; it's a key player in your immune response, digestion and absorption of nutrients, blood sugar regulation, hormone balance, ability to get a good night's sleep, stress-handling capacity, moods, how quickly you lose weight, when you're hungry, and the production of enzymes, vitamins, hormones, and neurotransmitters. Because of its role in the removal of toxins and waste, some experts have even called it the "second liver."

A healthy microbiome is essential in the fight against cancer. Your microbiome makes up roughly 90 percent of the total number of cells in your body. Understanding what it does for you and how to "seed and feed" it is essential to lasting health.

Probiotics are all of the good bacteria in your microbiome. They help your immune system function at its best, so it can do its job of detecting and killing the cells that would otherwise become cancer. It's most important to create an environment inside your digestive system that encourages the growth of the good probiotic bacteria, while discouraging foreign invaders like harmful bacteria, viruses, fungi, and parasites.

Your gut and your immune system are very closely linked, with 80 percent of your immune system tissue in your intestines, so it makes sense to place a strong focus on your digestive health. In addition to a clean diet, lacto-fermented vegetables that haven't been pasteurized and a good probiotic supplement are staples in my anti-cancer regimen. Probiotics and lacto-fermented foods feed and seed healthy gut flora, and help your body make and break down essential nutrients. They also help with digestion, immunity, and keeping out foreign invaders.

Even a healthy immune system will allow unwanted invaders to fly under the radar and stay as part of the microbiome, which may allow them to become opportunistic and strike when the immune system is

weak. Studies show diversity in the microbiome is the key to lowering inflammation, managing your weight, and staying healthy, but that diversity needs to center around healthy probiotic strains of bacteria, not pathogens looking to feed off of your good health when the opportunity arises.

Probiotics aren't new science. The oldest reported study was published in 1907, and the author, E. Metchnikoff, was awarded the Nobel Prize for Medicine in 1908 because of his work associating these beneficial bacteria with immunity. Since then, countless studies have been done on the role of these beneficial bacteria in health and various diseases, including cancer. It should come as no surprise that gastrointestinal cancers respond to probiotic supplementation, but there's so much more that probiotics are doing behind the scenes.

I believe the key role they play in the fight against cancer centers around their role in gut health. Damage to the intestinal barrier is a known primary inducer of several types of cancers. Probiotics not only restore the barrier function of the intestinal wall, they strengthen it by providing an added layer of protection from injury and invaders. In addition to improving gut health and stimulating immune function, probiotics help lower unhealthy cholesterol levels, prevent asthma and allergies, reduce inflammation, decrease HIV symptoms, fight

infections – including HPV, which is a known cause of cervical cancer, balance your pH, and so much more.

Be careful choosing your probiotic supplements because not all probiotics are created equal. I have seen a lot of misleading marketing out there that makes unfounded claims about strains of bacteria that aren't well researched and come with risks. For example, certain strains of enterobacter are being marketed as probiotics, and these are well-known opportunistic pathogens. They may have some short-term health benefits, but in the long-term may overgrow and cause more harm than good. To me, it isn't worth the risk.

My advice is to stick with the tried and true strains that are well researched and not known to have questionable or harmful effects. The strains I trust and take regularly are *Lactobacillus acidophilus*, *Bifidobacterium bifidus*, *Lactobacillus plantarum*, and *Lactobacillus reuteri*. I prefer the products that include inulin, a prebiotic that feeds the probiotics and helps their colonies flourish. I favor powder over a capsule, because to get doses high enough to affect trillions of cells in your microbiome, you need to take tens of billions, which is difficult to dose in capsules. Aim to get 30 to 40 billion twice daily on an empty stomach.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6136537/>

A 3D molecular model of DNA and enzymes. The DNA is represented by a blue double helix structure, with some segments highlighted in red and orange. Several enzymes are shown as green and yellow structures, interacting with the DNA. The background is dark blue with a faint, repeating pattern of DNA double helices.

JAMES TEMPLETON

05

ENZYMES

Enzymes are absolutely essential to your health and life. Right this moment, there are thousands of enzymes at work in your body, running everything from digestion to your metabolism, and they are necessary for ALL of your body's processes and functions. A deficiency of even one of these enzymes can mean the difference between health and disease for your body.

More than 75,000 enzymes have been identified in the human body, and they are hard at work:

- producing energy
- absorbing oxygen
- reducing inflammation
- dissolving blood clots
- breaking down fats and cholesterol in your blood
- fighting infections
- healing wounds
- delivering nutrients to your cells
- balancing your hormones
- getting rid of toxins
- regulating your metabolism
- and even slowing the aging process

Enzymes are the catalysts in many of the essential biochemical reactions in our bodies, and they don't work alone. Cofactors like

magnesium and coenzyme Q10 work together with enzymes to speed up these reactions, sometimes as fast as several million reactions per second!

Each enzyme works best in its ideal environment, and as we age and are exposed to more toxins, the environment inside our bodies changes, depleting our enzymes. When enzymes run even a little bit low, symptoms appear and diseases aren't far behind. It's important to know what these enzymes do in our bodies, and how to supplement when symptoms appear.

Proteases are the enzymes that digest proteins, and are arguably the most important for overall health. Proteolytic enzymes (proteases) have gained quite a reputation in the natural healing community, because they not only break down proteins into amino acids, but also digest biofilms and the bacteria, yeast, protozoa and parasites that live there. They also break down inflammatory proteins that are found in abundance in arthritis, cancers, and many other health conditions. When you are deficient in proteolytic enzymes, protein digestion is incomplete, which means allergies develop, toxins can form, and you are at an increased risk for intestinal infections and even cancer.

Proteolytic enzymes are not only important digestive enzymes, but are also important metabolic enzymes. The proteases found in your blood

break down foreign proteins that cause inflammation and infection and cleanse the blood, as well as break down clots and reduce the swelling in inflamed tissues. Since inflammation plays a role in practically every disease we face today, boosting your levels of proteolytic enzymes is essential to a healthy body, especially as we age.

Enzymes are one of our greatest defense mechanisms against cancer. As far back as 1906, Dr. John Beard, a Scottish embryologist, proposed that pancreatic proteolytic digestive enzymes represent the body's main defense against cancer. In the 1920's, Dr. Max Wolf found that people who had cancer lacked proteolytic enzymes in their digestive tract. The reason for this proved to be that the enzymes were being used up helping the immune system fight the cancer.

Dr. Wolf and his colleague, Dr. Helen Benitez, then started isolating digestive enzymes and using them in the fight against cancer. Their enzyme formula is now called Wobenzym and it's estimated that more than 25 million cancer patients in the past 80 years have used this formula. The formula consists of 6 proteolytic enzymes: trypsin, chymotrypsin, pancreatin, rutin, bromelain, and papain.

These enzymes get into the bloodstream and help break up the cellular debris that inflammation generates, including the cellular

debris that inflammation generates, including the inflammation that your immune system uses to fight cancer. Once their cleanup job is complete, it opens up the path for macrophages, which are immune cells that attach to cancer cells and destroy them. How the macrophages find the cancer cells is essentially a de-cloaking process done by the enzymes.

Proteolytic enzymes break down fibrin, the protein that holds the tumor together, helps it grow its own blood supply, and acts as a barrier that both protects and hides the tumor to keep the immune system from getting inside. The outermost layer of the tumor is coated in fibrinogen, a protein that keeps the immune system from recognizing it's there. Once the enzymes break down the fibrinogen, the cancerous tumor is unmasked, and neutrophils from the immune system coat it with irritant chemicals, and then macrophages feast on the dead or dying cancer cells.

Since then, the research has expanded to include studies that show enzymes slow the progression and spread of pancreatic, lung, cervical, colon, head and neck, and oral cancers.

According to the research, people live longer and have fewer side effects for up to 5 years with this simple combination of enzymes:

1 milligram chymotrypsin

24 milligrams trypsin

45 milligrams bromelain

50 milligrams rutin

60 milligrams papain

100 milligrams pancreatin (8 x USP strength)

Proteolytic enzymes not only decrease inflammation and increase the defense power of the immune system, they also help with digestion and absorption of nutrients and minerals. We need digestive enzymes to break down proteins, carbohydrates, and fats into energy, fuel, and nutrients. All digestive enzymes come from the pancreas, and the small intestine is where 90 percent of digestion and absorption actually takes place. A pancreas that is functioning normally will secrete about 8 cups of pancreatic juices into the small intestine daily. This fluid is rich with digestive enzymes and bicarbonate, which neutralizes the strong stomach acid as it is released into the small intestine.

Considering the fact that enzymes not only help the immune system attack cancer but also help improve your digestive health, I feel they are indispensable allies in staying cancer-free for the long haul. If you've had cancer, there's a good chance your enzyme reserves are low and you could benefit from supplementation.

If digestive issues are your main concern, these enzymes can be taken right before a meal to help you maximize digestion. Over time, it will signal your body to increase its own production of digestive enzymes, so less may be needed the longer you take them. In addition, make sure you chew your food thoroughly. Your digestive system is actually a cascade of chemical reactions that starts with chewing.

When you chew your food thoroughly, you produce an optimal amount of saliva, which then signals your stomach for how much acid to produce, which then signals the right amount of bile and pancreatic enzymes to be released. Avoid drinking anything within 30 minutes of meal (this includes no drinks during the meal), because it dilutes your gastric juices and sends the signal to secrete fewer enzymes, which you don't want. Don't chew gum, because this confuses your digestive signals and by itself can create digestive symptoms.

The other way to take enzymes is on an empty stomach, away from meals, to support your metabolic proteolytic enzyme production. This allows them to be absorbed through your gut and into your bloodstream, where they can be used systemically. This method is especially useful if you are newly recovered from cancer, or are dealing with arthritis or other inflammatory diseases.

Enzymes in higher doses can thin your blood and prevent clotting, so please consult your health care provider before taking them if this is an issue for you.

A man with a beard and short dark hair, wearing a brown t-shirt, is smiling and looking down at a small orange pill held in his right hand. He is also holding a clear glass of water in his left hand. The background is a plain, light-colored wall.

JAMES TEMPLETON

06

THE RIGHT MULTIVITAMIN

The list of vitamins and minerals that help get your health back on track after a cancer battle is just about a mile long. And even with the best diet it's hard to get enough of everything you need in a day, and even harder to keep track of it all. A good multivitamin and multimineral supplement that's formulated specific to your needs is indispensable, in my opinion.

In addition to the vitamin C benefits I've already listed, here are just a few of the nutrients you need to stay cancer-free:

B Complex Vitamins: In a healthy person with a fiber-rich diet, the gut bacteria of the microbiome will make B vitamins. But, if you've had antibiotics, chemotherapy, or any digestive issues, your gut bacteria are likely out of balance and not at their best, so deficiencies can arise. B vitamins are essential for many critical functions in the body, including correct cell division, formation, and replication; preventing cancer and heart disease by controlling homocysteine levels; converting food into energy through metabolism; creation of new blood cells; helping enzymes do their jobs; boosting your energy level; better brain function; and maintaining the health of the cells in your skin and other parts of your body.

Vitamin D: This vitamin is actually a pro-hormone that promotes brain and bone health, activates your immune system, and has been shown

in studies to reduce cancer incidence and death rates. It has been found to slow or prevent the development of cancer, including decreasing cancer cell growth, stimulating cell death, reducing tumor blood vessel formation, and promoting cell differentiation.

Vitamin E: Supplementing with the natural form of vitamin E (not the synthetic) has been shown to reduce toxicity from both chemo and radiation treatments. It's a potent antioxidant that fights free radicals and their damage, helps make red blood cells, helps your body use vitamin K, plays a role in your cell signaling, protects cardiovascular health, and is involved in your immune function. When combined with selenium, it is a powerful protector of prostate health.

Selenium: This powerful antioxidant mineral boosts thyroid health, helps displace heavy metals, and is shown in studies to reduce prostate cancer risk when combined with vitamin E.

Magnesium: There are studies going back more than 50 years that show where magnesium intake is high, cancer rates are low and vice versa. Magnesium regulates cell proliferation, protects against free radicals and oxidative stress, reduces systemic inflammation, protects against insulin resistance, is vital for healthy cellular metabolism, and is involved in more than 600 enzyme reactions in your body. Some studies show that magnesium slows the progression of cancer. Some

doctors estimate that 80% of Americans are deficient in this important mineral.

This list could go on and on with all the nutrients you need to keep your health on track. There are 2 minerals that can promote cancer in the body that I would avoid in a multivitamin, and these are iron and copper. A nutrient dense diet will have enough of these minerals present to keep you healthy, without increasing your risk of cancer.

I encourage you to do your research and find the multivitamin/multimineral that fits your specific needs. I take a men's multivitamin that is iron-free and has less than 1 milligram of copper. It also contains antioxidants and phytonutrients specific to male health, and enzymes to ensure better digestion and absorption of the nutrients it contains.

<https://www.ncbi.nlm.nih.gov/pubmed/17721433>

<https://www.ncbi.nlm.nih.gov/pubmed/17628185>

<http://www.mgwater.com/cancer.shtml>



JAMES TEMPLETON

07

A CLEAN DIET

Even if you have a clean bill of health, your diet still matters. According to a 2012 study done by the National Cancer Institute, cancer stem cells, which are at the center of cancers, will regrow a full tumor after chemo reduced the size by 70% - when you have a poor diet high in processed foods and low in nutrient density. The good news is that bioactive compounds found in whole organic foods, like sulforaphane, curcumin, genistein, theanine, choline, EGCG from green tea, and vitamins A and E can prevent this tumor regrowth.

The diet protocols that support your health while you have cancer are often restricted and regimented. When I was going through my cancer battle, I chose the macrobiotic diet to get me through the worst of it. Once I came out on the other side and was cancer free, a mentor by the name of Dr. Hazel Parcels came into my life who taught me that the diet that got me healthy wasn't necessarily the one that would keep me healthy. The macrobiotic diet was vegetarian and I noticed my energy and stamina were lower than I'd like.

I learned that how you eat is as important as what you eat, and soon I was adding a variety of animal-based foods back into my diet and I felt good. I felt stronger and had more energy and really saw my recovery to health accelerate. I knew I was on the right path. That being said, over the past 30 years, I've had the privilege to meet countless cancer

survivors and swap stories with them. The diets they chose to keep themselves healthy were as wide and varied as the types of cancers they had, but there were a few things we all had in common that I'd like to share with you.

First of all, our diets were all high in fiber. Fiber is a prebiotic, which means that it is the primary food that feeds the probiotic healthy bacteria that are so important to your microbiome, digestion, and immune system. According to research from the American Institute for Cancer, non-starchy vegetables and fruits may protect against cancers of the entire digestive system. Fiber also helps your body detoxify by binding up toxins and escorting them out of your system. When I was macrobiotic, the fiber I consumed came from the grains and vegetables that were abundant in that diet. I eat grains less frequently now, but my vegetable consumption is still high and that's where the fiber in my diet comes from today.

The next thing we all had in common was to avoid sugar like the plague. Cancer cells have more insulin receptors, which is how they grow so quickly. This also means that they have a higher requirement for sugar from our bloodstream. This sugar comes not just from processed sugary foods and drinks, but also from carbohydrates that break down into sugar, especially fruits, grains, and low-fat dairy

products. When I meet someone who is just starting to try to lower the sugar in their diet, I like to point them to the glycemic index of foods, with the goal of reducing the total glycemic index of your diet to be as low as it possibly can.

We all eat locally grown organic food as much as possible. Food that isn't organic is often genetically modified and sprayed with pesticides and herbicides like glyphosate, which are known to cause cancer. Our liver has to process all the chemicals we come in contact within our toxic world, and it's a tough job. Clean organic food takes some of the load off the liver so it can do its job more effectively and clear toxins from the body so our cells can create energy.

Finally, we all eat a lot of cruciferous vegetables, including broccoli, Brussels sprouts, cauliflower, collard greens, kale, and cabbage. These vegetables are rich in sulforaphane, a powerful phytonutrient that stops cancer in its tracks at the cellular and genetic level. It was first researched by Johns Hopkins University in 1991 and was found to be a potent cancer preventer. It works by boosting Phase II detoxification enzymes in the body, and their job is to neutralize disease-causing processes in the body. Sulforaphane supports normal cell differentiation while causing cell death in diseased, cancerous cells. In addition to providing sulforaphane, crucifers are some of the richest

food sources of glutathione, which is the mother of all antioxidants, a very powerful anti-cancer ally.

As someone who has followed some pretty strict dietary guidelines for the past 30 years, I can tell you it's not always easy. Life gets busy, and I don't always have the time to spend in the kitchen that I'd like to. Or I spend a lot of time travelling and don't have access to all the healthy foods I eat at home. Once good health is established, I tell people, "Enjoy life, but always keep one foot on the path to health." For me this means staying on my supplements, and if I wander off the diet that I know keeps me healthy, I take the steps I need to get right back on it. One thing that helps me is to know which restaurants serve food that is nourishing and health promoting. This is why I created [The Templeton List](#) of the healthiest restaurants in America, for when we need or want to eat out.

<https://link.springer.com/article/10.1007/s10552-004-1093-1>

The image shows the interior of a wooden sauna. The walls and ceiling are made of light-colored wood, possibly fir, with horizontal planks. Two large windows are visible, each with a wooden frame and a grid of horizontal and vertical bars. The floor is also made of wood, with two wooden benches or platforms. The lighting is warm and soft, creating a cozy atmosphere. A thin yellow horizontal line is visible at the top of the image.

JAMES TEMPLETON

08

FIR SAUNA

Your skin is one of your body's main detoxification organs, and sweating is a simple, safe way to cleanse and eliminate toxins from the body out through your skin. There are several types of saunas available to heat up your body and help get the job done. My sauna of choice is Far Infrared (FIR).

Heating up your body in an infrared sauna is a lot like having a fever and has several health benefits:

- It kills pathogens and latent viruses
- It raises pH to be more alkaline, which makes it difficult for pathogens to survive
- It mobilizes toxins from the deeper fatty tissues, including heavy metals, and dumps them into the interstitial fluid where they can then be eliminated out through the pores of your skin
- Releases toxins being stored all throughout the body, including chemicals (like formaldehyde), drugs, alcohol, and heavy metals
- A study published in 2008 in Medical Oncology showed that FIR sauna kills cancer cells and inhibits their gene expression.

Far infrared is the longest infrared wavelength and can penetrate your body all the way down to the cellular level, where the deepest toxins are

stored. Once these toxins are mobilized into your body fluids, sweat carries them to the skin and pushes them out of your pores. Steam and other heat saunas cannot penetrate this deep. Infrared saunas also help to increase your oxygen levels and eliminate radiation.

FIR saunas get up to 130 degrees (F) so it's best to start low and slow.

Start with 5 or 10 minutes at 100 degrees (F) 3 times per week.

Gradually work your way up to a 30-minute sauna, and then after about a month increase the temperature to 130 degrees (F). If your sauna has a set temperature of 130 degrees, start with just 5 minutes and work up slowly.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2386844/>

A close-up, low-angle shot of a person's legs wearing blue athletic shoes, walking on a rocky trail. The focus is on the front foot, with the back foot visible in the background. The ground is composed of various sized rocks and some sparse green grass. A thin orange horizontal line is positioned above the author's name.

JAMES TEMPLETON

09

DAILY MODERATE EXERCISE

Some cancer risks are out of our control, but many are one lifestyle choice away. Many of these lifestyle choices have been taught to us by our parents and our communities, and we may not even realize we are putting ourselves at risk because they are so ingrained in our culture and feel like a part of who we are. Lack of sleep, high stress level, too much sugar in your diet, sitting too much, not exercising, being overweight or obese, and drinking alcohol are all risk factors for cancer that we can make the choice to change.

Daily exercise is essential for health, strength, and longevity. It's as simple as a 20-minute brisk walk around the neighborhood or on a treadmill. Walking meditation can be combined to help combat stress and insomnia. Walking every day was part of my cancer healing regimen and I really looked forward to it. Without a walk, I felt like I had missed a meal—it was that important to me. It's a practice I still continue today.

I don't feel the need to burn myself out or beat myself up with overly strenuous exercise as I've done in the past. Instead, I've learned it's better to relax and be gentle on my body. Prior to getting diagnosed with cancer, I had spent a lot of days in the gym, but no longer did I feel that it was the ideal environment.

As much as possible, I head outdoors—every day, all seasons—no

matter what the temperature or weather condition. Being out in nature and seeing and experiencing the different seasons is also helpful in stimulating both my sense of wellbeing and my lymphatic system. A 30 minute walk fully activates and cleanses the lymphatic system, which I'm mindful of since the cancer surgery I had that removed many lymph nodes and left me needing to use a lymph pump initially.

If there is one system that directly impacts our immunity it's the lymphatic system. Considered a secondary circulatory system, the lymphatic system is a primary detoxification system. It rids the body of toxic waste, bacteria, heavy metals, and excess fat. It is the liver's partner in waste removal. Unlike blood, which is pumped by the heart, the lymphatic fluid has no pump. Instead, what moves the lymph through its many ducts and channels is exercise. To make it circulate, you have to pump it through movement.

The vessels in the lymphatic system branch throughout the body, much like the arteries and veins that carry blood. The lymph contains a high number of lymphocytes, the white blood cells that fight infection and destroy damaged or abnormal cells, including cancer cells if they are present. To this day, I'm handicapped by the lymph node surgery I had during my cancer battle, but I've worked hard to never let it stop me. Thankfully, I no longer have to use a lymph pump. By getting regular,

daily exercise and following a healthy diet regimen, I have been able to put it away for good.

Deep breathing exercises during my walks are also extremely beneficial to me. Our bodies are meant to walk, breathe, and experience nature. I believe that hiking on trails and walking on this earth are important to my health. My best advice when walking is to choose a place that's far from the busy streets with their toxic exhaust fumes from cars and trucks. After all, we're trying to get rid of toxins, not take in more!

If walking isn't the right moderate exercise for you, find one that is. Dancing, swimming, water aerobics, cycling, and so much more are available to us in a variety of settings. If you are a runner or an exercise extremist, go easy because it's best that you don't over stress your body. Gyms are fine but think about it—you're breathing in the toxins that everyone else is eliminating. To me, it makes more sense to go outside to exercise or exercise in a clean air space at home. Consider finding a community to exercise with that you enjoy, that holds you accountable and keeps you from feeling lonely.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2991099/>

JAMES TEMPLETON

10

FEED YOUR SPIRIT

Half of achieving your goal is your belief. No matter what it is I'm facing and no matter how bad it looks, my fighting spirit takes over and kicks out the "can't do" mindset. If you don't have your mind in the right place, then it's going to be an uphill battle. Through the ups and downs of daily life, you'll need to keep focused on your goals and try to stay as positive as you can. You can't afford to get weary in your well doing. After all, seeing is believing, and regular checkups and/or cancer blood marker testing that confirms you are staying cancer-free help you to be even more determined to stick with your plan. Study people who have succeeded in their goals and pattern your strategy after them.

Your beliefs affect your biology. For over 10 years, cellular biologist Dr. Bruce Lipton has been teaching about the biology of belief. He learned, through his research that the environment your cells are in controls the health of the cell – not your genetics. Your brain releases the chemicals that control the genetic activity of the cell.

When you change your perception and thoughts, you change the chemistry of the brain. This, in turn, changes the health of your cells. If you look at your body or the world around you with anger or fear, your brain chemistry is very different from when you're in love. In fear and anger, you shut yourself down to protect yourself. This turns off growth and suppresses the immune system, which is detrimental to anybody,

but especially someone who is keeping cancer away.

You only have conscious control of 5% of your thoughts and actions - 95% of your habits are controlled by your subconscious mind. Even though the majority of these habits come from the first seven years of your life, new habits are slowly but steadily being formed all the time. To give an example, when you learned how to drive a car as a teenager, you had to pay attention to how to do it. After several years, you no longer have to think about how to drive – it's become a habit. In the same way, you can change your beliefs about your health and this will help you succeed - even at the cell level - if you just keep at it.

Sometimes life gets in the way and it's hard to keep a positive attitude. The truth is that no one gets through life without some amount of stress and emotional trauma to deal with. We can choose to sweep our troubles under the rug, but when things are left unresolved, they may cause physical damage to our bodies. Our bodies respond to stress with a cascade of hormones and chemicals. We can feel the adrenaline coursing through our veins, often during a moment of fear or extreme stress. This is called "fight, flight, or freeze."

In general, your body returns to homeostasis—a state of balance—in about an hour after this happens. But long-term or repeated stress continues the release of chemicals even when they aren't needed,

resulting in lower immune function and an open pathway for disease. This is called sympathetic dominance, because that's the branch of your nervous system that takes over in times of distress. If the sympathetic nervous system gets stuck in the "on" position, it stimulates adrenaline and other stress hormones, which alter your genetic code. This genetic alteration can lead to a number of pro-cancer processes.

Douglas Brodie, MD, a pioneer in understanding the connection between the emotions, the mind, and cancer, found in almost three decades of research that most cancer patients have similar psychological traits. He calls this the "Cancer Personality Profile." Among these characteristics is experiencing a traumatizing and emotionally damaging event roughly two years before getting a cancer diagnosis. The tendency to internalize intense emotions, difficulty in establishing closeness with others, and an inability to adequately cope with stressful situations are other characteristics of the Cancer Personality Profile. I encourage you to explore this further in your personal care practices or with a qualified counselor.

While we can't change the past, we can begin today to find ways to heal the wounds of emotional trauma and reduce chronic stress. Prayer, meditation, and visualization are very helpful. They can be done in the

quiet of your home, during your lunch hour at work, or even on the road (day or night).

Focus on the positive, be grateful for what you have, and visualize what you want. These suggestions may sound trite, but they are surprisingly powerful. Just like negative thoughts release certain hormones and chemicals in our bodies, positive emotions, such as joy, love, and gratitude also release substances, such as dopamine and oxytocin, two very powerful mood boosters. Go ahead, give yourself a dopamine boost any time you'd like!

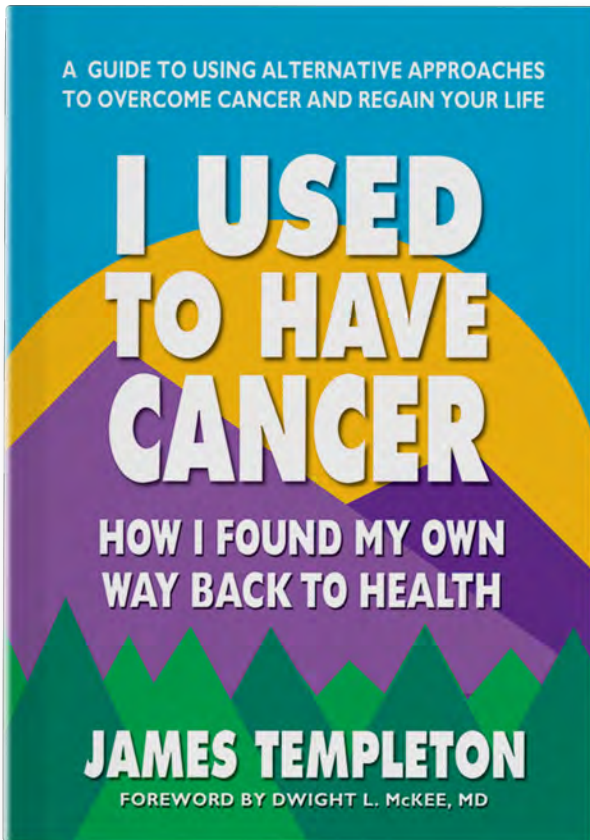
Negative self-talk is self-induced sabotage, so avoid it at all cost. Why have enemies when you can beat yourself up perfectly well? Stop and think about the loop you play in your head day and night. Notice anything? If it's full of self-destructive thoughts, then you're defeated before you even start. Instead, learn to rewrite the script that plays in your head. When you catch yourself reverting back to old, familiar negative trains of thought, stop and change them into positive messages to yourself.

It's important to surround yourself with positive, like-minded people. It sure makes a difference in my life. If you can't find a friend to confide in, consider finding a support group. I recommend the international cancer support group, [Healing Strong](#). Make peace with your past for

the sake of your health. If you're under a lot of pressure or negativity from family or friends, then you might consider taking some time to think—maybe even get away to clear your head on a retreat, even if it's just for the day.

You can always find reasons not to do something – don't let them win! Remind yourself why you're doing what you're doing. No matter how bad it looks or sounds, don't feel sorry for yourself and press on toward the prize. And whatever you do – *don't give up*.

I wouldn't be around all this time if I hadn't kept a laser-like focus on my health and left my old unhealthy lifestyle behind. Sure, there are times I stray a little and indulge in something that's not on my plan. But I believe as long as I keep one foot on the path to health, I'll be just fine. This approach motivates me to get back on track when I've wandered off a little, and it's worked well to keep me cancer-free and thriving – not just surviving - for over thirty years now. I believe it will work for you, too.



I'd like to share more of my story with you and show you what I've done to stay so healthy. In my book, *I Used to Have Cancer*, I'll take you with me on my unique healing journey and show you what it took for me to heal from a Stage 4 diagnosis when all conventional medical treatments appeared to fail.

AVAILABLE AT:



JAMES TEMPLETON

Author, Health Advocate & 30+ Year
Stage IV Cancer Survivor



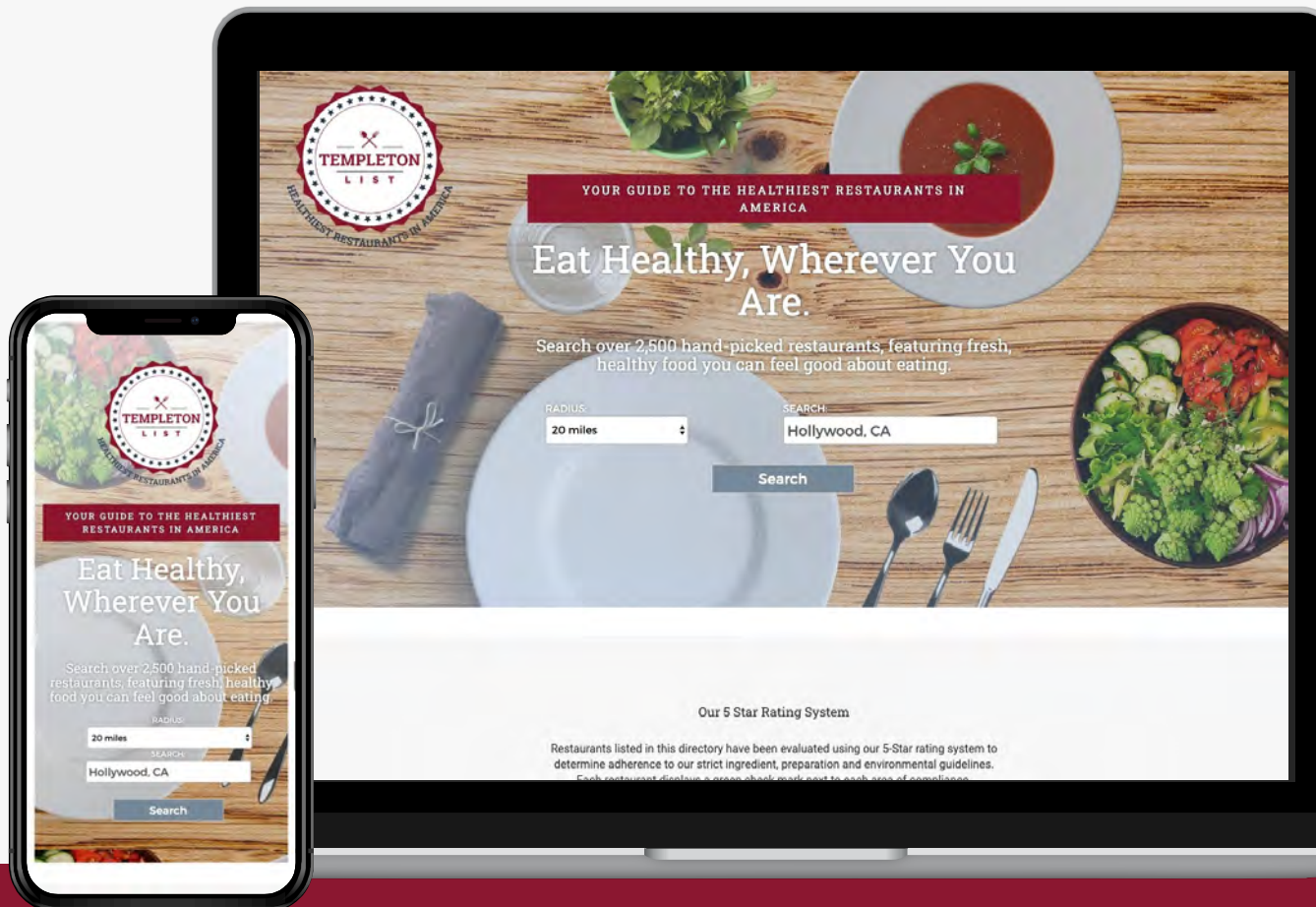
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