

# Winning the War

## Against Four Deadly Cancers

By Bill Minnick

[www.EndCancerNow.org](http://www.EndCancerNow.org)

July 4, 2007

# Introduction

- My Cancer History & its Costs
- Winning Strategy Evolution
- Summary: Diet Impact on Cancer
- Best Information Sources
- Conclusions

# My Cancer History & its Costs

- 1978-2004 – Skin (Basal Cell) \$ 60K
- 1999 – Lymphoma (N-Hodkns)\$150K
- 2002 – Esophageal (Adeno-) \$125K
- 2005 – Prostate (Gleason 3,3) \$100K
- Disability: 4.75 years \$250K
- Total Costs: \$685K
- (My Costs: \$ 65K; Insurance coverage: \$620K)

# Winning Strategy Evolution I

- 1978-2004: Basal Cell Skin Cancer
  - > Dermatologist >Mohs Surgery
- 1999: Non-Hodgkin's Lymphoma Cancer
  - >Gastroenterologist >Surgeon >Oncologist
- 2002: Esophageal (Adeno -) Cancer
  - >Surgeon >Oncologist >Gastroenterologist
  - >Radiation Oncologist
- 11/2002>Adopt Kushi Macrobiotic Diet
- 12/2002 to 8/2004: All Cancer in Remission

# Winning Strategy Evolution II

- 2003 >At 2-week intervals, began adding foods to my Diet beyond strict macrobiotic limits.
  - >Added tropical fruits, vegetables, coconut oil, nuts - - with no return of cancer
- 5/2004 >Added Dairy (Cow's Milk, Cheese)
- 9/2004: Twelve facial Skin Cancers develop;  
PSA rises 150% to 5.8;  
Prostate Cancer Diagnosed.
  - >Mohs >Urologist >Radiation Oncologist

# Winning Strategy Evolution III

- 9/2004 to NOW: >Eliminate 99% Dairy and all other Animal-Source foods in my diet;  
  
>Continue to avoid all Chemically-derived foods (hydrogenated oils, High Fructose Corn Syrup, Aspartame, MSG, etc.)
- 3/2005 to NOW: I've been CANCER-FREE

# Summary: Diet Impact on Cancer

- 1940 – 2002: Moderate to Heavy Meat, Dairy Consumption
- 1978 – 2002: Skin, Lymphoma, Esophageal **CANCERS** in succession (Treatments: excision, duodenal bypass surgery, chemotherapy, radiation)
- 9/2002 Start MacroBiotic Diet; PSA Drops (from 3.9 to 2.7)  
(No Chem Derived, No Animal Source Foods, no tropical foods)
- 2003 Added tropical, semi-tropical fruit/vegetables back into diet
- 12/2002 to 8/2004: Total Remission
- 6/2004 Start 2 Quarts Cow's Milk/wk; ½ Lb Cheese/wk.
- 8/2004 PSA rises steeply (from 2.7 to 5.8)
- 9/2004 Twelve facial basal cell Cancers (MOHS Surgery)
- 9/2004 Prostate Cancer (Gleason 3,3) (Radiation, Luprin shot)
- 10/2004 Eliminate 99% of all Dairy & Animal-Source foods.
- 3/2005 through Now (7/2007): TOTAL REMISSION

# More Information Sources

- My Web Site: [www.EndCancerNow.org](http://www.EndCancerNow.org)
- Harvard School of Public Health  
[www.hsph.harvard.edu/nutritionsource/calcium.html](http://www.hsph.harvard.edu/nutritionsource/calcium.html)
- Search Web For:
  - Dr. T. Colin Campbell: *The China Study*
  - Dr. Mary Enig: *Know Your Fats*, etc.
  - Dr. John McDougal: Diet Plan, DVDs, books
  - Michio Kushi: *The Macrobiotic Way*, etc.
  - CSPI: Center for Science in the Public Interest
  - PCRM: Physicians Committee on Responsible Medicine

# Conclusion

- I have identified the Stealth Foods in my diet which promote Cancer Cell growth into tumors in my body.
- **Research Programs** should be initiated to prove/disprove applicability of my experience to the general population.