

# Cancer: How to Get It and How to Get Rid of It

## Seven Ways To *Slowly* Get Cancer (The HONSTEC Syndrome) -

1. Not drinking enough clean, bioavailable water; ***Hydration***.
2. Not getting enough fresh air, exercise and sunlight; ***Oxygenation***.
3. Being overfed and undernourished, especially consuming refined carbohydrates, sugar, white bread/flour and processed junk “food”;  
***Nutrition***.
4. Having a compromised nervous system through loss of conductivity;  
***Structural/neurological aberrations..***
5. Consuming contaminants such as tobacco, alcohol, aspartame, hydrogenated oils, saccharin, artificial colors, flavor enhancers, preservatives, synthetic growth hormones, industrial pollutants, heavy metals, sodium nitrate, etc; ***Toxins***.
6. Blocking or holding emotional stress; ***Emotions***.
7. Failure to discover one’s purpose or divinity; ***Creation consciousness***.

## Three Ways to *Rapidly* Get Cancer -

1. Chemotherapy.
2. Radiation.
3. Medication, vaccinations and modern medicine.

## How to Get Rid of Cancer and Other Dis-eases -

1. Stop doing all things known to *cause* dis-ease and start doing all things known to *prevent* or *cure* dis-ease;
  - a. Eat only organic (pesticide free) fruits, vegetables, nuts, seeds, sprouts and legumes.
  - b. Eat only free range, organic chicken, turkey and wild Alaskan salmon.
  - c. Drink only distilled water with added electrolytic minerals such as Zeta Crystals.
  - d. Exercise daily in fresh air and sunshine, if possible.
  - e. Learn to “Forgive the Unforgivable”, starting with yourself.
  - f. Don’t take life or yourself so seriously.
  - g. Live *with* nature not against it.
  - h. Detoxify on a regular basis through calorie restriction, fasting etc.
  - I. Eat to live *not* live to eat.
2. If you have a health challenge, do the following advanced protocols:
  - a. Open the elimination channels; colon/liver, kidneys, lungs and skin.
  - b. De and Re-Polarize the blood and lymphatic circulation.
  - c. Detoxify the entire body.
  - d. Repair and rebuild the immune system.

**Note:** There are many programs one might consider when seeking natural healing. From chiropractic, naturopathic, nutrition, herbology, homeopathy, Rieki, Chi Qong, lymphatic and general massage, acupuncture, colon therapy to emotional releasing techniques, prayer and meditation, there have been cures and healings since the beginning of time, especially *prior* to the confines of modern experimental orthodox medicine. Remember,

if you don't take the time to be healthy, you will ultimately have to take the time to be sick...

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