

Cancer

A Rational Approach
to Long-Term Recovery

Lou Dina

Effective, non-toxic approaches
to reestablish vibrant health

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A Rational Approach to Long-Term Recovery

by Louis B. Dina

**Sensible, non-toxic approaches
to reestablish vibrant health**

CANCER—A Rational Approach to Long-Term Recovery



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Acknowledgements

I am alive and healthy today more than 30 years after being diagnosed with a malignant form of bone and lymph cancer in 1978. I have never had a relapse. I'd call this a miracle, but I am not an anomaly. There are hundreds, probably thousands, of people who have walked down a path similar to mine with equally good results. I don't believe this is a coincidence. It is difficult to put into words the deep gratitude I feel for the many people who contributed to my knowledge and recovery. Some of them I have never met or spoken with, and others I have never even heard of, yet they formed part of the unbroken chain that led to the program outlined in this book.

First and foremost on my list is Ruth Sackman, cofounder and president of FACT (Foundation for the Advancement in Cancer Therapy) until her death in December 2008 at the age of 93. If not for her dedication and the foundation she helped build, I am not sure I would be here today. She was also a dear friend for 30 years and we spoke frequently. I miss you and your wisdom, Ruth.

I was assisted and encouraged by many people in the extended FACT family, both members as well as patients who came seeking knowledge, guidance and a better way. Some of the people who deserve special mention are Pat Judson, Betty Fowler, Doris Sokosh, Consuelo Reyes, Karen Harper, and others too numerous to name. Not to be discounted are the many recovered cancer patients who shared their stories and successes at the many FACT conventions I attended. Their achievements gave me hope, inspiration, confidence and strength. It was their combined long-term successes, some against seemingly impossible odds, that gave me the courage to veer from the conventionally traveled highways and begin walking the path that brought me here.

I am beholden to the pioneers, researchers, scientists, doctors, nutritionists and practitioners whose informational tributaries merged to form a cohesive and sensible river of knowledge. Dr. William Donald Kelley

and Dr. John Richardson deserve special mention since their programs formed the core of my protocol and catapulted me forward on my path to health. Dr. Norman Walker, Bernard Jensen, Dr. Manuel Navarro, Dr. Henry Bieler, Dr. Max Gerson, Dr. Harold Manner and dozens of others helped to forge additional links in this chain. They, in turn, benefitted from the experience and work of those who proceeded them. All the people in this unbroken chain dedicated themselves to finding a cure for cancer and other degenerative diseases from a new, rational perspective, based on non-toxic, non-invasive therapies in tune with nature and the body's incredible propensity to heal itself, given half a chance. Their purpose was not just to eliminate disease, but to facilitate the process of reestablishing vitality and total health. Their integrity, courage, intelligence and generosity are things of wonder and beauty.

Finally, I thank my fellow cancer patients, who struggled and learned with me, my family, friends and associates for their love, encouragement and support. You know who you are even though my words can never convey how deeply you are appreciated.

Thank you,

Lou Dina

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Introduction

This is a book of hope, recovery and triumph in the battle against cancer. Before we begin, I feel it is important to put things into perspective and ground ourselves in present day reality. It isn't pretty.

According to the American Cancer Society, cancer incidence has steadily increased since the organization's inception in 1913. In the last 30 years alone, the number of deaths attributed to cancer have roughly doubled. From their publication, *Cancer Facts & Figures*, the American Cancer Society estimates that based on previous statistics, roughly 43% of the United States population will contract some form of cancer during their lifetime. In 2008 alone, they projected 1,437,000 newly diagnosed cancer cases, and that estimate did not include carcinoma in situ or basal and squamous cell skin cancers which add more than 1 million additional cases. It was also estimated that 565,650 people would die of cancer in 2008—that is *1550 people each day* in the United States alone!

If this growing trend continues, 50% of our population, one out of every two people, will soon contract some form of cancer during their lifetimes. *Think of that — every other person!* At today's recovery rates, nearly half of these people will die of Cancer despite the claims that we are making progress in the war against cancer. Cancer *cures* are statistically based on a 5-year survival after initial diagnosis. With improved diagnostic tools and earlier diagnoses, it stands to reason that the *statistical* cure rate will improve, even if the treatment methods and results do not. Increased incidence and death illustrate the magnitude of the cancer epidemic and suggest we are a long way from winning this war with conventional approaches and methods. Currently accepted techniques are clearly failing to stem this rising tide. It is the carefully considered opinion of this author (a 30+ year cancer survivor) that it need not be so.

This book is written specifically for the individual who has cancer, knows a relative or friend who has cancer, or is interested in reducing the risk of contracting cancer through the implementation of non-invasive, non-toxic,

holistic techniques. Having defeated malignant lymphoma and bone cancer in 1978, I have experienced most of the frustrations, cycling emotions, fears and obstacles typical of the average cancer patient. Unlike most, however, I was fortunate to learn very early of a safe, effective and sensible alternative path out of my predicament. After wrestling with the traditional methods of diagnosing and combatting cancer, namely biopsy, nuclear medical diagnostics, radiation, chemotherapy, and surgery, I chose to follow a *metabolic approach*, (also referred to as *bio-repair*), which focused on rebuilding host resistance and immune response through noninvasive, holistic means. Initially, I felt a great deal of uncertainty and trepidation in turning away from the traditionally accepted approaches and medical experts. In retrospect, it was a wise decision.

Nearly all conventional methods of treatment, (as well as many so-called alternatives), focus on attacking tumors directly, seeing them as enemy invaders that need to be sought out and destroyed. Unfortunately, most such approaches employ toxic substances and invasive procedures, which depress an already weak immune system and further lower the resistance of the individual. When the emphasis is on attacking symptoms instead of causes, (which I believe to be the case with radiation, chemotherapy and surgery), cancer has the nasty habit of popping up again and again. While disquieting, this should not be particularly surprising. If the patient's defenses are lowered, and the root causes remain in place, it only stands to reason that cancer will reestablish itself sooner or later. This is one reason oncologists often prescribe a full course of chemotherapy, even when no visible or detectable evidence of cancer remains. Unfortunately, this process further depresses one's resistance, encouraging repetition of the cycle.

Metabolic therapy, or bio-repair, as it has come to be known, takes an entirely different approach. Rather than focusing on the eradication of tumors (which I believe are symptoms of cancer, not its cause), the program in this book seeks to rebuild and fortify the patient's body chemistry, organ functions and immune response. The focus is on rebuilding vibrant health, not on eliminating disease. While this may sound like word play, the change in emphasis has far-reaching consequences for the cancer patient. By reestablishing proper body chemistry, the body's weakened defenses are strengthened to the point where cancer in particular, and disease in

general, cannot survive. A balanced body and a healthy immune system will not tolerate the presence or spread of cancer. In reestablishing correct body chemistry, toxicity is strictly avoided and purged from the system, and the individual is provided with the nutrients and support required to rebuild organ functions to their highest attainable levels. A properly designed program is a carefully constructed, synergistic combination of health-building methods which is very powerful and effective indeed. It looks to address the root causes.

It has been over 30 years since my initial cancer diagnosis and I remain cancer free. I have had no recurrences or relapses, as is so common with cancer patients traveling the traditional route. There are hundreds of people like me who have experienced similar, long-term successes. *Five-year cures* are of no interest to me.

If you are similarly afflicted, you will no doubt relate to the life upsetting nature of this disease we call cancer. This book will introduce you to principles and an approach I consider superior to traditional therapies, methods that are safe, non-toxic, and follow Hippocrates' dictate to **Do No Harm**. These methods not only work to rid the body of cancer, they work to reestablish health. Absence of disease and good health are not the same thing. Many dedicated doctors, researchers, nutritionists and organizations blazed the paths that led to this program. Within these pages, it is my hope you will find an inspiring documentary, sound principles and some valuable resources for defeating the *Bubonic plague* of our age. Perhaps my success, and the triumphs of hundreds like me, will inspire you to investigate for yourself. Perhaps you will discover a new direction, renewed hope and resurgent determination, which are in themselves, important components in recovering your most prized possession - good health!

Louis B. Dina ~ 2010

Disclaimer

This book was written to share hope and the story of my long-term success in combatting cancer. It is intended to provide an overview of the principles and steps that helped me, and others like me, restore health. The details of the metabolic approach will continue to evolve and be refined, but the key building blocks and underlying principles involved in reestablishing health generally remain constant and unchanging.

I am not a medical doctor, nor am I licensed to practice or advise anyone medically. Anyone interested in this or a similar approach should seek guidance and direction from a competent medical professional. Nothing in this book is to be construed as medical advice. There are no guarantees with cancer. I am simply sharing my story, some facts and opinions, and hopefully stimulating your interest in researching an approach I consider to be a better way.

I have included specifics so it is clear to the reader what I did and what worked for me. It is a roadmap I would follow again if the need arose. While I believe the principles, building blocks and detailed program in this book are sound, they are tailored to *my individual needs*. No two people are identical. I believe the key to this program is reestablishing proper body chemistry, organ function, balance and immune response, so it is critical that each individual seek the assistance of licensed, qualified medical professionals who can ascertain and effectively address the deficiencies and/or excesses that have led to their biological breakdown. In all likelihood you will need to modify this program, or a similar one, so it addresses your individual needs, and does, in fact, reestablish the necessary balance. One size does not necessarily fit all.

I thoroughly respect the doctor-patient relationship. I also believe the best patient is one who is well informed, educated and actively engaged in the decision making process. Ultimately, I believe it is up to each of us

to decide, then take full responsibility for our own course of treatment. I wrote this book to share a message of hope and to encourage you to investigate what I consider to be a better approach in the war against the scourge of our age.

How This Book is Organized

I strove to write this book in a logical order that unfolds naturally. Each chapter builds on previous chapters. Some chapters (such as my personal history) can be skimmed, but others should be read carefully before moving on.

The first few chapters trace my history, lifestyle, habits, emotional state and other influences that I believe contributed to my development of cancer. Many of you will be able to identify with my experiences and emotions, particularly the fear and confusion over which course of action to follow. You may see parallels that need addressing in your own life.

The underlying principles of the metabolic approach (i.e., bio-repair) are new to many people in our scientific age, but predate even Hippocrates himself. Before delving into details of the program, I believe it is essential you understand the key principles of reestablishing proper body chemistry, organ function, immune response and good health. The path to good health, while somewhat narrow and restrictive, is navigable if you understand the principles. Thanks to the incredible, recuperative powers of our bodies, there is a fair amount of latitude if we just do *enough* things right. However, without a clear understanding of underlying principles and how the components tie together synergistically, it is all too easy to stray from the main path and get lost. The second portion of this book covers these critical issues.

The essential details of the program are grouped in the chapters, *Healing Crises* and *Keys to Recovery*. If you can't wait and choose to jump to these chapters, **please** be sure to read the earlier chapters so you understand the building blocks and principles. There is no substitute for understanding the fundamentals. I encourage you to read the chapters in order.

The final chapters discuss support, how emotions can help or retard your progress, organic foods, and other relevant topics.

So.....if you are ready, let's dig in.

Chapter 1

I Have What?

I will never forget the heaviness hanging in the air as my doctor entered my semi-private hospital room on that horrid day in the Fall of 1978. I had just undergone a biopsy of a grotesquely distended and painful left wrist, with very little explanation or preparation for what might be found, or for that matter, what they were even looking for. The pit in my stomach anticipated the reality of my situation. In my gut, I secretly knew what I was unable to admit consciously. Usually, my doctor entered briskly and stood at the right foot of my bed, stooping slightly, looking very professorial as he answered my questions in a clipped, efficient fashion. But today, he slowly pulled up a chair and sat no more than two feet from my face. I found this change in his demeanor unnerving.

He seemed uncomfortable, and from my apprehensive vantage point, it appeared to me as though he had almost forgotten how to speak. His discomfort was amply reflected in his difficulty in simply meeting my gaze. His disquiet only served to increase my own. My anxiety had reached a fairly high pitch during the hours and days I had lain in my hospital bed. This feeling was not alleviated in the least by virtue of my surroundings, which included the sterile atmosphere of the hospital and a mute, but gravely ill, roommate whose only break from silence was frequent, intense moaning. I wanted my doctor to come to the point quickly, but then again, maybe not. My mind was screaming, racing at a thousand miles an hour, rehearsing potentially grim scenarios, hoping for the best, yet fearing the worst. I was prepared. At least I thought I was—I was wrong.

Neither the doctor nor I seemed to be able to open the conversation, until finally he blurted out, without any prelude, those awful words, "You have Cancer!" I was stunned, uncomprehending, blank, in shock. My whole being riveted on those three words and refused to accept or understand

Chapter 2

The Road to Declining Health

It is inevitable that soon after learning one's body is host to rapidly dividing, malignant cancer cells, questions arise in the attempt to understand and pinpoint the influences and origins of one's condition. Cancer does not just magically appear one day out of the blue—I am convinced it is generally a chronic condition that develops slowly over time and has logical causes, though they may be obscure and difficult to isolate. The birth and development of cancer is usually a long, drawn out affair. Over a period of months and years, the seeds of this debilitating disease were quietly germinating within my unsuspecting body. I was its unwitting accomplice.

Human nature has as one of its aspects a compulsive desire to solve puzzles and mysteries and trace them back to their causes. I have that trait in spades. Was the appearance of cancer the result of an insidious virus or exposure to carcinogens in my workplace or home environment? Were there causes rooted in my food and drinking water, or was there a hereditary predisposition that left me weak and defenseless? Did childhood injury or emotional trauma play a role? What part did any of these or other factors play in the descent from good health to chronic illness?

A Look Back to Childhood

My health problems began long before my cancer diagnosis in 1978. A series of seemingly insignificant factors combined over time to subtly alter my body chemistry and set the stage for disease. Unchecked, they acted collectively and gradually sapped my strength, sabotaged my immune system

Chapter 4

The Road to Recovery

If my education and training in the field of Engineering have taught me anything, it is that a symptom traced carefully back to its cause(s) will ultimately give rise to an appropriate solution. My education also taught me to locate and tap suitable, qualified resources. So, my first challenge was to locate competent, qualified resources. But, which resources could be deemed as suitable?

If I wanted to lose a lot of weight, I would seek out thin people who had successfully lost a lot weight and kept it off while maintaining good health. If I needed to repair my automobile engine, I would seek advice from an expert mechanic who had a successful track record and an excellent reputation. If I wanted to defeat cancer, it made sense to start with long-term recovered cancer patients who had been given terminal diagnoses and yet, had defied enormous odds, only to regain their health and eradicate all of their cancer symptoms. Luckily, I had already met numerous people who had not only defeated cancer, but who had a subsequent history of longevity and good health. That was where I decided to start.

My first call was to Pat Judson who had previously shared her adventure with me. I will briefly recount her story. Pat was sent home to die in 1970 by a doctor who told her that there was nothing more traditional medicine could do for her. As had happened with me, she had previously been misdiagnosed and was told that she was suffering from colitis rather than aggressive, malignant colon cancer. It is not an unusual occurrence that cancer patients are misdiagnosed in the earlier stages. After much time has elapsed and the problem persists, doctors begin to suspect cancer and mount a search in that direction. I have met dozens of people who have experienced delayed cancer diagnoses and can relate similar stories. This is unfortunate because much time and health is sacrificed as cancer gains a foothold and saps one's strength.

Chapter 8

Monitoring Progress

When you have a stuffy nose or are experiencing a headache, medications can often bring fast, temporary relief (hmmm...sounds like a television commercial). A decongestant reestablishes clear breathing within about 30 minutes and cough medicine often works just as quickly to suppress a cough, if you're lucky. I generally do not use or recommend these medications, but the analogy serves to illustrate a point. While these medications do nothing to address underlying causes, their rapid action is easy to gage. You take the medication and you see a result. It's a whole lot tougher to gage results and monitor progress with a disease like cancer.

Cancer is a systemic disease, one which normally develops over a relatively long period of time, often years or even decades. The chances are that you had cancer long before you became aware of any symptoms and before it could be clinically diagnosed. While you were busy working, playing and living life, cancer was silently establishing a foothold and spreading its tentacles throughout your body, and yet you had no clue. At some point, you probably began to experience symptoms such as lethargy, depression, pain, swelling, sweats, wheezing, coughing, blood in your stool, or any number of different manifestations, depending on the type of cancer, its primary site and severity.

Even so, clinical diagnosis can be very difficult and incomplete as I discovered after two consecutive misdiagnoses. Unfortunately, misdiagnoses of cancer are not uncommon as I have learned in discussions with many of my cancer friends. The standard tools for cancer detection and diagnosis, (many of which are invasive), include biopsy, palpation, angiograms, nuclear medicine, X-rays, CAT scans, Magnetic Resonance Imaging, thermography and others. These techniques tend to be utilized only after symptoms have surfaced and the likelihood of cancer is

Chapter 11

Healing Crises

What a strange term — *Healing Crisis*. The choice and combination of these two words accurately describes some of the physical manifestations one experiences when making a transition from a declining state of health to one of renewal, and this applies especially to the cancer patient. An understanding of this concept is crucial for a variety of reasons which will be enumerated within this chapter. I have intentionally placed this chapter directly before the chapter entitled *Keys to Recovery* so the recovering cancer patient will not be unnecessarily surprised when certain reactions to treatment surface. **I consider this chapter mandatory reading for anyone embarking on a metabolic program, and one of the most important chapters in this book.**

In his book, *Nature Has a Remedy*, Dr. Bernard Jensen mentions Dr. Hering's Law of Cure, which states: "All cure comes from within out, and from above, down. The symptoms will disappear in reverse order of their original development". In *A New Lifestyle for Health and Happiness*, he further expounds on this law and on the subject of healing crises in particular. To quote Dr. Jensen, "The disease crisis comes as a result of the extreme activity of the body in attempting to overcome an accumulation of toxic waste and so forth, but the healing crisis is the effort of the body to eliminate, cleanse and rid the body of catarrh, and lasts only a few days. As mentioned previously, a healing crisis comes after we feel our best. On the other hand, a disease crisis follows a long period of feeling badly and adds to the problem or paves the way for a more serious condition."

Dr. Norman Walker often refers to reactions or housecleaning when shifting to a more healthful and cleansing diet, particularly if it is done all at once. As with Dr. Jensen, he cautions the individual not to assume he is getting worse, but to recognize that his body now possesses the vitality to

Chapter 12

Keys to Recovery

STOP... if you have not read the previous chapter on Healing Crises, please do so now. Do *not* embark on a metabolic program (bio-repair) until you have read and understood what is in that chapter.

This chapter includes what I consider to be the keys to recovery when approaching cancer from a metabolic standpoint. It delves into elements of my program and how they build upon one another. This is a holistic approach that strives to treat the entire person and his or her underlying deficiencies. If any one these key elements is removed, I believe the program becomes less effective. I will share my program in its currently evolved form, including step by step procedures. While a majority of this program and the principles it embraces can probably help any cancer patient, it is important to recognize that each of us is different and may have specific, individual needs. It is recommended that you seek the guidance of a competent professional well versed in the metabolic approach who can tailor a program to your unique requirements.

I will briefly list the primary elements I consider the Keys to Recovery, followed by a detailed account.

- **Detoxification**
- **Diet**
- **Fresh, raw vegetable juices**
- **Supplementation**
- **Mind and Body**
- **Moderate Exercise**
- **Personal Involvement**

Appendix

Alternative and Adjunctive Therapies

Shortly after my cancer diagnosis, I spent months looking for the ‘miracle cure’ to defeat cancer. Many cancer patients experience this sense of desperation and compulsion to latch onto any new alternative which offers even a remote thread of hope that they will be miraculously healed. Some of the ‘so-called’ alternatives have proven dangerous and toxic. Just because a treatment is labeled *alternative* does not make it safe or effective. *There is no magic bullet and no wonder drug.*

The program outlined in this book is designed to treat the whole person, reestablish normal blood chemistry and organ function to a diseased body and boost immune response. As the body's overall health improves, it becomes increasingly able to wage war against cancer and other maladies. There are seven key elements to this program which I outlined earlier. These elements work synergistically to effect a positive change within the body and mind of the patient and rebuild health. The welcome by-product is the eradication of cancer.

Conventional Therapies

The method I propose in this book contrasts sharply with traditional methods such as radiation, chemotherapy, surgery or hormone treatments, which in my opinion, focus on symptoms rather than causes. Traditional methods see cancer as a foreign invader that must be located, attacked and destroyed, down to the very last aberrant cell, sometimes regardless of consequences to the host. Even when this battle has been waged ‘successfully’, cancer has a nasty habit of returning, often with increased vigor, since the immune system has been decimated in the process. I believe these methods do not address underlying causes and usually only buy time.

Cancer

A Rational Approach to Long-Term Recovery

Hope in the Battle Against Cancer



There is HOPE for the Cancer patient. Diagnosed with bone and lymph cancer in 1978, Lou Dina beat the odds using non-invasive, non-toxic therapies, with what has come to be known as a metabolic approach, or bio-repair. He has remained cancer free for over 30 years. His experience is not unique. He is but one of hundreds of long term survivors who have successfully walked this path and remained cancer-free for decades.

In this well organized book, Lou shares his story of search and discovery, the theory and fundamentals of bio-repair, and an in-depth account of the steps he followed to rid himself of cancer and regain health. He provides valuable resources for those wishing to deepen their understanding, and sound advice for avoiding dangerous pitfalls.

About the Author

Lou Dina is a mechanical engineer and utilized his training and education to conduct a methodical study of cancer therapies, seeking to isolate and address causes rather than symptoms. He is an avid photographer, graphic designer and classical guitarist.



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