

STARVE CANCER



CELLS TO DEATH

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WE HELP UR BODY HEAL ITSELF - NATURALLY

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CANCER?

DO NOT PANIC - TOTAL REVERSAL IS POSSIBLE NATURALLY

Cancer is one of the results of a failed immune system due to toxic overload.

REASONS FOR CANCER

80000+ chemicals & heavy metals are being used today which are being recycled into our bodies through air, water & food - add to this the toxins generated due to wrong lifestyle, intake of refined & processed enzymeless (which cannot be assimilated by our bodies) foods, (leaving a toxic residue), add to this negative emotions, stress, creating toxins 24x, radiation etc.



These toxins entering our bodies remain stored in our bodies long after exposure & do ongoing damage - block the free flow of energy & vital force, destroy the immune system & effect D.N.A. changes, deteriorate physical & mental functioning, cause serious debilitating & life threatening diseases & responsible for most of the cancer deaths.

Before opting for cancer operation, radiation or chemotherapy (both may cause cancer) – in fact most people die of cancer traditional treatments than by cancer. Check the internet for a 5 year survival rate & the quality of life after these procedures. Ask your doctor for survival rate for the procedure he suggests (most doctors would not take it themselves). For most people (even if they survive) the quality of life deteriorates so much, life becomes a burden & not worth living. Our bodies are super intelligent & they encapsulate tumours so that do not spread. Never agree to a biopsy as after biopsy the cancer spreads.



LET YOUR BODY HEAL ITSELF NATURALLY at YUTHnHLTH

we boost your body's natural tendency to heal itself naturally by cleaning the toxins, restoring the balance & boosting the immune system of the body to naturally heal itself.

Cancer cells can only survive in an oxygen depleted environment, cannot tolerate oxygen - die in an oxygen rich environment.

THE 4 PRONGED NATURAL TREATMENTS FOR CANCER IS VERY SIMPLE

OXYGENATE YOUR BODY, BOOST YOUR IMMUNE SYSTEM.
CLEAN YOUR BODY OF TOXINS through

1. HBOT (HYPERBARIC OXYGEN THERAPY)

Most of our health problems today are caused by oxygen starvation at cellular level. The air we breathe contains only 20.9% oxygen. In HBOT we breathe nearly 100% pure oxygen inside a chamber with increased (up to 3 times) atmospheric pressure i.e. upto 15 times the normal oxygen – is known to help reverse aging, rejuvenate body's self-healing properties, boost the immune system, stimulate new cell growth and regeneration, accelerate recovery times and help our natural immune system and improve overall wellness, energy and fitness. When a patient is given 100% oxygen under pressure, Oxygen floods areas that are oxygen starved due to reduced or blocked blood flow to stimulate cell growth and regeneration of new blood vessels & Hyperbaric oxygen acts as an anti-viral and anti-bacterial, as "bad" bacteria and viruses typically cannot tolerate oxygen. Oxygen reduces tumor growth in cancer patients & increases neural brain function due to oxygen saturation. Oxygen displaces toxins and other impurities to assist in detoxification of your system & provides numerous other condition specific benefits.



TAKING or TAKEN CHEMO or RADIATION THERAPY ALREADY?

HBOT CAN ALSO MITIGATE THE BAD EFFECTS OF CHEMO & RADIATION THERAPY.

Many cancer patients experience soft tissue radiation injuries, sometimes months or years after the initial treatment. Research has shown that **HYPERBARIC OXYGEN THERAPY** is one of the most effective treatment options for soft tissue radiation injuries.

The beneficial effects of hyperbaric oxygen in radiation/chemotherapy-damaged tissues are:

- Hyperbaric Oxygen stimulates the formation of new blood vessels (angiogenesis) and improves tissue oxygenation,
- Hyperbaric Oxygen reduces thickening or scarring of the tissue (fibrosis),
- Hyperbaric Oxygen mobilises and induces an increase of stem cells within irradiated tissues that grow new blood vessels into poorly supplied tissue.
- Natural infection control.

**PREVENT & BEAT CANCER & ALL CHRONIC DISEASES NATURALLY?
YES, YOU CAN & BECOME HEALTHIER THAN BEFORE ALSO.**

2. STARVE THE CANCER CELLS TO DEATH

Stop nutrition to cancer cells cancer can only survive in an oxygen deprived body - cancer cannot survive in an oxygenated or alkaline body as oxygen is a potent cancer killer. Cancer feeds on dead enzymeless, acidic, refined & processed food. Refined sugar & carbohydrates which convert to sugar, animal protein (including milk products). These are totally prohibited. **By stopping the above food you will automatically starve cancer cells to death. Eat raw foods which cancer cells cannot use at first sign of cancer stop all cooked, refined & processed (acid forming dead food deprived of oxygen). Eat fresh raw live cancer inhibitor/killer foods which are alkaline & are highly oxygenated.**



Fruits: Especially Berries, Cherries (cancer killers), Red Grapes & Dry Fruits, Aubergines, Plums - indeed any purple coloured fruits and vegetables. Especially rainbow diet i.e. combine maximum colours.



Vegetables: All leafy greens i.e. Arugula, Beans, Beet Root, Broccoli (a potent cancer killer), Brussels Sprouts, Cabbage, Cauliflower, Horseradish, Peas, Watercress, Red and Yellow Peppers, Greens like Kale and Spinach and Sweet Potatoes, Mushrooms. Consume fresh vegetable juice daily preferably Green Vegetables. Consume Carrot Juice (A potent cancer killer) as much as possible - mix Beet & Apple, add Raw Ginger, Amla (try to introduce as much pulp as possible by sieving it with a coarse porous mosquito net type cloth) - add one small Tomato (Lycopene) add 2 pinches of Turmeric powder.



WARNING: Most fresh food is contaminated by bacteria, fungus, chemicals & pesticides - (use ozone disinfecter to clean them. Washing in baking soda is also useful) before using them.

Seeds: Sunflower Seeds (5 Tablespoons per day), Pumpkin Seeds (5 tablespoon), Sesame Seeds.



All dry Fruits & Nuts : Especially Almonds & Walnuts, Omega-3 Flax Seed.

Drink enough Alkaline water : Use an Alkaline plant or an Alkaline water jug or drink QUA Himalayan Spring Bottled Water & Coconut Water, Lemon. It is very beneficial to store water overnight in a copper vessel. R.O. or normal bottled water has no minerals & is acidic - very harmful.



Use Honey/Stevia, Jaggery instead of Refined Sugar

Consume 4 to 5 Amla (India Gooseberry) with fibre : add 2 pinch of Haldi (turmeric) powder.



Soy : Which can come in many forms including Tofu, Tempeh, Miso, Soy Sauce (tamari) and Soy Milk. **Soy is both a Cancer Preventor and Cancer fighting diet.**

Unrefined cold pressed oils : Use good oils like Extra Virgin Olive Oil , unrefined oils like Mustard Oil or Coconut Oil



Choose Green Tea with lemon : Three cups per day help to neutralise free radicals.

Supplements: Co-enzyme Q10, Selenium 200 mcg daily. Echanacea, take Celin 500 (Vitamin C) tablets 4 times daily. Chlorella & Spirulina, Vitamin D, Grape Seed extract, Resvetrol

FOOD RESTRICTIONS: Cooked food to be avoided, No flour/processed/refined food. Coffee, Sugar, Salt (except Himalayan pink or rock salt), Alcohol, Pan Masala, Smoking, Fried items, **NO ANIMAL FAT including Milk.**

3. TAKE CANCER KILLER NATURAL FOODS & SPICES

Whole Lemon : Cut the lemon with the skin in small slices taking out the seeds & put it in the blender with a little water. Drink it twice daily. Is said to be more powerful than chemotherapy & a potent cancer killer.

Papaya leaf - is a potent cancer killer : Dry 5 to 6 Papaya Leaves & brew a tea by adding water & boiling it and take it twice daily.



Spices : Grate 5 gms or more of Ginger & Turmeric (is a **potent cancer killer**) each day into your juices & as many foods. 2 or 3 raw cloves of Garlic per day, Cayenne pepper, Oregano, Basil and Parsley.

Wheat Grass Juice or Green Blood (has same properties as our blood, only difference being the nucleus i.e. chrolophyll for wheat grass & iron for blood) : Is a store house of oxygen & a potent cancer killer. It is a complete food with all minerals & vitamins & capable of sustaining life by itself. Take as much as possible.



Grow your own Wheat Grass: Procure 7 large earthen flower pots filled with earth. Soak wheat overnight in water. Wrap it in a thick wet cloth in morning - keep it wet till sprouts germinate. Sow the sprouted wheat in the 1st pot - 2nd day the next batch in 2nd pot - repeat this process every day. On every 8th day pull out the wheat grass & sow the next batch of germinated wheat in each pot. Put the grass in the blender - add some water. Blend & sieve the juice - consume immediately.



4. REGIMENS FOR CLEANING THE BODY OF TOXINS & BOOSTING THE IMMUNE SYSTEM

01. Autophagy : Eat within 8 Am to 6 PM (food taken after sun down is not assimilated – creates diseases) by fasting for 14 hours your body converts wastes including cholesterol , unwanted – disease creating substances including tumours into energy thus cleaning the system

02. Mental Imagery : Create a mental image of yourself as being healthy & being rid of all diseases. If you believe in it, you will become healthy.

03. Cleanse (service & tune your body like your car) by **Ayurvedic Panchkarma** at least once yearly for peak disease free performance.

04. Maintain ideal body weight.

05. Get high-quality preferably 9 PM to 5 AM 8 hours sleep.

06. Breathing & Yoga Excercise, Chanting "OM" after taking deep breath & exhaling slowly can do wonders creates Nitric Oxide.

07. 30 minutes early morning sun exposure can decrease your risk of cancer by **MORE THAN HALF** simply by optimizing your Vitamin D levels

08. Exercise can slash your risk of cancer such as strength training, aerobics, core-building activities and stretching. Most important of all, however, is to make sure you include high-intensity, burst-type exercise preferably racket sports.

- 09.** Be happy & Laugh; Laughing is the best exercise, it increases human growth hormones. 85 percent of disease is caused by negative emotions. Try to laugh away your negative emotions. Watch laughter channels, comic videos etc.
- 10.** Clapping is also beneficial.
- 11.** Take enema of lukewarm water with lemon
- 12.** Using **FAR INFRA RED SAUNA** is very beneficial for cancer control. Cancer cells cannot tolerate heat & oxygen.
- 13.** Room to be well ventilated free of electro magnetic field.
- 14.** Reduce use of cell phones & other wireless technologies,
- 15.** Sleep from 9 PM to 5 AM
- 16.** At least 30 minutes exposure to sunlight
- 17.** Earthing is very important - Walking barefoot for at least 30 minutes on earth or grass

AVOID :

- 1.** ALL ANIMAL PROTEIN including MILK (FEEDS CANCER CELLS), refined (INCLUDING REFINED SUGAR – FEEDS CANCER) & processed food.
- 2.** Exposure to electronic gadgets.
- 3.** Avoid daily use of chemical e.g detergents, pest killers, deodorants, artificial air fresheners
- 4. DON'T SMOKE or TAKE ALCOHOL**

Additionally opt for a **Homoeopathic/Naturopathy/Ayurveda Treatment** simultaneously which are natural, totally safe & are complimentary natural treatments.

At **YUTHnHLTH** we have **2 American HBOT chambers** & have all the facility for cancer care with all the above amenities & the best **Homeopathic, Naturopathy & Ayurvedic Treatments**. We are committed & dedicated to the care of patients & are **NOT money centric**.

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Mr. Prem Chand Jaiswal : A Renaissance Man Committed to Well-being, Passions, and Serving Others.

Born in 1942, Mr. Prem Chand Jaiswal is a cut above the rest; he is a living, breathing example of passion, commitment, and an unstoppable need to help others. He is a shining example of the power of lifelong learning and what one man can do for so many.



Mr. Jaiswal is especially renowned for his work as an alternative health practitioner, offering consultations and guidance to those suffering from lifestyle diseases. Inspired by deep empathy and extensive research, he established **YUTHnHLTH** (<https://yuthnchlth.com>), a clinic to offer a unique and holistic path to wellness.

YUTHnHLTH : Reversing Age and Disease with Holistic Care. The Holistic Age & Disease Reversal Centre is the focal point of **YUTHnHLTH**. This centre is a departure from mainstream medical practice in that it focuses on the causes of chronic disease and aging. His practice is centered on lifestyle modification, natural medicine, **HBOT (HYPERBARIC OXYGEN THERAPY)** and a deep understanding of the mind-body connection, so it is a true holistic experience.

A Philatelic Whiz with More than 170,000 Hours Spent on Stamps. Besides his dedication to health, Mr. Jaiswal is also a world-famous philatelist. At the young age of 12, he dived into the complex world of stamps and paper items, spending an amazing 170,000+ hours on this fascinating hobby. His tireless passion has made him one of the most seasoned philatelists in the world. Presently, he puts his extensive knowledge to good use as a partner at PHILATELIC CENTRE in Kolkata, where he is an auctioneer, dealer, and valuer.

Beyond Stamps : A Man of Many Gifts. Mr. Jaiswal's talents extend far beyond the realms of health and stamps. He is, in fact, a talented **Singer**, with a penchant for the soulful songs of Mukeshji, the deep emotions of Ghazals, and the inspirational nature of Bhajans.

Apart from further enriching his already wide range of skills, Mr. Jaiswal is also specifically interested in **Graphology**, that fascinating science of handwriting.

A life of passion, service and growth is led in the motivational tale of Mr. Prem Chand Jaiswal. Whether he is guiding individuals to achieve health through holistic methods, imparting his vast experience of philately or enthralling listeners with his voice, Mr. Jaiswal is the very essence of lifelong learning and the rich dividends of living life on one's own terms.