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walnuts/almonds/sunflower seeds/pumpkin seeds, raw shredded coconut and some raw cocoa nibs (very high in antioxidants but bitter tasting). This, along with frequent bowls of nutritious pureed homemade soups and stews, was his sole diet until his appetite returned in a couple of months.

## RESULTS

Within three weeks of the new program, EG's vertebral, sternal and groin pains lessened considerably to the point where he no longer groaned when urinating or hunched over when sitting or walking. The blood panel taken on February 23 indicated his PSA count was already down to just over 1500 and his hemoglobin was up to 9.3. Both definitely in the right direction.

Subsequent blood tests continued to be incredibly encouraging: March PSA/52.88, hemo/19.2; April PSA/0.45, hemo/12.5, and May PSA/0.11, hemo/14. With normal ranges of PSA being 0.1-4.0 and adult male hemoglobin being 12-14, both counts are well within ideal range. His oncologist told him he had never seen such a complete turn-around in all his 30 years of treating cancer and the office is considering EG in remission. His next appointment is not until July.

EG is feeling better than he has in years and has gained back all the lost weight, joking

that it's a good thing he didn't go out and waste money on new pants. He is thrilled that he can continue to enjoy life and his loving family for an undetermined length of time, saying we all have to go sometime but he's glad of the extra time so he can finish all his considerable business and personal ventures and even start new ones.

**This case is really quite radical and has to give anyone with any sort of cancer some profound hope...**

He has made the decision to continue taking the larger quantity of fresh vegetable juice daily although his maintenance dose of most of his other supplements is down: DYNAMITE® Regular/4 caps, Tri-Mins™/3 caps, Elixir™/2 oz, Hiscorbodyne®/6 caps, Zinc Plus™/4 caps, Free and Easy™/6 caps, Iron+2/2 tabs (or until supply runs out), and Izmine™/4 caps. Other supplements are finishing out his mushrooms, decreasing Cod Liver Oil to 3 daily but keeping to 18 raw desiccated liver capsules daily.

Since the approach here was so multi-faceted and intense, it is hard for EG to specifically point to any one thing as being primary although he does feel the juice, zeolite and Trace Minerals Concentrate were most definitely paramount. In fact, he says

he started to feel hints of returning energy within a week of starting those, but it still took a couple of months for him to feel more like his old self. Part of his lack of vocalization about feeling better, he thinks, was due somewhat to his fear of "jinxing" the good that was occurring! Of course he, and others, were also praying for whatever his soul needed (accepting if necessary his transition) plus he was doing breathing and energy-promoting exercises, which I devised for him according to his ever-changing abilities.

I would put his recovery down to not only the protocol, but also to his attitude of forging ahead while accepting fully the cancer and the possibility of total cure without ever going into a victim mode. He continued to live life to the fullest even when he was only able to read a bit in his bathrobe and continues living life to the fullest as he finds ever more goals to accomplish. This case is really quite radical and has to give anyone with any sort of cancer some profound hope and trust that similar results could happen to them if they, too, would follow the general protocol adjusted to their personal needs and create a similar attitude toward living and dying.

Rowan Emrys, CNMT, Gold Director, CO

\*These mushrooms are now incorporated into the new Zinc Plus™ for Men!

## Just Ask Jim....

**Q:** *Dear Jim - I'm confused. I've heard people say that alfalfa is "bad" for horses, but don't horses need the protein that alfalfa can offer?*

**A:** The Zamzow family has been feeding horses in the high deserts of the western United States for over one hundred years. My grandmother moved to Idaho at the turn of the last century and settled in Meridian where our feed mill is still in operation. I used to delight in listening to her tell stories about the farm.

One of the things that I found of particular interest was the care and feeding of the horses. We have discovered over the years that high desert soils (which is what we have in southern Idaho and Eastern Oregon) pose unique problems in the health and feeding of horses.

Protein is the first and probably the most discussed element in nutrition. Protein, when

digested, breaks down into absorbable compounds called peptides, polypeptides and amino acids. The body then uses these compounds to manufacture the protein containing tissues which are primarily muscle, organs and connective tissues. Protein compounds are also used in the manufacture of hormones, enzymes and body fluids.

The problems we encounter with protein in horse feeding is not one of quantity, but of balance. Not all proteins are alike. The body requires some two dozen or so essential amino acids (which it has to get from its foods) and a myriad of non-essential amino acids that in most cases it can convert from the essential ones. So if any of the essential amino acids is missing from an animal's food, he will manifest some deficiency in body structure or functions. Since horses are primarily grazers and not browsers, their natural diet consists mostly of grass and assorted broadleaf plants, most of all weeds. If a horse is allowed to range large

areas, he can generally find a balance of protein for good health.

The problems occur when we domesticate a horse, keep him in a confined area, limit his feed to pasture, and what we give him in the form of hay and grain or mixed feed. In these cases, it is the horse owner's responsibility to ensure protein balance and quantity.

Contrary to many opinions, alfalfa (Lucern as it is called in Europe and the Southern Hemisphere) is not a good stand alone diet for horses. Alfalfa is an excellent source of some nutrients but extremely out of balance for a horse.

A horse's primary feed should be good quality grass and everything else, including alfalfa, should be used as a supplement to fortify the diet. Consider these things when choosing a feed for your horse.

*James B. Zamzow*



# A Full Recovery

## The amazing story of one man's healing

Hello Everyone - As a therapist, I would like to share the remarkable story of an elderly client (in his 70's) diagnosed with extensive and invasive Stage 4 prostate cancer, but who, with prompt nutritional and supplement intervention, is in total remission five months later.

His story can perhaps bring a new perspective to others having the dreaded diagnosis of the "big C." Of course, his treatment protocol was devised specifically for him utilizing muscle checking; however many of the suggestions are general enough they would probably work for virtually anyone with any form of cancer.

### BACKGROUND

Over the summer and fall of 2005, EG (who wishes to remain anonymous) had to "push" harder and harder to get things done that previously had been of absolutely no consequence. His wife noticed that his face aged years within only a few months becoming gaunt with sunken eyes. By Christmas, he could barely rouse the energy to make a very simple family holiday meal which he had wanted to do and he had precipitously lost an alarming 30 pounds of weight so that his pants hung on him.

During the fall, vague pains he had been feeling for some months sort of "coagulated." There was enough discomfort in his right upper leg/groin and upper back that he spent almost a week in November in his bathrobe getting others to deal with his chores; an utterly unknown action before this. He simply attributed all of this to "aging" and the fact that probably his arthritis was finally catching up to him.

After some massage work failed to relieve his symptoms, the therapist persuaded him

to see a chiropractor and strongly suggested he also visit a naturopathic physician, especially since he was experiencing considerable nausea.

EG saw the chiropractor twice during December but the adjustments not only would not hold, but hurt him terribly with the discomfort spreading throughout his ribcage, zeroing in on his sternum. It was this that drove him to finally make an appointment on January 18, 2006 with the naturopath who immediately did a complete blood panel.

The results were devastating: PSA/2062.9, SGOT/72, Alkaline Phosphatase/249, & C Reactive Protein/140 and although his Bilirubin/.5 indicated normal lymph action, his hemoglobin count was down to 8.9. The naturopath said it looked like metastasized prostate cancer and he set up an appointment with an oncologist for the following Friday, January 27. EG had not seen a medical doctor in well over 20 years.

The oncologist suggested a PET scan before further discussion; it was accomplished on Wednesday, February 1. The results, which EG was told the following week, confirmed 4th stage primary prostate cancer with invasion of the urethra and lower bladder plus secondary bone tumors throughout the entire right pelvic region going into the femur and up the spine with emphasis on T2-4 and the sternum; right where he had the pain that sent him to the chiropractor in the first place.

When EG suggested to the oncologist that he needed 6 months to get financial matters cleared up for his wife and family, the doctor replied he hoped to give him that with hormone therapy (monthly Lupron injections and daily Casodex/50 mg pills), the only apparently somewhat successful treatment at this stage, but that he certainly could not guarantee even that long considering the severity of the invasion.

### PROTOCOL

EG had "eaten well" his entire life and had been on excellent supplementation for the last 40+ years with a move to DYNAMITE® in the mid-1990's when he started with the daily basics (Elixir™, Regular & Tri-Mins™) plus Hiscorbodyne®, Zinc Plus™, Free & Easy™ and Izmine™. In 2004, he added in Carlson's fish/cod liver oil.

Upon the initial January diagnosis when he asked my opinion, we initiated testing supplements to arrive at the best personal protocol. I had just come across a liquid zeolite that was originally patented as a cancer drug.

EG tested for 15 drops 4 times daily and started on them upon their arrival the very next day. As for his DYNAMITE® regimen, he tested for Trace Minerals Concentrate/30 drops 3x daily, DYNAMITE® Regular/6 caps, Tri-Mins™/6 caps, Elixir™/2 oz, Hiscorbodyne®/18 caps (he was unable to tolerate SOD at all), Zinc Plus™/6 caps, Free and Easy™/12 caps, Iron+2/6 tabs (although this was discontinued, we found some in stock), and Izmine™/6 caps.

In addition, Jim Zamzow suggested and supplied EG with a special blend of exotic mushrooms\* of which he took 2 daily plus increasing his Cod Liver Oil to 6 daily and beginning 18 raw dessicated liver capsules daily.

With his lack of appetite and aggressive nausea, he tested positive for raw free-range milk/cream and an increase of his raw vegetable juice from 2 oz daily to 16 oz daily of a kale, beet, carrot, parsley, apple mix with a bit of fresh lemon juice and a raw range free egg yolk added.

This combination was geared to help build his blood, support his immune system, and supply high levels of complex anti-oxidants. For solids, he tested for however many handfuls (his wife said he usually consumed 2-3 per day) of a home-made trail mix I created consisting of equal portions by volume of dried blueberries/cranberries/goji berries,

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