

# Cancer Mini Guide

## How the Body Heals Cancer

Understanding cancer without fear - and how to support the body instead of suppressing its efforts.

Most people fear cancer because the medical narrative makes it seem like an external enemy that has attacked the body without warning. When we don't know why something happens, fear fills the void. This guide takes that fear away by explaining cancer in simple, understandable terms: what leads up to it, what the body is trying to do, and how you can support your body instead of fearing it. Once you understand that cancer has a cause and a purpose, you no longer have to feel powerless. You can begin focusing on creating the conditions that lead back to health.

Over the last few years, I have been approached by a growing number of people looking for a short resource or guide to give to friends and loved ones who have been given a Cancer diagnosis. If you are reading this right now, someone who cares about you has shared this guide because they want you to understand the Science of Natural Hygiene perspective on cancer. This perspective removes fear and replaces it with clarity and direction.

This guide is my response to the growing need for a clear and concise path back to wellness. The principles of this guide are based on the science of natural hygiene, also called life science. The Science of Natural Hygiene is “a branch of biology that investigates the conditions upon which health depends and the means by which it may be sustained in all its virtue and purity, while we have it, and restored when it has been lost or impaired.”

This is not meant to be an exhaustive resource, but rather a guide to help people get back on the road to health by providing resources for learning the science of health and how to recover from disease. This guide is not meant to diagnose, treat, or cure any disease. On the contrary, this guide offers no treatments at all. Instead, we follow the science of health by addressing and removing the causes of disease. When we remove the reasons why our bodies malfunction,

then the body may, using its own powers of self-cleaning and self-healing, return to a state of pristine health and normal function.

Getting a cancer diagnosis can be one of the most terrifying experiences any person goes through. There is often pressure from the medical industry to rush into experimental or dangerous treatments. Pressure from well-meaning family and friends to take those treatments, and little time to research and consider the alternatives. We hope that this short guide will help give you a path forward to guide your own research into the self-healing powers of your body.

As you read through this guide, I hope you will keep a few basic truths in mind as you consider all of your options.

1. You cannot poison a poisoned body back to health.
2. Carcinogen means “known cancer-causing chemical.” Therefore, what causes cancer is known.
3. Problems are always solved by first removing their cause. No problem in life can ever be solved if we leave the cause in place.
4. Disease is created by straying from the natural physiological requirements of our body. Health is acquired and maintained by meeting the natural physiological requirements of our body.
5. No human body is deficient in poisons. Adding a substance to the body that will create disease in a healthy body can never create health in a sick body.
6. We cannot create health in a sick body by applying things to the body that would make a healthy person sick.


There are 3 core steps that are most important to dealing with any disease:

1. **Remove the cause of the cancer.** If you cannot remove it entirely, do your best to minimize the cause or exposure to the causes of cancer in your diet and lifestyle. Utilizing the science of natural hygiene, identify the known causes of disease and work to remove them.
2. **Provide the body with maximum nutrition and hydration.** We are what we eat, breathe, and absorb. Everything our body comes in contact with is used to create cells. Either we are providing good, solid material that builds a strong, properly functioning

body, or we are supplying materials that impair the proper functions of the body. Nutrition is also used to help the body expel waste effectively, and this is a big part of healing and maintaining optimal health.

3. **Incorporate stress-relieving activities.** Stress creates an acidic environment in the body, a perfect medium for cancer to thrive. Cancer cannot survive in a healthy body with a properly functioning waste elimination system (i.e., the lymphatic system).

The following video presentation will walk you through the causes of disease and how our body cleans and heals when we remove those causes -

 Embracing our Self-Healing Body - The Seven Stages of Disease and How We Heal -

<https://www.therawkey.com/embracing-our-self-healing-body-video-presentation/>

### **STEP 1: Remove the cause. Remove the body's need to create cancer cells.**

Eliminating the toxins and lifestyle burdens that are causing the body to malfunction is essential to returning to a state of health. It is not enough to add nutrition into your lifestyle; it is far more important to remove what is causing a burden. If your body is under the constant onslaught of the causes of cancer, it will not have the energy required to repair and heal no matter how much nutrition we are providing. Straying far from our natural, biologically appropriate diet is the primary cause of disease, which results in malfunctioning cells and suppresses our body's ability to clean and heal.

Cancer cells are created by the body as a result of a buildup of uneliminated acidic cellular waste and toxins. The body encapsulates these cells with scar tissue, forming a tumor, to protect the other healthy cells in the area of the tumor from the damaging materials contained within the tumor. When the body is overburdened with more waste and toxic debris than it can handle, it creates tumors as an effort to protect the remaining healthy cells and create a barrier between the cellular waste and the remaining healthy cells. In a properly functioning body, our body is regularly cleaning out this cellular waste and keeping all cells functioning normally. However, the further we stray from our natural foods and natural environment, and the more burden we put on our body with our lifestyle choices, the more the cellular waste builds up and the less the body can keep up with the necessary cleaning. When we correct our diet and the burden is lifted, our body is designed to seek out those cancer cells and expel them through various elimination channels, such as our bowels, kidneys, liver, lungs, and skin. However,

when our body becomes overwhelmed with waste, its ability to self-cleanse becomes suppressed. To heal, we must remove enough burden from the body to allow it the energy it needs to remove these cancer cells, as it is designed to do when the body is functioning normally.

Returning to the natural human diet allows this burden to be lifted. You can read more about the natural human diet and how it has been scientifically established in this article, [What is the Natural Human Diet? - The Raw Key](#)

(<https://www.therawkey.com/what-is-the-natural-human-diet/>)

You will need to make every effort to eliminate all sources of cellular poisons and burdens, both in your environment and in your diet. This includes:

1. Avoiding meat, dairy (milk, cheese, butter), and eggs - All three of these “food” categories are carcinogenic even in small doses. Here is a bit of the science explaining why:

- <https://nutritionfacts.org/video/carnitine-choline-cancer-and-cholesterol-the-tmao-connection/>
- <https://nutritionfacts.org/video/eggs-choline-and-cancer/>
- <https://nutritionfacts.org/video/animal-protein-compared-cigarette-smoking/>
- <https://nutritionfacts.org/video/poultry-exposure-tied-to-liver-and-pancreatic-cancer/>
- <https://nutritionfacts.org/video/cholesterol-feeds-breast-cancer-cells/>
- <https://nutritionfacts.org/video/the-role-of-bovine-leukemia-virus-in-breast-cancer/>
- <https://nutritionfacts.org/video/eating-outside-our-kingdom/>
- <https://nutritionfacts.org/video/is-bovine-leukemia-virus-in-milk-infectious/>
- <https://nutritionfacts.org/video/how-many-cancers-have-been-caused-by-arsenic-laced-chicken/>
- <https://nutritionfacts.org/video/prostate-cancer-and-organic-milk-vs-almond-milk/>

2. Avoid all fried foods -

a. <https://nutritionfacts.org/video/cancer-risk-from-french-fries/>

3. Avoiding all processed oils – vegetable oil, margarine, olive oil (if you need to use oil very small amounts of cold pressed unrefined coconut oil would be the only thing I would use. For cooking you can water saute by using a few tablespoons of water or a good quality vegetable broth.)

4. Avoiding anything with any food coloring – All food colorings are carcinogenic (cancer-causing)

5. Avoiding anything with caramel color – Also highly carcinogenic

6. Avoiding anything with artificial sweeteners, preservatives, or any chemicals

7. Avoid all deodorant, shampoo, conditioners, household cleaning supplies that contain chemicals, especially bleach, sulfates/sulfites, parabens, colorings, and fragrances (essential oil based fragrance is okay)

- For cleaning, use white vinegar, coconut based soaps, and natural plant-based dish soap. For other products, some clean brands include Dessert Essence, Natures Gate, Seventh Generation, ECOS laundry detergent. Anything that you put on your body must only include natural ingredients (even your laundry detergent as our clothes hold onto the chemicals and transfer them to our skin). Our skin is our largest detoxification organ and any chemicals that we put on our skin are directly absorbed into our body. Sunscreen is one of the worst, followed by deodorants that contain aluminum and parabens.
- Almond or coconut oils are a good option for face and body lotion in the short term. Long-term a healthy, well-hydrated body will not require lotions, and keeping the skin clear allows for the body to effectively use the skin as an elimination channel. Almond oil is better for the winter.
- You can make a homemade natural body wash and shampoo by mixing  $\frac{1}{3}$  coconut-based soap (rose and lavender scents are both nice)  $\frac{1}{3}$  coconut oil or almond oil and  $\frac{1}{3}$  filtered water in a foaming soap dispenser. You will need to shake the bottle vigorously a few times over the first 24 hours or so to get it

completely mixed. (You will need to warm the coconut oil to a liquid state before mixing). Just like lotions, using soaps is not necessary for a healthy body and should be a short-term solution to help transition away from toxic soaps.

- Some brands to AVOID are Clorox, Johnson, and Johnson, Tide, All, Dial, Zest, anything from Unilever, McGraw Hill, and any brand that does not specifically include all ingredients or lists chemicals as ingredients.
  - A good rule of thumb is, can I make this at home, with ingredients that would be found in a garden? – if not then don't use it.
8. Breathe only clean air as much as possible. Avoid all cigarettes, e-cigs, vaping, perfumes, air fresheners, disinfectant sprays, essential oils, candles, or anything else that pollutes your indoor air quality.
  9. Avoid energy drinks, alcohol, coffee, and any caffeinated beverages.
  10. Avoiding anything with corn syrup, white flour, wheat, wheat flour, or refined sugar (small amounts of maple syrup or coconut sugar are okay but it would be better to avoid all added sugars for the first 90 days to six months)
  11. Avoid anything else that is unnatural, contains chemicals, or is highly processed, including all pharmaceutical drugs. This includes chemotherapy, which is a known carcinogen (cancer-causing chemical). We cannot heal a sick body by adding chemicals to the body known to cause cancer in a healthy body.

## **STEP 2: Provide the body with maximum nutrition to rebuild on a healthy foundation.**

### **Drink:**

1. **Water** - "The solution to pollution is dilution." The average person eating the natural human diet of raw fruits and tender sweet leafy greens requires about 1 gallon of water per day to remain free of disease symptoms. If a person is eating any cooked foods, that amount increases significantly as we need to account for the water lost to the digestion of these cooked and processed foods. If a person is in a disease state already, their water needs are much higher. Aim for at least one gallon of water per day, working your way up gradually over a few weeks. Drink more water as your thirst demands. Water is used by every cell in your body to clean out waste, dilute acids, and

keep acid wastes away from cells where they can cause damage. The more hydrated the body, the easier it is for the body to clean and heal itself. The more dehydrated the body is, the more the acid wastes stagnate in the system and the more damage they create. Distilled water or Reverse Osmosis is the preferred water source, this article explains why - [Why do Natural Hygienists Drink Distilled Water? - The Raw Key](https://www.therawkey.com/why-do-natural-hygienists-drink-distilled-water/) (<https://www.therawkey.com/why-do-natural-hygienists-drink-distilled-water/>)

2. **Smoothies** - While whole foods are always a better choice, transitioning to a healthy diet by using smoothies to help us get in more fruits and vegetables is acceptable.
3. **Other Beverages** - Avoid all caffeinated beverages. Use herbal teas as needed and, if needed, some green tea to help wean off caffeine in the short term. Ideally, we should only be drinking water. Occasionally, some freshly pressed juice or coconut water is also acceptable. But our primary beverage should be clean water.
4. **Coconut Water is acceptable** but check the ingredients carefully. Avoid added vitamin c or other vitamins, citric acid, or any other preservatives, and avoid added sugar.
5. **Water with Lemon, Lime, or other fruit infusions** - Some people find it difficult to drink enough water without some sort of added flavor. If you find this helpful in getting your body rehydrated then feel free to add some flavors to your water as long as the source is whole fruits, nothing artificial. This is less ideal than plain water because it requires the body to run its digestive processes, which takes energy away from the body's healing processes, however, it is far more important to get hydrated, so add whatever you need to make sure you are providing enough hydration for your body to sweep out all the waste it needs to eliminate to heal.

#### **Eat:**

1. **As much fruit as you like.** All kinds. Eat until full, and eat again when hungry. Ideally, fruit should be 50-75% of your day.
2. **A Big Fruit Bowl** (4-5 cups) of berries, blueberries, strawberries, blackberries, and/or cherries every morning. Fresh as much as possible but frozen (Defrosted) is okay as well. (Minimum of 16 ounces of berries per day)  
(<https://nutritionfacts.org/video/boosting-natural-killer-cell-activity/>) (Costco Sells big bags

of Frozen Blueberries and a blend of berries that includes cranberries and cherries that I believe they call the “Antioxidant Blend”, They also sell fresh organic berries)

3. **Tender leafy greens** should be the remaining 25-50% of the diet with a small handful of nuts and seeds as desired.

- 1 pound of leafy greens – you want to chew as much of the greens as possible. Aim for a large bowl of salad at least once per day containing at least 1 full head of lettuce. Also, try placing leaves in a bowl for snacking on throughout the day (This will be weird and feel unnatural at first, but after a few weeks, your body will start to crave the greens and you will actually start to enjoy the taste). Try serving your greens with fruit, freshly sliced bananas, and defrosted berries with their juices to make a nice dressing. (Note: If you are eating enough greens your stools should be green).

4. **Green smoothies**, if you struggle to eat enough salad, use these to help you transition and get more greens in. To make sure you are getting a full pound or more each day, these are some good options for green smoothies:

- 1 mango, ½ cup pineapple, 2 cups kale, baby kale, baby mixed greens or spinach, 1-2 cups water or coconut water
- 2 cups kale (or spinach, romaine lettuce, baby mixed greens), 1 apple, ½ lemon (juiced), 3-4 medjool dates, 1-2 cups water
- 3 bananas, 1 cup berries, 2-3 dates (as desired for sweetness), 2 cups lettuce, kale or spinach
- 4 romaine leaves, 2 bananas, 1 apple, 1-2 dates (as desired for sweetness)
- 2 cups kale, 1 cup strawberries, 1 ½ cups coconut water
- 2 bananas, 1 apple, 1 cup leafy greens of choice, 1 ½ cups coconut water
- 1 orange, 1 cup pineapple, 1 cup spinach, 1 ½ cups water or coconut water

5. **Salad dressing options** – (Avoid store-bought dressings as nearly all contain refined oils, chemicals, irritants, artificial sweeteners, and other disease-causing ingredients.)

### **Quick Citrus Dressing**

Juice of 1 lemon or lime plus 2-3 TB maple syrup or blended with 2-3 dates and a few tablespoons of water

### **Blended Fruit**

Blueberries, strawberries, and mango are all good options – can also add lemon or lime juice blended with nuts/seeds and some fresh culinary herbs to make a creamy version. Try blending your favorite fruit with 1-2 dates until smooth.

### **Basic Cashew Dressing**

¼ cup cashews  
Juice of 1 lemon or 1 lime  
½ cup water

Optional: 2-3 dates for a sweeter dressing (less ideal food combining)

Fresh or sundried tomatoes

Culinary herbs (minor irritants): basil, cilantro, dill, garlic powder, onion powder (dry powdered spices have less irritating oils, so it is better to use the powder if you are going to put garlic or onion into the dressing)

Classic combinations: sun-dried tomatoes + basil, cilantro + lime, ranch dressing (garlic powder, onion powder, fresh parsley, dill, cilantro, lemon juice, black pepper)

### **Sunflower Seed Dressing**

¼ cup sunflower seeds  
Juice of 1-2 lemons  
¼ -½ cup water

Blend ¼ cup water, lemon juice, and seeds until very smooth. Add additional water to thin to your desired consistency.

*Optional: Add celery, sun-dried tomatoes, dates, or herbs for different variations.*

### **Avocado Dressing**

1 avocado  
Juice of 1 lime or lemon  
¼ cup water  
1 handful of cilantro (optional)  
1-2 dates for a sweeter dressing  
1 stalk celery for a saltier dressing

Blend all ingredients until smooth.

### **Savory Tomato Dressing**

4 tomatoes  
2-4 stalks of celery

### Sweet Tomato Dressing

4 tomatoes  
6-8 dates  
1 stalk celery

Blend all ingredients until smooth.

### Mango Dressing

Blend 2-3 mangos. That's it. Easy peasy.

### Tomato Mango Dressing

2 tomatoes  
1-2 mangos

Blend all ingredients until smooth.

### Blueberry Dressing

1 cup blueberries  
4-5 Medjool dates

Blend all ingredients until smooth.

### Red Bell Pepper Vinaigrette

2-4 red bell peppers  
Juice of ½ lemon, or more as desired  
4-6 Medjool dates

Blend all ingredients until smooth.

### Creamy Cucumber Dressing

1 cucumber  
¼ cup sunflower seeds  
1 lemon, juiced  
1 tsp white miso (optional - not ideal, but okay to use in moderation)

Blend all ingredients until smooth.

### Creamy Tomato Dressing

4-5 vine ripe tomatoes  
¼ cup cashews  
Juice of 1 lemon (optional, more tart)  
2-4 Medjool dates (optional, more sweet)

Blend all ingredients until smooth.

6. Red Bell Peppers, Orange Bell Peppers, Tomatoes, Cucumbers, all of the “vegetable” fruits or savory fruits are acceptable and can be eaten alone or in salads. They also make good snacks with a dip made from blended nuts/seeds.
7. **Raw, Unsalted, Unroasted Nuts and Seeds** in moderation, as desired. Avoid mixing nuts/seeds with high-sugar fruits as that can cause the sugars in the fruits to not be digested properly. Avoid all cooked nuts as these are carcinogenic and damage our heart.

You can substitute raw nut or seed butter, like cashew butter for the nuts and seeds. Just make sure they don't have any added ingredients like salt or sugar, or preservatives and that they are raw and not roasted.

## Transitional Foods

For the first 90 days, cooked foods can be eaten if necessary, but keep in mind that any cooked food is a burden on the body, which adds to the overall waste load. As much as possible, we want to move away from cooked foods so the body can dedicate as much energy as possible to healing and cleaning processes. Below are some ideas for cooked foods that are minimally harmful and can be used to manage cravings.

Lightly steam or water saute leafy greens, Cauliflower, Broccoli, or other vegetables, and serve them with Quinoa, Millet, Amaranth, Wild Rice and Lentils, Beans, or other Vegetables. Add one of the dressing recipes above as a sauce if desired.

Baked Sweet Potato/Baked Potatoes/Acorn Squash/Butternut Squash - White potatoes are more starchy and gluey and not ideal, Sweet Potatoes or Squash options are a better choice.

Steamed Vegetables

Salsa (if it is free of preservatives and chemicals)

No Oil Potato or Sweet Potato Fries (Slice Potatoes into wedges and toss with spices and a little salt as desired (cayenne pepper, chili powder, garlic powder, rosemary, thyme, black pepper,

etc) and place on a baking sheet lined with parchment paper (No Oil is needed) Bake at 350 for 20 mins, flip and bake another 10-20 minutes. You will know they are done when the puff up and are lightly browned. Serve with lettuce leaves to wrap and salsa or mustard (preservative and chemical free)

Wild Rice

Lentils

Vegetable Soup

Lentil, Split Pea or Bean Soups

Beans

Mushrooms

Baked Vegetables (Cook at 300 or below)

Your primary focus should be on fruits. Fruits will provide the hydration your body needs and the alkaline minerals required to heal. Fruit is first and foremost; everything else is secondary.

### **3. Incorporate stress-relieving activities.**

- Light Moderate Exercise – anything that gets the blood pumping and a light sweat will help to eliminate toxins, brisk walk, bike ride, light aerobics, even cleaning the house or gardening. However, if you are fatigued, do not force yourself to exercise; instead, go to bed and rest. Resting is healing. When the body is doing the most healing, the majority of the body's energy is shifted internally, and our limbs become weak because the energy is not available to support them. When you feel weak, listen to your body, go rest, and let the body do the cleaning it needs to do. Learn more about how fatigue is part of the healing process here: [What is Fatigue? - The Raw Key](#)
- Funny Movies or Listening to comedians
- Listening to uplifting music
- Get a massage

- Create a good atmosphere for sleep (including a good hepa filter to clean the air) and make sure to get 8 hours of sleep or more as often as possible. - Avoid any electronic devices in the bedroom if possible. Whenever possible sleep with the windows open
- Hobbies that you enjoy
- Anything that makes you smile

### **A couple of Notes and Tips:**

Costco is an excellent resource for good quality produce and bulk fruits and vegetables(or savory fruits). They sell big bags of organic mixed baby greens, spinach, and baby kale, which is great for salads and snacking, organic frozen fruits, organic apples, and during the summer they typically have organic melons for reasonable prices.

If you don't have a Costco membership, make friends with your local grocery store's produce manager, and they will help you out with bulk discounts.

You will be eating a very large volume of food, which will take some getting used to. Meat, dairy, and processed foods are very calorie-dense and nutrient-poor, so we are taught our entire lives to eat small portions. Fruits and vegetables, on the other hand, are low in calories and nutrient-dense. They are also loaded with water and fiber, which creates bulk that is necessary to sweep toxins out of our colon. Because of this, in order to reach a healthy calorie intake (1800-2300 calories for women, 2500-3000 for men), you need very large servings. So think 3-5 apples as a snack (285- 475 calories), 5-10 bananas as a meal (525 -1050 calories), salads should be huge, think serving bowl, not salad or cereal bowl. 5-6 cups of greens plus 1-3 cups of veggies on top. Smoothies should be around 24 ounces (3 cups) or enough to fill a quart jar. It will take you a bit of time to work up to this amount of food, just take it one day at a time and try to eat a little larger salad each day, or one extra piece of fruit each meal. Over the first 2-3 years, your stomach will stretch to accommodate larger meals.

Mix your greens and aim for variety, even if you just alternate weeks, for example, week 1 spinach, week 2 kale, etc. Same with fruit, If Grapes are on sale this week, load up on grapes, but then next week load up on something else so you are giving your body a large variety of vitamins and minerals.

Making these changes may feel overwhelming. Many of these foods may be outside your normal comfort foods, but all of these foods are natural to our body, so as our body gets cleaner, our natural tastes return and you will start to enjoy fruits and vegetables in a way that you never did before. Have patience. Be gentle with yourself. Eat the fruits and salads you enjoy abundantly, but try new things from time to time to see how your tastes are changing as your body heals. When I started on this journey myself, 15 years ago, I ate mostly candy bars and potato chips and I drank a pot of coffee a day. I hated salads and there were many fruits I could not stand the taste of. Today, I eat fruits and salads abundantly, have abundant energy and wake each day with joy, and I can eat lettuce plain and enjoy it more than I ever enjoyed those potato chips.

## Support System

Getting healthy in an unhealthy world can be a real challenge. Your friends and family, while they mean well and have the best of intentions, will often try to sabotage your healing journey. Having a support system of like-minded people, who are healing their disease conditions and getting their health back too is really important to helping us stay on track. “One of the most effective things you can do to build better habits is to join a culture where you desired behavior is the normal behavior. New habits seem achievable when you see others doing them every day.” - James Clear, “Atomic Habits” In order to help others heal as we have healed, we have created an online support group for those transitioning back to the natural human diet and healing their disease conditions. If you would like support along the way, you can learn about the support group here: [The Natural Diet Support Group - The Raw Key](https://www.therawkey.com/the-natural-diet-support-group/) (https://www.therawkey.com/the-natural-diet-support-group/)

## Resources:

To help you learn more and help you educate family and friends so they can help support you in your journey back to health, here is a list of videos, books and articles to help you understand how the human body is designed to heal, as well as why we get sick.

### **Films on Netflix and YouTube to watch:**

Food Choices

Food Matters

Fat, Sick & Nearly Dead

Fat, Sick & Nearly Dead 2

Food, Inc.

Forks over Knives

Hungry for Change

Fed Up

GMO OMG

Prescription Thugs

Sugar Coated

Cowspiracy

Vegucated

Plant Pure Nation

The Human Experiment

What the Health

**Other videos:**

Dr. T. Colin Campbell Explains Cancer Growth <https://www.youtube.com/watch?v=J6p0bEr7RIo>

Starving Cancer with Methionine Restriction

<https://nutritionfacts.org/video/starving-cancer-with-methionine-restriction/>

Fiber vs Breast Cancer - <https://nutritionfacts.org/video/fiber-vs-breast-cancer/>

Dangers of Eating Meat Once a Week - <https://www.youtube.com/watch?v=kdJCP4j33pw>

Dairy Is Scary <https://www.youtube.com/watch?v=UcN7SGGoCNI>

The Science of Cheese Addiction <https://www.youtube.com/watch?v=1hE6lhQu7k4>

### **Resources:**

<https://www.therawkey.com/the-peoples-key/>

<https://nutritionfacts.org/>

<http://www.pcrm.org/>

<https://www.forksoverknives.com/>

<https://www.drmcDougall.com/>

<http://www.dresselstyn.com/site/>

<https://www.thedavisclinic.com/dr-garth-davis.html>

<https://doctorklaper.com/>

<http://rawfoodrecipes.com/>

### **Books to read:**

The Natural Human Diet Quick Start Guide: Transition Back to the Natural Human Diet with Ease - <https://amzn.to/4pEIMc6>

The Science and Fine Art of Fasting by Herbert M Shelton: <https://amzn.to/3U9jfH1>

Natural Hygiene: Man's Pristine Way of Life by Herbert M Shelton: <https://amzn.to/3NdU4AR>

Your Natural Diet: Alive Raw Foods by Dr T.C. Fry: <https://amzn.to/3TZfdRy>

Never Fear Cancer Again: How to Prevent and Reverse Cancer by Raymond Francis, M.Sc. : <https://amzn.to/3sDxyaO>

How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease:

<https://amzn.to/3W7AdaB>

**Articles:**

**Why do we get sick?** <https://www.therawkey.com/why-do-we-get-sick/>

**Disease 101 -**

<https://www.therawkey.com/disease-101-how-we-create-disease-on-a-cellular-level-and-how-we-reverse-it/>

**The Nature and Purpose of Disease -**

<https://www.therawkey.com/the-nature-and-purpose-of-disease/>

**One Disease, Two Types of Symptoms -**

<https://www.therawkey.com/one-disease-two-types-of-symptoms/>

**What is Detox Really? It's Probably Not What You Think! -**

<https://www.therawkey.com/what-is-detox-really-its-probably-not-what-you-think/>

**Detox Symptoms -** <https://www.therawkey.com/detox-symptoms/>

**The Medical Label of Infection -** <https://www.therawkey.com/the-medical-label-of-infection/>