

Read 88 year old man's prostate cancer story metastasized to bone - *nutrition and lifestyle*

FROM THE DESK OF FRED CASTLE

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HEAL THYSELF

Here is my story

My prostate surgery was in 1978. Biopsies showed slight cancerous cells. It was suggested to have annual digital exams, which I did faithfully.

In 1982 I began feeling slight pains in my hip and lower back area. I am an avid walker, doing 2 miles or more daily at a 15 minute mile rate. No slouchy stroll! After a few months I noticed my left knee began acting up... never had a knee ache before.

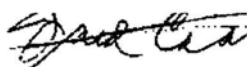
Had a bone scan taken which showed us that the cancerous cells were proceeding to enter my bony structure.

In our new home I arranged for a reverse osmosis system to be sure of my water intake and adding a supplementary program of vitamins & minerals... A B-complex, C, E, Lecithin, Co Enzyme Q 10, Selenium, Beta Carotene, Calcium, Zinc, Magnesium, & Boron

My diet was changed to grains & nuts-seeds; fruits of all kinds FRESH ...vegetables fresh. Used the steamer for the veggies. NO meats; dairy products; sugars; white flours; desserts. No booze-little dry wine.

In September of 1990 the Xray of the bone scan showed NO biological problems. NO pain now. Back to normal gait of my walking. I added rebounding to my program. That's my success story.

Oh my age...in June I'll be 88.



Free to read: 100 Natural Cancer Remedies (34 pages pdf) download from "document access page" at www.phpower.org – powerful - scroll down to bottom of page for link – also **"100 and Still Dancing"** and other documents described on same page – all important and *free to download no strings attached*.

"Be merciful, and you shall receive mercy" said the Lord.



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