



Volume 2, Issue 2

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The Wright Stuff

A Word from Bob Wright

Through the years, I have probably heard of or investigated over 400 different supplements, treatments or therapies that someone has said cured their cancer. I do not doubt the veracity of these claims and believe most of them to be true – at least for that person. After all, you can't argue with a healed body.

Herein, however, the question presents itself and the true difference between anecdotal and empirical evidence is revealed. And, while I firmly believe in the former as it relates to individual healing stories – I *trust in* the latter as it is representative of the majority and is repeatable.

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In simple terms, remedies that produce healing for a few – or some – are labeled anecdotal evidence of their proficiencies. Therapies or treatment modalities that appear to work for all – or most – are said to represent empirical evidence of their efficacy.

At the International Wellness & Research Center (AACI) we forward what Webster's Dictionary defines as "*provable or verifiable by experience or experiment.*" That would be the ever elusive "empirical evidence" that continually confounds modern science and medicine as they seek diligently for "clinical evidence" through \$500 million clinical trials that, virtually, prove absolutely nothing.

Go to the website for the American Cancer Society and search out "alternative treatments or therapies" and see what you can find. While you will discover a special section with many listed, the last line of each selection will generally always say that there is no clinical evidence that they have any effect on cancer (paraphrased). You know, they are absolutely right. And, they are right because no one has done or will do a half-billion dollar clinical study on a natural product that they can't patent. In addition, the FDA would never approve of such trials (and, they have said so) as they (FDA) protect and defend only the drug companies and help them to maintain their monopolies and status as the only approved sources of medicine – natural or not. In the few instances that natural products have been tested through NIH grants or studies, most have been sabotaged through the use of synthetics or very low dosages that rarely give the desired results.

We seek healing for diseased and cancerous bodies. We search out, forward, and utilize only the things that work to stabilize and resurrect the human immune system. Drugs don't do that – they treat only symptoms – so, we don't use them. There are those special times and places where drugs are needed (think emergency or life-threatening situations) and we support that usage. Sadly, pharmaceuticals have found their way into the

human life experience as a rule – not an exception. It would not be uncommon to discover that half the people you know are currently on one or more medications. How did we get here?

No, we want what works – and, you should too. Unlike so many in conventional medicine today, we really mean it when we say – and practice – “*first, do no harm.*” And, natural foods, supplements, and therapies rarely harm anyone. As we begin our journey through 2014, we will continue to seek out the protocols that are efficacious for all who struggle with sickness and disease – and implement what we know, beyond any measure, works today and has been proven through that “empirical evidence” stuff.

You will find cutting edge new supplements (really, they are mostly concoctions of organic foods, herbs, and plants) in the brand new, Third Edition of “*Killing Cancer – Not People,*” to be released in mid-February. These we have researched – and, once again, studied the evidence that is produced and witnessed through healed bodies. There is no magic here – only truth that is timeless and proven.

Look for great things from the International Wellness & Research Center/American Anti-Cancer Institute this year. Beginning in April, our growth and expansion will escalate and your access to us will increase. So many good things are coming – please stay tuned.

Bob Wright

Director and Founder, American Anti-Cancer Institute



Cherie Calbom: Health Tips for Acid Reflux

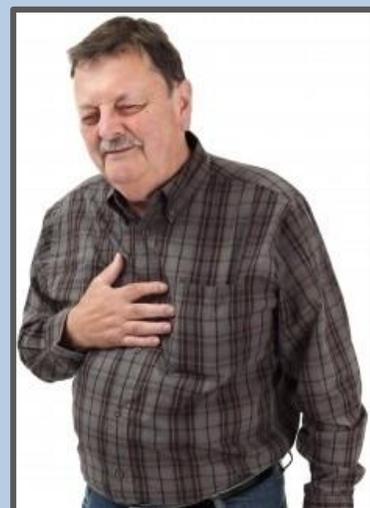
Cherie Calbom, the well-known “*International Juice Lady*,” is a member of our Advisory Board and the detoxification expert for the International Wellness & Research Center/AACI. We are beyond excited that she works with us in this area and want to give her and her Wellness Retreats a “shout-out” this month.

First, we would like you to hear what Cherie says about acid reflux, its actual cause and healing mechanisms. I have covered this several times before as it is an area that is totally misunderstood by mainstream medicine. Most reflux is not caused by too much stomach acid – but, too little. Sounds kind of counter-intuitive, I know, but is true nonetheless. I recommend Betaine HCL during meals and it works great. Cherie has some great ideas that work well for sufferers of this “non-disease.” Keep in mind, ongoing GERD (gastro-esophageal reflux disease) is the precursor for “Barrett’s Esophagus” which, in turn, can be the harbinger for esophageal adenocarcinoma (cancer).

Health Tips for Acid Reflux

As we age, our stomach acid production declines. Stomach acid is necessary for digestion.

Most indigestion symptoms occur when stomach acid refluxes (squirts) back up into the esophagus. This causes it to burn. As a result, people often take antacids, which does stop the burning. Instead of giving your body what it needs to heal though, it just blocks the production of stomach acid, rather than healing the body.



Unfortunately, using antacid medications such as Prilosec, Nexium, Zantac and other antacids for an extended period causes a number of problems. First of all, with no stomach acid your body is not able to optimally digest food and you become nutritionally deficient. This makes it even harder for your stomach to make the mucous lining it needs to protect itself and can set you up for even more reflux. Secondly, in your body's attempt to make stomach acid when you take meds, it makes huge amounts of a hormone called gastrin to stimulate stomach acid production. Because of this, as soon as you stop your antacids, the stomach makes massive amounts of acid-- which it cannot protect against. And you become addicted to the antacids.

If you have indigestion or acid reflux, I highly recommend that you do things that are healing rather than taking antacids. Here are some things you can do right away:

1. Improve your digestion by taking enzymes such as Ness Formula #4 and #16.
2. Take DGL (deglycyrrhizinated licorice) 380 mg; chew 2 tablets 20 minutes before your meal. The DGL form of licorice extract can be safely used by itself to alleviate symptoms of acid reflux. Deglycyrrhizinated licorice is made from licorice from which the glycyrrhizin (the substance that affects blood pressure) has been removed.
3. Mastic gum. Some research suggests that it can help reduce inflammation in the gastrointestinal tract. For this reason, it's used in supplements for heartburn, usually in combination with DGL.

Heartburn Free Enzymatic Therapy - take 1 every other day for 20 days; it may initially aggravate reflux, but can give long term relief.

Please visit Cherie through her wonderful and incredible website at <http://www.juiceladycherie.com/> and sign up for her free newsletter that is full of great health tips, recipes, and products. Also, consider attending one of her now “world-famous” Trinity Wellness Juice and Cleanse Retreats. Upcoming events are scheduled for March 23-28 and May 18-23. To learn more about these events and to sign up, just click [here](#) for information and instructions. Thanks, Cherie! ♦

Citrus Benefits

Did you know that citrus fruit has recently been shown to reduce the risk of many cancers?

Along with citrus' delicious flavor, citrus is filled with phytochemicals and non-starch polysaccharides that are essential for normal growth and development, as well as overall nutritional well-being.

While we are all aware of the benefits of citrus fruit's Vitamin C content, there is also an impressive list of other nutrients such as fiber, folate, potassium, calcium, thiamin, niacin, Vitamin B, magnesium, copper, riboflavin, and pantothenic acid. Truly remarkable!

Citrus fruit is a complex carbohydrate, and contains lignin. This combination holds water-soluble nutrients in a gel matrix; slowing digestion; allowing for more absorption of nutrients during metabolism. This also helps regulate blood sugar levels.

The Vitamin C content of citrus fruits is most remarkable.

Vitamin C is the number one component for cellular repair, as it is responsible for collagen formation! THIS alone may be the key to the research showing citrus fruit's ability to reduce the formation of some cancers! I hope we soon find out!

Regardless of whether you are interested in reducing your risk of cancer, or are currently living with cancer, consuming citrus each and every day is a wise and health-filled choice. There is an abundance to choose from, but choose wisely; Certified Organic is always best!

-Jenevieve Fisher, Executive Director of [Educate A Cure](#)

Evelyn Miller: The Human Immune System

I have probably said it in excess of a thousand times – absolutely nothing cures cancer – except the human immune system. And, I stand by that statement, always have, always will.

You heard me say in my opening article that I had heard of 400 or more supplements, treatments or therapies that someone said had cured their cancer. What these 400+ protocols actually did, however, within these individual situations, was to enrich, build-up, and heal their immune systems which, in turn, disabled, knocked-out, or killed the cancer.

Yes, it's that God-given human immune system that always makes the difference. Whether it's a cold, the seasonal flu, heart disease, auto-immune disease, or cancer; the building up of this internal powerhouse incessantly gives us the desired result – healing.

Now, let's hear some supporting documentation from this month's guest writer, Evelyn Miller, regarding immune health:

The Human Immune System – A Miracle of Nature

The human immune system is incredible. It works tirelessly, 24 hours a day, 365 days a year, in order to protect us from disease, infection, toxins and damaging bacteria. Without our immune system, life would be impossible – if our immune systems had not evolved to protect us, human beings simply would not exist. A true miracle of nature, it is all too easy to forget about the amazing reactions happening inside our bodies as a result of our wonderful immune system. This article aims to provide an overview of the miraculous nature of our immune system, as well as suggesting natural ways to boost vitality.

The Immune System – Our Own Personal Army

It's true, the most accurate analogy for our immune system is to liken it to an army – one that works seamlessly to serve and protect our bodies. Like the army, our immunity is comprised of different regiments, each working together to fight disease and infection. Perhaps the most spectacular aspect of the human immune system is how no two immunities are the same – every individual has come into contact with different viruses and toxins and so each person's immune system has successfully fought different battles and will continue to do so for the duration of our lives. Amazing.

How to Boost Your Immune System -the Natural Way

The old adage 'you are what you eat' is –simply – 100% true. People forget that the basis of good health lies in the functioning of our immune system. People take it for granted that immunity is natural and will work no matter how we treat our bodies. Unfortunately, we have all experienced periods of ill health, tiredness and that awful feeling of being 'run down'. We may even have had more serious illnesses diagnosed. Well, the fact is that our internal army needs a little help now and again – and we can provide this help by making sure we ingest the right balance of essential vitamins and minerals. We owe it to ourselves. So, what are some super foods we can all eat to boost our immune systems? How do they work? Read on...

Avocado– Nature's Perfectly Nutritious Superfood

The humble avocado is one of nature's most powerful fruits. Not only are avocados rich in essential vitamins, they act as an 'enabler', helping our bodies to ingest maximum amounts of nutrients from other foods. If, for example, a person ate a plate of spinach alongside an avocado, their iron and Vitamin intake would increase exponentially, thereby boosting their immunity. Similarly, avocado contains glutathione and phytonutrients – important ingredients in the fight against cancer causing free radicals. Avocados can also be used to kick start a detoxification program and are indigenous to Mexico and Central America. Luckily for us, however, avocados are easily located in grocery stores the world over - so whether you live in North Dakota or Alaska, you can quickly get hold of this super fruit. The important thing is to try and add avocados and other superfoods to your diet at least a couple of times a week, whether you are suffering from ill health, detoxifying - or just trying to boost your immunity.

Onions – Nothing to Cry Over

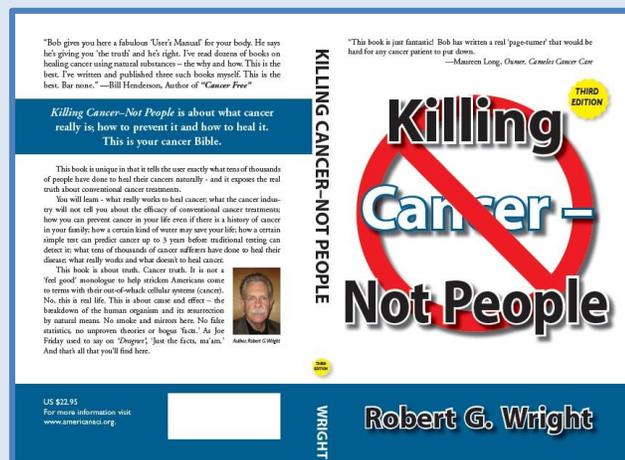
If our immune system is an army, then our white blood cells can be thought of as the Logistics corps. Once our systems are deemed under attack by a toxin or other foreign body, our white blood cells communicate with each other in order to regroup and fight the invader. Clever, right? Well, we need to ensure the good guys are able to fight effectively – and we can do this by eating the right foods. Adding onions to our diet is one way to ensure optimum immunity because onions help to boost our immunity by lowering colon PH and encouraging higher nutrient absorption. Crucially, onions also contain quercetin – a powerful antioxidant which has been proven to help combat cancer.

Nuts about Nuts and Seeds

We cannot over stress the health benefits associated with eating a diet rich in nuts and seeds. Not only does eating Nuts and seeds help us detoxify, they also boost our respiratory system and they contain naturally occurring compounds called protease inhibitors, which are irrefutably linked with blocking cancer. Nuts and seeds also contain various vitamins and minerals, assisting our immune system and boosting our health.

You can read much more about this from me in the Third Edition of ***“Killing Cancer – Not People,”*** which will be out on the streets (actually, our website!), in about two weeks. ♦

Pre-Order the
Third Edition
NOW!



Hallelujah Acres

In 1992, George Malkmus and his new wife founded Hallelujah Acres on their 50-acre farm in Eidson, Tennessee. Having healed himself of colon cancer through a diet of raw fruits, vegetables and an abundance of fresh carrot juice, he began to hold seminars that outlined this new “natural” lifestyle – and the rest is history.

Rapid growth forced them to move a couple of times before they finally settled in their current location in 1997 at the site of a former Bible College in Shelby, North Carolina.

Citing Genesis 1:29 (“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat [food]”) as the basis for the Hallelujah Diet, this protocol includes eating lots of fruits and vegetables, drinking more water, consuming copious amounts of fiber, getting exercise and de-stressing – while dumping the saturated fats and hydrogenated oils.

More specifically, 85% of the diet is to be exclusively of raw garden foods and 15% cooked beans, vegetables, grains and soups. Bottled organic juices and caffeine-free herb teas are permitted, as are non-dairy cheese, almond milk and rice milk. There are other selections, as well.

On their website at www.hacres.com, the organization defines itself as follows: “Hallelujah Acres provides education, products, services and other resources to help people everywhere understand and practice God’s ways to ultimate health. Our mission is to help you experience vibrant health by empowering the self-healing body God created.” That’s exactly what we preach and teach at the International Wellness & Research

Center and the American Anti-Cancer Institute. The human body will almost always heal itself given the proper ingredients. And, I think that Hallelujah Acres has this thing figured out. They have received thousands of testimonies regarding the efficacy of this type of lifestyle that cover the gamut from acid reflux to obesity and cancer to about everything else. It's literally the "full meal deal." And, as I like to say so often (when it is true), this, my friends, is steeped in science.

Hallelujah Acres features ongoing classes and seminars that include the popular Health Minister training and God's Way Seminars. They boast a 500-seat auditorium, a full-size warehouse, office spaces, and a very large health food store. Several training packages are available that are said to immerse you in the "Hallelujah lifestyle." These can last one to two weeks.

For more information, contact the staff through their website or by phone at 800-915-9355.

We give our highest recommendation to this organization, its programs, mission, and goals and objectives. Folks, diet is fundamental for good health and healing – it's where we start. Hallelujah Acres has this mastered and we are proud to call them a partner in fostering the proper tenants that achieve wellness in ourselves, our friends and families.

Please, if you haven't already, go have a look at them.



Testimony of the Month

You will see another healing testimonial just below; a short but moving story about a woman who took her life into her own hands, understanding that conventional medicine had no answers for her. We have seen many of these – most end very well as long as the patient has not suffered too much allopathic intervention and has a semblance of an immune system left.

We are always delighted, as well, when someone says something nice about our book. Please know that these letters are not coerced but, rather, come from a heart full of appreciation and a healed body that scream of the efficacy of what is forwarded in this writing. As many have said, ***“Killing Cancer – Not People,”*** is not just another cancer book. There are lots of those out there – and many wonder which to choose. No, it’s much different. This book is about real life, proven cancer protocols, exactly what I would do if I had cancer. And, I know, without any doubt or wavering, that by following the tenants therein, entrenched in pure science and truth, that I would heal. You get to judge for yourself.

Listen to what Patricia has to say:

Dear Mr. Wright,

So many thanks for writing Killing Cancer. It is by far the best resource book I have come across in the last 4 years. I am already spreading the word and I am not even finished with the book as of right now. Just got it!

I was diagnosed with breast cancer in January 2010 and given a sentence - 5 years more or less! I accepted conventional treatment - first chemo, then surgery, radiation and reconstructive surgery. I did not have enough help or information in time to choose differently so I know how important it is to get this kind of information quickly. It is why I love your book. I love your style of writing and have laughed and cried at your words. Do get out and have fun with your wife....life is uncertain and quite short

really! Do what you can but having fun is good! Here is some of what I did for my health.

Friends of mine brought me gallons of Kangen water when I started chemo. Eventually I bought the machine. I became a distributor when I saw the results I was getting. My surgeon was blown away. 4 months into chemo, there was NO LUMP....but I was told microscopic cancer could still be lurking so I accepted all that followed - surgery, radiation and reconstruction. I now have a compromised arm with lymphedema always threatening and am 200 times more likely to die of a heart attack as the chemo drugs damage heart muscle. So much for the 'treatment'.

As I embraced whole health and naturopathic medicine, I also used cordyceps, yunzi and shitake mushrooms. I did qigong and still practice yoga. I do a fair bit of juicing and do enjoy that! Yes, I also see a naturopath and am on a regimen of supplements including magnesium and iodine and vitamin D. Little or no meat. Some fish.

I am thankful for giants like yourself who walk this earth trying to make it a better place for all of us. In my own way, I am also trying to help by sharing Kangen water and any good information I come across. I have a big interest in sharing your message. Can I purchase your books at a wholesale price if I buy them in quantity? I would like to make a gift of a copy to everyone who purchases a Kangen system from me directly. I am on my own and it was difficult when I was going through treatment as I am self-employed and my business was small.

I belong to business groups that would find your book interesting and plan to share it with them. I will also be speaking to our local librarian about getting copies for the library. I will recommend it to my book club members. On February 3rd, I will be on Rogers Daytime TV in Toronto with host Jacqueline for 8 minutes - I will speak with her about it. Network marketing is my business and as my network and those of my teams grow, who knows what will happen!! I am optimistic. Please respond ASAP. I need quantity prices for 10, 20, 30 and 50 copies before I can make a decision. I would love to work with you.

Thanks again for all your hard work and dedication. You deserve much happiness and great success.

Blessings to you and your family,

Patricia



Fuel for the Body Event Announcement

Our Regional Ambassador in the Central part of the United States is Lynnette Marie – formerly, Lynnette Pate. Her “Fuel For the Body” bike tours have garnered attention nationwide and have raised significant dollars for organic food and supplements.

Lynnette and her organization are putting on the 2nd Annual “Live Happy – Be Pure, Hungry For Health Gala & Organic Festival” April 3rd – 5th. I’m honored to say that I will be the keynote speaker again this year – but, the lineup is full of people far more impressive than me. Chris Wark, Ian Jacklin, Mary Tocco, Dr. Patrick Vickers – and many others will be on hand to lend their expertise regarding real health and healing. These are some of the true “experts.”

The event will be held, once again, in Branson, Missouri, and sponsored by the Lodge of the Ozarks. The food will be excellent (and organic), the entertainment superb, and many vendors will share their natural products and wisdom throughout the weekend. Don’t miss this if you are anywhere near Branson in April (say, within 1,000 miles or so!).

Let’s listen to Lynnette’s take on this event:

Greetings to our amazing supporters and fans!

What a fantastic year this has been! Are you ready for 2014? We are, as there are so many exciting ventures and opportunities at our forefront. One of those exciting events is our **2nd Annual LIVE HAPPY. BE PURE! Hungry 4 Health Gala & Organic Festival** presented by Fuel for the Body! We are super excited to bring this unique event to the nation once again! **This year on April 3 - 5.**

First, we want to send out a HUGE THANK YOU to all our amazing participants for this past year's event in Branson, MO. Second, we do apologize for any delays in getting you this information. Due to the tragic death of Lynnette's father over the summer, some things had to be rearranged and / or postponed. Our October/November bicycle T.O.U.R. was postponed till April 15, 2014. More details on the website. We will announce the details of the T.O.U.R. as well during the gala. We appreciate your steadfastness and patience as we progress to bring you an even more exciting and informative filled event for 2014!

Don't miss the natural health event of the year!
Hungry for Health Dinner Gala and Organic Festival

April 3-5, 2014

Presented by: Fuel for the Body.

LIVE HAPPY. BE PURE!

What we have in store for YOU!

We want to personally invite you to attend our 2nd Annual LIVE HAPPY. BE PURE! Hungry 4 Health Gala/Festival. This is indeed a unique event, open to the public, which is set apart from all other natural health expos. YOU will have amazing opportunities to meet speakers, companies and organizations who will help you to make informed decisions for the health your family! You get to hear speakers for pennies on the dollar in which would normally cost you hundreds and in some cases, a couple thousand to attend these

seminars. Refer to the website at the bottom of this note in the pic links for complete details on this NOT TO MISS natural health event of the year!

Right in the Heartland of America! We bring you to the beautiful Ozark Mountains. The historic **Lodge of the Ozarks** is our awesome host sponsor location this year. Check out their facilities online here: www.lodgeoftheozarks.com. You will have your hotel rooms provided for a huge discount to be \$79.00 flat rate for any room, so book early to get your choice! Talk about a steal! The dinner gala will be in the grand ball room on Thursday evening.

By combining a black tie organic farm to table dinner gala with a festival just makes this event stand out on its own! When we say farm to table, we mean straight from the local farmers of Missouri to your plate as well as some specialty organic items brought from amazing vendors. You will be welcomed with an organic 4 course fine dining meal catered by Chef Coty Pate. Chef Coty is a graduate from the Art Institute of Phoenix, AZ. He has traveled the world to combine a French-Japanese-American cuisine to delight and tickle your taste buds. Coty has studied and worked in Arizona, New York, New Jersey & France. He has also studied under 2 of the 13 Master Chefs of the World. He brings his expertise from his experiences in Lyon, France. So yes ladies he does speak French!

During our dinner gala, you will not only *fuel* your bodies with amazing nutrition, but you will be *fueled* with astounding information to help you save the life of a loved one or even YOUR life. We will also present to you some amazing entertainment from our entertainers here in Branson such as the 3 Red Neck Tenors (believe us, it is NOT what you are thinking.) These guys are amazing. We also have our comedian Master and Mistress of ceremonies with great insight for you. . You will not be bored at this eventful, yet informative gala. Plus we have our Featured speaker of the evening: **Bob Wright, author of Killing Cancer NOT People**. Our key note speaker of the evening is **Dr. Patrick Vickers of the Gerson**

Treatment Clinic in Baja, Mexico. Then we have our Guest speaker: **Chris Wark of Chris Beat Cancer**. Other speakers who will be speaking at the 2 day festival to follow include, **Mary Tocco** the Vaccine Expert and America's Outstanding Mom 2013, **Dr. Ginger Herbert**, Author & Mrs. Virginia 2013, **Ian Jacklin**, kick box champion, actor and founder of 'I Cure Cancer', Comedian **Liam Scheff** the "Conspiracy Realist" and author of 'Official Stories'. Many other prominent speakers will grace this unique event.

Remember this is a Fund Raising 3 day event. The black tie fine dining gala is accompanied with a silent auction with awesome items. The money raised at this event will help our charitable organizations such as **The Gerson Treatment Clinic of Mexico and **The American-Anti Cancer Institute**, in which Organic Guru Lynnette Marie is the regional Ambassador for both organizations. As always, the money raised will support the mission efforts of the **Fuel for the Body bicycle T.O.U.R.s**. Check the tour page out at: www.fuelforthebody.org.

We have some amazing staff members on board to assist you with any questions or assistance you may need. We are super excited to have the assistance from awesome associates in the natural health industry for over 15 years! Some of you will recognize some names we have joined forces with.

Our special guest emcees for the evening gala will be; **Mistress of Ceremony: Joni Abbott of Home Grown Health on Natural News Radio and 180 radio**. She has been dubbed the First Lady of Natural News. Also we are honored to have **Master of Ceremony: Comedian Matt Lord of the 3 Red Neck Tenors**. An inspiring guy to say the least!

Jon Howard, some of you may know him from the Health Freedom Expos, is our Director of communications for the event. Lance Johnson of Free Spirit Naturals and writer for Natural News is our

vendor coordinator. They will be more than happy to assist you in any way.

Please refer to contact page for more information about this one of kind experience. Refer to our contact email below for any questions.

All tickets can be purchased through our website in the pic links below.

Namaste~

LIVE HAPPY. BE PURE!

www.livehappybepure.com

getfueled@fuelforthebody.org

Lynnette Marie; Founder/Creator: 417-429-3559

Jon Howard; Operations Manager: 260-450-4814

Lance Johnson; Vendor Coordinator: 217-994-3009



Click for details and to purchase tickets for **The Hungry 4 Health Gala & Organic Festival!**

Vendors, Sponsors, Speakers!

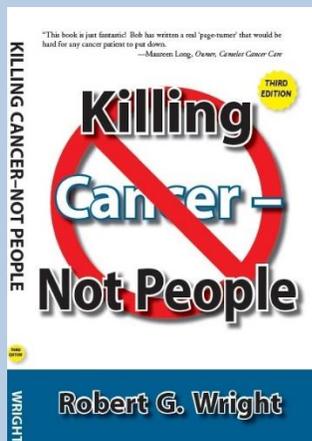
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By Robert Wright

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