

# **Cancer can be healed by following God's Ten Natural Health Laws**

**One morning in the Spring of 1999 as I was driving home from my doctor appointment, I was listening to my car radio and as I switched to a popular morning station, I heard the voice of Dr. Lorraine Day describing how she was completely healed from the deadly disease of cancer. The photograph on her web site shows the cancerous tumor that she had on her body:**

**<http://www.drday.com/tumor.htm>**

## **How Dr. Lorraine Day received God's Healing of her Cancer**

**Dr. Lorraine Day reversed her severe, advanced cancer by rebuilding her immune system by natural therapies, so her body could heal itself. In her video "Cancer Doesn't Scare Me Anymore," she describes how she was completely healed from cancer of the breast, which had spread**

throughout her lymphatic system and the muscles of her chest. As a Medical Doctor she knew what the profession did to people with cancer, and she refused to undergo conventional treatments, even when her Oncologist refused to treat her unless she complied with either (1) mastectomy (2) radiation or (3) chemotherapy. She asked the doctor: “My immune system is the most important factor in my fight against cancer, so why should I let you destroy it?” Dr. Day says: “A person cannot get well when the immune system does not function properly.”

**Dr. Lorraine Day explains why chemotherapy and radiation is not good for any cancer patient.**

**“Many who die from cancer, don't actually die from the cancer itself, but from losing the battle against the *side effects* of treating the symptoms, mostly through chemotherapy and radiation. "Chemotherapy and radiation DESTROY the immune system, the ONLY system in our body that gets us well and keeps us well from EVERY disease!”**

**“Chemotherapy and radiation also destroy cells indiscriminately, good cells, bad cells, they kill them all. Chemotherapy is poison and kills cells by poisoning them. It is a chemical and, of course, is unable to tell a cancer cell from a non-cancer cell.**

**That's why a person's hair falls out and they get so sick and vomit.”**

**“The explanation the doctor gives to justify using chemotherapy is that the chemotherapy tends to kill the cells that are the fastest growing or the fast-dividing cells, thus it will kill MORE cancer cells than normal cells. And this is true, however, it kills so MANY normal cells, particularly the immune cells, that the patient often dies from the TREATMENT rather than from the cancer!”**

**“What about radiation? Radiation burns out the cancer, in fact, it burns everything in its pathway. It also, like chemotherapy, kills cells absolutely indiscriminately and it destroys the immune system. When the immune system is so severely damaged by chemotherapy or radiation, it can no longer restrain the spread of cancer which is why after 5 to 7 years (average) it is common to find that the cancer has returned and spread to other organs.”**

**Visit here:→ <http://www.drday.com/crs.htm>**

# **God revealed to Dr. Lorraine Day His Ten Natural Health Laws**

**In her second video “You can’t improve on God,” Dr. Day describes God’s Ten Natural Health Laws that were revealed to her when she sought after God’s help through prayer and studying the Holy Bible. She followed every one of the laws which she called the Ten Commandments of Good Health for her complete healing. The best part of God’s Laws for Good Health is they are all free except that you only pay for the nutritious food which you have to pay anyway when you eat other foods. God’s way is the best way.**

- 1. Nutrition that is given by God in the Holy Bible, Genesis 1:29.**
- 2. Exercise regularly – our bodies are created by God for movement.**
- 3. Pure clean water – drink at least 8 glasses a day**
- 4. Sunlight is given by God for good health – go outdoors daily**
- 5. Temperance – abstain from tobacco, alcohol, drugs and unclean food**

- 6. Fresh Air – go outdoors daily to breathe oxygen that cleans the blood**
- 7. Rest – proper time to sleep is essential for recuperation and recovery**
- 8. Stress relief – do not worry – just relax and be joyful**
- 9. Trust in God and the Lord Jesus Christ, who is the only true Healer**
- 10. An Attitude of Gratitude and benevolence – have a Christian character**

**After viewing all of Dr. Day's tapes, I believe God has given us guidance and the great hope that Christians can also be healed of this deadly disease of cancer without Chemotherapy and Radiation, but by completely trusting in God's healing power like Dr. Lorraine Day did.**

**Here are some of Dr. Lorraine Day's recommendations of nutrition for cancer patients.**

**1. Nutrition:**

- Eat stone ground whole-wheat bread instead of white bread.**

- **Eat three meals a day consisting of fresh vegetables, nuts, grains and seeds. The food should be eaten raw and uncooked because cooking kills the enzymes that assist in all bodily functions such as digestion, energy storage, respiration, removing wastes from the kidneys, lungs, colon and the skin.**
  - **Eat fresh fruits between the meals and not during the meals. The reason is this. Fruits undergo little or no digestion in the stomach and are held up if eaten with foods such as vegetables, legumes and nuts that require digestion in the stomach. Another reason is that fruits have sugar and acid which neutralize foods that have alkali content, making both foods ineffective for absorption into the body.**
  - **Eat Barley Green, a live green juice**
  - **Drink fresh Carrot Juice**
2. **Exercise - at least half hour daily - reduces 66% incidence rate for breast cancer.**
  3. **Water - We are 75% water - dehydration is the major cause of disease. Water is best detoxifier. Use chlorine-free water only.**

- 4. Sunlight - kills bacteria and boosts immune system, reduces size of tumors.**
- 5. Temperance - elimination of all harmful chemicals - carcinogens, caffeine, processed foods, drugs, *all medications* but not instantly, gradually - step by step**
- 6. Fresh Air. Indoor air doubles cancer growth speed. Hospital air conditioning system recirculates polluted air. Cancer does not like oxygen. Do deep breathing exercises**
- 7. Proper sleep. By 9:30 p.m. at the latest. The body needs to recuperate and rebuild.**
- 8. Stress Relief - stress is one of the major causes of disease, read the Bible. God promises to heal all your diseases if you keep His commandments. What you put in your mind is just as important as what you put in your mouth. Every negative thought must go.**
- 9. Attitude of gratitude - learn to Trust in God. You need to change your lifestyle; have complete faith in God. Sickness does not glorify God. It is His will for you to get well. A person who is enthusiastic and committed to a recovery program is much more likely to get healed.**
- 10. Have a Spirit of benevolence - love God and others as yourself; pray for others.**

**All of God's Ten Natural Health Laws are free, except the food, which we need to eat anyway. Drugs never heal diseases - our God-given immune system does. Cancer is not chemo deficiency. Dr. Lorraine Day believes that to be healed of any sickness we must reverse the cause. We cannot heal a disease by doing something completely unrelated to its cause.**

**Dr. Day wants you to use God's plan which includes forgiveness of sins by the Lord Jesus Christ. This means you must pray and confess your sins to Him. Not only that, you must also forgive those who have wronged you. Only then can healing begin to take place. We all know when we have done something wrong we just have to make it right, and we cannot carry our anger around. Bitterness and resentment of others will make your sickness worse. Dr. Day wants you to view your sickness as something that you have caused by having an improper lifestyle, habits, behaviors and a faulty diet, which you must reverse through repentance, confessions of sins to God and turning around. Healing can only come from within you. Modern medicine tends to somehow let you off the hook by letting you think you can be healed through drugs which is artificial and independent of your wrong lifestyle. The reality is that what you think, act and eat determines whether or not you are going to be healed and how long you are going to live.**



**Whenever the Lord Jesus Christ healed a sick person, He healed every one of them by forgiving their sins; He commanded them to sin no more, lest a worse thing come upon them. If you confess your sins and repent of all the wrong things you have done and eaten, then you should begin a new life by following all God's Ten Natural Health Laws. When you do that you will experience healing, beginning to take place in your body and mind. If you do all the right things according to God's Ten Natural Health Laws, there is no reason why you cannot receive healing from the Lord Jesus Christ. God never changes. But it involves choosing not to continue to do the same wrong things that caused your problems, and to avoid things that cause more damage. Chemotherapy and Radiation destroy your immune system which you need for healing. Stop trusting in cutting (surgery), poisoning (chemotherapy) and burning (radiation). Start trusting in the One True God, the Father and the Master Yeshua (Jesus) the Messiah.**

**Dr. Lorraine Day discussed with Donald Barrett of ITV how she was completely healed:**

### **An Interview with Lorraine Day - Infomercial (2004)**

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**DONALD BARRETT:** Hello, my name is Donald Barrett, and welcome to another edition of ITV. Our guest today is medical doctor and cancer survivor with a miraculous story of recovery. In 1993, she was diagnosed with life-threatening breast cancer. After refusing to be pressured into chemotherapy, radiation or surgery, her doctor sent her home to die. She discovered in this country that there are natural

healing techniques being suppressed that can prevent and/or reverse disease. She's now 67 years old and she looks better than ever. Dr. Lorraine Day, welcome to our show today.

**DR. LORRAINE DAY:** Thank you very much.

**BARRETT:** Now, you're a medical doctor, correct?

**DAY:** That's correct. Orthodox medical doctor. Have been for 25 years

**BARRETT:** What are your credentials?

**DAY:** Well, I was—I graduated from the University of California, San Francisco School of Medicine. I'm an orthopedic trauma surgeon; I was Vice Chairman and Associate Professor of the Department of Orthopedic Surgery at the University of California San Francisco Medical School for 15 years; and I was also Chief of Orthopedic Surgery at San Francisco General Hospital. So I have been in the heart of academic, orthodox, mainstream medicine for virtually all of my career.

**BARRETT:** Now, how did you find out that you first had cancer?

**DAY:** Well, I had a small lump on my chest—really tiny—and I didn't think anything of it because it was fairly high up on my chest, but it bothered me when I put my seatbelt on. So, I thought I'll just have this taken off. And I went to a plastic surgeon friend of mine, had it taken off under local. He didn't think it was anything; neither did I. And when we found out the biopsy report I already had cancer all through my chest wall.

**BARRETT:** So, not only was it a little spot of cancer, it was all through your chest.

**DAY:** All through my chest wall at the time. They could not get clear borders in the biopsy. And I had a second biopsy too. These were done at well-known cancer centers and the biopsy report was infiltrating ductal adenocarcinoma of the breast, even though it was fairly high up.

**BARRETT:** Now, why, as a medical doctor, why would you refuse chemotherapy or radiation or even surgery? I mean, that's what most doctors recommend.

**DAY:** Right. Well, when we talked about surgery I did have the biopsy and later on I had, what we call, a debulking procedure just for pain relief. But I did not have a mastectomy. I refused a mastectomy. The reason I didn't go with any of those techniques is, first of all,

chemotherapy is poison. Radiation is very destructive to the immune system.

I have seen thousands of patients die from the treatment we give them

Doctors and dentists will tell you don't get too many x-rays. X-rays cause cancer. And yet, when you have cancer then we, doctors, tell them, oh, now you have to have huge doses of exactly what we told you to avoid because it causes cancer. And there are many articles in the medical literature about chemotherapy causing secondary cancers later on, even if they survive the first cancer because chemo is poison.

**BARRETT:** So, what you're saying is chemotherapy and radiation actually cause cancer?

**DAY:** That's correct. And there are numerous articles in the literature and every doctor knows this.

**BARRETT:** Somebody out there who is watching right now, maybe they have cancer, maybe a loved one has cancer, they're probably saying why would my doctor recommend chemotherapy or radiation if they cause cancer.

**DAY:** Because they don't know anything else to do. What they're trying to do is decrease the size of the tumor or destroy the tumor, and in many cases they will do that. However, while it is destroying the tumor, it's destroying good cells, too, and most of your immune system. The reason your hair falls out and you vomit your insides out when you have chemotherapy is because it's destroying good cells as well as bad cells. And so it's always a race. Are you going to kill the patient first or destroy the tumors. But, you see, you never really cure the cancer because you've done nothing to reverse the factors that cause cancer. Cancer is not caused by a deficiency of chemotherapy nor a deficiency of radiation

**BARRETT:** Let me ask you this. Does chemotherapy or radiation work for some people?

**DAY:** Well, it doesn't ever work for anybody. In other words, they never get well.

**BARRETT:** So there's nobody out there that got well through chemotherapy or radiation?

**DAY:** No. They don't ever get well. They may survive, but they don't get well. In other words, they don't reverse their cancer. What they do is. . . If you have termites in your house I can get rid of the termites by putting an atomic bomb under your house, and the termites will be

gone, but so will your house. And that's what chemotherapy does. It destroys your immune system

You see, the body is made to heal itself. If you have cut on your hand, that cut will heal unless you do something really strange to try to keep it from healing. If you pick it open every day or if you put dirt in it, it will not heal. But if you just leave it alone it will heal. The body is meant to heal. And so when we develop cancer it's because of the way we're eating and living. It doesn't fall out of the sky and it's not just cancer. It's everything else. Every other disease. Parkinson's and Lou Gehrig's disease and lupus and heart disease. We give them to ourselves one day at a time by the way we eat and way we live. The good news is we can reverse them.

**BARRETT:** There's doctors out there that still recommend chemotherapy and radiation.

**DAY:** Oh, sure.

**BARRETT:** And you're saying there are natural approaches that can actually help people with cancer.

**DAY:** Well, there are natural approaches that can actually get you well. Chemotherapy and radiation never get you well.

**BARRETT:** Okay. When you were diagnosed with cancer you refused chemotherapy or radiation, although you had the biopsy . . . like you explained.

**DAY:** Right.

**BARRETT:** Tell me what happened then when you went home? How did you discover this plan to get well?

**DAY:** Fortunately before I developed cancer I had been speaking out on some other medical issues and I had done a lot of major media, "60 Minutes" and "Nightline" and "CNN Crossfire" and all those, and . . . talking about another medical issue that was not being made clear to the public. And so I started getting a lot of letters from people saying if you think there is a cover-up in that instance, you ought to see the cover-up in cancer cure. And I thought, oh, come on. I was very high up in academic medicine. I would know.

Well, no, not true. Doctors are the last to know because they are totally propagandized with drugs and surgery. That's all we're ever taught in medical school partly because the pharmaceutical industry controls a lot of what is taught in the medical schools because they contribute the research funding for medical schools. So, anyway, I started

investigating this before I ever knew I had cancer and I was actually going around the country talking to people who I had heard had gotten well from cancer, and investigated and found out that they had been biopsied by legitimate doctors and legitimate hospitals with cancers that were virtually 100% fatal. Liver cancer, pancreatic cancer. And here they were alive and well and had no orthodox therapy.

**BARRETT:** Using totally natural methods.

**DAY:** Totally natural methods. And so I actually had my own national radio show, which was called “Truth Serum” where I was interviewing a lot of alternative doctors about these kinds of things. During that period of time I found out I had cancer. I knew I was not going to go the orthodox route and the first thing I did was I changed my diet completely, but diet alone is not enough to get you well from cancer or other serious diseases.

**BARRETT:** So, at first you were just experimenting with diet alone?

**DAY:** That's correct.

**BARRETT:** So you changed your diet completely?

**DAY:** And I got on the right diet. But then I was all right for a while, for eight or nine months, and then suddenly my tumor returned because, you see, I hadn't changed anything else in my life. And so my tumor returned in about nine months and when it returned it was a little larger than. It was about the size of a marble. And then I thought I'm in serious trouble. And so I started trying one alternative after another, after another, and none of them worked. And I knew I was in serious trouble and I got sicker and sicker and sicker until eventually I was bedridden. I was bedridden for six months. I got to the point where I couldn't eat and then—or I couldn't drink. And at one point I was not expected to live through the night. But what I found through this experience, and as you said earlier, I, as a physician, I was an agnostic for most of my adult life, but when you know what every other doctor knows and you know there is no hope for you with orthodox methods, I turned to the Lord. And I started praying and I started reading my Bible, and I realized there were totally natural things in their natural form that can get you well.

**BARRETT:** And you say things came to you from the mail sometimes . . . through newspapers.

**DAY:** Right. Sometimes somebody would give me a book; sometimes I would be impressed to study in a certain area. And actually at that

time I had triple vision, I was so sick and so toxic. And my husband would have to . . .

**BARRETT:** You were seeing threes.

**DAY:** Three. Right. I couldn't read. My husband would have to read to me because I couldn't read. And so I started studying in these various areas and then suddenly I realized that there was more to the plan than just diet. And when I started including these other nine steps, the plan has 10 steps, then I started getting well. And from the time I understood that I had the plan together, it only took eight months for the cancer to reverse itself.

**BARRETT:** And you had a tumor, and our crew is going to bring up the pictures. . .

**DAY:** That's right. I had a tumor . . .

**BARRETT:** But it was the size of a grapefruit.

**DAY:** That's right. It was the size of a large grapefruit. And there are side views, and front views, and a close-up view. You can see the tumor is huge. Now, I had a portion of that tumor. . .

**BARRETT:** And in nine months later the tumor went away?

**DAY:** That's right. I had a portion of the tumor removed just so it wouldn't open up and have a big open wound on my chest and for pain relief, and they sent me home to die. By that time I still had cancer all through my chest wall, in the nodes under my arm and in the nodes at the base of my neck. But within that—that gave me some relief from pain and they thought they would just make my death easier. But when I got on the plan, which is all very simple, when I got on the plan. . .

**BARRETT:** It's a 10-step program.

**DAY:** Ten steps and it's simple, but it's not easy. It's simple because all the things are out there in nature, but it's not easy because you have to change.

**BARRETT:** And all 10 steps are absolutely free, too.

**DAY:** Everything except food and you have to buy that anyway.

**BARRETT:** We have to buy that anyway.

**DAY:** All free.

**BARRETT:** But here's the question because I think everybody out there has heard of somebody that has probably healed themselves of cancer naturally.

**DAY:** Right!

**BARRETT:** Maybe they've heard about it on the news, or they've read it on the Internet. But what about the people that say everybody is different. Everybody is different. Not one health plan is going to work for everybody.

**DAY:** Well, actually everybody is exactly the same on the inside. Okay. We couldn't have textbooks if we weren't all the same on the inside. If you came to me and you said I have pain in my shoulder and I said, well, maybe it's your appendix. And you say no, my appendix is down here. And I say, no, we don't know. Everybody is different. We don't know where your appendix is. Of course, we know. Our personalities are different and the outside of our bodies may look different and our faces are different, but inside we're all the same. Your stomach works exactly like my stomach and your intestines work like my intestines. That's why we can have books—as doctors, we can have textbooks of anatomy, physiology, biochemistry, neurophysiology because everybody is the same. Everybody is exactly the same on the inside.

**BARRETT:** Why does everybody think that everybody is different. Your example absolutely makes sense.

**DAY:** That's right. Well, everybody likes to be different. They say, you know, I'm special. Well, we are all special. We are all special because we are different with personalities. But if you went to a doctor and a doctor had to start from scratch with everything, why go to medical school? It's just a crap shoot every time somebody comes in. I don't have a clue as to where anything is.

**BARRETT:** Right. Hold on to that thought. I want to talk about genetics in a minute. But if you're watching right now and you would like some more information on Dr. Day or her 10-step program that she used to get well, pick up the phone, get some more information. We have trained representatives standing by that can answer all of your questions. And for a limited time we're making available her video “Cancer Doesn't Scare Me Anymore.” It's a two-hour video that you put together for people out there that are confused, maybe getting advice from their friends, relatives and being pressured into chemotherapy and radiation. It gives them really a guideline to go by for them to be an educated patient.

**DAY:** That's right. They will find out what orthodox medicine will offer them and what it will do to them.

**BARRETT:** So we're making this video available today for \$29.95 . . . . \$29.95. Pick up the phone, get some more information. And the wonderful thing about it is all 10 steps that she mentions are absolutely

free except for food. So, if you want some more information or if you would like to pick up the video, give us a call.

Dr. Day, let's talk about genetics because the medical industry . . . doctors say, well, if you have cancer on your mom's side or cancer on your father's side that you're more apt to get cancer. That I'm more likely to get cancer. For instance, my dad has liver cancer and I had a brother that died of brain cancer. So they say you should be on the look out for cancer.

**DAY:** Well, first of all, medicine doesn't prevent cancer. They just tell you, well, go see a doctor so he can diagnose it. They don't prevent it. They just tell you when you have it. Okay. That's number one.

But as far as genetics are concerned, virtually no cancer—maybe a few, but tiny, tiny portions of cancer are actually transmitted through the genes, less than 1% because, you see . . .

**BARRETT:** But everybody says that—even on heart disease. If your mother has heart disease you're more apt to get heart disease. Diabetes. Everybody says . . .

**DAY:** Well, if your mother has cancer or heart disease you are more likely to get cancer or heart disease, but not because it's in the genes. You see, grandmother teaches mother how to eat, live and handle stress. And mother teaches daughter how to eat, live and handle stress, well or not well. And so it's passed down in families all right, but not in the genes. It's done by teaching and observation, how we live and eat, you see.

And if a mother is very stressed and handles her problems without really knowing how to relieve her stress and she eats wrong, well, that's the only way the daughter learns how. You can change that if you just change the way you're eating and living. We know that from all medical centers now. Major medical centers have cardiovascular sections where they say you've got to get on a different diet. You've got to start exercising. And they know they can reverse and prevent heart disease by those things. Well, cancer is the same thing. They know that if your father and your grandfather died of heart disease, well, you have a bigger chance but not because it's genetic.

Another illustration is if you look at the Japanese women who are in their 60s or 70s, they have a very low incidence of breast cancer in Japan because they have been eating mainly rice and vegetables and a little bit of fish. You bring those same women to America—and they've done studies on this—to America, give them the rich Western



diet, put them under the same stresses, they have the incidence of breast cancer as American women. It's not in the genes. We do it to ourselves one day at a time, by the way we eat and the way we live. The good news is since we do it to ourselves, we can reverse it.

**BARRETT:** Well, most doctors say they don't know what causes cancer. Right? Everybody says we don't know what causes cancer. What is the cause of cancer? Do you have any idea?

**DAY:** Sure. Oh, of course. The causes of cancer are all known and they're all in the medical literature. Fifteen years ago I used to say the same thing. We don't know what causes cancer. In fact, doctors don't know what causes practically every disease and yet the answers are all out there. Even the American Cancer Society, in their Journal for Clinicians, I think it's in 1999, they say that if people will go on a vegetarian diet and exercise on a regular basis and decrease their alcohol intake, they will decrease the incidence of cancer by 33%, all kinds of cancer.

The Harvard School of Public Health says the same three things will reduce it by 66%. There are numerous articles . . .

**BARRETT:** So there is medical—there's actually research to back up what you're saying, or there's research to back up your 10 steps.

**DAY:** Absolutely. On every single step. Such as, sunlight reduces the size of internal cancer tumors.

**BARRETT:** I thought sun causes cancer.

**DAY:** Well . . .

**BARRETT:** Everybody says stay out of the sun because it causes cancer.

**DAY:** That's right. They did a study at Baylor University where they took two groups of experimental animals. They gave one the standard American diet, which is terrible; they gave the other one a highly nutritious diet. Then they exposed both groups of animals to the ultraviolet rays of the sun. In the group on the standard American diet, 25% got skin cancer. In the group on the highly nutritious diet, not one animal got skin cancer. It's the way we're eating and how our bodies handle the sun's rays.

Skin cancer is a relatively new phenomenon in the last 60 years or so, and yet our ancestors, for hundreds of years, had been living outdoors, working outdoors and they didn't get skin cancer. It's a new phenomenon. It's because we have changed from a plant based diet,

mainly eating from fruits, grains and vegetables as we did in the early 1900s, to now people are just gorging on animal products and we have all sorts of disease, including cancer.

**BARRETT:** Right. Now, I know you don't recommend vitamins, so to speak. You recommend whole food nutrients.

**DAY:** That's right.

**BARRETT:** Will whole food nutrients help someone fill in the holes of a diet?

**DAY:** Well, see, it's not so much that they fill in the holes. What we're eating is actually destroying us. It's actually causing cancer and other diseases. MSG, NutraSweet, all these things are toxin. They have terrible, terrible side effects. And so when we eat things that are processed foods, they all have NutraSweet and MSG and these kinds of things in them. And so we've got to start eating natural foods. It's not so much that you're filling in the holes of the vitamins and minerals. The natural food that you're eating has all the nutrition in it that you need. You cannot develop cancer unless your immune system is suppressed.

**BARRETT:** But everybody says the soil is depleted and the minerals aren't in our food.

**DAY:** Well, the soil is depleted. But remember, I didn't get well from cancer 100 years ago. I got well in the last 11 years. All right. The soil is just as depleted now, as you know, when I was getting well, as it is now.

I got well—I started eating food that was grown organically, which means it was grown in soil that has more nutrition in it, and it didn't have pesticides sprayed on it. But you have to do the best that you can. Some people live in an area where that's not available. So then you just do the best that you can. But I drank a lot of juices because, you see, the three factors that actually cause cancer and all other diseases are malnutrition, dehydration, and stress.

The body is 75% water; the brain is 85% water. Every day you lose 10 glasses of water just by living. You lose it from perspiration even when it's not. You lost it from breathing because your breath is moist. You'll fog up a mirror. And you lose it because your body has to take huge amounts of water out of your cells and put it in your stomach to make digestive juices for every meal. You lose that through your kidneys and colon every day. So if you don't drink 8 to 10 glasses of water every day you are getting behind.

**BARRETT:** How many people out there would drink nine glasses of water a day? And then the American Cancer Society is saying you have to eat eight fruits or vegetables every day. How many people eat one fruit or vegetable every day?

**DAY:** That's right. But you see, I changed that. I started eating fruits, vegetables, and grain, and drinking lots of water and fresh homemade vegetable juice, carrot juice and green leafy vegetable juice because you've got to nourish the body. The body is sick when it develops any disease. It is sick and you've got to feed it properly. The only place the body has to get the raw materials to make new cells is by what you put in your mouth. It doesn't just, kind of, come out of the sky. You have to feed it properly.

**BARRETT:** So, nutrition plays a role.

**DAY:** Oh, a major role, but it's only 10% of the plan. There are other things in the plan such as fresh air. As I said, cancerous tumors grow twice as fast if you're breathing indoor air as if you're breathing outdoor air.

**BARRETT:** Just hold onto that thought. I just want to let our viewers tune in again for a minute.

If you're watching right now and you would like some more information on Dr. Day or her 10-step lifestyle program to get well, pick up the phone and call the number on the screen. She has trained representatives standing by that can answer all of your questions. And for a limited time, only while supplies last, we have her video, "Cancer Doesn't Scare Me Anymore." For \$29.95 you can get this video. If you put it in the hands of somebody that has cancer, you could be saving their life. So, if you would like some more information, pick up the phone and give us a call.

Now, we talked about cancer an awful lot on this show. Does your 10-step program work for any other diseases?

**DAY:** Virtually all diseases because all diseases are caused by the same three factors: malnutrition, dehydration and stress. And that is a short version of violation of those 10 laws of health. . .

**BARRETT:** How can such simple techniques. . . . I mean, the average person out there is saying how can such simple techniques work on such devastating diseases like cancer or heart disease, even diabetes.

**DAY:** Well, let me give you an illustration. When you have a headache, the average American will take an aspirin. Why? Well, headaches certainly are not caused by a deficiency of aspirin.

**BARRETT:** But it sure goes away fast.

**DAY:** That's right. We want a quick fix. All right. But, you see, headaches are caused by too much tension, too much stress, not drinking enough water, too much sugar, caffeine withdrawals, whatever. Lots of reasons. But not one single headache is caused by a deficiency of aspirin. We take an aspirin because we want a quick fix because we've been programmed to do that and because we don't really think about what's causing the headache. So we just cover up the symptoms and then what we do is the problem continues to get worse.

When we have joint pains, it's supposed to be a red flag to tell us something is wrong in your body. You better change something. You better start eating differently. You better cut out the sugar.

You better start getting more rest. We don't do that. We just take caffeine to rev us up. We take sugar to give us more energy. We don't go to sleep when we're tired, you see. And so what we're doing is we're covering up symptoms over and over and over again. So then one day we go to the doctor and the doctor says you have cancer, or Parkinson's, or heart disease, or lupus and you say, well, doctor, how did this happen? And the doctor says, we don't know. These things just happen.

But they don't. We give these diseases to ourselves one day at a time by the way we eat and the way we live.

**BARRETT:** But how come doctors only recommend drugs?

**DAY:** That's all they know. That's all I ever knew because all we're taught in orthodox medicine is to give drugs, which never cure disease. They only cover-up the symptoms. Any doctor will admit. . .

You see, if you're put on high blood pressure drugs, they'll tell you you have to be on them for the rest of your life. Why? Because they don't cure anything. All right. They cover up the symptoms. You still have high blood pressure. It's just that this drug is artificially keeping it low. All right. But it's not curing the problem. You can cure the problems.

So, drugs just cover up the symptoms and surgery just takes out the organ. If you went to a car mechanic and you say I have trouble with my engine and the warning light is flashing on my dashboard. And the mechanic went and got his pliers and cut the lines to the warning light, he says, now it's not going to bother you anymore, you don't see the warning light. Well, you still have the trouble in your engine.

**BARRETT:** Well, you say the cancer industry is controlled.

**DAY:** That's correct. It is.

**BARRETT:** Explain—I mean, what do you mean controlled?

**DAY:** Well, just to give an example, in medical journal articles that doctors read . . . there are more pages in the medical journal of full color, high-priced, pharmaceutical ads than there is medical information. So when you start talking about natural medicine, when you try to get that into a journal, the pharmaceutical companies say we're going to pull our ads, and when we pull our ads you don't have any journal.

**BARRETT:** Well, your 10-step program, there's no return on investment.

**DAY:** That's correct. You know, who is going to research the importance of water because water is free, you see. But actually those studies have been done and they were done in the 30s, 40s and early 50s, and I have all those medical journal articles showing that . . .

Well, even new studies show forgiveness changes your cell structure. If you are harboring anger and you have grudges that you're holding against people, you cannot get well. You have to learn to forgive everyone who has ever wronged you. Because, you see, when you are angry—in fact, if you are angry you are more prone to die of a heart attack if you have one than if you are not angry. When you are angry or when you are stressed, the body pours out huge amounts of adrenaline from the adrenal glands and cortisol. Cortisol is like cortisone. It suppresses your immune system and the adrenaline gives you a rapid heart rate and it can give you an irregular heart rate and it all hypes you up. And so when you are under a lot of stress or when you are angry, the body pours out the hormones, actually, that suppress your immune system, and so you cannot fight disease.

**BARRETT:** Do doctors disagree with you?

**DAY:** When I give you these specific things they don't disagree with that. But they just don't believe you can get well from cancer by natural methods. And you know why? Because they, like I, have been taught year after year after year after year that the only way to do it is with chemotherapy, radiation and surgery.

**BARRETT:** Why do you say the average person out there shouldn't be scared of cancer anymore? That's the name of your video. "Cancer Doesn't Scare Me Anymore."

**DAY:** Because cancer is just a disease of deficiency and excess. Now, if you had scurvy, which is a Vitamin C deficiency, nobody would be

too upset. They would just eat some oranges or some lemons and they would be over it. And so I say cancer is the same thing. It's just a disease of deficiency. You're not eating the right things, you're not getting enough rest at the proper time of night because the healing hormones are produced between 10:00 p.m. and 2:00 in the morning. If you're staying up all night because you're a night person, you're going to be sick eventually. And so you've got to—you've got to adhere to these laws and you can get well. All you have to do is not violate those laws. And doctors will agree that nutrition does have something to do with your health, but, they say . . . once you have cancer you can eat anything you want and it won't make any difference. But if—if doctors agree that your diet will contribute—the wrong diet will contribute to cancer then why would you keep doing it and expect you could get well.

**BARRETT:** Right. Dr. Day, I'm sorry. We're running out of time, but we'll have you back. Thanks for being on our show today.

If you're watching right now and you want some more information on Dr. Day or her 10-step lifestyle program, pick up the phone and get some more information. If you don't have cancer, you know somebody that does, we can drop-ship this product for you for only \$29.95. We have the video, "Cancer Doesn't Scare Me Anymore." Let that cancer patient in your life be an educated patient. For \$29.95 you could be saving their life. And the wonderful thing is all 10 steps are absolutely free, except for food, which you need anyway.

My name is Donald Barrett, and this has been a very exciting show on I-TV. Dr. Day, again, thanks for being my guest and we'll see you next time on I-TV. Thanks for being with us.