

CONQUERING CANCER COURSE

LIGHT DEFICIENCY AS A CAUSE OF CANCER



BY

DR. MARK SIRCUS

LIGHT DEFICIENCY AS A CAUSE OF CANCER

If a lack of light is a cause of cancer it means that light and vitamin D can be used to treat cancer. We all know that too much sun can cause problems, we cannot bake and burn ourselves to a crisp without consequences. Dermatologists love to remind us that one's lifetime sun exposure is associated with skin cancer. We all believe that scientists have confirmed this finding many times. Wrong!

Dermatologists conveniently forget to clarify that studies show the most feared form of skin cancer, malignant melanoma, **is not associated** with cumulative sun exposure. Sun phobia is an ubiquitous pervasive concern, even among teenagers: "Let's go to the beach?" "No, I don't want to get skin cancer." What does this mean for these kids' future?

Many will think to their dying day that healthy sun exposure will cause cancer when the exact opposite is true. It is actually the lack of sunlight that causes cancer. Vitamin D deficiencies (lack of light) can lead to the development of prostate and breast cancer, memory loss, and an increased risk for developing dementia and schizophrenia. That's the short list. Vitamin D deficiency and a lack of sun exposure takes its toll in most pathology in an insidious way, not only because of the lack of D, a crucial hormone, (it really is not a vitamin), but because of a lack of several important aspects of sunlight.

We have already seen in the lesson on mitochondria dysfunction that they are light sensitive organelles. Dr. Fritz Albert Popp said, "Light can initiate or arrest cascade-like reactions in the cells, and that genetic cellular damage can be virtually repaired within hours by faint beams of light. We can now say, emphatically that **the function of our entire metabolism is dependent on light.**" Dr. Heinrich Kremer, agreed pointing out that here is a functional breakdown of a **photon-mediated pathway for ATP synthesis** in the mitochondria of our cells.

Plants love to turn toward the light, they stretch for it, and so do we. Light, heat, color, warmth, energy, electrons, electricity, electromagnetism all interact with the water that is in us bringing increased energy and ATP production. Light literally animates us because we are light. We need light.

Dr. Dave Mihalovic said, “ Those that have attempted to convince the world that the sun, the earth’s primary source of energy and life, causes cancer, have done so with malicious intent to deceive the masses into retreating from the one thing that can prevent disease.”

The majority of Americans, including many doctors, have been tricked into believing that the sun is somehow toxic, a carcinogen, and an overall deadly health hazard that should be avoided at all costs. How wrong we are. The sun, instead of causing cancer prevents cancer and can be even used to treat cancer.

Exposure to sunlight, particularly UVB, is protective against melanoma — or rather, the vitamin D your body produces in response to UVB radiation is protective. As written in The Lancet: “Paradoxically, outdoor workers have a decreased risk of melanoma compared with indoor workers, suggesting that chronic sunlight exposure can have a protective effect.”

One of the world’s leading experts on skin cancer, the sun, sunscreens, and melanoma skin cancer risks, Dr. Bernard Ackerman, MD released an article to the New York Times in July of 2004 where he stated that The link between developing deadly melanoma and to sunlight was completely unproven. He stated at that time that there was no conclusive evidence that even getting serious burns would lead to skin cancer and no proof that sunscreens protect the body from melanoma and that there was no proof that being exposed to the sun increased the risk of melanoma.

Dr. Richard Hobday writes in his book, The Healing Sun, that the sun protects us from breast cancer, colon cancer, ovarian cancer, as well as prostate cancer. It can also prevent heart disease, high blood pressure, osteoporosis, psoriasis, MS, diabetes, and seasonal affective disorder, also known as SAD. Cancer is actually helped by sunbathing. Persons who receive the most sunlight have less cancer as sunbathing heals the body by building the immune system and increases oxygen levels in the tissues of the body.

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All living cells of plants, animals and human beings emit bio-photons, which cannot be seen by the naked eye, but can be measured by special equipment. This light emission is an expression of the functional state of the living organism and its measurement therefore can be used to assess this state. Cancer cells and healthy cells of the same type can be discriminated by differences in bio-photon emission.

Light is more essential than most of us realize. Though most research about sunlight’s beneficial effects and its relationship to cancer is centered on vitamin D levels that is only the beginning of light as a medicine story. Water plays a leading role in living processes, as everyone knows, but what is secret is the fact that water mediates the interaction between radiant energy and physical existence by allowing itself to be structured by light energy. Water is light sensitive as we are light sensitive.



HUMAN PHOTOSYNTHESIS

THE STORY OF LIGHT AND BIOLOGICAL LIFE BEGINS WITH WATER. NOT ONLY IS THE WATER IN OUR CELLS SENSITIVE TO LIGHT SO IS EVERYTHING ELSE INCLUDING OUR GENETIC MATERIAL. THE CELLS RESPOND WITH HYPERSENSITIVITY TO INFLUENCES THAT COME FROM OUTSIDE THE CELL. ACCORDING TO A LEADING RESEARCHER OF BIOPHOTONS, GERMAN BIOPHYSICIST FRITZ-ALBERT POPP, LIGHT IS CONSTANTLY BEING ABSORBED AND REMITTED BY DNA MOLECULES WITHIN EACH CELL'S NUCLEUS.

Few know that water mediates the interaction between radiant energy and physical existence by allowing itself to be structured by light energy. Water is light sensitive meaning we are light sensitive in a sense that goes well beyond the generation of Vitamin D.

In his 2001 book *Cells, Gels and the Engines of Life* Dr. Gerald Pollack, professor of bioengineering, at the University of Washington redefined our understanding of health and medicine as well as the interaction between water and light. He investigated the energetics and structure of water and came up with the concept of water acting similar to batteries.

He said, "You can't just get something for nothing, there has to be energy that charges it," Pollack said. "This puzzled us for several years, and finally we found the answer: it's light. It was a real surprise. So if you take one of these surfaces next to water, and you see the battery right next to it, and you shine light on it, the battery gets stronger. It's a very powerful effect."

“I’m suggesting that inside your body you actually have these little batteries, and, remember, **the batteries are fueled by light**,” Pollack said. “Why don’t we photosynthesize? And the answer is, probably we do. It may not be the main mechanism for getting energy, but it certainly could be one of them. In some ways, we may be more like plants and bacteria than we really think.”

“It turns out that liquid crystalline water and sunlight are practically all we need for energy and life. Just add sunlight for energy and life,” writes Dr. Mae-Wan Ho.



SUN + WATER = FUEL

MIT chemist **Dr. Daniel Nocera** agrees with Dr. Pollack saying sunlight can turn water into hydrogen. What Dr. Nocera was demonstrating was a reaction that generates oxygen from water much as green plants do during photosynthesis. In Nocera's scenario, sunlight turns water into energy. His astounding conclusion that water plus light equals energy (hydrogen fuel) has profound implications for the inner workings of our cells, of the importance of sunlight to our health, and one of the main reasons why our energy factories inside our mitochondria fail.



Dr. Wim Vermaas, at the Center for the Study of Early Events in Photosynthesis at Arizona State University reminds us saying, "Sunlight plays a much larger role in our sustenance than we may expect: all the food we eat and all the fossil fuel we use is a product of photosynthesis, which is the process that converts energy in sunlight to chemical forms of energy that can be used by biological systems. Photosynthesis is carried out by many different organisms, ranging from plants to bacteria.

The best known form of photosynthesis is the one carried out by higher plants and algae, as well as by cyanobacteria and their relatives, which are responsible for a major part of photosynthesis in oceans.

All these organisms convert CO₂ (carbon dioxide) to organic material by reducing this gas to carbohydrates in a rather complex set of reactions. Electrons for this reduction reaction ultimately come from water, which is then converted to oxygen and protons. **Energy for this process is provided by light, which is absorbed by pigments** (primarily chlorophylls and carotenoids).



'**The Human Photosynthesis Study Group** in Mexico has been studying the main causes of blindness: age-related macular disease, diabetic retinopathy and glaucoma with the main aim to develop new therapeutic approaches. They found that the human retina, as well as every cell of our body (eukaryotic cell), has the **amazing capability of absorbing energy directly from water** like vegetables do.

Melanin, due to its black nature, absorbs all wavelengths of light spectrum, from infrared to ultraviolet. Present in all cell's cytoplasm in form of melanosomes, absorbs sunlight in animal kingdom. Mexican researcher Dr. Arturo Solís Herrera (medical surgeon, ophthalmologist, and pharmacologist) of the **Human Photosynthesis Study Center** found that the pigment Melanin (known by the chemical name polihydroxyindol) seemed to protect the tissues of the eye. Then he found that **melanin was collecting energy from electromagnetic radiation, and using it to split water atoms into hydrogen, oxygen, and four additional electrons.**

LIGHT IS CRUCIAL NUTRITION FOR LIFE

'It seems clear that **light is the most important environmental input, after food, in controlling bodily function,**' reported Dr. Richard J. Wurtman, a nutritionist at the Massachusetts Institute of Technology. "Sometimes I get the impression my dermatologist colleagues would be happiest if we lived in caves," continues Wurtman, who recommends daily 20-minute walks at noon to get the sunlight we need.

Dr. Joanna Budwig said many years ago how important solar electrons are saying that "people do react very positively to the sun, despite the fact that many doctors today advise patients to avoid it."

"Sunlight dominates the chemistry of the blood. People who do not get sunlight do not have the same richness and redness of blood as do those who secure plenty of sunlight. There is not a tissue nor a function in the body that is not benefited by regular and judicious sun-bathing," writes Herbert M. Shelton, author of *Fasting and Sun Bathing*.

In the 1900's, research by Augusta Rollier led to the establishment of solaria buildings designed to optimize exposure to sunlight throughout Switzerland for the express purpose of sunbathing, which provided impressive results for fighting tuberculosis, smallpox, lupus, and even chronic diseases like arthritis. Light is 'bioactive,' meaning light is absorbed by and affect the functioning of human cells. Light is an essential nutrient for cellular health.

Because we are the light of this world, as it says in the bible, we can use light to save our lives and live longer and prosper. Without the sun's heat and light, the earth would be a lifeless ball of ice-coated rock. The sun warms our seas, stirs our atmosphere, generates our weather patterns, and gives energy to the growing green plants that provide the food and oxygen for life.

Light does the same to our cells so it is the basis of our health along with water, hydrogen, oxygen and CO₂. So to 'let your light shine before men' one has to stand in the light and absorb that light.

The tragic truth is that, the majority of Americans and their doctors have been tricked into believing that the sun is somehow toxic, a carcinogen, and an overall deadly health hazard that should be avoided at all costs. This is why most of us slather ourselves in toxic chemicals in sunscreen every time we plan to go outside. These chemicals get **absorbed directly into our bloodstreams** where they do not do us any good.

What are the long-term consequences of a lifetime of sun avoidance? Early death! A definitive study on the long-term effects of sun avoidance followed more than 29,000 Swedish women for up to 20 years. Before following the women, scientists classified the women as “sun lovers” or “sun avoiders.” The sun avoiders died much younger than the sun lovers, and the size of the sun-avoidance effect of sun avoidance is equivalent to the risk of smoking.

Today cancer patients have options to harness the power of light to increase not only plasma D levels, but also other parameters of health and cellular function.

Healthy sun exposure if possible (getting a little pink each day), high dosages of D3 supplementation, UBV Sunlamps, LED Red Light Therapy (Photobiomodulation) and of course the sun are the options we have to address light deficiencies as well as cancer.



VITAMIN D DEFICIENCY AS A CAUSE OF CANCER

CANCER IS, IMPART, A LIGHT DEFICIENCY DISEASE. A STUDY PUBLISHED IN THE [JOURNAL CLINICAL ONCOLOGY](#) SUGGESTS THAT LOW LEVELS OF VITAMIN D IS CONNECTED TO MORE AGGRESSIVE FORMS OF PROSTATE CANCER.



Epidemiologic data also indicate that vitamin D signaling may be important in the cause and prognosis of prostate and other cancers. When we look at the fact that more than 2000 genes are modulated by 1,25D3[i] we can begin to understand why vitamin D is important in cancer treatment.

Twenty-five years ago Dr John Ott investigated the background to a report that children at a school in Illinois had five times the national rate of leukemia. He found that all the pupils who developed leukemia had been in two particular classrooms. In these two rooms the teachers always kept the large curtains completely drawn across the windows to reduce glare and distraction, and to keep the children's attention on schoolwork.

Researchers from [UC San Diego](#) discovered that vitamin D levels of 48 ng/mL or higher were linked to a **67 percent reduction in cancer risk** when compared to those whose levels were 20 ng/mL or less. Studies have shown that higher sun exposure throughout a women's lifetime is linked to a 70 percent lower risk of developing breast cancer. In 2018 The British Medical Journal revealed that high vitamin D levels were associated with a reduction in cancer risk of 20 percent when it came to liver cancer. It is also known that ovarian cancer cases were more than three times more likely to have low 25[OH]D levels.[ii]

Dr. Pamela Goodwin and colleagues retrospectively analyzed more than 500 women over a period of 11 years. Results: Women who had been deficient in vitamin D at the time of their breast cancer diagnosis were **73% more likely to die from breast cancer** than those with sufficient vitamin D at the time of diagnosis, as well as being almost twice as likely to have recurrence over the 11-year period. What more evidence do doctors need for them to start recommending sunlight and or vitamin D to their patients? (See much more about this in a later chapter.)

Theories linking vitamin D to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies, according to epidemiologist Dr. Cedric Garland, professor at the UC San Diego School of Medicine. **Dr. Garland** focused on the relationship between breast cancer and vitamin D levels and his conclusion, “If women kept their vitamin D blood levels at approximately 52 ng/ml, they could expect a 50% reduction in the risk of breast cancer.”

Researchers from Winthrop University Hospital in Mineola New York, found that giving supplements of vitamin D to a group of volunteers reduced episodes of infection with colds and flu by 70 per cent over three years.

[i] *Asian J Androl.* 2018 May-Jun; 20(3): 244–252. Vitamin D in prostate cancer

[ii] November 2010 Volume 119, Issue 2, Pages 314–318. Casting light on 25-hydroxyvitamin D deficiency in ovarian cancer: A study from the NHANES

VITAMIN D - INCREASED IMMUNE SYSTEM STRENGTH



“Cancer is helped by sunbathing. Those who get more sunlight have less cancer. Sunbathing heals cancer by building up the immune system and increasing the oxygen in the tissues. Sunlight does not cause skin cancer unless one suffers through chronic sunburn,” writes Dr. Zane R. Kime, author of *Sunlight could Save Your Life*.

Vitamin D has a prominent role in the body’s innate immunity as it is important in the maintenance of macrophages and monocytes and its function in defending against infections.[i] Anything that helps strengthen our immune system is going to be helpful in our fight against cancer.

Research findings which show that vitamin D can speed up antibiotic treatment of tuberculosis (TB) have been revealed by scientists at The London School of Medicine and Dentistry. The study - which gives fresh insight into **how vitamin D may affect the immune response** was published January 6, 2011 in *The Lancet*. Scientists have shown that a single 2.5mg dose of vitamin D may be enough to boost the immune system to fight against tuberculosis (TB) and similar bacteria for at least 6 weeks.

Their findings came from a study that identified an extraordinarily high incidence of vitamin D deficiency amongst those communities in London most at risk from the disease, which kills around two million people each year.

Sunshine is healthy for us and our immune systems. The sun's ultraviolet rays, or UV rays as they are commonly known, are needed by our bodies to produce vitamin D. Vitamin D is essential, as it helps keep our immune systems strong, as well as helping to strengthen bone and muscle. Sunshine also helps improve our general mood.

Lack of light leads to depression and even suicide and it is known that depressed cancer patients and as we saw in the chapter on emotional causes of cancer those individuals who were more depressed were 2.3 times as likely to die of their cancer.

However, it is not so easy to get needed exposure levels. The first day in Burnsville Minnesota that you can get Vitamin D from the sun is April 1st. The last day is September 9. You can Google USNO sun azimuth table and go on the website to plug in any date and city to find out what time of day you can get Vitamin D from the sun. The sun has to be at 50 degrees in altitude for you skin to produce Vitamin D.

If you have avoided the sun for years, increase exposure gradually - preferably after starting on the Budwig or other healthy diet rich in easily available omega-3 fatty acids - making sure you don't get burned and feel comfortable. German doctor Raimund von Helden MD reports that when he increases the blood levels of vitamin D in his patients (to 40 to 80 ng/ml of 25-hydroxy-cholecalciferol), they report being able to tolerate the sun again.

Sun exposure has been demonized by dermatologists. They prefer you cover up with solar protectors whose **chemicals are now known to get into users blood streams**. The increasing use of sunscreens and the decreasing amount of time spent outdoors, especially by children, has contributed to an increasing problem of vitamin D deficiency.



For most people today the answer is no, you are not getting enough vitamin D which is the same thing as saying most people are not getting enough sun. A new study has found that the number **of people being diagnosed with vitamin D deficiency has tripled from 2008 to 2010 in the United States.**

Some researchers believe that up to 75% of the United States population may not be getting enough vitamin D (levels below 30 ng/ml). This is an expanding problem, especially for children who are spending most of their time in the digital world instead of playing outside.

IN THE WINTER, THE SUN IN BRITAIN IS BARELY STRONG ENOUGH TO MAKE THE VITAMIN, AND BY SPRING, SAY SCIENTISTS, 60% OF THE POPULATION IS DEFICIENT (DEFINED AS A BLOOD LEVEL BELOW 30 NG PER MILLILITRE).

[i] *Advances in Preventive Medicine.* <https://doi.org/10.1155/2019/5181847> Vitamin D as an Adjunctive Treatment to Standard Drugs in Pulmonary Tuberculosis Patients.



LIGHT TREATMENTS

“POOR LIGHT EXPOSURE MAY EXPLAIN THE DELETERIOUS METABOLIC AND HORMONAL ALTERATIONS; SUCH AS INSULIN RESISTANCE, DEFICIENCIES OF ESTROGEN, THYROXIN AND VITAMIN-D CONFERRING EXCESSIVE CANCER RISK. THE MORE NORTHERN THE LOCATION OF AN ADOPTIVE COUNTRY THE HIGHER THE CANCER RISK FOR DARK SKINNED IMMIGRANTS. RECOGNITION OF THE DELETERIOUS SYSTEMIC EFFECTS OF DARKNESS AND EXCESSIVE MELATONIN SYNTHESIS ENABLES CANCER PROTECTION TREATMENT FOR PEOPLE LIVING IN LIGHT DEFICIENT ENVIRONMENTS,” SAID RESEARCHERS AT THE NATIONAL INSTITUTE OF ONCOLOGY, SURGICAL AND MOLECULAR TUMOR PATHOLOGY CENTRE.[1]

*Taking a daily 10 to 15 minute walk in the sun
not only clears your head, relieves
stress and increases
circulation – it could also cut your
risk of breast cancer in half.*

Dr. Esther John

Dr. Joan Lappe and her colleagues looked prospectively at more than 400 postmenopausal women over a four-year period of time. Women in the study group were given 1100 IU of vitamin D and 1000 mg of calcium daily. The control group did not receive this. Results: Women who took the vitamin D and calcium **reduced their rate of cancer by 60%.**

The authors found that for every **10 ng/ml increase in a woman's vitamin D blood level**, the relative risk of cancer dropped by **35%.**

World's Healthiest Foods rich in vitamin D

Food	Cals	%Daily Value
Salmon	245	264.7%
Sardines	189	43.7%
Milk - Goat	168	31.1%
Cow's milk, grass-fed	74	15.5%
Eggs	78	6.6%
Mushrooms, Shiitake	30	4.3%

The optimal blood serum value for vitamin D is 45-52 ng/ml (115-128 nmol/l).

[1] *Recent Patents on Anti-Cancer Drug Discovery*, 2012, 7, 337-344 337

THE SUN -MAGNESIUM – VITAMIN D

MAGNESIUM DEFICIENCY IS OFTEN MISDIAGNOSED BECAUSE IT DOES NOT SHOW UP IN BLOOD TESTS – ONLY 1% OF THE BODY'S MAGNESIUM IS STORED IN THE BLOOD.



The body cannot use vitamin D in a magnesium deficient body. Magnesium facilitates the release of calcium from the bones in the presence of adequate amounts of vitamin D and parathormone. Standard textbooks state that the principal function of vitamin D is to promote calcium absorption in the gut and calcium transfer across cell membranes, thus contributing to strong bones and a calm, contented nervous system. It is also well recognized that **vitamin D aids in the absorption of magnesium**, iron and zinc, as well as calcium.

***MAGNESIUM IS AT THE CENTER OF LIFE'S ABILITY
TO ABSORB LIGHT AND CHANGE ITS
ELECTROMAGNETIC ENERGY INTO ORGANIC
CHEMICAL ENERGY. CANCER PATIENTS NEED
LIGHT AND THEY NEED MAGNESIUM.***

LIGHT MACHINES STAND IN FOR THE SUN

The sun is the ultimate healing light yet most of us do not get enough of it. So we need different medical/health devices that can imitate different aspects of the sun. If we cannot get enough sun we have no choice but to supplement yet taking vitamin D3 is not our first choice.

People in hospitals who cannot get out into the sun. Those who live in latitudes where the sun disappears for months at a time develop vitamin D deficiencies. For those where the weather does not permit healthy sun exposure and for those who work in offices all day we have to find solutions that make up for solar deficiency.

There are several medical health devices we need to review. First we will touch on simple UV light arrays that stimulate Vitamin D production naturally. Second we will discuss what Red light and near infrared light can do for the seriously ill and then we will conclude with a discussion on infrared that has the power to warm us from the inside out thus raising core body temperature and the immune system. When all else fails in terms of light absorption we can rely on supplementing with vitamin D3.

LED Red Light Therapy is good because there is no ultraviolet light to burn the skin. Best results for cancer patients would probably be a combination of using UVB light, high

dose D3 supplementation combined with LED light therapy but one should never neglect, if possible, real sun exposure to receive full spectrum light.

If one wants health or to recover from cancer and make sure it does not reoccur, make a religion of going out into the sun without sunscreen protectors. However, for fast results, see if there is a practitioner near you with a LED Red Light Therapy bed in your area. The two different companies that have machines have practitioner search pages [here](#) and [here](#).

For optimal high dose vitamin D supplementation see [here](#). Or better yet buy your own LED lights. (See Platinum LED BIOMAX lights below) The most simple to talk about is a lamp to produce UV light that the body turns into vitamin D. Though an investment of approximately 500 dollars it should be known that there is some controversy over the safety and effectiveness of D3 oral supplementation.

For a number of reasons, most of us find it challenging to spend hours in the sun—at the right time of day—on a regular basis. Either we live in an area with limited sunlight for large portions of the year, or our busy schedules just don't allow for more time in the sun. In fact, it's estimated that Americans spend 93% of their time indoors.

UBV SUNLAMPS



Dr. Michael Holick, author of the *Vitamin D Solution*, said, "I recommend the Sperti UBV Sunlamp to my patients who are either unable to efficiently absorb vitamin D from dietary sources or prefer to be exposed to vitamin D producing ultraviolet light similar to what occurs during sun exposure." The Sperti is a FDA approved sunlamp to get Vitamin D from UV light the natural way.

- FDA cleared
- Proven clinical study
- 5 minutes of use, every other day
- 1,000 hour bulb life
- 7 year product warranty
- 100% money back guarantee
- 2 pairs of UV blocking eyewear included

RED AND NEAR INFRARED LIGHT FOR DEEP PENETRATION AND ENERGY



The Science of Light Therapy began to gain broader recognition in 2001, when NASA first discovered that red and near infrared light have strong cellular regenerating effects. (Whelan, 2001) Red and near infrared light are able to penetrate deeply into our tissues and cells and influence the activation of our mitochondria. Hundreds of studies sustain the idea that Photobiomodulation (PBM) is a dose dependent technology, when properly used, can deliver profound effects on a wide variety of conditions.

Medical scientists themselves are suggesting that now is the time to lose the fear of exacerbating cancer by **shining light on cancer**. PBM increases cell death in cancer cells in response to cytotoxic stimuli. It also can kill them by pumping up mitochondrial production of ADP in both cancer and healthy cells. PBM therapy is already being used to mitigate the side-effects of cancer therapy with research showing that light can directly damage tumors, can potentiate other cancer therapies, and can stimulate patients' immune systems.

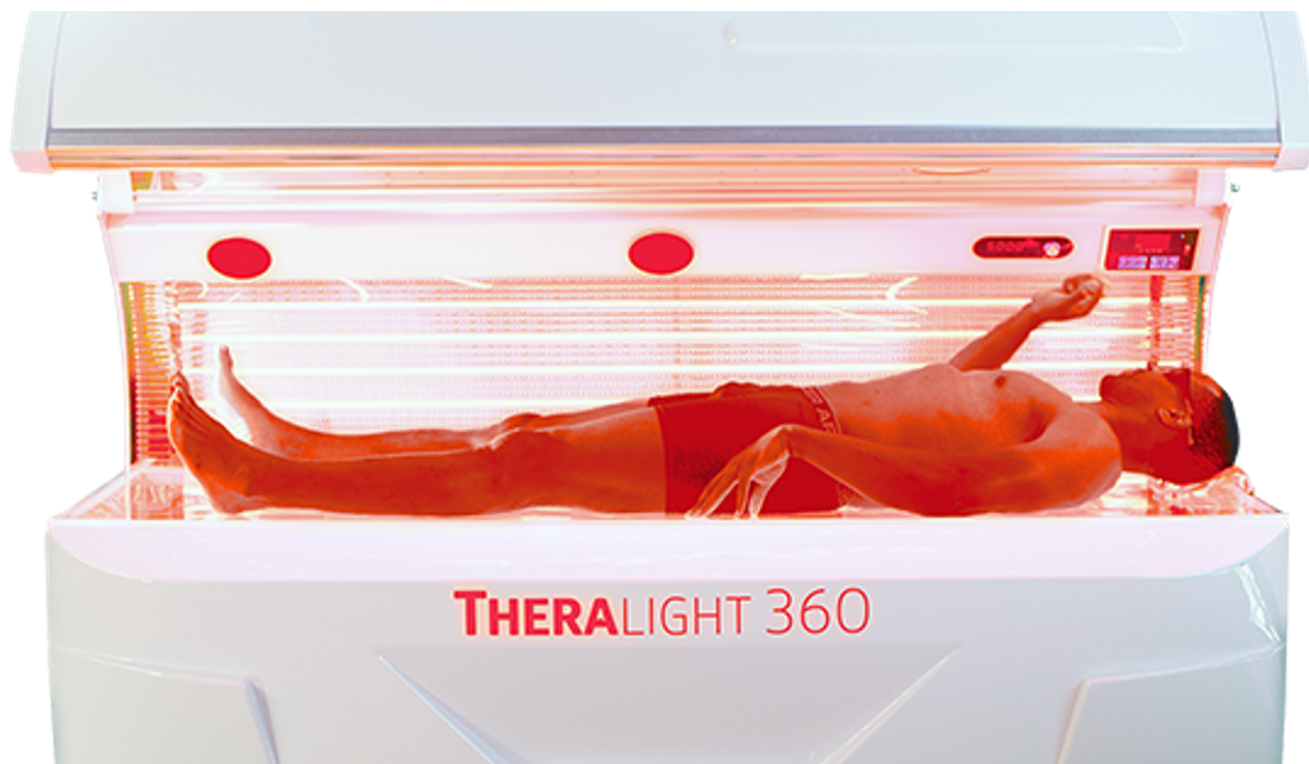
Red light can be absorbed into the skin to a depth of about eight to 10 millimeters, at which point it has positive effects on cellular energy and multiple nervous system and metabolic processes.

Red light therapy has shown promise for treating symptoms of joint pain or osteoarthritis due to aging, those caused by **cancer treatments** like chemotherapy or radiation, hair loss, wounds or incisions, acne, wrinkles and skin discoloration, chronic muscular pain, neurological damage, and tissue damage (often at the root of tears, sprains or pulls). Even seeing the color red is physically stimulating, primes our senses and gets our blood pumping, so imagine what red light penetrating right into your body can do.

Red light wavelengths:

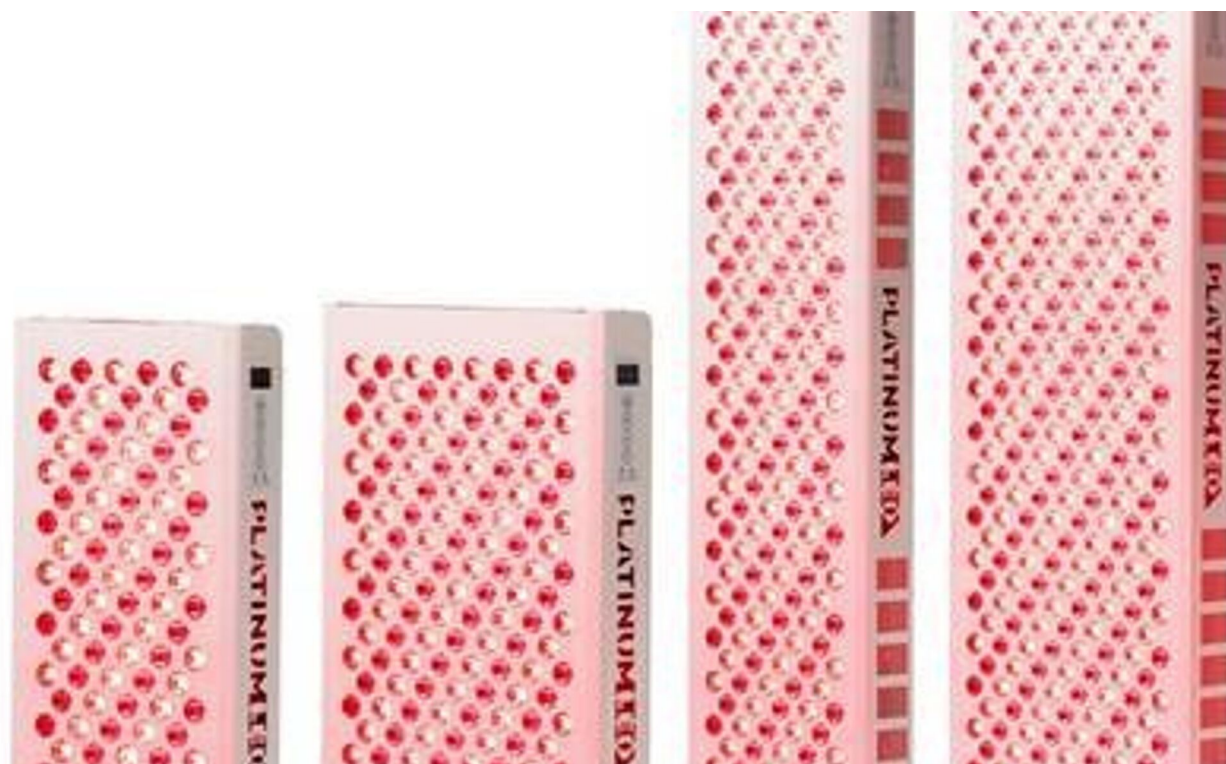
- Increase energy levels by promoting release of ATP from cells' mitochondria
- Stimulating DNA/RNA synthesis
- Activate the lymphatic system, an important part of our immune system that helps carry waste out of the body
- Increases blood flow/circulation, thereby helping bring more oxygen and nutrients to our cells and tissues
- Helps form new capillaries
- Improving natural production of collagen and fibroblasts, important for things like skin, joint and digestive health
- Repairing and restoring damaged soft connective tissue

FOR PRACTITIONERS



Photobiomodulation therapy (PBM) offers practitioners of all types a new way of helping their patients in a timely efficient manner. In searching for a practitioner near you both principle companies that make top end equipment were included. However, it seems that the **TheraLight models** are superior and certainly more economical. That said these light beds are extremely expensive unless one is going to expand one's practice or make a business using them. TheraLight models start at 50,000 and go up to 75,000. NovaThor starts at 120,000 and reaches as high as 140,000.

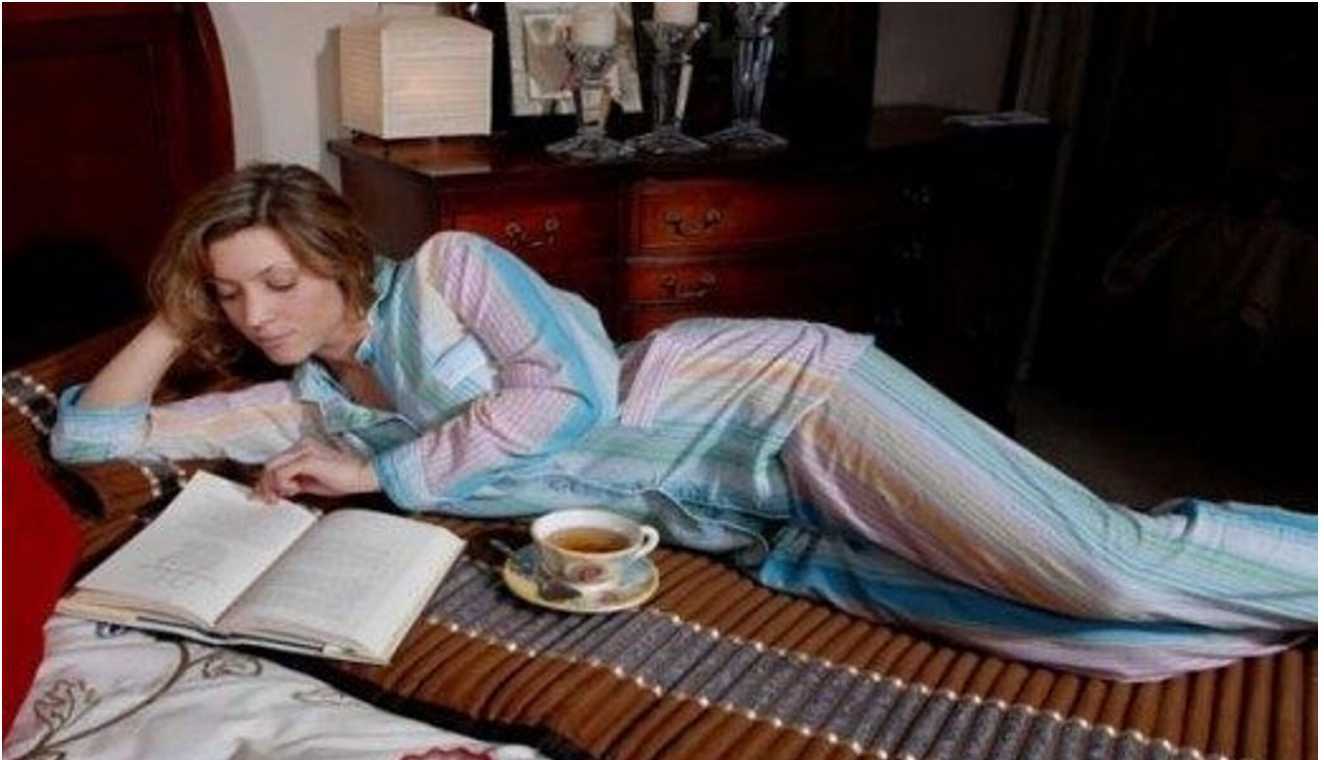
FOR HOME AND OFFICE



A much more cost effective option to transmit the same wavelengths of light come from another company. For home use or even clinical use **PlatinumLED's new BIOMAX lights** feature a patent pending R+ | NIR+ spectrum which merges five different wavelengths of red and near infra-red light: 630nm, 660nm, 810nm, 830nm and 850nm. Both R+ and NIR+ spectrum arrays are used in conjunction with one another. The result is a superior LED therapy light that powerfully penetrates through skin, muscle and connective tissue, promoting healing and cellular regeneration all the way to and through the bone.

Not only will these targeted and combined frequencies stimulate the mitochondria they will reach deep into the body at a cost extremely less than what you will see with more expensive light beds. We are talking about prices for a strong full body system would start at 1,500 but one could expand and increase that to 3,200. However, for localized topical treatment one can start for as little as 400 dollars.

HYPERTHERMIC ONCOLOGY



Far-infrared or radiant heat (FIR) is part of the natural light spectrum of sunlight and a safe form of energy that heats objects by a process called direct light conversion. Radiant heat warms the objects around it without affecting the temperature of the surrounding free air. All warm-blooded animals emit far infrared/radiant heat, a beneficial and essential form of energy that has the ability to penetrate, refract, radiate and reflect.

High temperatures have been used to destroy tumor cells through a treatment known as Hyperthermic Oncology. Mild temperature elevation enhances tumor cell recognition as it increases the cancer killing potential of NK cells. Hyperthermia allows for greater T cell activation and increased anti-tumor T cell response. One of the easiest, safest and most effective way of treating disease, including cancer, **is to increase body temperature with infrared therapy.**

Increased body temperature is correlated mathematically with increased immune system strength. Normal core temperatures are at the exact temperature at which all the functions of the human body can operate with optimal efficiency.

“Mild thermal therapy may have a dual benefit: direct enhancement of immune cell activity through thermally sensitive molecular pathways associated with immune cell function/activation, and, indirect enhancement of immune-surveillance through a reduction in hypoxia-induced immune suppression via improved tumor vascular perfusion.

When FIR heat penetrates through the skin to the subcutaneous tissues, it transforms from light to heat energy, dilating blood capillaries and assisting the body in eliminating toxins and metabolic wastes through sweating. Activated by heat, the FIR energy is absorbed by human cells in a process known as “resonance” or “resonant absorption.”



BioMats, which are far-infrared mats that you can use during the day or sleep on at night. Infrared light will alleviate pain, detoxify the body, strengthen cardiovascular system and devitalize and clear pathogens, fungus, mold, bacteria, germs, etc. from the body. It will regenerate tissue & bone, improve symptoms of most diseases by directly empowering the body's immune system.

Infrared therapy produces potent antioxidants, neurotransmitters and artery wall relaxers. Infrared therapy helps regulate muscle tone of the arteries and prevents arteriosclerosis and is **anti-inflammatory preventing injury to vessel walls** and normalizing blood pressure in the process.

Far infrared treatments reduce the stress on the cells by not only nourishing them with light and heat but also by increasing nutritional sufficiency of oxygen and by increasing cellular respiration, so more toxins and wastes leave the cells. More good things come in and bad things go out.

SAFE HIGH DOSE VITAMIN D TREATMENTS



Mayo Clinic: "**Vitamin D toxicity is rare in people** who take supplements, researchers report." The evidence is clear that vitamin D toxicity is one of the rarest medical conditions and is typically due to intentional or inadvertent intake of extremely high doses," writes Dr. Hollick, a professor of medicine, physiology and biophysics at Boston University School of Medicine.

Oncologists and much of the rest of the western medical establishment actually thrives on the epidemic of cancer and nowhere can that be seen more clearly than its attitude toward the sun and its preference for the super high toxicity of chemo and radiation therapy as opposed to the low toxicity of vitamin D, iodine and even selenium (when it is administered in the right form).

One study on vitamin D used as high as **540,000 units** for severe lung disease.[i] High dose vitamin D administration in ventilated intensive care unit patients has also been studied using 50,000 IU vitamin D3 or 100,000 IU vitamin D3 daily for 5 consecutive days (total vitamin D3 dose = 250,000 IU or 500,000 IU, respectively) without an **cause for alarm**. [ii]

One company in the USA makes **tablets that are 50,000** and recommended as high as four a day (200,000 units for four days) for at risk patients. Now because of the FDA oppression they will not make such recommendations.

Again from the Mayo Clinic: Vitamin D toxicity, characterized by hypercalcemia, hyperphosphatemia, and suppression of parathyroid hormone, is usually observed when intakes are excessively high, in the range of more than **50,000 to 1 million IU of vitamin D per day** and are maintained long-term **for several months to years**. Meaning a cancer patient, who is desperately trying to reverse their spreading cancer, could safely take 500,000 units a day for first week, 400,000 units for second week, 300,000 units for third week and 50,000 units a day from there after without even touching the toxicity of any form of chemotherapy.

When using a full protocol the need for ultra high dosages of Vitamin D for long extended periods of time would be reduced because other substances with similarly low toxicities would also be used at very high dosages. Thus one can easily imagine safe intakes of 100,000 to 200,000 units a day for two to three weeks without need for reduction.

Chemo and radiation therapies toxicities are thousands of times higher than D3 supplements. In one case study, a woman had a level of 476 ng/ml (1,171 nmol/l) after taking a supplement that gave her 186,900 IU of vitamin D3 per day for two months.[iii] When thinking of using high dosages for cancer patients without risk we are using D3 for shorter periods of time, for one month and then cutting back severely the second month to assure little to no risk.

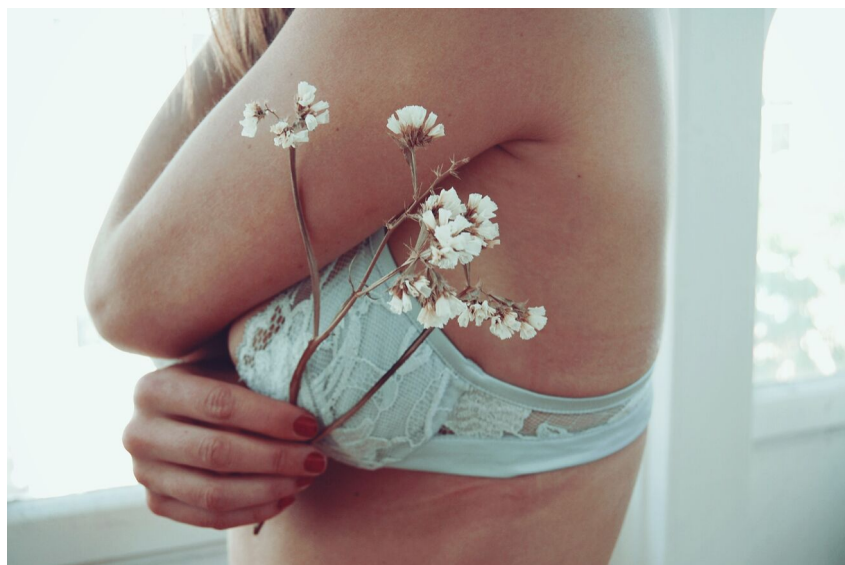
Taking one 50,000 IU capsule of Vitamin D3 every two weeks will result in 80% of adults bringing their blood levels to above 40 nanograms/ milliliter, an optimal level for good health. A 50,000 IU capsule is the equivalent of amount of vitamin D from sunbathing for 3 days in a sunny climate. The skin produces approximately 10,000 IU vitamin D in response to 20–30 minutes of full body summer sun exposure—50 times more than the US government's recommendation of 200 IU per day.

[i] Short-term effects of high-dose oral vitamin D3 in critically ill vitamin D deficient patients: a randomized, double-blind, placebo-controlled pilot study. Critical Care volume 15 (2011)

[ii] J Clin Transl Endocrinol. 2016 Jun; 4: 59–65. High dose vitamin D administration in ventilated intensive care unit patients: A pilot double blind randomized controlled trial

[iii]<https://www.nejm.org/doi/full/10.1056/NEJMc063341>

I HAVE BREAST CANCER. SHOULD I TAKE VITAMIN D?



The answer, from the **Vitamin D Council** is a resounding YES, not only because there are positive clinical trials showing that vitamin D prolongs life, but also because there are so many studies showing that it helps the pathological process. It will take decades to complete studies showing whether vitamin D increases overall cancer survival, but such studies are underway. In the meantime, most studies show that vitamin D helps with both cancer survival and prevention.

If you have breast cancer or you are trying to prevent breast cancer and want to take vitamin D, it is highly unlikely vitamin D supplementation will make your breast cancer worse or cause you any harm, assuming you take less than 20,000 IU per day. To help prevent breast cancer, women should achieve vitamin D blood levels of at least 60 ng/ml in the blood. This usually requires supplementation of 5,000 to 10,000 IU per day of vitamin D. After taking vitamin D for several months, obtain a **blood vitamin D level** to see if you are above 60 ng/ml.

If you currently have breast cancer, we recommend that you get your vitamin D blood level above 70 ng/ml. This will require anywhere from 5,000 to 15,000 IU/day. Make sure you check your **vitamin D blood level** after taking vitamin D for several months. **Our low-cost in-home vitamin D blood test** is an ideal way to monitor your vitamin D levels.

CONCLUSION

According to a scientific article in “Health & Diet Times” (June/July 1982 issue) written by Dr. Lee De Vries, MD, cancer cells self-destruct within minutes after exposure to strong intense light. What happens is that the cancerous PLANT cell changes its formaldehyde into a plant sugar molecule giving off oxygen-ozone in the process and it is this element combination of O₂ and O₃ which causes the disintegration of the cancer cell. There are many articles that suggest that light can directly damage tumors, can potentiate other cancer therapies, and can stimulate the host immune system.[i]

I cannot confirm this assertion by De Vries but I imagine if the light was intense enough it would be true. It is known to be true with infrared because cancer cells certainly are killed off at lower temperatures than health cells would. One branch of oncology uses heat to kill cancer cells and another use extreme cold by hitting tumors with liquid nitrogen. Obviously cancer is temperature sensitive as are all life forms.

If one raises one's blood plasma of D and subjects oneself to intense Red and Near Red frequencies and far infrared its logical that cancer can be pushed back.

[i] *Photomed Laser Surg.* 2018 May 1; 36(5): 241–245. *Photobiomodulation and Cancer: What Is the Truth?*