In the book *Winning the War on Cancer*, author Dr. Mark Sircus discusses sodium bicarbonate, which helps to save countless lives every day. Sodium bicarbonate is the time-honored method to “speed up” the return of the body’s bicarbonate levels to normal.

It is also the least expensive, safest, and perhaps most effective cancer medicine there is.

Sodium bicarbonate delivers a natural form of chemotherapy in a way that effectively kills cancer cells – without the side effects and costs of standard chemotherapy treatments. The only problem with the treatment, according to Sircus, is that it’s too cheap. Since no one is going to make money from it, no one will promote it.

Those that do will be persecuted for it. The trouble with doing new studies on bicarbonate is that they are expensive and no drug company is going to fund a study when they can't profit from the treatment.

Source: WinningCancer.com

**Dr. Mercola’s Comments:**

In 2008, over 1.4 million new cases of cancer will be diagnosed, and over 1,500 people will die every day from the disease, according to American Cancer Society data. Despite its prevalence as one of the biggest killers in the modern world, conventional medicine remains completely mystified as to how to address this disease.

Their “solution” to cancer lies with three risky and highly invasive procedures: surgery, chemotherapy and radiation. The alarming rates of cancer deaths across the world – cancer has a mortality rate of 90 percent, according to Italian oncologist Dr. Tullio Simoncini – speak volumes about the effectiveness, or lack thereof, of these treatments, yet they are still regarded as the gold standard of cancer care.

Undoubtedly, many people turn to conventional treatments like chemotherapy because they think they are the ONLY option. But perhaps people would feel differently if they knew that a full 75 percent of doctors say they’d refuse chemotherapy if they were struck with cancer due to its ineffectiveness and its devastating side effects.

“If I were to contract cancer, I would never turn to a certain standard for the therapy of this disease. Cancer patients who stay away from these centers have some chance to make it,” said Professor Gorge Mathe.

You may be surprised to learn that, despite its reputation as the go-to cancer treatment, chemotherapy has an average 5-year survival success rate of just over 2 percent for all cancers, according to a study published in the journal *Clinical Oncology* in December 2004.

“It is clear that cytotoxic chemotherapy only makes a minor contribution to cancer survival,” the researchers wrote. “To justify the continued funding and availability of drugs used in cytotoxic chemotherapy, a rigorous evaluation of the cost-effectiveness and impact on quality of life is urgently required.”

Chemotherapy is a classic example of a cure that is worse than the disease. In fact, many experts now say that cancer patients are more likely to die from cancer treatments than the cancer itself.

“The majority of the cancer patients in this country die because of chemotherapy, which does not cure breast, colon or lung cancer. This has been documented for over a decade and nevertheless doctors
still utilize chemotherapy to fight these tumors," said Dr. Allen Levin, MD, author of The Healing of Cancer.

**There Are Safe, Effective Options Available for Treating Cancer**

Yet, you probably haven’t heard of them because they’re simple and inexpensive, and therefore lack the backing to get thoroughly researched and publicized. Dr. Simoncini explains:

“In the future – I hope soon – I am convinced that it will be possible to treat and cure any tumor within 15-30 days with either a pill or an injection in the morning and in the evening when there is targeted pharmacological research. But, again, we now have to work with what we have.”

Is he talking about the latest chemo drug? A radical new surgery? A high-dose radiation treatment? Nope, not even close. Dr. Simoncini is referring to sodium bicarbonate, better known as baking soda.

Dr. Simoncini was ousted from the medical community because as an oncologist – a cancer specialist – he refused to use conventional cancer treatment methods, choosing instead to administer sodium bicarbonate.

Dr. Simoncini’s quite amazing experience has shown that 99 percent of breast- and bladder cancer can heal in just six days, entirely without the use of surgery, chemo or radiation, using just a local infiltration device (such as a catheter) to deliver the sodium bicarbonate directly to the infected site in your breast tissue or bladder. You can watch actual before and after footage of the treatment working in this video. [http://articles.mercola.com/sites/articles/archive/2008/08/05/fungus-causing-cancer-a-novel-approach-to-the-most-common-form-of-death.aspx?source=nl]

“Sodium bicarbonate is the time honored method to 'speed up' the return of the body’s bicarbonate levels to normal. Bicarbonate is inorganic, very alkaline and like other mineral type substances supports an extensive list of biological functions. Sodium bicarbonate happens to be one of our most useful medicines because bicarbonate physiology is fundamental to life and health," Dr. Sircus writes in *Winning the War on Cancer*.

Many chemotherapy treatments actually include sodium bicarbonate to help protect patients’ kidneys, heart and nervous system. It’s been said that administering chemotherapy without bicarbonate could possibly kill a patient on the spot. Could it be that while mixing chemo poisons with baking soda, any improvements seen are the result of the baking soda, and not the toxic poisons?

Dr. Sircus certainly thinks so.

“There are no studies separating the effects of bicarbonate from the toxic chemotherapy agents nor will there ever be," he says.

If you keep an open mind, you will quickly learn that there are numerous ways to support your body in healing that have nothing to do with toxic drugs and surgery, even when it comes to a serious condition like cancer.

Another such approach is Dr. Hamer’s German New Medicine (GNM), which operates under the premise that every disease, including cancer, originates from an unexpected shock experience, and that all disease can be cured by resolving these underlying emotional traumas.

Despite a 95 percent success rate, Dr. Hamer has spent time in prison for refusing to disavow his medical findings and stop treating his patients with his unorthodox techniques, and is currently living in exile, seeking asylum from persecution.
What’s Even Better Than a Safe Treatment?

Prevention. Relatively simple risk reduction strategies can help you to VIRTUALLY ELIMINATE your cancer risk, and radically improve your chances of recovering from cancer if you currently have it.

You won’t read or hear much about these techniques elsewhere either, because they have not been formally "proven" by conservative researchers. However, were you aware that 85 percent of therapies currently recommended by conventional medicine have never been formally proven either? That’s something to think about. Here are the top tips I recommend:

1. Reduce or eliminate your processed food, sugar and grain carbohydrate intake. Yes, this is even true for whole unprocessed organic grains, as they tend to rapidly break down and drive your insulin and leptin levels up, which is the last thing you need to have happening if you are seeking to resolve a cancer.

2. Control your fasting insulin and leptin levels. This is the end result, and can be easily monitored with the use of simple and relatively inexpensive blood tests.

3. Normalize your ratio of omega-3 to omega-6 fats by taking a high-quality krill oil and reducing your intake of most processed vegetable oils.

4. Get regular exercise. One of the primary reasons exercise works is that it drives your insulin levels down. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks.

5. Normalize your vitamin D levels by getting plenty of sunlight exposure and consider careful supplementation when this is not possible. If you take oral vitamin D and have a cancer, it would be very prudent to monitor your vitamin D blood levels regularly.

6. Get regular, good sleep.

7. Eat according to your nutritional type. The potent anti-cancer effects of this principle are very much under-appreciated. When we treat cancer patients in our clinic this is one of the most powerful anti-cancer strategies we have.

8. Reduce your exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.

9. Limit your exposure and provide protection for yourself from radiation produced by cell phones, cell phone towers, base stations and Wi-Fi stations.

10. Avoid frying or charbroiling your food. Boil, poach or steam your foods instead.

11. Have a tool to permanently reprogram the neurological short-circuiting that can activate cancer genes. Even the CDC states that 85 percent of disease is caused by emotions. It is likely that this factor may be more important than all the other physical ones listed here, so make sure this is addressed. One of the best approaches and my particular favorite tool, as you may know, is the Emotional Freedom Technique (EFT).

12. Eat at least one-third of your food raw. Personally my goal is 85% raw and I am usually able to achieve that.