



# the cancer answer

dr. dale m. sides



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The Cancer Answer (e-book)

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ISBN 1930433476

Published by:

Liberating Ministries for Christ International, Inc.

PO Box 38

Bedford, VA 24523

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# Introduction

Have you ever heard that if a man invented a better mousetrap, the world would beat a path to his door? It has also been said that if someone invented a cure for cancer, they would be a multi-zillionaire. Well, I am preparing an eight-lane, super highway to my house because what I am about to share could be the answer to cure and prevent cancer. However, I can't claim that I invented it, because God did. Neither did I discover it—Dr. Otto Warburg did. But I can distribute the information and hopefully save some lives as this knowledge begins to spread.

I do believe what is in this e-book is the answer for cancer. Perhaps the reason that no one has cashed in it is because it's never been widely publicized, as far as I know. And the probable reason it's never been widely publicized is because there is so much wealth to be gained from the cancer treatments currently in use.

According to the National Cancer Institute in 2005, "one in three Americans will eventually develop some form of cancer,"<sup>1</sup> In 1900, only one in 8,000 people got cancer;<sup>2</sup> yet Dr. Warburg discovered its prevention (and potential cure) in 1923.<sup>3</sup> Think how much suffering and how many lives could have been spared had his discovery been revealed more publicly. Is it possible that evil people have purposely withheld information from the public so that they could make a profit?

It seems to me that the truth was withheld in order to extract and extort money out of our ignorance. Too many have suffered through the agony of awaiting their death because they were not told about Dr. Warburg's discovery.

As I reveal his cancer answer, it will be necessary to also lay some groundwork for how and why it works. I appreciate your patience to read through the entire e-book, not skipping any of the information since all of it is vital to your health.

When we consider all of the time spent in doctors' offices, undergoing chemotherapy and radiation and/or surgery, the short time required to read this e-book is nothing in comparison. Yet, the information contained herein could potentially save your life or the lives of your loved ones.

## CHAPTER ONE

# Dr. Otto Warburg's Answer for Cancer

Dr. Otto Heinrich Warburg was a German Jew and a brilliant doctor and scientist who received the Nobel Prize in the Medicine-or-Physiology category in 1931.<sup>4</sup> The following information concerning his discovery is from “The Real Cause of Cancer,” an online article.<sup>5</sup>

Dr Otto Warburg discovered the real cause of cancer in 1923 and he received the Nobel Prize for doing so in 1931. Dr Warburg was director of the Kaiser Wilhelm Institute (now Max Planck Institute) for cell physiology at Berlin. . . . In his work *The Metabolism of Tumours* he demonstrated that all forms of cancer are characterized by two basic conditions: acidosis and hypoxia (lack of oxygen). Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other. “All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen—a rule without exception.” [Dr. Otto Warburg] “Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous.” [Otto Warburg] Dr. Warburg has made it clear that the prime cause of cancer is oxygen deficiency (brought about by Toxemia). Dr Warburg discovered that cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen.

While investigating the metabolism of tumors and the respiration of cells, particularly cancer cells, Warburg discovered that cancerous tissue is acidic—contrary to healthy tissue that is more alkaline and therefore more oxygenated. This is basic high school chemistry and yet the discovery was monumental.

Here is the key: *cancer cannot live in an alkaline environment*. It can thrive in an acidic environment because it can live without oxygen, but it dies in an alkaline one because it “cannot survive in the presence of high levels or oxygen.” Understanding this leads not only to eradicating cancer but also to preventing it. *We can prevent cancer by developing a more alkaline environment within our bodies.*

Why has Dr. Warburg's research and resulting discovery been basically ignored by the medical community? In our society, we esteem physicians as the most intelligent and informed professionals among us, yet how many of them have ever given us a definitive answer to cancer?

As in every strata of society, there are evil people involved in the medical community. Sadly, their primary concern is to keep people sick rather than to heal them. Why? Because they can grow richer off of sick people than they can off of healthy people.

Although we can help to alkalize our bodies by eating the right foods, we must also drink the right beverages. Even the water we drink is important. Additionally, exercise plays a part in developing a more alkaline environment as well because of the oxygen it infuses into our bodies.

Perhaps you have been diagnosed with cancer and your doctor has prescribed chemotherapy and/or radiation for your treatment. Maybe you have even been scheduled for surgery. Your doctor probably does not know the information in this e-book; and sadly, if you tried to tell him or her, they would probably not believe you. This is because most doctors revere the American Medical Association (AMA) above what their patients say. However, you could give it a try. Remember, someone has been withholding information from the doctors as well as from the rest of us.

Romans 1:18 speaks of those who are responsible for withholding the truth.

*For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness.*

*Romans 1:18*

Withholding possible life-saving information that was released in the early nineteen hundreds is a clear-cut case of suppressing the truth. When I think of all the people who have needlessly suffered and died because this discovery was hidden from the public, I can relate to how God feels and why He would reveal His wrath against such perpetrators.

Perhaps our doctors have not known what I am sharing with you, but it does make you wonder why they don't, since the words "doctor" and "doctrine" both come from the same root word meaning "to know." Sadly, many of today's medical doctors were schooled to become almost like licensed drug dealers, getting kickbacks from their "pushers," the pharmaceutical companies.

Pardon my criticism, but I know too many people who have suffered and died prematurely because of the greedy, conveniently silent medical and pharmaceutical hierarchy with whom we have entrusted our lives. The doctors who are knowingly withholding this information have broken their Hippocratic Oath; it seems they have taken a hypocritical one instead.

A number of years ago, I did a 30-page booklet entitled *The Satanic Deception of Knife & Fork*.<sup>6</sup> It chronicles how evil people are contributing to the misinformation of our diet and foods and profiting from it. Not only is it a good read, but it also rips the rose-colored glasses off by exposing the truth that there are wicked people who are making merchandise of us.

It is time to wake up and realize that Satan not only wants us dead but he also wants us to suffer in the process. I assure you that what you do not know *will* hurt you—and maybe even kill you.



## CHAPTER TWO

# How to Develop an Alkaline Environment in Your Body

What I put into my body determines its makeup. Acidic substances acidify our internal environment, while alkaline substances alkalize it. Since the three basic substances that our bodies take in are air, water, and food, it should be simple to monitor what changes we need to make to create an alkaline environment.

I mentioned earlier that the cancer answer is basic high school chemistry, because that's where most of us learned about the pH scale, which ranges from 0 to 14. Acidic substances range between 0 and 7; alkaline substances range between 7 and 14, and substances that measure right at 7 are considered neutral. (The pH is the potential hydrogen of a substance.)

Since the pH of water and food is much more varied than air, it needs more scrutiny. In my opinion, the main rule to remember when determining what is good to eat and drink is *don't necessarily listen to the Food and Drug Administration (FDA)*. If the FDA puts its stamp on a substance, it is merely assuring you that it will not immediately kill you. The head of the FDA is usually a past president of a pharmaceutical company, and the FDA and the AMA are in bed together.

This won't cost you any extra, but since the FDA licensed and authorized the use of aspartame, it should tell you to not trust them. Consider the following two excerpts from the "Dangers of Aspartame Poisoning" article by Dr. Janet Starr Hull.<sup>7</sup>

The 1976 Groliers encyclopedia states cancer cannot live without phenylalanine, and aspartame contains 50% phenylalanine.

Two isolated amino acids in aspartame are fused together by its third component, deadly methanol. In this structure, methanol bonds the two amino acids together, but when released at a mere 86 degrees Fahrenheit, the methanol becomes a poisonous free radical.

## Air

There is not much we can do to control the air we breathe. As long as it has not been overly polluted with chemicals, it retains its basic chemical makeup. However, we are able to control the *amount* of air we take in, mainly through exercise. Daily exercise will infuse our lungs with more oxygen, increasing the oxygen potential in our cells. There are

also specific breathing exercises that will produce even greater results.<sup>8</sup> (Remember that cancer cannot thrive in an oxygen-rich environment.) Exercise also induces heavy respiration, which helps to expel gaseous toxins out of our bodies.

## Food

The majority of the popular foods in our culture are processed and filled with preservatives, which removes most of their original nutrition and life. If we are eating food with little nutrition, why should we expect it to nourish us? Food additives and preservatives are acidifying and pickling us on the inside. The “life” in processed food is *shelf* life, which means greater profit for the food producers. They are not concerned about your health, only their profits.

So, eating *unprocessed* foods is one rule of thumb for ingesting alkaline-rich nutrients. Another rule of thumb is this: *green is good*. (This does not include St. Patrick’s Day beer.☺) There are also numerous tables and listings available in books or online that can help you determine the pH value of foods. One of these is posted on the LMCI.org website at <http://www.lmci.org/ThepHofFoods-PDF.pdf>.

Additionally, it would be wise to “fast” from fast food. The Daniel Fast, which is based on Daniel 10:3, excludes the acidic foods (and drink) of meat, wine, and sweet bread. My booklet, “I Ain’t Takin’ Acid Anymore,” is another helpful resource on this subject.<sup>9</sup>

If your diet is rich in meat and bread and other acidic foods and low in vegetables (especially the green ones), you are not the exception. You, along with everyone else in the same boat, need to pay attention and realize that your diet needs to change. Otherwise, you could be paying the doctors to either drug you or cut you. One in three people are getting cancer! This does not include all the other life-threatening diseases brought on by improper or excessive eating. Acidic diets also cause diabetes, osteoporosis, heart disease, and aneurisms, etc. *Ignoring this exhortation could be very costly and painful*. The highest price it could cost you is your life.

The ideal healthy ratio of acid/alkaline foods to consume is 80% alkaline and 20% acidic. If you travel as much as I do with ministry work, it can be difficult to eat this way, due to what is available in most restaurants, as well as the type of foods that are easily purchased when on the road. For those who do not travel much, we have already seen that many of the foods sold in the stores have been processed or even genetically engineered, making them much lower in nutrition. (This is why it pays to buy organic foods and to visit our local farmers’ markets.) Since it’s so hard to eat right, we should pay even more attention to what we drink.

## Water

We already know that the best beverage for our bodies is water; yet, even if we drink a lot of it, we need to pay attention to the type of water it is.

Our bodies are at least 60% water, so the water we drink is crucial in maintaining a cancer-free environment. Pure distilled water has a pH of 7.0; however, when packaged in plastic bottles, the pH measures between 5.5 and 6.0. In that altered state, using it to flush out and cleanse our bodies is like mopping our floors with dirty water, or adding more salt to salty food, or adding more sugar to already sweetened coffee. It just doesn't make sense.

Even when pure distilled water (7.0) is used to flush our bodies, it does not change the body's pH since that water is, at best, neutral; however, it is still much better than drinking water from a plastic bottle.

City tap water in the US is one of the most deceptive and deadly commodities in our society. Just because it is odorless and tasteless does not mean that it is pure. Even when it is "potable" under the laws of the land, it still carries harmful substances. City municipalities dump chlorine into the water systems in an effort to kill harmful bacteria; yet when a chlorine gas leak occurs, the population runs for the hills.

The fluoride added to our water (under the guise of being good for our teeth and gums) is, in fact, stannous fluoride, a by-product of aluminum processing. The aluminum manufacturers have duped us by marketing a poisonous substance that, for many years, was known as hazardous waste.<sup>10</sup>

For years, I tried to maintain a healthy alkaline environment in my body and learned just how difficult it can be to flush out an acidic environment with acidic water. However, once I started drinking water that had been alkalized, I experienced a drastic improvement in my physical life and health.

Water can be alkalized by adding chemicals to it that will change its pH, but those chemicals settle out as harmful substances in our veins and arteries. (They also make the water taste awful!)

There are ionizing machines that filter and process water into an alkalized state *and* streamline the water molecule, increasing its ability to enter the body's cells through the permeable membranes.<sup>11</sup> Basically, it flushes out the acid and replaces it with alkaline water.

After I began drinking ionized water and checking my pH with test strips, I noticed that the acid was rapidly leaving my body. As I have continued to drink alkalized water, my pH has balanced out and is remaining alkaline, cleansing my cells like never before. Not only am I feeling better, I *am* better!

## **Diabetes**

About 10 years ago, I developed the “blood sugar blues,” or what is more commonly referred to as diabetes. Unfortunately at that time, I did not have the knowledge that I have now. I accepted the medicine my doctors gave me, not realizing that it treated the symptoms instead of the condition itself. Now I know that not only does an acidic condition in our bodies produce a cancer-friendly environment, but it also provides a diabetic-friendly one by burning out insulin-producing cells. Diabetes is often caused by polluted and acidified cells that become insulin resistant. As a result, the pancreas begins overproducing insulin in its effort to make enough of it for these insulin-resistant cells so that they can continue to metabolize glucose. The end result is that the pancreas becomes overworked and weakened through its futile effort and its insulin production decreases.

Since I began drinking alkalized water, my cells have jettisoned the toxins and acids out of my system. My insulin demand was cut in half within two weeks’ time. This is the best I’ve felt in years and it seems to improve daily. Now I understand the chemistry of what occurred within my system, and I have a personal testimony as well. *Drinking alkalized water is the single most important health tip I have ever learned and applied.*

There are a number of excellent water machines that alkalize water. Two systems that I have used at home and in the office are the Enagic 501SD and the Waters Edge.<sup>12</sup>

## **A Balanced pH Level**

In His infinite wisdom, God made our bodies to operate best when our blood’s pH level is between 7.3 and 7.4.

When we continuously consume acidic foods and drinks, our blood extracts minerals from our bones and tissues to counteract and balance the pH. Excessive acidic buildup causes the blood to seek a way to bring itself back to its natural state. This is the primary cause of osteoporosis, or porous bones, as well as heart disease due to subsequent plaque deposits within the veins and arteries.

If doctors and nurses routinely checked the patient’s pH balance, their acidic condition would easily be ascertained and caught early enough to remedy it. Too often, the obvious is overlooked. The good news is that it is not hard to check our pH levels at home. The pH test strips are readily available at most drug stores and are much less expensive than going to the doctor to do the same thing.

## **A Word about Soda Pop**

When it comes to what we drink, it is interesting to note that the media is now admitting that soda consumption is linked to much of the disease in our nation.<sup>13</sup> Yet, even with the

release of this information, it is still not unusual to see people in the grocery stores with multiple six-packs of soda hanging on their carts.

Soda pop has an average pH of 2.5; almost as low as stomach acid at 1.5. According to Robert Young's book, *Sick and Tired*, the obesity problem is more an acid problem than a calorie problem.<sup>14</sup> When our cells are overloaded with acid and then more arrives, the body screams out, "Where am I going to put this?" The answer is in fat that is stored as far away from the vital organs as possible, i.e., on the belly, butt, or thighs.<sup>15</sup>

In the name of God and for the sake of your health, stop drinking the poison! Diet soda is even worse. The acid content is about the same due to the phosphoric acid; but the aspartame is pickling our brains. Disease caused by aspartame has also been documented to mimic multiple sclerosis as well as other neurological diseases.<sup>16</sup> *Please, please, quit killing yourself.*

## CHAPTER THREE

# Increasing Your Quality and Length of Life

When I think about the pain and misery caused by sicknesses that could be so easily remedied, I am even more committed to share the cancer answer with everyone I can. A few years ago, a friend told me that her husband was diagnosed with colon cancer. The chemotherapy and accompanying drugs were estimated at over \$15,000; and even with that, he would still have to undergo surgery. The medical world's payment plan is good "health insurance," which I believe is an oxymoron. It should be called "sickness insurance."

*My primary purpose for The Cancer Answer is to help you increase the quality and longevity of your life.* There are probably many people who wish they'd had this information before their loved ones suffered and died. I want people to know that they do not have to fear cancer and a host of other maladies that are caused by acidosis. The root cause of cancer is ignorance of (or perhaps in some cases, disobedience to) God's dietary laws (Leviticus 11:3–12).

The information in this study will hopefully equip us all to live a cancer-free life and ultimately bring glory to God, since we will then have the potential to fulfill our God-given callings rather than prematurely dropping out of the race. God has not been responsible for our ignorance; but I believe He is the One Who has revealed the answer. Now it's up to us to respond.

God bless the good doctors who are out there now, as well as those who have gone before us—doctors like Otto Warburg who have sought and spoken the truth. They are the ones who serve their fellow humans to minimize suffering and pain caused by ignorance and its subsequent unhealthy habits.

Hopefully, this information will reach those doctors who really care about their patients' quality of life rather than just making money. Regardless, you now have the information and it can help you and those you share it with. *An alkalized environment in your body is the answer to cancer.*

## An Exhortation

Please exercise, eat responsibly, and be a good steward of the wonderful body that God has given you. Drink healthy, alkalized water to reverse the acidic condition in your body and cut off the advance of cancer and other debilitating diseases. Drinking alkalized

water will also give you more leeway to live healthy in a world where it is increasingly more difficult to eat properly.

Two related articles, “Healing and Health,” and “Healing in Holy Communion,” are posted on the LMCI.org website at <http://lmci.org/articles.cfm>. You can also search the Internet online for “Otto Heinrich Warburg” if you are interested in learning more about Dr. Warburg’s research. And remember to check out the reference notes (especially note 12) to explore alkalizing water machines for the sake of your own health and that of your loved ones.

## Notes

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<sup>1</sup> “NCI Health Information Tip Sheet for Writers: Cancer Health Disparities,” online article accessed March 9, 2010 at <http://www.cancer.gov/newscenter/tip-sheet-cancer-health-disparities>.

<sup>2</sup> William Donald Kelly, “Treating Cancer Without Surgery, Chemotherapy or Radiation,” online article at <http://www.consumerhealth.org/articles/display.cfm?ID=20050621155802> accessed March 7, 2010.

<sup>3</sup> “The Real Cause of Cancer,” online article at <http://eco-manity.com/pdf/DrOttoWarburg.pdf> accessed July 8, 2011.

<sup>4</sup> “Otto Warburg—The Nobel Prize in Physiology or Medicine 1931,” online article accessed March 8, 2010 at [http://nobelprize.org/nobel\\_prizes/medicine/laureates/1931/warburg-bio.html](http://nobelprize.org/nobel_prizes/medicine/laureates/1931/warburg-bio.html).

<sup>5</sup> “The Real Cause of Cancer,” online article at <http://eco-manity.com/pdf/DrOttoWarburg.pdf> accessed July 8, 2011.

<sup>6</sup> *The Satanic Deception of Knife & Fork* by Dale M. Sides is available from Liberating Ministries for Christ International, Inc. (LMCI) in the e-store at [www.LMCI.org](http://www.LMCI.org) in booklet or e-book formats.

<sup>7</sup> Janet Starr Hull, “Dangers of Aspartame Poisoning,” online article accessed March 9, 2010 at <http://www.sweetpoison.com/aspartame-information.html>.

<sup>8</sup> Breathing exercises are included in the “Breathing for Life” handout at <http://www.LMCI.org/BreathingForLife-PDF.pdf>.

<sup>9</sup> *I Ain’t Takin’ Acid Anymore* by Dale M. Sides is available to order from the e-store at [www.LMCI.org](http://www.LMCI.org) in booklet, audio CD, or audio MP3 formats.

<sup>10</sup> George Bushnell, M.A., “Fluoride 101,” online article accessed March 8, 2010 at <http://www.lafn.org/~ax810/fluoride/Fluor101.htm>.

<sup>11</sup> “Why Kangen Water?” online article at <http://kangen.net/kangen-water/why-kangen-water/> accessed March 9, 2010.

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<sup>12</sup> See [www.enagic.com](http://www.enagic.com) for information on the Enagic 501SD water machine. See [www.watersedgesystems.com](http://www.watersedgesystems.com) for information on the Waters Edge filter.

<sup>13</sup> Ed Edelson, "Increasing Soda Consumption Fuels Rise in Diabetes, Heart Disease," online article accessed March 9, 2010 at [http://news.yahoo.com/s/hsn/20100309/hl\\_hsn/increasingsodaconsumptionfuelsriseindiabetesheartdisease](http://news.yahoo.com/s/hsn/20100309/hl_hsn/increasingsodaconsumptionfuelsriseindiabetesheartdisease)

<sup>14</sup> Robert O. Young, *Sick and Tired* (Pleasant Grove, UT: Woodland Publishing, 2001), 31–37.

<sup>15</sup> Ibid.

<sup>16</sup> Mark Gold, "Aspartame . . . the BAD News!" online article accessed March 8, 2010 at <http://www.dorway.com/badnews.html>. The following is quoted from the article, "Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade) . . . Methanol breaks down into formic acid and formaldehyde in the body."