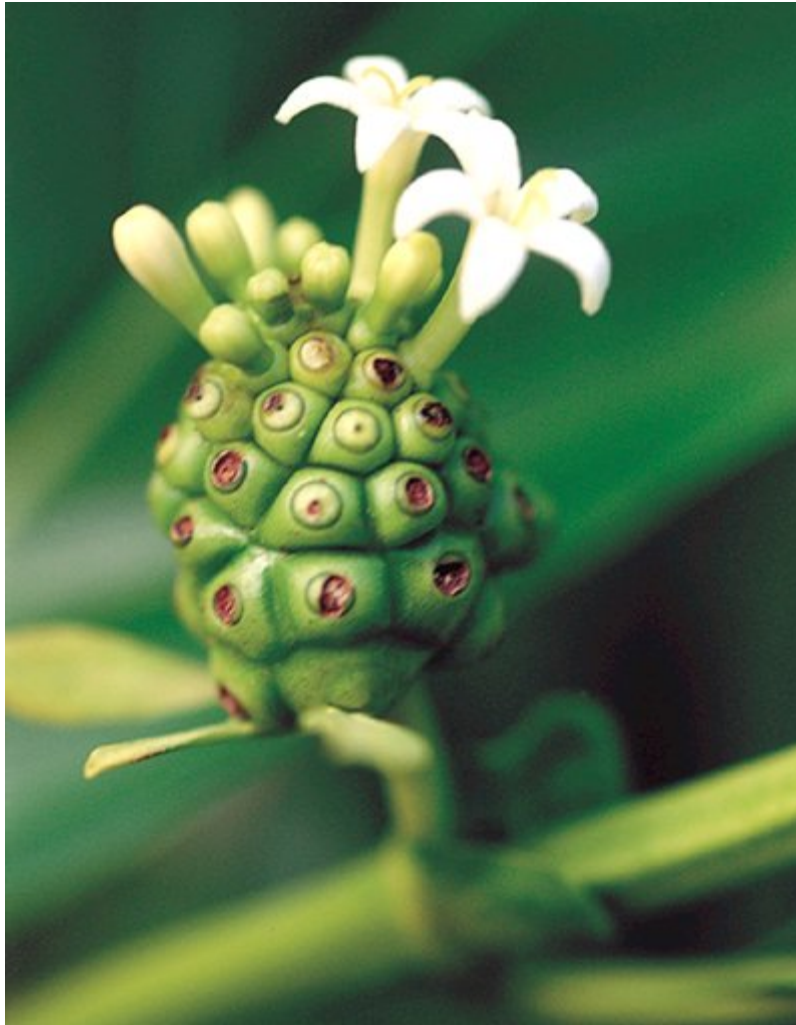


Take Control of Your Health



Cancer & Autoimmune System

A Special Report by Dr. Richard Williams

Presented by

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DISCLAIMER

For questions or comments concerning Noni use directed to the author, please send an email to DrWilliams@AskDrRichardWilliams.com

These documents are for educational purposes only. They are not intended to diagnose or treat. TNJ is not a medication and is in no way therapeutic or directly affects a disease or condition. The fundamental nutrients in TNJ support many of the systems of the body and, thus, improve the outcome of standard care. Improved system function is the true basis for Prevention and Optimal Health.

Taking personal responsibility for your health and the health of your family is vital. Educate yourself and seek information on all of the aspects of a healthy lifestyle. Learn how to manage the inherited or acquired health challenges you face. Understand the benefits of proper diet, adequate and special nutritional supplementation, and exercise, and stress management, emotional and family support. Become a team member with your doctors. Ask questions and make informed choices.

The information and guidelines in this booklet are intended to encourage personal responsibility and to supplement proper medical care. Have your doctor review and approve or modify these techniques based on your personal requirements.

TAHITIAN NONI[®] Juice (TNJ) is a trademark of Tahitian Noni International.

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TABLE OF CONTENTS

The Immune System	6
The Compromised Immune System	10
Medical Concepts and Tahitian Noni® Juice	12
Boosting the Immune System	18
Questions and Answers	21
Diabetes	21
Scleroderma	23
Autoimmune Hepatitis	24
Food Allergies	26
Cancer	28
Questions and Answers	37
Feeding Tube / Getting Nutrients	37
Lung Cancer	40
Diabetes	41
Multiple Sclerosis	42
Colon Cancer	43
Hodgkin's Disease / Bone Marrow	44
NIH Study & Desiccated Noni	45
Pasteurization and Enzymes	46
Educating the Medical Community	47
Cervical Cancer	50
Breast Cancer	52
White Blood Cells	52
Lung Cancer	55
Gatorade Recipe	56
Hydration and You	58
Get Started Today!	59
Full Immune Boost	60

Meet Dr. Richard Williams



Dr. Richard Williams

Dr. Williams earned an M.D. from the University of Miami, a Masters degree in Tropical Medicine from Mahidol, Thailand's premier medical university, and has been licensed to practice medicine in both the U.S. and Thailand. He is board qualified in Family Practice and had served as a U.S. Navy surgeon for 8 years. He has worked as a physician for circa 30 years, 19 of which were in Thailand. Dr. Williams was a regular volunteer to a number of Thailand's charitable foundations.

Tahitian Noni® Juice information by Dr. Williams includes:

- "Tahitian Noni® Juice & Modern Medicine" at www.NoniTools.com
- "Take Control of Your Health" DVD Sets available at www.AskDrRichardWilliams.com
- "Take Control of Your Health" Trifolds available at www.AskDrRichardWilliams.com

My experiences with Tahitian Noni® Juice (TNJ), a product of Tahitian Noni International, have been a revelation for me. An unexpected nutritional requirement plus the safety and efficacy of nutrients has changed my views on health and disease. The insights gained delving into the pathways of Noni's many benefits have helped to pull together very diverse elements of my own past as student, researcher, physician, athlete and coach. Time and available patients have not allowed us to cover the full spectrum of health problems and potential Noni benefits. Our work is continuing and we invite everyone who is interested in health, from a personal to a professional level, to join us in this exploration.

We are beginning to identify the specific connections between vigorous physical activity, diet and good health, as well as the hazards of a sedentary lifestyle. The earliest empiric lessons about a well-balanced diet and a well-balanced life are proven more valid the deeper we probe into stress and the metabolic syndrome. Clinical observations combined with advances in genetic and physiologic research have led to projections of the potential impact of this amazing product on the lives and futures of people around the world.

I am deeply grateful for the opportunities and support afforded me by so many.

Yours sincerely,

Richard A. Williams, M.D.

Tahitian Noni® Juice and Cancer/Autoimmune

Welcome to this Special Report on Tahitian Noni® Juice and the body's immune conditions, specifically, cancer and the autoimmune system. This presentation is a public education forum. The information you're about to receive is not designed to diagnose. It can be used in conjunction with the treatment that you receive from physicians, but it is not designed to replace the care or treatment of other physicians.

In this educational program, we will deal with some of the physiologic elements involving different systems in the body. Then we'll deal very specifically with the impact that the nutrients in Tahitian Noni® Juice have when those nutrients support these systems and help them to function the way they were originally designed to function, as included in our DNA.

The Immune System

The immune system is actually a very complex and interrelated system. We're used to thinking about it when we get infections. It certainly protects us from infections. It also protects us from the proteins that we absorb or that we encounter that have not been fully digested, that still have allergenic potential, and proteins that are built in our body in response to damaged DNA and irregular signals, and those that can lead to malignancy.

We're actually talking about surveillance against abnormal proteins, identifying them, and then destroying them. So the system has some passive characteristics, and in a sensing way that it's sitting there as a receptor to sense what's going on. But then, it also has the ability to act and respond in many different ways. That also includes its involvement in the healing process, because any time that you suppress your immune system, you also suppress the healing system, and we have seen those negative consequences.

There are many systems in the body where we can have very clear, direct measurements of effect and benefit or change. For instance, if you're having a problem with your heart or lungs and you can only walk 20 meters, and you take the juice and then you can walk 100 meters, that's an obvious and very clear-cut benefit. If you're having pain and the pain goes away, if you're having swelling and limited motion of joints and those go away, that's an obvious and clear-cut benefit.

It's much harder to see and understand the benefits that go on in the immune system, and many of them are only seen clearly in retrospect when you can say, "For the last three years, I haven't had the colds and the flu that I would normally have had," particularly teachers that get it every year with the kids that they see.

The other thing that is not very widely appreciated in the community is that everything in your life affects your immune system: your general nutrition, your level of stress, depression, and even happiness. The way that you think actually has an effect on your immune system.

I'm going to give you two examples of how clear that is so that we don't get focused on trying to boost the immune system by one factor only, when we have to address all of the many factors in our life that affect our immune system.

One of the clearest cut examples of the experiences that we go through and of the way we think and feel that has an effect on our immune system was demonstrated when groups of people watched 20-minute clips of Mother Theresa tending to her people in Calcutta.

She prayed with them. She did not have medicine. She didn't change dressings or do wound care, but she attended them and linked with them and prayed with them. Saliva samples of the groups of people were taken before they went in to see the clip, and they didn't know what they were going to see. They watched for 20 minutes, and then another set of saliva samples was taken and the *IgA immune globulin* had doubled in everyone.

Just think of being able to watch such clips and to boost your immune defenses in your GI tract, in your nose, in your upper respiratory tract. The IgA immune globulins that were there as the first-layer defense were doubled just by watching Mother Theresa.

Over 20 years ago, two very good researchers conducted research that suggests similar results. Dr. Redford Williams, a doctor at Duke University, a full professor of medicine and the Chairman of the Department of Psychiatry, and Dr. Neil Schneiderman, Clinical Psychologist at the

8

University of Miami, demonstrated a process with HIV-positive, advanced AIDS patients. These were uneducated street people in Miami, and Durham, North Carolina, and Baltimore, Maryland, and the Bronx.

The process is called CB SMART: CB (*Cognitive Behavior*) and SMART (*Stress Management And Relaxation Techniques*). This is the way you think about yourself and the world, and included understanding the process they were under, self-acceptance, building support groups, having proper diet, exercise, meditation, and setting goals so that they could help their children.

Most people were women that had children. They were told that the better they paid attention and the better they learned these techniques, the longer they would live and the more they could help their children.

Before there were any drugs to treat HIV, these two doctors very, very clearly demonstrated that they could reduce the viral load not only from HIV, but for herpes, and that they could boost the white cell count to CD4 and CD8 count, in spite of the fact that there were no drugs or medication to do this.

We need to use those same elements in our lifestyles any time that we are calling on our immune system to help us with a problem. It should be a part of our lifestyle all the time so that you understand that when you're sleep deprived, when you're not eating properly, or when you're overly stressed out, you're having a negative impact on your immune system.

The Compromised Immune System

We can measure the effect on the immune system in a number of different ways. As stated previously, we can see it when we have frequent infections. One of the most common ones that we see when the immune system is very weakened is that we get topical fungi. We can get them in the mouth, which is thrush. We can get them in folds under the arms, under-body fat folds, and in the groin as topical yeast. We can get vaginal overgrowth of *candida* and yeast. It's a very common aspect of having a suppressed immune system.

Without the people that have the direct clinical suppression, where they're using corticosteroids, or if they are under *immunosuppression* for treatment of cancers or for autoimmune diseases or for other conditions that require control of an abnormal situation, like *rheumatoid arthritis*; when these things occur, any of these groups – immunosuppression treatment, severely stressed, recurrently infected, long-term chronic health problems – all have immune deficiency.

The immune system has a finite capacity to respond to the stresses and loads that we endure. We need to keep it at an optimal condition to prevent long-term problems. We know that people that are under immune suppression are at significantly increased risk for many types of cancer and severe infections.

The nutrients that are a part of Tahitian Noni® Juice will, in general, increase the effectiveness of your immune system. The amounts that you take vary on how good your lifestyle is, how good your general diet is, what your overloads and stresses and emotional problems are.

For most people, if they were absolutely, perfectly healthy and took the best possible care of themselves, if they were to take 2 ounces of juice a day for an extended period, they would probably be keeping their immune system functioning in optimum range. But, unfortunately, many of us don't have that option, and we see immune problems that occur in various ways.

The most striking ones that we see are in people that have developed an *autoimmune process*. This is a situation where something has entered the body and triggered a reaction, something very much like an allergic reaction, something that is very possibly protein but can be viral, or it can actually come from breakdown and damage in proteins in our body. But our immune system begins to respond to this as if it were foreign, and then to attack different parts of our body, and we have seen this in many, many conditions.

I know we've heard about people that had, for instance, a Strep throat and then secondarily got problems with the kidneys with *acute post-streptococcal glomerulonephritis*, where they had the immune damage to that, or *IgA glomerulonephritis*. That's one that's fairly common.

We can also see it triggered by viruses when they come at different times. It

can even be triggered very specifically by food allergies; for example, from people who have milk allergies or who have the gluten allergy.

Other allergies can have an immune response generated that begins to attack various parts of the body. Some of it attacks blood vessels. Some of it attacks joint tissue. Some of it may attack muscle. Some of it may attack the myelin in the brain. We see things like that in *Lou Gehrig's disease*, *amyotrophic lateral sclerosis*. We see it in *multiple sclerosis*.

The vascular ones and the tissue ones can also be seen very commonly in *systemic lupus erythematosus (SLE)*, otherwise commonly known as *lupus*. We also see it in a wide variety of collagen vascular diseases and rheumatoid arthritis, *Sjogren's syndrome*. All of these are related to that.

In recent years, we have come to understand that even traumatic types of wear and tear arthritis in your knees, the breakdown and damage in the cartilage and the response to there can actually trigger a degree of an autoimmune process itself. This is one of the ways that you can have an autoimmune phenomenon and get started from the wear and tear type of joint damage. There are multiple links in this. It can be complicated in a number of different ways.

Medical Concepts and Tahitian Noni® Juice

We're going to address some concepts that will be different than what you

understand about medicine. It takes a long time for people who are beginning to be involved in nutrition to understand that there are different levels of response to the nutrients that we eat. For instance, there are times that you can take the nutrients in Tahitian Noni® Juice.

Let's say that you have an autoimmune arthritis, and you have pain in the joints, you have a little bit of redness, and you have a little bit of swelling. If you take around 4 ounces of Noni in addition to the *NSAID (nonsteroidal antiinflammatory drug)* medications that you generally take for them, you'll see a nice benefit. The two of them work very well together. And then when the pain and swelling have been down for a couple of weeks, you can generally stop the NSAID, and you've got the healing and repair mechanisms ongoing, doing the repair.

There are times when it takes a greater level of response to achieve that. People who have rheumatoid arthritis have circulating antibodies that attack the tissues in the joints. We're talking about the synovial tissues and the cartilage. They do the damage there and create inflammatory conditions, where the bone can over-grow and you actually have the bone outgrowing as spurs, and the different things that are with this. We see this down the spine as *ankylosing spondylitis*. In the neck it is *Still's disease* and, obviously, different forms of rheumatoid arthritis in hands and knees and ankles.

When you're dealing with something that is at this level of response, this deep in the immune system, then we have to do a more extensive job of turning our immune system on and reversing this immune abnormality. So at

13

4 ounces of Noni a day you get a degree of relief of the pain and swelling, but if you feel the joints, they're still quite warm. There's activity going on.

If you give 8 ounces a day, you get even greater relief of the pain and swelling and more freedom of movement. You can do more and suffer less, have less negative response to it, but when you feel the joints, they're still warm. There is still an ongoing destructive process that's just being suppressed and held down, and you're feeling less pain from it.

If I were practicing in a clinic and treated someone with nonsteroidal antiinflammatories and took their pain away but did not go any further than that in treating the rheumatoid arthritis, I would be guilty of criminal negligence. I could actually be taken to court for failing to complete the job and to suppress the ongoing damage that's happening when you've got this first and second level of suppression of the symptoms and signs that are going on.

How do we do that with Tahitian Noni® Juice? Fortunately, rheumatoid arthritis is not usually an emergency, so we have a chance to get someone started and to give them the opportunity to see enough to believe in the things that we're going to tell them.

When you tell people, "Hey, you've got to take a bottle a day of this for a while," how many of them would say, "What do you mean? It says an ounce a day on the bottle."

Believe me, if you're going to get the job done, you need more than an ounce a day. With rheumatoid arthritis we have an excellent opportunity to tell people:

"What I'm going to do is I'm going to start you off at 4 ounces a day, and after a week you're going to see that there's less pain and swelling. And you'll feel very nice about it, but the joints will still be warm. We're then going to increase that to 8 ounces a day for two weeks, and you'll get significantly greater benefit. And you'll be much more functional, you'll feel much happier. But when you feel those joints, they will still be warm. And that means that there's still ongoing destructive activity. It hasn't been stopped."

By this time they have seen benefit. They know that Noni works, that the nutrients are actually making the immune system work and function in a better way, and that it has reduced pain and swelling. And now you tell them, "We will now take a bottle a day for four days, followed by 1/2 bottle a day for at least eight days."

With some conditions and the length of time that they've been going on it, if people can afford to take it longer than eight days (12 days or 16 days), don't discourage them from doing that, because they will get benefit from it.

You tell them that they'll know very clearly that they are getting an additional level of benefit after they've taken the second half-bottle. By the

15

time they're taking the third half-bottle, when they feel those joints, whether it be in the wrist or fingers or the knees or the ankles, the heat is gone. Those joints are now cold. They no longer have the heat. That inflammatory process, that destructive process is being turned off.

It's important not to just stop there. The process isn't complete yet, but by that point in time, they can see without any question there has been a very dramatic change from what the benefit was that they got at 8 ounces a day. They then continue through the 1/2 bottle a day, and then continue at another 8 ounces a day for two months. They will see very clearly the joints are responding much better.

It's nice to see that. Their doctor will see that and say, "What are you doing?" and then say, "Well, keep doing it."

You can actually do blood tests prior to starting the boost, and after you've done the 1/2 bottle, you can see already that the abnormal proteins and the abnormal immune responses in the blood are being significantly reduced, and they will continue to reduce month by month as you go along. And after the two months of doing 8 ounces a day, you can generally maintain on 4 ounces a day.

We're talking about a very, very broad range of conditions where your immune system has been triggered by something, whether it be something going on entirely inside body, whether it's triggered by a virus, whether it's an allergic response from foods or chemicals that you get in the home, or in

the work environment, or out in the world driving around. But we're now talking over a very wide range of things, and there may be some specific variations.

Most of the time when people have done the boost and come down to 4 ounces a day, they are generally then able to maintain at 4 ounces for extended periods of time without the heat coming back in the joints, without increasing pain and swelling. And if they do the range of motion and exercises necessary to strengthen the muscles that control joints and protect them and to resurface the cartilage in the joints, they will then be able to get back in a very clear pattern of rehabilitation and back for normal function.

Sometimes, because we don't know what is triggering it, we haven't had the chance to do that, they will be going along a month or two later and start to feel a little swelling, or start to feel a little bit of heat. At this point, they can generally take 1/2 bottle a day for 6-8 days, and then 8 ounces a day for two weeks and turn that back off again for a number of months.

Anytime you see that happen, you would like very much to know why it happened. For anyone who has an autoimmune process going on that has not been defined, that we don't know what the allergens are, I suggest that they do the blood tests of ELISA to test what they are allergic to. You can use this in addition to skin tests for allergies, and it gives you a very strong indication about what things are creating an immune response in your body. Again, that's the ELISA blood test for allergies.

When you find a significant allergen, it's important then to avoid that for at least 4-6 months, and sometimes you may not be able to tolerate it even then. But many times after you have been avoiding an allergen for 4-6 months and taking Tahitian Noni® Juice at 4-8 ounces a day, you can then do a test, eat that again and see if you can tolerate it. And it's not done the same way.

Let's just say you know that you're allergic to seafood and you've got an invitation out to a seafood restaurant. So, you take a couple of Benadryl before you go out and a couple cups of coffee so you don't get sleepy while you're doing it, and then the Benadryl helps to protect you against the allergic response that you're going to have anyway.

Boosting the Immune System

Many people will find that their immune response has been changed, that they no longer have an allergic response to that allergen, that food allergy, or whatever it was. This is a general description of how you approach boosting the immune system with its healing functions in people that have an overall immune suppression from any cause.

For example, it could be from malnutrition, or drug or alcohol addiction. It could be from underlying problems and conditions such as *Crohn's disease*, or *ulcerative colitis*, *chronic tuberculosis*, or *osteomyelitis*. It could be from

serious bone infections, heavy parasite infestation, which we see this a lot in third-world countries.

These pull your immune system down. Anything that's causing you to have a weakened immune system, then you can reverse that and boost it back up again with Tahitian Noni® Juice, doing the full immune boost with a bottle a day for four days, 1/2 bottle a day for eight days, and then continuing 8 ounces a day for two months.

The other conditions that we see very specifically where you can use this same pattern are *rheumatoid arthritis*, *systemic lupus*, *multiple sclerosis*, and particularly in the early stages. If someone has had MS for 8 or 10 or 12 years, will you be able to reverse the process, reverse the damage that has already been done? Very frequently not.

There can be many benefits that come back even in the first 2-4 weeks while you're doing this, but there will be some of degree of damage that is too extensive to repair within the time frame that we've been able to see. However, what you will see is that the progression of the disease will slow very dramatically. And particularly, you've been able to see if there's been any kind of an inciting agent, like an allergic phenomenon, that has been identified that you avoid the allergen at the same time.

Of all of the rheumatoid, collagen, vascular, autoimmune conditions, they all respond to the nutrients in Tahitian Noni® Juice that support the system and

will actually boost all of the other elements of the immune function. But it will normalize the autoimmune dysfunction to a significant degree.

For many people, this means they can reduce their medications by at least half or more. And many of them are able to get off of steroids, get off of the heavy immune suppressants, though they may still need to use a nonsteroidal antiinflammatory, because the nutrients in Tahitian Noni® Juice do not significantly impact prostaglandins in our inflammatory reactions, but they do impact the leukotrienes through COX-2 mechanisms and others in a very selective way, not the way that Vioxx and others of those do.

We clearly demonstrate that, because COX-2 is used during healing, and as much as you can suppress it in arthritis and have it get better, you want it working when you heal. And Noni supports healing to the max while it is suppressing other forms of inflammation.

You're talking about multiple mechanisms that are being boosted, turned on, because the systems in their very, very sophisticated integration are being turned on; not the single-line mechanisms that we're used to thinking about with medications; not the simple straight-line things. This is an antioxidant effect. It's reducing the impact of oxidation levels.

We're seeing benefits where we're actually seeing systems to turn on and function in a very, very sophisticated, integrated fashion. There's no more complicated system in the body than our immune system. This is, in general,

how we approach immune support across the broad range of immune suppression that we can have in multiple phases of life.

Questions and Answers

It is my hope that the following real-life questions and answers about illnesses and the effects of Tahitian Noni® Juice shed light on concerns you may also have, and that you are encouraged toward better health for yourself or for a loved one.

These questions and answers are for educational purposes only.

They are not intended to diagnose or treat.

Q: What if you're diabetic?

A: You've got to deal with diabetes as a first level. That's a limiting factor. As we know, type II diabetics have involvement of insulin and 16 other regulatory hormones in an entire linked chain. So 70% of the people that start on Tahitian Noni® Juice with 2 ounces, about 70% of them will see their blood sugar come down very nicely by the next morning. They will continue on 2 ounces a day for a week, and then they can go to 2 ounces twice a day, and they will continue to get the benefits of improved function across the entire regulatory chain and the beginnings of repair of the blood vessels that are damaged in the eyes, heart, kidneys, brain, and things like that.

That leaves a percentage somewhere between 20% – 30% that with 2 ounces of juice, by the next morning their blood sugar has gone up significantly. I don't mean it went up 10 or 20 points. It could go up 150, 200, 250 points.

Maybe you're saying, "Now wait a minute, how in the world could that possibly happen?"

It is because the greatest initial impact with the 70% is on the insulin end of the chain, and eventually the whole chain settles down. For the 30%, the greatest initial impact is on other groups of hormones, and the insulin-related things go up and down anywhere from 2-4 months.

The approach to that is these people stop Noni for 2 to 3 to 4 days, whatever it takes for their blood sugars to come back into the range that it was before they started taking Noni. Then they take 1/2 ounce a day, and with very rare exception, at 1/2 ounce a day their blood sugars will stay in the range that they were.

Now, after two weeks, you try to add another 1/2 ounce, so that they're taking a single, one-time ounce in the morning and seeing what the blood sugar does during the day and by the next morning. If it stays down, fine. You stay at an ounce a day for the next two weeks. If it goes up, then you come back down to 1/2 ounce for two weeks.

But every two weeks you can attempt to add another 1/2 ounce, and eventually these people will get up to 2 ounces, 3 ounces, 4 ounces and be

22

able to utilize the full aspects of Noni. By the time that you're up, that you're taking 4 ounces or 6 ounces of Noni, you can then take the 1/2 bottle a day, or a bottle a day, and not have a negative impact on your diabetes.

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Q: Dr. Williams, please speak a couple of minutes about scleroderma and the impact that drinking Tahitian Noni® Juice has on that disease.

A: This is one of the conditions that we call *collagen vascular*. It basically leads to a thickening of the walls of blood vessels and soft tissues in the extremities, particularly in the hands, but it can also involve blood vessels all over the body. This is very much where it has been in place for a long period of time. It is disease that doesn't come with a red flag on it. It's a very insidious, slowly progressive condition and it may not be diagnosed for quite some time, so the degree of damage that can be in place before it's even diagnosed may be extensive.

There are blood tests that will confirm it at that point in time. There are biopsy procedures that they can do, so they can see it very clearly. But the impact of Tahitian Noni® Juice will take anywhere from 3-6 months to be profound. There will be very significant changes in the ability for blood vessels to open up, and gradually, where you can actually remodel blood vessels and get blood flow going, you'll see soft tissue changes.

You have to do the physical therapy. You have to do the range of motion. You also have to look for any allergens that are there. The condition will respond, but the degree of response and the speed of response is dependent very much on how long it's been in place.

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Q: Autoimmune hepatitis, would you use this same boost that you gave earlier for the other, the 4 ounces and then the bottle?

A: First you do 4 ounces. Then you do 8 ounces. And just in the 4 ounces and 8 ounces the people will feel a very significant difference, and you'll actually be able to begin to see a difference in the blood tests. But you are turning on systems, and by priming the pump with 8 ounces a day for two weeks, by beginning to get those systems turned on, you get a much better response out of that bottle a day for four days than if you just did it from day one. So, that's why if we have the time, that it's not urgent.

There are times you're looking at a situation that's truly urgent. You just start a bottle a day now, and just do it right away. But if you have the opportunity, 4 ounces a day for a week, 8 ounces a day for two weeks, and then do the bottle a day for four days, and 1/2 bottle a day for at least eight days. And then continue with 8 ounces a day for at least two months after that.

Q: The person is already on prednisone and Imuran for like four years Now, so if they just start doing this, they will see benefits, right?

A: Very clearly, very clearly, and you will be able to see a number of things that are gone. You need to get back to me about the specifics of what happens when the liver begins to re-grow and the scarring that's in there, because this causes scarring just like cirrhosis does; what happens when you get new liver tissue that's growing and making nodules that get tight inside that restricted scar. There are blood tests that'll indicate what's going on. But, yes, they will get progressive input.

You need to stay on 8 ounces a day for an extended period of time. Now, this may be 6 or 8 months, but the alternative is to have a liver transplant. I don't have the data on a large scale basis, but from what I have seen, because of the way the responses have been, at least 50% of the people that are scheduled for liver transplants, if they were to do the full immune boost and get on the Noni and stay on it, in three months they'd be off the transplant list, and in six months they'd be very happy people.

The same goes for heart transplants. The same goes for the lung transplants. And that's a very, very profound thing to say, but that's turning on that autoimmune system that is the healing and repair mechanisms in our body.

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Q: If you're drinking Tahitian Noni® Juice and you develop food allergies due to long-term stress and to your system, how do you begin to reverse that? I have food allergies, like wheat and corn, and I can't eat that now. I've been under long-term stress because of my husband's multiple sclerosis, and it's just depleted my immune system. So, how can I turn that off so that I can go back to eating foods again? Because most of what I'm eating now is attacking me.

A: There are a couple of things. I usually use a little bit different scenario. Caretakers, the people that care for severely ill people, end up with as much damage to themselves in the long run by the stress as the people did with the other condition. We see this with long-term problems like multiple sclerosis and cancer and spinal cord injuries, and many, many things where we have people that are severely debilitated for a long period of time.

The way that I usually state this is, if you owe the bank a million dollars and they're threatening to take away everything you own and then some, how much Noni do you have to drink to solve that problem?

Well, they haven't made that much Noni yet, even with the couple of billion ounces being served. So, the understanding of the work you need to do is that those stresses need to be addressed in a number of different ways so that they come under control.

It doesn't mean the problem has been solved and has gone away, but there have been controls that have been put in place so that the stress is being properly managed. And that goes back to Redford Williams and Dr. Neil Schneiderman: S M A R T (*Stress Management And Relaxation Techniques*). There are very specific things, and the caretakers need to be taken care of every bit as much as the patients do. That has to be recognized, that has to be addressed, and you have to be taken care of.

In the meantime, what do you do with corn and wheat allergies? You stop corn and stop wheat, and then you get into a program. You get back to me with an email and I'll lay out a system so you can put a lot of the stress down on paper. But again, you will need to take a look at what the alternatives are about how you provide help and support.

This is a very, very good question. This is such a vital question. Caretakers, stress and overload, and the damages that are incurred are so underestimated and so poorly understood. We're focused on the patient. We're not focused on the one who's doing the 'taking care of.' But it is absolutely vital that we take care of the caretakers, and to do that. So, please, do that.

The other thing is, can you do the same immune boost to get this settled down? You will respond to it, but again, you still have to deal with the issues in a constructive way so that you are in control of the stress and it's not in control of you.

Let me add one further thing to this. You've heard me talk about hydration a number of times. You need to be fully hydrated with electrolytes and water if you're taking Tahitian Noni® Juice, because Tahitian Noni® Juice increases cardiac function, it opens up blood vessels, increases renal blood flow, increases the loss of salt water through the kidneys. Most people run around significantly dehydrated, and they get very dehydrated in a short period of time taking Noni, if they don't hydrate properly.

Even people that were not dehydrated, if they don't take enough salt water and the volume that they need, after a month or six weeks they're going to say, "Noni's not working for me. I take more and I feel worse." That's because your volume is depleted. You need the salt water to keep your vascular system full, so you get proper circulation that has been compromised.

Everyone, not just the people that are boosting their immune systems, but everyone needs to make sure they're drinking at least 2 liters of water a day and that you have an adequate amount of electrolytes with it.

Cancer

It's probably surprisingly for people if I were to state that every clinical cancer represents a failure of your immune system. It is considered now that all of us get the precursors to cancer, the abnormal cell divisions that lead to

abnormal cells and abnormal proteins, approximately 50,000 times in our lifetime.

There are some people that have a lot more contact with carcinogens, either because of their habits with smoking, alcohol, and the food types, or they may have greater genetic potential for it. If you can, imagine having cancer starting in your body 50,000 times in your life, and it is the function of your immune system to patrol through the body, to do the surveillance to have cells that recognize these abnormal cells, and then destroy them before they can become a problem.

Any cancer that has come to the size where we can see it, where we can find it, whether it's a change in the skin, whether it's a lump or a bump, whether it's a pain, which doesn't happen very often, but by the time that it has become apparent, then it has escaped your immune system and your immune system was not doing its job.

There are some cancers that were triggered by chemicals that have a very rapid way of protecting themselves, of hiding from the immune system a little bit like HIV does. Those are not very common, though they can develop resistance later.

Your immune system can be suppressed by many, many, many different things, and not the least of them are the radiation/chemotherapy that we get for other cancers. Any person who gets one cancer that gets radiation/

chemotherapy as his treatment is at significantly increased risk of a second cancer just because of that treatment.

Anyone who has immune phenomena that need to be treated with medications; for example, transplant patients, people with autoimmune diseases, severe allergies, or those on high-dose steroids, any of these things predispose you to an increased risk of cancer, because it decreases the surveillance and control function of the immune system in your body.

The first thing that we know is that anyone who is diagnosed with cancer has an immune problem from the word GO. Depending on where that cancer is and how rapidly it's going to be dealt with, sometimes we have the opportunity to boost the immune system before going on to treatment, and sometimes that doesn't happen. There are some cancers that are very slow, that are very quiet, that are actually even quite safe, but we can totally boost the immune system first and say, "Okay, now go ahead and treat it."

Most of the time the medical world, or medical community, does not know how effective Tahitian Noni® Juice is in boosting your immune system to help fight cancer, that it's just not even considered. Yes, every doctor knows that the immune system is important in fighting cancer, but the first-line mechanisms that we have are surgery, radiation, and chemotherapy.

Having surgery is a major negative effect on your immune system, and it's described many, many times. 'Someone was not doing well, they opened him up to take a look, found a cancer that couldn't be resected, closed him

up, and he was gone in two weeks.’ The negative impact of the surgery was enough to just turn that cancer loose.

Radiation and chemotherapy very directly impact the white cells and the bone marrow and the function of the immune system in the body. Are they necessary? Are they an important part of how we deal with and treat cancer? In today's world, the answer is absolutely yes. If you look statistically at the records of how well and how much better we can treat cancer than we used to, it's absolutely crystal clear that these mechanisms have benefit.

It would be inappropriate to say, “I only want to use Noni juice and boost my immune system” and let it do it and totally ignore the benefits that come with proper surgery, radiation, and chemotherapy when they're applied in the proper way, and then use the Noni to boost the immune system again.

One of the things that happens with physicians that don't know and understand what Noni can do is they will say that all of these food supplements are antioxidants, chemotherapeutic agents, and the radiations are actually oxidizing mechanisms, so by being antioxidant they interfere. And, in fact, that has been proven for a number of things, including St. John's Wort.

Noni does not interfere with the actions and effects of chemotherapeutic agents, and there are a number of them with which you actually get a significant synergistic benefit. This material has not been released to the public. I've been privy to it through personal communication with the

researchers that do that and the company that has given it. But until the medical community is ready to receive and understand this information, the company would put themselves and everyone else at risk if they were try to press that issue.

To give you an idea of how conservative the community that deals with cancer is, 35 years ago a group of physicians looked at breast surgery that was being done for tumors. We didn't have anywhere near as many mammograms then as we do now. We didn't have the surveillance that we've got now, so they were seeing a lot of cancers that were more advanced. But because of the media and doctors saying, "Hey, you've got to do your breast self-examinations," and that became very prominent then, there were a lot of women that were finding tiny cancers.

These doctors said: "This is so localized, and when we do a selective biopsy of the sentinel node and a couple of the others, the lymph nodes are negative. It is a significant damage to this patient to do unnecessary extensive surgery and take the whole breast off right down to the fascia and disrupt the function of the arm and the lymphatics, and things like that, because we think it's not necessary."

This is a group of men that started doing lumpectomy and documenting the results. It has taken them 30 years and 28,000 documented cases where they have shown that their treatment has been as good as, or better than, mastectomy. Obviously, there's a very significantly reduced degree of complications, but it's taken that length of time for the American College of

32

Surgeons to accept that as an acceptable treatment for selective patients; 30 years, 28,000 computer documented cases.

This is an industry that doesn't have a vested interest just in doing surgery. They're really trying to protect people, because many times when we do surgery, it looks like it's all gone, but it's back in two years. We have all seen that many times. They try their very, very best to make sure that it's not back again in two years. So, there are a couple of things.

This is a very dedicated group of doctors. In the medical community, doctors get a lot of stress. There are two groups of physicians that are outstanding by the number of suicides, and the first is the psychiatrists who deal with many, many patients who, for whatever reason, their ability to diagnose and treat is still very, very limited. They are the first.

But very close to psychiatrists, the doctors, the oncologists, the people that deal with cancer on a daily basis have the second greatest number of suicides in the entire medical community. That's how much they care. That's how much they try to work with their patients and save lives. That's how dedicated they are.

This is not a group of people that is going to listen to a fruit juice that's going to radically change their approach to the way they treat cancer. And at this point in time until the situation changes, until it is more documented and more accepted, what we need to think, then, is standard treatment plus Noni.

As far as I'm concerned, that means you go through the surgery, and if you're going to do surgery, you do 8 ounces a day for as many days as you can up to the time of surgery. And then you do 1/2 bottle a day the two days prior to surgery, have the surgery, and then you start 8 ounces a day immediately following that because of immune things.

If you wanted to do 1/2 bottle a day for 4 or 5 days after surgery, or a week after surgery, there'll be absolutely no problem with that, because you're looking at surgery first. And then they generally let it heal for a period of time, because radiation and chemotherapy stop healing. They will allow a wound to break back down and fall apart. That's how negative, in some ways, it can be.

If you're getting Noni during that period of time, those wounds heal up very much faster. And when they give radiation/chemotherapy, the normal tissues are protected, the tumors are not.

You can give 4 ounces to 8 ounces of juice and protect against the side effects of radiation and chemotherapy. And then after the treatment period is over, you can wait a week or so and continue on 8 ounces a day, and then do the full immune boost with a bottle a day for four days, 1/2 bottle a day for eight days or more, and then 8 ounces a day for an extended period of time.

A lot of that will depend on what kind of tumor you had, and we try to individualize that as much as we can. But again, we're back in the same general parameters that we were when we're treating autoimmune disease, the one that's different.

There are times when they do surgery, or where they're going to do radiation/chemotherapy, where there's an obvious tumor that is there; a tumor that can be seen by scan or by x-rays, like chest x-rays. Also, there are markers in blood tests and proteins that we can find in the blood tests that indicate the growth and activity of a tumor. Probably the most recognized is the PSA for prostate cancer. That's one of them, but we have a number of these for different cancers and different categories.

If you've got a tumor that has a marker, if you've got a tumor that can be seen easily on a scan, then what I recommend people to do is to do the bottle a day for four days, 1/2 bottle a day for 6-8 days, and at that point in time repeat a scan or an x-ray or a blood test. And if you see that there's been a significant decline, that that tumor is shrinking, that the metastasis is shrinking, that that blood test is significantly declining, continue on 1/2 bottle a day for another 10 days, and repeat it.

And as long as you're getting a significant response that is coming down, down, down, continue on 1/2 bottle a day. When it plateaus, then you go on 8 ounces a day, and then you take a look at the long-term things with that.

We have seen the body generate the strongest possible immune response, and it's called the *leukemoid reaction*. This is where the body sends out every bit of immune function it can to fight that tumor, and the white cell goes from in the range of 4000 to 7000, to 12,000, to 16,000, to 18,000,

20,000, 22,000 with no infection. This is the body mobilizing its entire immune response to attack that tumor, and it's a most welcome sight.

Most physicians haven't had the opportunity to see that. When they see that white count go up, their first response is that there's a significant infection somewhere. And you just say, "Look at this; no fever, nothing growing out of sputum, nothing on the chest x-ray that looks like pneumonia, nothing growing out of the bowel, no diarrhea, nothing growing out of the urine. Let's watch this and see what it is."

The pattern of it actually ends up showing that it is not an infection. But we can generate that kind of an immune response with Tahitian Noni® Juice turning on your immune system to its optimal level, and that's the thing that we look for.

Now again, you have to have people that are willing to fight, that understand that there is hope. Faith is a tremendously powerful medicine. Think about what I told you in the beginning about people just watching Mother Theresa tending to people and doubling their immune alpha globulin, the IgA, in their saliva, and that means entirely throughout the respiratory and GI tract, just by watching her do that.

So, we have to look at the entire spectrum of turning on our immune system and getting it focused on doing the job that needs to be done, and Tahitian Noni® Juice can certainly do that.

The other thing that's vitally important is that people have to stay hydrated, so that they can get the full circulation out into the tissues and into the brain, so that they can function at the level it needs to be, so that they can fight their immune problems.

That is the best information that I can give you about the effect of Tahitian Noni® Juice, the nutrients, on boosting and optimizing the function of your immune system, and particularly in regards to cancer.

Questions and Answers

These questions and answers are for educational purposes only.

They are not intended to diagnose or treat.

Q: A question about someone that has a feeding tube. If they can only get their nutrients but can't take anything by mouth, how are they going to get enough hydration, water, along with the Noni juice?

A: You've got a feeding tube in, or an IV, or you've got other things so the fluid and electrolyte balance can be maintained. If someone is having continuous tube feedings, most of those have a milk base. Some of the components in Noni actually involve themselves with milk, and it can turn it into cheese. When it does that, it's no longer available for use in your body.

What you do is you interrupt the feeding for a period of time, like an hour, let the stomach empty out, or suck it back out so it's empty. Then you give the Noni. Then you wait a half-hour or 45 minutes, or an hour if you can, and then you resume the tube feeding. But having an NG tube in just makes life that much easier.

Q: This person has had this feeding tube for a couple of years because they had mouth cancer and they can't take anything by mouth, so they're just feeding themselves with that Ensure stuff, and that's the only thing they're getting.

A: Ensure is not a complete diet. Let me see if I can give you the clearest cut thing about that. I took care of a very, very, very critical man that was shot with a Thompson submachine gun. He had sixteen .45 caliber slugs go through him in different places, and he had more leaks and holes than you can imagine.

It took us probably six weeks to patch up most of the major leaks. He was unable to eat any kind of food for over eight months. We had intravenous feedings, and we were able to give him all the nutrients that we could, right off the shelf, all the nutrients, all the calories that he needed, and he survived for eight months.

When he was finally allowed to eat, he gained 12 pounds in a month and he blossomed, because we don't know and understand anywhere near as much nutrition as Mother Nature does. There's nothing that you can put in through

38

veins and a tube that matches what Mother Nature does, unless you're basically taking fresh foods and fruits and vegetables and liquefying and putting them down the tube.

You can do that. You don't have to have stuff that comes out of a can. You can take a blender and you can make some of the best smoothies and things and pump them down that feeding tube and put real food down into the intestine. But it is not any form of difficulty with Tahitian Noni® Juice, and it gets around the problem that people don't like the taste or the smell. It just makes life easier.

Q: If they're not getting an IV, and they're not getting any fluids, are they going to have enough water in their system?

A: If you've got that tube, you can put anything in the world down that tube.

Q: So they should make sure they're giving him enough water?

A: Sure. You've got to have the water. You've got to have the salts that are necessary. You've got to have the calories that are necessary. You've got to have the full range of nutrients that are necessary, all of that, and you better believe it doesn't all come in that Ensure can.

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Q: How about lung cancers?

A: The answer is yes, and there are some very specific mechanisms. I didn't go into the mechanisms. Let me do this right now, so that people are clear that we're not just talking about something that's pie-in-the-sky.

The first thing that happens is the activation of the lymphocytes, the white cells, in your immune system that actually attack tumor cells. They're called tumor infiltrating lymphocytes and natural killer cells, and that's a process.

That activation process is triggered by gamma interferon, and you can actually measure the levels of the breakdown product of gamma interferon. That's called neopterin. Neopterin is the breakdown product of gamma interferon. You can measure it in the blood and you can measure it in the urine as a ratio with creatinine, and you can then measure the activation of your white cells.

The next thing that happens is there are chemicals called cytokines that are boosted, and that includes interleukin-1, interleukin-2, and tumor necrosis factor beta. There are then factors that limit the blood supply to the tumor, so that we're talking about starving a tumor where it can't grow its blood supply. There are factors then that actually change the malignant DNA back toward being more and more normal. Just like it heals and repairs damaged DNA, it takes that malignant DNA and shifts it back toward being normal.

There are multiple factors that are involved in Tahitian Noni® Juice boosting your system to function the way it should, so that your immune system and all of its complexity can then help to control and fight a tumor.

Again, we're talking about very sophisticated integrated function of our systems. Noni will suppress tumor vascularity. It'll suppress the neovascularity in the eye that's an incomplete healing problem when we have age-related macular degeneration. And it will boost the brand new blood vessels in any wound, and it will do all three at the same time. You're not talking about a single mechanism. You're talking about systems that work together in an integrated and very sophisticated function.

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Q: My best friend's father, age 83 or 84, has lung cancer and he's only got about 30% capacity of his lungs. He's a good Christian. He knows his time's coming. He's a diabetic. He has no energy, so we put him on some Noni juice, basically about 4 ounces a day, and I heard you talking about diabetics. Should I get him off of that now?

A: You need to check his blood sugars. If his blood sugars are okay, you continue now and you get him up to 8 ounces a day. And then get back to me with an email and we'll talk about where he is, what's going on, what we need to do to get his heart and lungs working better. There's a lot that Noni can do.

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Q: A lady has had MS diagnosed for about a year. It looked to me like it took them about a year to diagnose it. Even if she's 2-3 years in, is she still early enough in? She's starting to walk with a walker with the wheels on it, but it's more for stability. She's worried about falling. I think it is more than the necessity of being held.

A: Very definitely. She's still very much in the early stage of this, still very much needs to have the allergic things defined so that we know what's going on with that, but very much yes. This is someone who should see very, very clearly the benefits of the Noni.

Get back to me with the specifics of what she's got and I'll tell you the things to do with it, because we know that when it comes to gait and stability and walking and pain, muscle spasm plays a big part. And when you get weak, and particularly if you've got scoliosis, you can have things from the muscle spasm that look like neurologic problems when it's really not.

Q: Okay. Her right leg is what gives her problems, and sometimes it'll hold off and sometimes not.

A: What do we know about scoliosis and the right side of the body? By defining that and dealing with that, then we're back to dealing with the issue of the multiple sclerosis and not the secondary effects of scoliosis.

Q: Okay, we'll be in touch with her. My second question is I have a close friend; she had a colectomy yesterday for colon cancer. They believed the colon cancer was above the rectum. They went and took out part of the colon. This is her second round of cancer. Before, she had cervical cancer and also had vaginal cancer. That's been several years. They've cleaned up. It had been in remission, and now she's going back through it again.

A: This cancer is very likely related to her previous cancers and the treatment that she received for that. Was she fortunate enough to get Noni before her surgery?

Q: No.

A: Get her on it as much as you can, as fast as you can. They will want to have a period of a couple to three weeks before they start any radiation, because they want healing. It's very critical down there, and we can use this time, not only to help her to heal, but to boost her immune system.

Q: Okay. Is there any reason to be gentle about it in this case? How many? Should we hit her with a bottle a day to start with, or a half-bottle?

A: Give her 4 ounces a day for a day, and if she's tolerating that, you go to 8. Go to 8 for about three days so you make sure there's no question about that. If she's not having any problems, then you go to a bottle a day, and you just stay on that for right through a 4-6 day period of time. Then you go to a half-bottle a day until they're ready to do radiation or chemotherapy.

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Q: Hi, Dr. Williams. I wanted to ask you about Hodgkin's disease and bone marrow. Can you tell me if Noni can help?

A: Very definitely. The answer is yes, and again, the same recommendations during radiation/chemotherapy. You stay at 4-8 ounces a day. When you've got a window period, or when they come to the end of therapy, you then wait a week. And then you do the full immune boost and stay on 8 ounces a day for an extended period after that. But the answer is very definitely yes. There's great benefit. Is he on any Noni at the moment?

Q: No, he's not. He's not on that at all. He had a minor stroke also.

A: The issues you've got to deal with here, then, are the factors of stroke, which are high blood pressure and a bit of cholesterol perhaps, and heart-related problems.

Noni will address all of those and there will be benefits for that. Plus, he needs to be hydrated, so that when the Noni dilates the blood vessels all over his body they stay full, so he gets full perfusion. And then you'll see benefit with all of that. And then you want to start him on it with 4 ounces a day for a couple of days. Get him filled up with fluid and electrolytes, 8 ounces a day for perhaps 4-5 days or a week, and then do the full immune boost with a bottle a day for four days, a half-bottle a day for 8 days or more, and then 8 ounces a day for an extended period of time. And get back to me for details about other things.

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Q: Dr. Williams, can you comment on the study that the NIH is doing on desiccated Noni for cancer?

A: I can't comment on it particularly, but the thing is it makes you wonder why they're not using a product that's already proven to have benefit. But the process that the company uses to make a product retains all of the nutrients. When you're using freeze-dried pulp, it just doesn't work.

When I say that, we're talking about a level of benefits that is far less than 50%, and in many types, many of the benefits just don't happen at all. So, for all practical purposes, we say that there's one real Noni and there are 600 phony Nonis. Because of the patents, because of the technical processing,

only one company in the world is allowed to use this process that retains all those nutrients, and everyone else is left with freeze-dried pulp.

If you're dealing with a traditional producer of Noni juice, and this is generally non-commercial, they will tell you that there is significant inherent toxicity in their product; that you take a limited amount for about two weeks, no more than three, and then you've got to stop for 2-3 weeks or a month; otherwise, you'll have serious kidney and liver damage. Those products have been traditionally shown to work and have benefit, but they're also shown to have toxicity.

Tahitian Noni® Juice is safe at 10% of your body weight a day. I'm at 100 kilos. That means my safe level is 10 liters a day. Now, how do you compare that to a bottle a day or 8 ounces a day? It's politics.

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Q: Dr. Williams, Tahitian Noni® Juice is pasteurized. I've had people ask me does this in any way affect the enzymes?

A: No. They've got a very special process, the way they do that. In fact, the FDA actually came out to watch them pasteurize it and see that it was done, and it does not affect it at all. And that's why it's as effective as it is.

I've asked this of the people particularly that do cancer research: "Compared to the raw natural Noni products that are made, like in Hawaii and different places, when you compare Tahitian Noni with the traditional, which is better for cancer?" And the answer has always come back that the Tahitian Noni is. And this is talking doctor-to-doctor about the biochemistry of it. There is NO loss of effectiveness and potency in the process that the company uses.

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Q: Dr. Williams, I had spoken by email with a physician who was doing this research for NIH, and I questioned why they were using pasteurized Noni. And his answer to me was it's because they didn't want to introduce other juices where it would affect it. As I told him, I have done research for NIH before, and I was very surprised that they were allowed to have a freeze-dried product that was going to be a proven or disprovable outcome of whether Noni was helpful or not.

I found the problem many times when I talked with physicians about Noni. They either don't know about it or don't want to know about it. And when my patients that I send and say "Tell your doctor you're taking Noni," the doctors go, "Don't take that. That won't help you any."

Any suggestions on how we can educate the medical community? There's plenty of documentation out there.

A: The problem is it's not at a professional level. Having been there with the same prejudices as the physicians that you're trying to work with, I can explain it very, very clearly. The first thing is physicians are dedicated to helping people. It's not a part-time job. It is 36 hours a day, and they build a database in their chest. A busy physician is making 300+ decisions a day, and it has to be just bang, bang, bang, bang. But they have built in a database, like an onboard computer, that they do that with, and if it's something that they know they don't know the answer, then they've got to go get that and come back.

There are no gaps in what they were taught that account for the nutrient benefits of Noni, so it's an unknown and it would break the computer. So they think it's impossible. So the only way to do it is to actually demonstrate to them in a very clear-cut way that the juice works and it's safe.

Now, they are under the onus of the AMA. And this is a direct quote from the AMA Code of Professional Ethics. It says that "Any physician that provides, promotes, supports, sells, distributes any product for any treatment that is not widely published in the peer review literature and widely accepted in the medical community shall have their license revoked."

Now, I don't need to tell you who they're protecting with that, and it's not the patient.

The thing is that physicians, even if they want to, cannot say: "I think you ought to take that product." You need someone that you can talk to, that you

48

can provide the information for. And what I teach and do is say, "Look, let me show you how you can measure the function in your particular system, and then you be the judge yourself whether you're getting benefit or not." Put it right in their hands how to do that.

But what you do with the physician is you come in and you say: "I have decided to take this product. I've read a lot about it and I've heard nothing negative about it, but lots of good stuff about it. What I would like you to do out of your professional concern for me is will you please monitor to see whether I'm having any problems, or if by some chance I'm getting a benefit?"

In that way, the physician can put that as a note in the chart. You can both sign it and date it, and he's protected from the AMA, because he did not recommend the product. But out of his concern, he's monitoring you to keep you out of trouble, and that way you have the opportunity to educate him.

Don't turn around when he's seen the great benefit and say, "Now do you want to be an independent product consultant?" But when they've seen it enough, then they can say yes, and they'll look at it and do things.

At some point in time, I hope to have a large-scale, collaborative study multi-center, which means any doctor anywhere, with all of the major food supplement producers having their products tested on the same standardized protocol, so physicians can enroll in that study. They can nominate volunteers for that study, companies and distributors can nominate

volunteers for that study, and it can be done and tested and standardized and documented and published, so that that information can be made available to the whole world. But until that study has been in place and done, we have to do it individually, and you have to protect your physician and educate them.

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Q: Dr. Williams, I have a question about cervical cancer. A young lady's had a precancerous cell for about a year and a half. She had a biopsy done last Tuesday, and she has been on Noni 4 ounces a day for about three months. Should we increase that?

A: I would like to know if they have seen a change in her Pap smears and things over the last three months. Generally, you do. Four ounces a day is enough to initiate some of those changes. If I knew that I had a significant premalignant condition and they were watching it, then I would have used 8 ounces a day, because there are benefits that are turned on above 4 ounces that you just don't get until you get the 8 ounces.

But in this situation, if you're significantly premalignant, I don't know what the doctors are recommending; whether they want to do a cone, whether they want to do a head selection, whether she wants to have the opportunity to have more children. She has to sit and talk with the doctors and say, "I want to try doing the full immune boost," and see what happens over 8 weeks.

In other words, do the 8 ounces a day for two weeks, do a bottle a day for 4, a half-bottle a day for eight, and then 8 ounces a day. And at eight weeks later, repeat the biopsy and see what you can see, and if they see significant change, then to continue.

But if the physicians are comfortable with her taking an 8-week hiatus in their recommended treatment, then to see if they can't turn that around, if what she's really trying to do is to have children.

Q: No, she's just had a child not too long ago, and I know she wants more.

A: Well, that's the situation. Again, hopefully, over the three months the doctors have seen some change in the Pap smear and the cells that they're looking at. Do 8 ounces a day for two weeks, and then do the full immune boost. And depending on what they're seeing now and then eight weeks from now, have them rebiopsy, and look at that and look at the change. Compare the cellular and nuclear atypia and see the changes that are occurring, and see if they're happy with it to continue with that process.

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Q: Dr. Williams, my wife has breast cancer that she's been through several surgeries and she's had the radiation. She's also had the chemo. They can't give her any more radiation or chemo. I've had her on 2 ounces twice a day for about two months, and I see her perking up a little a bit from that. Presently, they're trying this Herceptin by infusion in the oncologist clinic, and they're also giving her Aredia each month by infusion. She's been on that for quite a number of months because symptoms were spotted on her bones. I wonder if the formula you've been giving here would be good for her also.

A: It definitely will. And the other thing that you want to do is to make sure that she's fully hydrated. Get back to me by email, and then we'll go over the parameters of how you determine how well hydrated she is and what you do to keep her fully hydrated. And then, yes, do the full immune boost and you should see some very significant and measurable benefits.

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Q: Dr. Williams, I have a question in reference to when you were talking before about leukemoid reaction. In this reaction, people who have lupus or who have cancer, is it almost to be expected that the white blood cells are going to go up?

A: This is the body's response to that. It's hard to predict when it's going to happen, but when it does, it's a very, very positive sign when you know

and understand what it is. Many times, initially, physicians misinterpret it and don't understand what it is, and they go looking for infection and don't find anything. They say, "It has to be."

If you've never seen a leukemoid reaction, then it can be quite confusing. But you can get it at any time that you're significantly activating your immune system.

Q: I have lupus. You had emailed me before, and my doctor is taking the blood tests. I did do a blood test before. Now he wants me to stop. I was going down on the prednisone. I was down to 5, but with this last blood test, he said that the white blood count had gone up, and he wants me to hold off on going down on the prednisone.

A: Okay. He's watching that. And you're taking how much Noni?

Q: Right now I'm taking 6 ounces a day.

A: And how long ago did you do the full immune boost?

Q: I haven't even started it yet, because I need to go to the allergist. I didn't have that done yet. But I'm seeing benefits already, and it's showing on my blood test, just doing the 4-6 ounces a day.

A: You will, and you'll see very definite ones, but you need to do the full immune boost. But if he's more comfortable with you holding at 5 mg on the prednisone, do that, because it's difficult in this period of time.

And, yes, you may be seeing some of that, but it'll be a different pattern. And he'll be seeing a number of the blood tests change and become less and less and less. And when he sees those things going down and the white cell count going up a little a bit, if that happens to be what's going on, it won't concern him.

But at this point in time, go ahead and get your blood test done, and then get the full immune boost, and show him what Noni can really do.

Q: Okay. Now, is it absolutely necessary to get the allergy testing? Can I just go on the full?

A: No, I highly recommend it, because it doesn't cost that much. If you do find something, the impact of that on the treatment is dramatic. And many times you can actually turn the condition off and put it in total and complete remission.

Q: Right. He's like a nonbeliever, so he wouldn't do any of the blood work, the ELISA testing, anything like that, so I had to find another doctor to give me that.

A: We'll make believers out of some of them, not everybody, but there are enough. In rheumatoid arthritis, the percentages are quite high. In lupus

there's a significant number. But get to a true allergy specialist. I have no hesitation about that.

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Q: Dr. Williams, I have dear friend who is on Arisa, an experimental cancer drug. This is her third round of cancer in 20 years. This time there are three places in her lung. She only has one lung. She lost one lung to cancer a long time ago before I knew her. The two lower places have not grown, and the upper cancer spot is getting a little smaller.

She has not done your protocol, because we didn't know about it. But she has done a bottle a day for a month, 30 days, and now she's doing, I think, a fourth of a bottle.

The concern I had is the hydration. What would you advise for her to do at this point? She's got terrible mouth sores from the Arisa.

A: The Arisa is a tyrosinase inhibitor and inhibits some of the functions inside the tumor. The way that she hydrates is to just take a liter of Gatorade a day for three days, plus another liter of water, and then a half-liter of Gatorade for 3-4 times a week, plus a total of 1 to 2 liters of fluid a day.

You'll see a very significant decrease in her resting pulse rate in the morning. It should be down into the low 70s. She won't get dizzy when she

gets up and down or do things, and she'll feel a tremendous increase in energy and things with that.

Q: What is your recipe for the home-made Gatorade?

A: That's Morton Lite Salt. Per quart, you take a heaping 1/2 teaspoon of Morton Lite Salt, 1/4 teaspoon of regular salt or sea salt, and cut in some squeezes of lemon-lime juice and a splash of something fruity and sweet, like orange concentrate or cherry cordial, or anything that you want. It's a flavor-to-taste phenomenon.

That gives you an electrolyte solution that has the extra potassium that we need. It's not for use for people with end-stage renal disease, or with liver disease with ascites that are on the potassium sparing diuretics. Other than that, the ACE inhibitors aren't profound enough to make any problem with that.

Again, you can use the same volume protocol with that, and you will follow that and see the difference from someone that gets hydrated is just unbelievable. They go from saying, "I feel totally out of energy and achy and tired," to all of a sudden they feel absolutely super, just by filling up the system with salt and water.

Q: We have been adding 1/2 teaspoon of Celtic sea salt to a gallon of water and using that as a part of our water intake everyday at home here.

A: You want the extra potassium, and you're still down from what you would be adding, because when you're taking about a quart, you're talking about four times that much.

So you need more salt. And the Tahitian Noni® Juice, because it opens up all the blood vessels, it reduces the after-load on the heart, and the heart recovers very much and it's very happy. Plus, you're getting better blood flow into the kidneys, and you're losing more salt and water through the kidneys. It'll tend to dehydrate you anyway.

Most people are dehydrated to begin with, and then they get further dehydrated. So you have to get filled back up and then maintain and do that, but the benefits are just dramatic.

Q: Would you also tell what kind of concentrate you're talking about?

A: It can be absolutely anything. It's totally flavored to taste, so it could be grape or orange, and just a splash, like a tablespoon.

Hydration and You

Instead of Feeling Energetic, Do You Feel Achy, Tired and Depleted of Energy After You Have Taken Noni Juice For A While?

----- Hydration & You – Why You Must Stay Hydrated and How You Can Do So... -----

Many people are significantly dehydrated and volume depleted. A senior physician in Australia prior to a big project decided to survey the community. He found that 85% of the people were significantly volume depleted. Add to that those that are sick and the numbers are even higher. When your volume is less than full, your blood vessels constrict around the smaller volume to provide some blood flow to peripheral tissues, just like putting your thumb on the opening of a hose so it will squirt further. When you take 2 oz of TNJ blood vessels all over your body dilate, and if you are not fully hydrated you get less perfusion, less food and oxygen to your tissues. You will feel achy, tired and no energy.

TNJ opens blood vessels and take the major load off the heart. It can put out more blood with each beat. TNJ increases renal blood flow and with ACE inhibition increases the amount of water and salts lost in the urine. Even if you were adequately hydrated when you started taking TNJ, if you do not drink extra salt and water for maintenance, you will become dehydrated in 2 to 3 weeks, feel achy and tired, and think that “Noni is not working for me anymore.” We also need more Potassium than is in our diets. Optimal Potassium is 5.0 to 5.2 mg/100ml of serum. Usual levels in the community are 4.0 to 4.5 mg/100 ml. Toxic levels begin at 5.8 to 6.0 mg/100 ml. Potassium is necessary to open blood vessels for hard work or exercise and to help the heart and muscles contract.

We recommend people get their salt requirement by either Gatorade or our "home-made gatorade" made by adding Morton Lite Salt a heaping 1/2 tsp, sea or table salt 1/4 tsp to a quart of water and flavoring (any flavor) to taste with a squeeze of lemon/lime and a splash of fruit juice or concentrate. If there is no high blood pressure (HBP), renal failure, or advanced liver disease, we replace losses with a liter of electrolytes daily for 3 to 5 days, then 1/2 liter 3 to 5 days a week, plus 1 to 2 liters of water every day.

Everyone drinking TNJ needs to stay well-hydrated with electrolytes and water. If you are tired, achy, out of energy, felt that “Noni is not working,” be sure to fill up with salt and water and you will feel great again.

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As a way of saying “Thank You” for reading this Special Report, we offer you the following FREE downloadable report on TNJ and the Asian Bird Flu:

“What Would You Do If You or Someone You Know Are Worried About the Asian Bird Flu (H5N1)?”

All you have to do to get this report is to join our private mailing list at www.AskDrRichardWilliams.com and the report is yours FREE.

In Addition:

You will find special resources to help you apply the principles from this book. By actively applying the principles, you can help many more people to “Take Control of Their Health.”

If you are serious about being a successful Tahitian Noni® distributor, visit www.AskDrRichardWilliams.com to find these resources now.

Thank You!

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Take Control of Your Health



Tahitian Noni® Juice

The Full Immune Boost

- Day 1 to Day 4 >>> 1 bottle a day**
- Day 5 to Day 12 >>> 1/2 bottle a day**
- Day 13 to Day 72 >>> 8 oz a day**

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