



God And Cancer

A DIY Healing Perspective

A God And Series Book

Edward G. Palmer

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Sample Chapter 11

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CHAPTER ELEVEN

Water & Healing Knowledge

I used to think that water was simple enough for everyone to understand. After all, it is H₂O having one Hydrogen atom and two oxygen atoms and has three phases, right? Liquid, solid, and steam, correct? Well, water is not so simple anymore. Water is so complex that scientists no longer fully understand everything about water. To start with, scientists now know that there are four phases of water. Add a jello-like state to the other three widely known states of water.

Our bodies are between 60-75% water, and most of the water surrounds our body's cells. Scientists are discovering that water can communicate, and some now believe that water may be responsible for intercellular communications. They also found water has electrical properties¹, which scientists are studying.

For healing, with all we currently know, unless you keep your body hydrated, you are subjecting your body to a host of various diseases and metabolic complications. In contrast, you can drown yourself by

drinking too much water. Pinching the skin on the top of your hand and seeing how fast it goes back to normal is one way of determining if you are hydrated. Another way is to observe the color of your urine. A body needing hydrating will exhibit a very dark color in its urine. An adequately hydrated body will have clear urine. That is true unless the person consumes vitamins, which can produce a light green or yellow appearance. Foods such as asparagus and beets can also color urine.

Dehydration

Dehydration is a risk factor for various chronic diseases, such as hypertension, cardiovascular diseases, diabetes, and kidney diseases. Staying hydrated can lower the risk of these conditions and improve their management.

In the case of hypertension, drinking enough water helps to lower blood pressure. When dehydrated, the body compensates by constricting blood vessels, increasing blood pressure. Adequate water intake helps maintain blood volume and prevent high blood pressure.

Water intake is also crucial for individuals with diabetes. Proper hydration can assist in regulating blood sugar levels, as it helps the kidneys eliminate excess glucose through urine. Additionally, drinking water

before meals can promote a sense of fullness, leading to decreased food consumption and better blood sugar control.

Chronic kidney disease (CKD) is another condition that requires careful hydration. Water helps to maintain kidney function by flushing waste products from the body. Individuals with CKD should drink enough water to keep their urine light-colored and to prevent dehydration, which can worsen their kidney function.

Furthermore, water is essential for weight management, which is closely linked to chronic diseases such as obesity, heart disease, and certain types of cancer. Drinking water before meals helps to reduce calorie intake, promote weight loss, and prevent weight gain. It also boosts metabolism, aiding in the burning of calories.

Water is also crucial in managing digestive disorders, such as constipation. Constipation often occurs due to insufficient fiber intake and dehydration. Drinking enough water helps to soften the stool, making it easier to pass and alleviating constipation. You may already know the above health issues involved with water.

However, water can be essential in healing beyond just hydrating the body. What this section will reveal to you are the other ways that water can assist in healing your body. I will explain the following six additional water qualities that can affect healing, which you might

not know but need to understand. That is especially true if you are now fighting cancer² in your body. I'm assuming you want to live and get rid of the disease. If not, see my note because this discussion of water won't matter to you.

How Water Can Affect The Body

- 1) Oxidation
- 2) Water Oxidation
- 3) Molecular Hydrogen (H₂) Water
- 4) Deuterium Depleted Water (DDW)
- 5) The Interstitium³
- 6) The Fascia⁴

Oxidation

The easiest way to understand oxidation is to cut an apple in half and expose it on the kitchen counter. In short order, the apple will start turning brown. That is a visible oxidation (brown-colored) caused by the apple's exposure to oxygen.

Oxidation is a normal metabolic process that occurs in the body. It involves the reaction of oxygen with various body molecules. Oxidation often leads to the formation of highly reactive molecules called free radicals. These

are unstable atoms or molecules with unpaired electrons in their outer shells. Free radicals are generally unstable and highly reactive, seeking to stabilize themselves by "stealing" electrons from other molecules in the body, such as proteins, lipids, and DNA. This process is called oxidative stress.

While a certain level of free radicals is necessary for normal cellular functions, excessive and uncontrolled production of these molecules can cause damage to cells and tissues. Various health conditions, including aging, inflammation, cardiovascular diseases, neurodegenerative diseases like Alzheimer's and Parkinson's, and cancer, are linked to oxidative stress.

The body has built-in defense mechanisms in the form of antioxidants that counteract the harmful effects of oxidation. Antioxidants can neutralize and stabilize free radicals, preventing them from causing damage. Some antioxidants are produced naturally in the body, while others come from dietary sources, such as fruits, vegetables, certain spices, and nutraceuticals like Vitamin C supplementation.

Maintaining a balance between oxidation and antioxidation is essential for overall health and well-being. You can achieve this by adopting a healthy lifestyle, including a well-balanced diet rich in antioxidants, regular exercise, adequate sleep, and

avoiding exposure to environmental toxins and excessive stress. Additionally, certain antioxidant supplements may be beneficial when natural antioxidant defenses are overwhelmed or compromised.

Grounding⁵ mats, sheets, and other methods can give the body free electrons from the Earth to help neutralize free radicals and the damage they cause. The Earth has a negative charge and is an abundant source of free electrons via grounding (aka earthing). Grounding to the Earth allows free electrons from the Earth to function like that of antioxidants in the repair of free radicals within the body.

Water Oxidation

Water's oxidation ability is generally not harmful to the human body because water is a neutral molecule. However, water can facilitate oxidation reactions when other substances that can undergo oxidation are present and cause the formation of free radicals.

Water contaminated with certain chemicals or pollutants can also contribute to oxidative stress and harm the human body. For example, water containing heavy metals, pesticides, or other toxic substances can increase oxidative damage and lead to various health problems.

While water does not pose a direct risk due to its oxidation ability, its role in facilitating oxidative reactions with other harmful substances can potentially harm the human body.

Alkaline water and Hydrogen-rich water can minimize oxidation in the body. Alkaline water has a higher pH level, which can act as an antioxidant and help neutralize free radicals in the body. Meanwhile, Hydrogen-rich water contains molecular Hydrogen (H₂), which has antioxidant properties and can help reduce oxidative stress.

Your drinking water might be good or bad for your body. It may also contain higher levels of oxidation than you need to drink. Get some pH strips and check if your water is acidic or alkaline (typically a pH of 7.0 or higher⁶). That should be the first test of your water's quality. You can also measure the mineral and organic content of the water. That would be an excellent second test of your water's quality.

Minimize Water Oxidation

To minimize the oxidation properties of your drinking water, follow the following steps:

Choose the right water source: Use a high-quality water source low in minerals and organic matter. That

can help reduce the oxidation potential of the water.

Store water properly: Store water in a clean and tightly sealed container. Exposure to air and contaminants can increase oxidative properties. *Consider using glass* or stainless steel containers instead of plastic⁷, as they are less likely to leach chemicals into the water.

Filter the water: Invest in a good quality water filter that can remove impurities and reduce the concentration of minerals and organic matter. Look for filters specifically designed to minimize oxidation potential.

Treat the water with antioxidants: Adding antioxidant substances to drinking water can help neutralize any potential oxidation. For example, you can add a few drops of lemon juice containing Vitamin C, a natural antioxidant. However, be cautious with the quantity, as too much lemon juice can alter the taste of water.

Avoid excessive exposure to air: When pouring water, try to do it gently to minimize contact with air. Rapid pouring and splashing can increase the oxidation potential of the water.

Consume fresh water: It's preferable to consume relatively fresh water that hasn't been stored for long periods. If you store water, replenish your supply regularly to maintain its quality.

Keep water away from sunlight: Exposure to sunlight

can promote oxidation in water. Store the water in a dark and cool place, away from direct sunlight.

Use antioxidant supplements: Consider taking antioxidant supplements, such as Vitamins C and E, which can help minimize oxidative stress in your body. That can indirectly reduce the impact of any potential oxidation in drinking water.

Remember, while minimizing oxidation in drinking water can be beneficial, it is essential to maintain overall good water quality through regular testing and appropriate filtration methods.

Molecular Hydrogen (H₂) Water

Hydrogen water is water infused with molecular Hydrogen (H₂) gas. According to alternative health doctors, Hydrogen is a potent antioxidant with significant health benefits. These benefits include reducing inflammation, improving athletic performance, and promoting overall well-being.

There are several ways you can enhance the Hydrogen content of drinking water. I've used two low-cost and easy methods of adding molecular Hydrogen (H₂) to my drinking water, which I discuss below. However, four primary methods are currently used to enhance water with molecular Hydrogen (H₂) for health

benefits.

Water ionizers: These machines use electrolysis to split the water into alkaline and acidic components, with the alkaline water containing molecular Hydrogen.

Hydrogen tablets or powders: Small tablets or powders can be dissolved in water to add molecular Hydrogen.

Hydrogen water generators: These devices have a chamber that produces Hydrogen gas, which is then dissolved into the water to create Hydrogen water.

Hydrogen water bottles: These portable bottles can infuse water with Hydrogen gas to create hydrogen-enhanced water on the go.

I have used H₂ tablets dissolved in water. It is straightforward to use. You drop an H₂ tablet into 16 ounces of water and let it dissolve. The tablet is effervescent and will dissolve in 2-5 minutes. Once dissolved, the Hydrogen gas can evaporate fast, so you need to drink the water immediately, within 5-10 minutes after the tablet dissolves. While I've usually done this in the morning while consuming vitamins, one doctor recommends doing this before bed for additional health benefits. It is a relatively inexpensive way to improve your health, and I have certainly noticed improved energy from drinking molecular hydrogen-enhanced water. You can find molecular Hydrogen (H₂) products

here⁸. See notes for the links to the two H₂ products I have used.

The second method I have used to enhance molecular Hydrogen in my drinking water is a Turapur⁹ filter. I use a two-stage carbon filter to provide drinking water at my kitchen sink. I then fill a Turapur water filter¹⁰ from that carbon-filtered water source. Thirdly, I fill a 16-17 ounce glass water bottle from the Turapur filter, which I drink out of personally. If I use an H₂ tablet, I will let it dissolve within my glass bottle and drink it immediately. I can attest that the water from the Turapur water pitcher tastes better than the two-stage carbon-filtered water.

In summary, molecular hydrogen (H₂) enhanced water can be essential in healing various diseases, especially¹¹ cancer.

Deuterium Depleted Water (DDW)

Virtually all sources of water contain some amount of deuterium¹². The closer to the North and South poles or higher elevations, the less deuterium is found in the water. In contrast, the closer to the equator and lower elevations, the more deuterium is found in the water. See the noted internet reference for a complete discussion on this subject.

If you can understand deuterium-depleted water, it

can help defeat your cancer and heal your body. If I found myself with cancer, I would consume deuterium-depleted water (DDW) as one of the healing protocols I would follow. This type of water can be purchased¹³ (expensive) or created free (time-consuming) using a triple water freezing process¹⁴.

Deuterium in higher concentrations can be destructive to biological processes. In lower concentrations, it can be healing to the body. Specifically, deuterium-depleted water consumption is believed to have the ability to flush¹⁵ cancer out of the interstitium.

Deuterium is an isotope of Hydrogen that contains both a proton and a neutron in its nucleus, which are found in some Hydrogen molecules. A regular Hydrogen molecule has a single proton and no neutron. That makes a regular molecule of Hydrogen lighter than one with a deuterium isotope. Deuterium Hydrogen (see online reference studies¹⁶) can replace regular Hydrogen in water molecules, resulting in what is known as deuterium-enriched water. The deuterium concentration in water is typically expressed as parts per million (ppm).

"On the surface of the earth, there is about one deuterium atom in ocean water for every 6420 Hydrogen atoms. In other words, the deuterium concentration¹⁷ for most of our planet's water is about 150-160 parts per million (ppm) or 0.000156%."

Deuterium levels in water can affect biological systems, including the body's interstitium. The interstitium is the fluid-filled space between tissue cells, and it plays a crucial role in various physiological processes. Changes in deuterium levels can influence the composition and properties of this fluid, which in turn can impact cellular function.

Lower deuterium levels in water can lead to a reduction in interstitial deuterium concentration. That can affect the electrical properties of the interstitium, potentially altering the electrical potential across cell membranes and affecting cell communication and signaling. Lower deuterium levels have also been associated with improved mitochondrial function, as deuterium acts as a metabolic inhibitor.

On the other hand, higher deuterium levels in water can increase deuterium concentration in the interstitium. That can disrupt the normal functioning of cellular processes, including energy production and various metabolic pathways. High deuterium levels are linked to oxidative stress, reduced cellular resilience, and increased risk of certain diseases.

Maintaining an optimal balance of deuterium levels in water is essential for maintaining cellular function and overall health. While some deuterium in water is natural and inevitable, excessive or imbalanced levels can harm

the interstitium and various biological processes.

Potential Anti-cancer Effects

Some studies suggest that deuterium-depleted water may inhibit the growth of cancer cells. Deuterium might interfere with DNA replication, and reducing its water concentration could slow down cancer cell division.

Improved Athletic Performance

Some proponents claim that drinking deuterium-depleted water can enhance physical performance and recovery by improving mitochondrial function and reducing oxidative stress. Mitochondria are the energy-producing organelles in cells, and deuterium might affect their efficiency.

Anti-aging Effects

Deuterium-depleted water could have anti-aging properties by reducing oxidative damage to cells and tissues. Some animal studies have shown promising results regarding increased lifespan and improved health span. Still, more research is needed to determine if these effects translate to humans.

Improved Metabolic Health

There's some speculation that deuterium-depleted

water might help regulate metabolism and improve insulin sensitivity, potentially offering benefits for weight management and diabetes prevention.

Enhanced Cognitive Function

Some proponents suggest that reducing deuterium levels in the body could improve cognitive function and protect against neurodegenerative diseases. See the notes for resources and study materials for deuterium-depleted water (DDW).

Body's Water Composition

I already mentioned that our body is thought to be comprised of 60-75% water. That is a common belief and understanding. However, our body can also be viewed from a molecular weight perspective. In that case, our body is 98.9% water. We are, in essence, a water being from the viewpoint of our total molecular weight.

The Interstitium

The interstitium is a fluid-filled space in the body's connective tissues. It is a network of interconnected compartments lined by a layer of endothelial cells and supported by a matrix of collagen and other proteins.

Water plays a crucial role in the interstitium as it helps

maintain the structure and function of this space. The fluid within the interstitium, known as interstitial fluid, is derived from plasma (the fluid part of the blood) and serves as a communication highway between cells and blood vessels. It transports nutrients, oxygen, and hormones to the cells while removing waste products and metabolic byproducts.

Various factors, including water intake and distribution in the body, regulate the amount and composition of interstitial fluid. When water intake is insufficient, dehydration can occur, leading to a decrease in interstitial fluid volume. That can have adverse effects on cell function and overall tissue health. On the other hand, excessive fluid intake or impaired fluid regulation mechanisms can cause fluid accumulation in the interstitium, leading to conditions such as edema characterized by swelling and tissue damage.

Water also influences the concentration of electrolytes, such as sodium and potassium, in the interstitium. Maintaining the balance of these electrolytes is crucial for cell function, nerve conduction, and fluid balance within the body.

Water is essential for the proper functioning of the interstitium. It influences the volume and composition of interstitial fluid, which plays a vital role in delivering nutrients and removing waste products from cells,

maintaining tissue health, and regulating fluid balance in the body.

The Fascia

The fascia is a sheet of connective tissue covering, supporting, and separating the body's muscles, organs, and other structures. It is a protective layer and allows muscles, tendons, and other structures to move without friction or damage.

The fascia comprises collagen fibers and other proteins that give it strength and flexibility. It forms a continuous network throughout the body, connecting various parts and providing structural support and ease of movement for body parts.

Dehydration and a sedentary lifestyle will affect the ability to move different body parts. If you do not move the body regularly, the fascia around muscles not being moved can dry up. That can result in the inability to move an arm, leg, or other body part that is not being used.

Grandma's adage of using or losing it is an absolute truism; our body's fascia is why. If you want to start using a wheelchair early in life, become a couch potato and don't move your body parts for extended periods. Again, not moving body parts causes certain parts of the

fascia to dry up. If you are dehydrated at the same time the body is not moving, it can be dramatically worse. Yes, our bodies need water, and we need to move our body parts, or we could lose mobility in our legs, arms, hands, fingers, etc. Anecdotal thoughts from the past meet modern health sciences to explain what Grandma took for granted in days past.

Interstitium Vs. Fascia

While the interstitium and the fascia are types of connective tissue, they differ in their structures and functions. The fascia is a fibrous tissue that forms a sheath-like layer around muscles and separates different structures. At the same time, the interstitium primarily consists of fluid-filled spaces *between* cells where metabolic processes occur. The fascia primarily provides support and protection, while the interstitium plays a role in fluid balance, transport of nutrients, and immune response.

Water Is Healing!

The body's health is improved by staying hydrated, consuming molecular Hydrogen (H₂) enhanced water, and deuterium-depleted water (DDW). All three would

be essential protocols for people with cancer, even if one had to produce deuterium-depleted water using the triple-freezing water protocol due to the high cost of purchasing this type of water.

Water & Healing Knowledge

1. See University of Washington, Seattle's - Dr. Gerald Pollack's videos on YouTube at <https://www.youtube.com/watch?v=p9UC0chfXcg> and at <https://www.youtube.com/watch?v=i-T7tCMUDXU>
2. Cancer is also referred to as the poor man's suicide because if you just ignore it, you will eventually die. Many forms of cancer are painless

and not discovered until they are at stage 3 or 4, having metastasized in other parts of the body. In other words, it might seem hopeless, and maybe it's time to let go of life. People late in their 60s or older sometimes feel it's better to let go. People need something to live for to beat cancer. Water can help you fight back if you understand all of its dynamics.

3. "Under Your Skin: The Interstitium" video explains this body organ. <https://www.youtube.com/watch?v=YbG8gVQf1GI>
4. The role of our body's fascia in movement and function is explained in this University of California Television - (1 hour 21 minutes) video. <https://www.youtube.com/watch?v=raCBeQ-gXfs>
5. This process is also referred to as earthing. For further explanation, see the article at <https://www.healthline.com/health/grounding>
6. Alternative health proponents consider an alkaline body to be healthy and resistant to disease. Likewise, they consider an acidic body to be friendly to disease. When my first wife was dying from pancreatic cancer, we tested our pH levels. She tested acidic at 6.0. I tested alkaline at 7.1.
7. Stop drinking bottled water in plastic containers. Get some glass bottles to drink out of and use highly filtered water to drink. Plastic bottles can leach chemicals into the water that can mimic the female hormone estrogen.
8. H2 Source 1: <https://www.mercolamarket.com/product/2715/1/h2-molecular-Hydrogen-90-per-bottle-90-day-supply>. H2 Source 2: <https://drkeithsown.com/collections/frontpage/products/active-h2-ultra>
9. <https://secure.turapur.com/journey/TURPITCH0323WEB/1?promocode=WPITZC00&pagenumber=2&organization-abbreviation=NMG>
10. The Turapur filter is a countertop pitcher with a changeable internal filter or one connected to the kitchen sink. I use the countertop pitcher, which requires the internal filter to be changed every 50 gallons of water. I change my filter every 90 days, while the manufacturer recommends changing it every 60 days.
11. This is my opinion based on my studies on molecular Hydrogen (H2) enhanced drinking water.
12. Deuterium-depleted water can help heal cancer. There is an "Ultimate

- Guide" to this subject online and at - <https://www.nourishmeorganics.com.au/blogs/the-ultimate-guides/the-ultimate-guide-to-deuterium-depletion>
13. There are several places to buy deuterium-depleted water. This is one such place I found on the internet. Be sure to shop around. A case of (12) 16.9-ounce bottles is \$155 at this site. The bottles only contain 10 ppm of deuterium, making it good for cleaning out the interstitium. You'll find other exciting health and healing resources on this website. https://www.drinklitewater.com/?gad_source=2&gclid=EAIaIQobChMI07fh7Ki9hAMV71B_AB0l3QnYEAAAYASAAEgI-8fD_BwE
 14. See short video at <https://www.youtube.com/watch?v=S72N0bdaEJk> to learn how to create deuterium-depleted water free using a simple triple freezing process anyone can do at home.
 15. It is now believed that the water in our interstitium flows like a river from cell to cell. Deuterium-depleted water entering the interstitium can flush out the toxins and cancers that are contained inside.
 16. Studies on deuterium are located online at - <https://www.deuteriumdepletion.org/>
 17. Deuterium-depleted water can help heal cancer. There is an "Ultimate Guide" to this subject online at - <https://www.nourishmeorganics.com.au/blogs/the-ultimate-guides/the-ultimate-guide-to-deuterium-depletion>

About The Author

Edward G. Palmer has studied alternative health and healing issues for over 50 years. He considers himself a "Healing Self-Care" expert and is sought after for his alternative healing and nutraceutical strategies.

He took his first comprehensive multivitamin at the age of 25 in 1971. Already in excellent health and with plenty of energy, Ed was surprised at how this multivitamin enhanced his health and vitality in a way he could not deny. That early life experience began a lifelong effort to use vitamins and other nutraceuticals, such as herbs, to enhance his health.

Ed quickly concluded that he could not bet his health on being able to eat well. Instead, Ed decided he would eat the healthiest he could but would bet his overall health and longevity on nutraceuticals.

As a child, Ed's parents taught him by their own example to care for himself and not rely on doctors for his health and healing. The biggest lesson learned early in life was that we are all personally responsible for our own health.

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