

**STEP-BY-STEP GUIDELINES TO
FOLLOW THE BLACK CUMIN
CANCER PROTOCOL**



Step-by-Step Guide to Healing Cancer with Nigella Sativa



**A detailed guide to follow the Black
Cumin (Nigella Sativa) Cancer Protocol.**

**Learn how to implement the entire protocol from taking
the oils properly to mixing the luffe and following her new protocol with
barley. Healing your cancer is possible when you have full knowledge
of the entire program.**

**This guide is a must read for anyone with cancer or who wants to
prevent cancer for theirselves and their loved ones.**

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Disclaimer:

Note: The author of this eBook is not a doctor or a medical practitioner and I cannot legally give out medical advice or to make medical claims. Moreover, even doctors cannot claim to tell you what will cure you according to the FDA except by using an FDA approved drug. Even though black seed has been used for thousands of years along with the other remedies I will share, I cannot legally say they are cures, but I can write about works for me and my clients and then it is up to you to decide.

**“Health is a state of complete harmony of the body,
mind and spirit. When one is free from physical
disabilities and mental distractions, the gates of the
soul open.” ~B.K.S. Iyengar**

**“In order to change we must be sick and tired of
being sick and tired.” ~Author Unknown**

**“Mainstream medicine would be way different if
they focused on prevention even half as much as
they focused on intervention...” ~Anonymous**

**You have suffered for years and years and I could
have cured you in 30 days.**

Foreword

I want to congratulate you on taking the first step towards treating your cancer with Nigella Sativa, also known as black cumin, kalonji and black seeds. By the year 2020 you will see cancer double in statistics from the year 2000 and by the year 2030 cancer statistics will triple.

Research has shown that people who chose chemo as their cancer treatment will have a 2.1% chance of survival after 5 years. So you will see more and more switching to alternative healing modalities and I am pleased that you have chosen to begin a new life starting today with Nigella sativa.

There have been more than 900 peer research studies showing the efficacy of Nigella sativa and many of those studies have centered on the ability of Nigella sativa to treat cancer successfully.

Nigella sativa has been shown to annihilate cancer tumors in pancreatic, breast, colon, prostate and liver. Other testimonies, such as mine has proven Nigella sativa successful in stomach, bone and brain cancers.

The more researchers search for new evidence the more you will see doors open up for all cancers.

Narrated Abu Huraira: I heard Allah's beloved Prophet (PBUH) saying "There is healing in Black Seed for all diseases except death."

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Dedication

I want to dedicate this book to my father, Jack Ellison and my sister Patty. They both had brain cancers and died horrible deaths. They depended on conventional doctors and treatments.

I remember dad's doctor told me "You just have to accept that your father is going to die." He was heartless and cruel. He would leave dad waiting in the waiting room for hours when dad was so sick he could not sit up. He gave dad chemo, knowing it was not going to heal. He wanted to get the pharmaceutical rebate and he could care less about my father.

Dad had so much faith and he did everything religiously to be well again and traveled around the states visiting his family to make amends for anything he did wrong.

Daddy loved to go fishing, but could not go anymore due to his health and his friends shunned him. He would cry all the time and dad never cried. We found out later it was the medicine that made dad so emotional.

In the end after all the chemo was done, they discovered two lumps on dad's lungs. If he had cancer on one lung, they could have operated but two was too much. So we brought dad home and in 30 days he was no more.

My sister Patty died in 1 and half years due to the fact she had inoperable cancer. I was so happy she was out of pain and suffering.

I swore I would never ever go through what they did and never did. I cured my own cancer with black seed and luffe. I never entered a

chemo drip or relied on a corrupt doctor to save my life. The one that saves lives is God. God alone has the power to help.

Acknowledgements

I would not be here today if it were not for the help of many people. Many researchers before me did the work and provided the backing for this protocol. There has been more than 600 peer reviews. The first review I read was by the Kimmel Cancer Research University with their work on pancreatic cancer. They showed that Nigella Sativa had an 80% Cure rate.

That means 8 out of 10 people will live. Compare that to the conventional treatments were 2 out of 10 live. I knew then that a cancer protocol had to be created and shared.

Through careful research by many others I came up with a multi-prong protocol that would help more than 8 out of 10 people be well. If I could find the right synergy of natural herbs, we could help people walk, talk and live productive lives.

While I can't guarantee success, I can tell you from experience and testimonies, the protocol works.

Who Should Buy This Book?

Everyone! At the rates of sickness we see in the West, you are virtually guaranteed to experience one or more chronic, degenerative disorders by the time you are 50. This is not just a cancer book, but a wellness book and this protocol can be used for many diseases.

1. Cancer
2. Heart Disease
3. Diabetes and Prediabetes
4. Fibromyalgia
5. Alzheimer's, Parkinson's and Dementia
6. AIDS
7. Crohn's, Colitis, Celiac, Diverticulitis
8. Autoimmune Disorders – including MS and Rheumatoid Arthritis Many others!

If we fill our hours with regrets of yesterday and with worries of tomorrow, we have no today in which to enjoy our existence. Seize the day, and take control of your health and life. How you are going to live those tomorrows will depend on how you act and choose today.- George Allibone M.D.

Lynn

I met my client through a friend who offered to help her. She was stage IV breast cancer with a previous stroke. She had no memory and could not recognize her friend. I was asked to help.

So we did an interview and got the basics down and I made my recommendations. Lynn was happy as she had an organic garden in her back yard.

We worked on the protocol she needed and her friend paid for everything and even purchased two months supplies so she did not run short.

I gave her full instructions on how to do the Budwig Protocol too and she was able to purchase the supplies in a herbal store near her.

I asked for a few days to get the "honeycomb protocol" ready. Lynn's friend was so cooperative and anxious to get started. After the boxes arrived, Lynn started right away on the diet and lifestyle changes.

The results were remarkable. Here is what her friend told me.

Hello:

Lynn is doing famously! Her blood sugar dropped to 112; her large breast tumor is now falling in on itself; the smaller tumor is less than half size; her blood pressure is normal now; and she has lost over 20 pounds! Goes Kayaking, works in her garden and has joined a writers' club. I'd say she was well on her way.

I want to order the next 30 day package. Again, we owe you a big hug for your protocol!

Hi Again:

An interesting update on Lynn's condition. We spoke before about the fact that Lynn had a debilitating stroke – couldn't walk or talk for almost a

year. As mentioned, she is past all of that but had a remaining disability when it comes to reading and following instructions, some problems with alphabetical items, and much trouble with finance issues. She told me Friday that her mind is clearing! Her memory has improved to the point that she is now able to remember the names of the 16 people in her writing club after only two meetings! This is remarkable for her and she is very excited. I think we can plan on nothing but further improvements beyond the cancer!

Lynn, her son, and I are very, very grateful to you and to your program!

Note: We use to recommend self help and self implying of the protocols. We no longer do that. Guidance is so important. We suggest you sign up for coaching, so we can help you live longer. If you have cancer or any disease, you may not have time to reconsider later. Be smart and go the extra mile.

Introduction

Black seeds, also known as *Nigella sativa*, black cumin, kalonji seeds and haba al-barakah (Arabic phrase) have been used by people for thousands of years. Some associate black caraway with black seeds and they come from two different plants. Kalonji seeds are found in India and haba al-barakah is an Arabic word and used in the Middle East mainly. Black seeds are commonly used in the kitchen also in many recipes.

Nigella sativa (black seeds), an annual flowering plant that grows to 20-30cm tall, is native to Asia and the Middle East. The flowers of this plant are very delicate and pale colored and white. The seeds are used in Middle Eastern cooking, such as in their local breads. The seeds are also used by thousands for their natural healing abilities.

Black Seed is considered to be the greatest healing herb of our time and it has been much neglected. It is being used to strengthen the immune system, fight and irradiate Prostate Cancer and other tumors, purify the blood and increase longevity. Black seed was found in King Tut's tomb, proving the value of this herb to the Kings.

Nigella sativa or black seeds is from the prophetic remedies. It was used by both Muslims and non-Muslims for thousands of years. The seeds were used by the ancient Romans in cooking and the Asian herbalist for many remedies, including migraines.

The name *Nigella sativa* comes from the Latin word, *nigellus*, meaning black. *Nigella sativa* is small black seeds, with a slightly rough texture and it has an oily interior.

Narrated Abu Hurairah: I heard Allah's Apostle saying "Use this Black seed; it has a cure for every disease except death." (Hadith of the Prophet from Sahih Bukhari)

Prophecy of the Black Seeds

Prophet Mohammad was quoted as saying, "There is healing in Black Seed for all diseases except death." It is also believed that honey was part of the blessed seed treatment. It was part of the tradition to put some honey and ground whole black seeds in the palm of your right hand and lick it up with your tongue. In the days of Prophet Mohammad there was no black seed oil.

Black Seed Oil Treasured by King Tut

Black seed oil was found in the tomb of King Tut proving that the important kings found value in this seed. It was a sign also that of all the gold and diamonds he possessed, black seed oil was part of what he chose to take to the next life. The black seeds were found in his tomb also.

History of Nigella Sativa

To understand the history of Nigella sativa you need to know more of what has happened in the past. Black seeds can be traced back to over 3000 years.

Black seed has been used extensively as an herbal remedy and as a food condiment for thousands of years. It has an abundance of names and is most commonly referred to as black seed or black cumin seed in Western countries.

Mentioned in the Bible

Nigella sativa was referenced in the book of Isaiah of the Old Testament. It was called "ketzah." Ketzah was used for cooking and for a spice. Ketzah is a Hebrew word for black cumin or Nigella sativa. Isaiah compares the reaping of black cumin with wheat. "For the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod."(Isaiah 28:25, 27 NKJV).

Recommended by the Prophet Muhammad (Peace be Upon Him)

Prophet Mohammad (peace be upon him) stated, "Hold on to the use of the black seed for indeed it has a remedy for every disease except death." "Hold on," indicates that one should take the remedy daily and take it often and regularly.

Assyrian Herbal Book

An Assyrian herbal book explains black cumin seed as a remedy internally for stomach problems and externally for ears, eyes, mouth and many skin problems, such as itching, rashes and sores. Nigella sativa was also used for herpes.

King Tut's Tomb

The black cumin oil and seeds were found in King Tut's tomb proving how valuable it was. The honey and seeds were also found in the tomb indicating that this was a prescribed way he took this miraculous medicine. Cleopatra was also known to use the oil for her beauty and her health. Queen Nefertiti who was admired for her beauty, also used the black seed oil. Doctors and the Pharaoh used the black seed oil and the seeds to treat people with such ailments as: colds, headaches, digestive problems and allergies.

Used by all Naturopath Masters

The blessed seed Nigella sativa was also used by Hippocrates in the 5th century B.C. He claimed that Nigella sativa was a valuable remedy in hepatic and digestive disorders. Pliny, the elder, used the seeds in the first century extensively and wrote in his "Naturalis Historia" (Natural History) about Nigella sativa and referred to it as "Git".

Pliny used its remedy for scorpion stings and snake bites, callosities, tumors, abscesses and skin rashes (eczema). Due to its anti-inflammatory qualities, the seeds were used for head injuries.

Greek physician Dioscorides used the blessed seeds for a variety of ailments to include: intestinal worms, headaches, toothaches and nasal congestion. The seeds were also used as a diuretic, to increase milk production and to promote menstruation in women.

Appreciated in Ayurveda

Black cumin or *Nigella sativa* was appreciated for its many qualities and bitter, warming stimulant nature. In tradition and typology of the 3 doshas, black cumin reduces vata and kapha and increases pitta.

Black cumin was used for a wide variety of complaints, such as anorexia, certain disorders of the nervous system, discharge and venereal disease.

Nigella Sativa Used in Orient

Nigella sativa was used in the orient for stomach problems, diarrhea, flatulence, constipation, jaundice, dandruff, hair loss, skin care, congestion, dementia, infections, worms, menstrual problems and bronchial disorders.

In the 16th to 18th century the German Medical Encyclopedias, Hieronymus Boch, "New Kreutterbuch 1539 and Jacobus Theodorus Tabernaemontanus, and "The new Complete Herbal Book," all gave great respect to *Nigella sativa*. The oil was used traditionally as others did, but now it was being used on dogs, cats and horses.

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What's Inside

First I want to congratulate you for taking the first steps to be well naturally. I cannot know what you already know but if you have made it this far, WELL DONE. You are demonstrating you are serious about resolving your health issues and transforming your life. I understand, when you purchase a book such as this, you are seeking a cure and want to get right to the bit telling you how to achieve it. It should be EASY, needs to work QUICKLY and has to be AFFORDABLE. If you could just pop a pill, or herb, without doing anything else, fantastic!

We all have been conditioned from childhood to want a miraculous cure and to want it ASAP. We want a magic pill and we want to be well again. Sometimes however the magic pill is not available and only through hard work will you be well.

In the pages to follow we will show you how to use Nigella Sativa and the herbs and protocols available for healing. We will give you research and why you should want to use this protocol also.

I will give you several protocols to choose from:

1. Honeycomb – Most Successful
2. Basic Protocol – Cheapest
3. Advanced Protocol

Once you have the key that unlocks the secret of how to cure your cancer, you can adjust, add or reinvent some of my suggestions. YOU ARE FREE to do as you like. I will also suggest supplements to add to the basic protocols to increase likelihood of success.

The one thing I cannot do is have you walk away from negative relatives. You must do that on your own. Be around positive people who encourage your success and help you maintain the critical cancer diet.

In the end you must decide what is good and what is real. My goal is to make sure you are cured and never die like my dad did. God rest his soul.

“There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true.” Soren Kierkegaard

Chapter 1 – The Health You Deserve

Good health is earned and you are exactly what you eat. Put in oreo cookies and diet soda in your system and you will be a giant Oreo zombie. Eat healthy salads, lean meats and whole wheat breads and YOU SHOULD have a healthy body.

Let me emphasize should. Even some of the healthiest eaters are not healthy due to their gene make up and lifestyle. Eat healthy but drink at night, smoke cigarettes like a chimney and you will not be healthy.

Destroy your body for 20 years and eat healthy for 5 and you may get cancer. Change your eating habits and in 6 months YOU SHOULD see drastic changes in your longevity.

Modern medicine does brilliant things with Acute and Emergency care. Yet, for Chronic and Degenerative disorders such as Cancer, Heart and Cerebrovascular Disease (stroke), which cause 75% of deaths in industrialized nations, it is a colossal failure. Millions are set to be tortured, scarred, mutilated, poisoned and burned by well-meaning but ignorant medical doctors, attempting to relieve suffering, until they are finally rejected and sent home to die. Think I am exaggerating? In 2013, the National Cancer Institute admitted two important cancers; early stage breast cancer and prostate cancer, were NOT cancers after all but harmless lesions. Over a 30 year period, 1.3 million women had been subjected to some combination of either mastectomy, lumpectomy, radiation, and chemotherapy. Many more were filled with fear and dread. Who knows how many new cancers these interventions created? The same applies to thousands of men, wrongly diagnosed with prostate cancer. It should have been front page news, worldwide.

We now know that chemo patients have a 2.1% chance of survival over 5 years. Take harmful drugs and you will reap the benefits. Some who take chemo will survive their cancers only to come with secondary cancers down the road. When we look at cure rates, we look at people who survive after 5 years.

Good health is all about mental well being along with diet and lifestyle. In other words, a total package. Humanity is being flushed down the toilet. We are the most diseased generation in the history of mankind. The scale of disease is such it can no longer be called an accident. In every aspect of our lives today we see “garbage in, garbage out”. The solutions we are presented with do not work and, on closer examination, are crafted to do even more damage, while presented as ‘advances’.

In the next 10 years you will see even worse conditions and even martial law. It is time to stock up and save what you can. Stocking up on herbs and seeds may be the smartest move you ever made. The health you deserve is the health you work for.

DO NOT BELIEVE DOCTORS!

Recovering one's health does not have to be complicated. All you need is a clear understanding of what steps to take and the will and motivation, not only to get started, but to succeed. If you want to live, the knowledge and ideas in this book will help you. If you want to die, please continue on your way and may whichever God you worship, bless your journey. You DO want to live, don't you? That's why you bought this book.

BEING WELL STARTS TODAY.



Chapter 2 – WHY AM I SICK

There are more than 200 types of cancer. Each cancer is caused by different reasons, but most cancers have the same factors.

Most cancer causes all route from the stomach – Your diet, your lifestyle and stress. While some cancers are caused by genes, vaccines and radiation from bombs or explosions. Most are caused by poor diet, obesity, smoking, alcohol, toxins in your body and home. Change your diet and lifestyle and prevent most cancers.

Diet alone is not enough. You need a regular maintenance dose of Nigella Sativa daily. Nigella has a cure for all disease except death and can not only prevent cancer, but do so many other things also like harden your nails, prevent gray hair, treat asthma and acne, treat MRSA infections, Parkinson's and Alzheimers, stop the pain of arthritis and rheumatism too.

One of the main reasons Nigella Sativa was prescribed thousands of years ago was for migraines. So treating the current situation is not enough. We want to heal the entire body and find the route of the disease.

Why am I sick? The answer is within yourself.

Fast facts on cancer

Here are some key points about cancer. More detail and supporting information is in the main article.

- **More than 575,000 people die of cancer, and more than 1.5 million people are diagnosed with cancer per year in the US.**
- **Cancer is considered to be one of the leading causes of morbidity and mortality worldwide.**
- **The financial costs of cancer in the US per year are an estimated \$263.8 billion in medical costs and lost productivity.**
- **African Americans are more likely to die of cancer than people of any other race or ethnicity.**
- **It is believed that cancer risk can be reduced by avoiding tobacco, limiting alcohol intake, limiting UV ray exposure from the sun and tanning beds and maintaining a healthy diet, level of fitness and seeking regular medical care.**
- **Screening can locate cervical cancer, colorectal cancer and breast cancer at an early, treatable stage.**
- **According to the World Health Organization (WHO), the numbers of new cancer cases is expected to rise by about 70% over the next 20 years.**

- **The most common sites of cancer among men are lung, prostate, colon, rectum, stomach and liver.**
- **The most common sites of cancer among women are breast, colon, rectum, lung, cervix and stomach.**

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