

**Habanero peppers, garlic, ginger plus emulsified cod liver oil / evening primrose oil to “balance your metabolism” (Dr. Emanuel Revici): a powerful cure for cancer?**

Kelley Eidem, the “inventor” of a novel “recipe” to erase cancerous tumors, is the accomplished author of what I consider a very important book, *The Doctor Who Cures Cancer* (see bottom of article). The exceptional physician whose outstanding achievements and lifework are thoroughly covered in this work\* is Dr. Emanuel Revici who from my impression stands heads and shoulders above possibly all others who have gone before (compare *Healing Cancer Naturally's* upcoming review of this major book).

\* as well as the history of the suppression of his breakthrough discoveries not "just" in the area of cancer but also in many other fields of healing

Based upon what Kelley Eidem had learned when researching and writing his book on the life work of Dr. Revici, he devised a simple formula that (coupled with the serene conviction that he could do it) helped him heal what he determined to be stage 4 cancer in a matter of a few weeks. This was over a decade ago.

More recently, he started to spread the good news on his hub page <http://hubpages.com/hub/How-I-Cured-Stage-4-Cancer-in-Two-Weeks-For-Less-Than-The-Cost-Of-A-Night-At-The-Movies>

While he adds that "... curing deadly cancer is probably almost as easy as curing deadly scurvy. I'm saying 'probably' because I've only recently started sharing my cure, so the results are early", he does have some impressive responses from several people both with cancer and other afflictions who have tried his "recipe" with varying degrees of success. (Of course, as in many if not most cancer cures, the power of the mind as expressed in the will to live and confidence in the healing power of the human body has surely played a minor (or major) part in these improvements as well (compare stories illustrating the dramatic impact of the well-known placebo effect)).

Here is Kelley Eidem's short (but anything but sweet!) recipe.

(1) Freshly grate one habaneros pepper each day and put it on bread (persons unable to tolerate peppers can substitute freshly grated ginger (never from a jar).

(2) Freshly grate two cloves of garlic each day and put them on bread (since the "potent active ingredients from the peppers and the garlic disperse quickly... they must be grated each day, and eaten immediately". The bread used by Eidem was high quality Ezekiel sprouted bread [possibly found in the freezer section of health food stores and apparently at Publix]).

(3) Take 1-2 tablespoons of emulsified cod liver oil [or in certain cases evening primrose oil, see further details below] each day.

(4) Smother the grated garlic and habaneros peppers with real butter and eat it. No margarines of any type.

The use of both hot peppers (which contain capsaicin) and garlic as well as ginger is actually backed up by "mainstream" scientific research as all of these have been found to have anti-cancer activity, to wit for instance the article "How spicy foods can kill cancers" found at <http://news.bbc.co.uk/2/hi/health/6244715.stm> and "Pepper Component Hot Enough To Trigger Suicide In Prostate Cancer Cells" published at [www.medicalnewstoday.com/articles/39744.php](http://www.medicalnewstoday.com/articles/39744.php). Also see eg [Capsaicin and cayenne](#) and [Ginger and turmeric fight cancer](#).

Cod liver oil and evening primrose oil respectively are described as helping to balance an "off-balance" metabolism. Which of these oils to ingest depends on whether a person's metabolism is too anabolic or too catabolic. This is based on Dr. Revici's discovery of the "dualistic" nature of cancer. According to Dr. Revici's observations and research results cancer is caused by an imbalance between constructive ("anabolic") and destructive ("catabolic") bodily processes and hence only able to "thrive" in a person whose metabolism is out of balance, namely either too anabolic or too catabolic. Whether your metabolism is one or the other can be deduced and/or determined by observation of your "pain pattern" and/or by your reaction to ingesting (certain) foods as well as other factors such as urine pH as observed over the longer term.

For instance someone who has "overly alkaline" urine, fluid retention, sunken eyes, diarrhea, inability to sleep, loses weight and appetite, or has a drop in his or her blood pressure, shows typical evidence of a catabolic imbalance, while someone suffering from high blood pressure, sleepiness, frequent urination, constipation and "overly acidic" urine displays symptoms of being too anabolic.

Depending on which imbalance is present, the person with cancer will have a pH (measured from urine) which is either too high or too low in a rather consistent manner (this in contradistinction to a healthy person whose pH will markedly fluctuate in the course of the day).

To help correct a catabolic imbalance, Kelley Eidem suggests using evening primrose oil, while taking emulsified cod liver oil is indicated for those who are too anabolic.

Since most people seem to be too acidic which according to Kelley Eidem "translates into being too anabolic if they stay too acidic too long", the standard recipe listed above features taking emulsified cod liver oil.

As you can see, taking the oil indicated for you is a central part of this natural treatment approach.

Some testimonials to the efficacy of his recipe published by Kelley Eidem include photos of the first five days of what happened to a suspicious mole while using Eidem's recipe featured at <http://moles.homestead.com/photosandthankyou.html> and a case of breast cancer which had spread to the bones published at <http://stage4cancercure.blogspot.com/2009/07/cancer-in-bones-disappears.html>.

### **Important update re urine pH, catabolic/anabolic imbalance etc.**

On 19 November 2010, Kelley Eidem sent out the following "critically important correction" via his newsletter:

"There are two changes you need to know about. I'm telling you this because it's more important to me that you have the facts as soon as I know them. That's more important to me rather than worrying about what would happen to my reputation by informing you of these changes.

One change has to do with how to use the urine pH readings. The other change concerns the proper way to decide which oil I would take "if it were me."

On my Hub Page you've seen me referring to urine pH and to the terms "anabolic" and "catabolic." I have since learned that the urine pH test in isolation isn't always an accurate measure of whether one is too anabolic or too catabolic. The pH pattern is often accurate on its own, but sometimes other types of tests are needed in combination to confirm it.

In sum:

Do the urine pH results let me know if I have a metabolic imbalance?

Answer: yes.

Do the urine pH results tell me if I'm too anabolic or too catabolic?

Answer: sometimes.

Because of this complicating factor, I would no longer use the urine pH to determine which oil I would want to use if I had cancer.

Every person with cancer has either an anabolic or a catabolic imbalance, and the urine pH will help to reveal that there is an imbalance, but not which specific one. The results are just not always indicative of which type of imbalance exists in the tumor itself.

Because of that, I would only use the urine pH test to tell me when my metabolism is balanced once again, not to tell me which specific imbalance I actually have.

I would use the 2 boiled eggs and a cup of black coffee to help me decide which oil I would take:

If that meal reduced my cancer pain or otherwise made me feel better, I would take 6,000 mgs of evening primrose oil or borage oil in divided doses each day.

If that meal made my cancer pain increase or otherwise made me feel worse, I would take a tablespoon or two of emulsified cod liver oil each day.

I wouldn't worry about being able to identify whether I were too anabolic or catabolic. Those are just names. The important thing is which oil makes me feel better.

If I didn't have pain and/or couldn't discern which oil to take, I'd take the emulsified cod liver oil and monitor how I felt each time I took it. Eventually a pattern of well being or of lower well being would show up.

If I eventually felt better, then I'd continue taking it. Obviously, if I eventually started to feel lousy I'd change to evening primrose or borage oil.

The Revici Clinic would be better able to distinguish the direction of the imbalance in complicated cases.

Having one of the two imbalances is a precondition to getting cancer. If one has one of the two imbalances, it does not mean you have cancer - it's just a required precondition.

If you have any questions about this, please ask. There might be a flood of questions that come in, so I will probably create an FAQ based on those questions rather than answer individually... I believe that now with this latest update, more miracles can happen than ever before.”

Many more details (in simplified form) and advice by Kelley Eidem can be found at his blog published at <http://hubpages.com/hub/How-I-Cured-Stage-4-Cancer-in-Two-Weeks-For-Less-Than-The-Cost-Of-A-Night-At-The-Movies> where he continues to post updates regarding various people's success or experiences with his formula and answers readers' questions. I also warmly recommend Eidem's book on Dr. Emanuel Revici's outstanding and breakthrough accomplishments in the field of cancer and other diseases which most definitely deserve a “revival” and widespread acknowledgement. This book which also provides more details incl. the address of the Revici Clinic has my highest recommendation (also available as an e-book [[digital download, USD 27](#)]). You can click on the cover picture to read more.