

One Cancer Cure

Home-based Cancer Prevention and Chemotherapy

Keith Pendlebury

The cancer specialist looked at the lab test results and then said..... “Roger, based on my 18 years of experience, you have no more than 6 - 9 months to live and there is nothing medical science can do for you!

The best advice I can give you is to go home and get your affairs in order.”



I have created this ebook to share a cancer treatment I developed for my friend Roger in 2007. While no one can absolutely guarantee that you can be cured of any cancer, Roger and his wife and I have felt that sharing this cancer experience with you may save your life and the lives of many thousands of other people. I did this myself. It isn't fancy but it is true.

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Check every 6 months for most current information.

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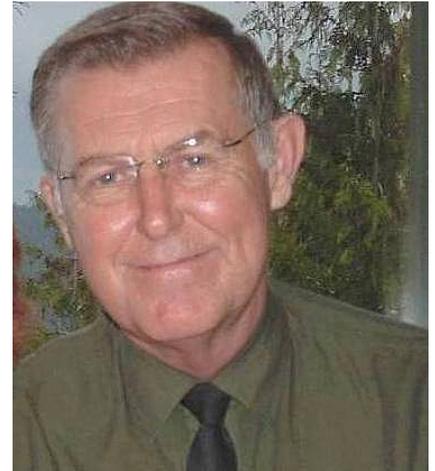
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Introduction

At the age of 77, my friend Roger was diagnosed with prostate cancer. The cancer specialist gave him just 6 to 9 months to live. Another friend of ours, Keith Pendlebury decided to investigate and learn all he could about prostate cancer, and with Rogers's wife's support began a scheduled treatment with Selenium.

After all, Roger had nothing to loose and everything to gain. "One Cancer Cure" is an account of the chronological treatment that Roger underwent in order to reduce his PSA count from 44 to 0.34 and live.

I am William George Crozier. I retired from the Royal Canadian Mounted Police in 1996. I was an investigator specializing in Serious Crime for the majority of my career. I was later employed as a Bylaw Enforcement Officer. You can contact me at "bylawbill@live.ca".



I dealt with factual evidence that would stand up in a court of law. "One Cancer Cure", if presented in a Canadian Court of Law would stand the scrutiny as viable evidence.

I first came to know and appreciate Roger as a friend when I moved from the Lower Mainland to the interior of British Columbia in 1998. Roger owned a sheep farm and, as most good shepherds, had a heart of gold. He was a very private person who bore all of the challenges of owning a sheep dairy and very seldom asked for help. Roger was steadfast in his opinions of right and wrong which was strengthened by his love of God. These endearing qualities were the binding agent of our friendship.

At this time I also became acquainted with Keith Pendlebury who like so many of us, is faced with the challenges of life; family, financial and health. Keith's challenges would have corrupted and devastated most people faced with the same problems. Keith has not only overcome these challenges but continually strives to help others! His genuine compassion and concern for the well being of others has earned not only my respect but my friendship.

I was so impressed with the information contained in "One Cancer Cure", that I immediately purchased a two year supply of Selenium as Keith suggested. I bear testimony to you that not one person involved with "One Cancer Cure" has any financial interest in any company, store or manufacture of Selenium. I must also confess that the only other ingredient included in Roger's remission of cancer was "Prayer"; by himself, by his wife, and his friends. I testify that these things are true in the name of Jesus Christ. Amen.

Roger lived on a small farm, in southern British Columbia, Canada. In 2003, when he was 77, Roger was diagnosed with Prostate Cancer. His condition was very serious - you can see how sick he was from his picture on the front page.

In order to show what you might want to do and how things progressed for Roger, he and his wife have provided me with photocopies of the PSA lab tests that were done for him and I will explain the treatment we used. **The information you need to do as Roger did is our gift to you.** I have been told I am a fool for not trying to sell this treatment protocol but Roger and his wife are very generous people who have lived on very little most of their lives. Michelle and I are living on my Canada Disability Pension of \$862.08 per month and know what it is like to do without things because I can't pay for something.

I would feel guilty if anyone who needed this information to save their life or the life of their father, mother, child or friend, couldn't because they didn't have the money since they had to pay me for this information. I have blacked out any contact info from the lab test results so that Roger's wife and the physicians who were named in the lab results don't get a million phone calls asking them if this is real. None of the physicians were involved in the treatment or agreed to what Roger and I did. Roger had faith that I could help him. What we did was our decision alone.

My interest in health and wellness started at age 18, when I walked into a health food store in Hamilton, Ontario. I didn't know much at that point but kept on reading until I was able to tell the difference between the facts and the fiction and could see that most brands of supplements, were, in my opinion anyway, not very much different from one another. I came to believe that the supplements I saw for sale in the stores were pretty much just hype and hope.

I very soon realized that I needed to do my own research and not depend on articles in the health food magazines as they were often just glorified ads for the advertisers. I also quickly learned that few health food store clerks were reliable sources of unbiased information. That was a huge disappointment to me. I had hoped for much better. I read hundreds of books, medical journal articles and reports and then came the internet and I had access to much more real research and learned how to tell the difference between the good science and the mostly advertising garbage.

I saw that most supplement companies never used their own products in an unbiased study, to prove that their products actually work. Many companies see that someone, somewhere, sometime, studied some nutrient and then they buy some raw ingredients or contract out to have some supplement made for them, often in a foreign lab "somewhere", that probably isn't using the same amount of nutrient as was used in the study, or the same pure quality or that may not actually have much or any of the real ingredient in it so it isn't going to work as claimed. Some supplement companies confuse people by adding insignificant amounts of many nutrients to the supplement hoping most people will think more "stuff" is a better buy. It doesn't usually help.

My brain seems to have the ability to store lots of assorted information and without any conscious effort on my part, it seems to sift and sort things from two or more studies. This helps me connect things together that many other people might miss. That is what happened with my cancer research.

Over many years I read hundreds of studies about what might cause cancer and what might help prevent it. One day I read a few sentences in a breast cancer study and the lights went on in my brain. That combined information is the basis of what Roger and I did to treat his Prostate Cancer and you can see the evidence that it worked in his lab results.

At one point, Roger's treatment was accidentally changed slightly by somebody else and it looked like his cancer might be coming back. When I found out about the change and got Roger back to the original supplement, his health immediately improved and got even SPECTACULARLY BETTER. I believed I knew that what I suggested to Roger was good but it worked far better and far faster than I had even dared to hope. Roger and his wife had the hope, faith and courage to try.

I learned that cancers that form tumors have a strength that might also be their only REAL weakness. Cancer cells need constant feeding to live and grow and they produce a hormone that causes blood vessels to grow towards the cancer cells so the cancer cells can have more blood flow and more food than normal cells.

The key piece of information I ran across was that a mineral, called Selenium, is apparently absorbed by cancer cells 5,000 times faster than it is absorbed by normal cells.

Selenium is essential for human survival but if enough of it is absorbed by cancer cells the selenium either poisons the cancer cells directly or causes the cancer cells to start a self destruct procedure that is found in normal cells but that seems to be turned off in cancer cells. Cancer cells can't stop absorbing Selenium if it is in your blood.

There are several **major** problems with at least some of the chemicals used for chemotherapy 1) these chemicals can be massively expensive 2) these chemicals can have extreme, even deadly side effects, including causing new cancers years after they are used and 3) these chemicals often kill **all** the rapidly growing cells in your body including the white cells in your immune system that your body should normally rely on to kill all cancer cells.

Chemo also often destroys the whole lining of your mouth, intestines and the new cells that are supposed to replace the old and dying cells in your vital organs. That makes chemo very rough on people.

I reasoned that if Selenium is absorbed 5,000 times faster by cancer cells than by normal cells, then Selenium could be taken in REASONABLY LARGE - but not unlimited - amounts by a person who had cancer tumors and that Selenium would all be absorbed by the cancer tumors and not by the normal cells.

That would make the right form of Selenium the PERFECT Chemotherapy...one you can afford and do at home and that should have no conflict with any other therapy, you or a doctor might feel is necessary. I take a Selenium supplement every day and have for years.

I found a number of reports and books that showed that people who had above average amounts of Selenium in their normal food and water or very specific, safe and inexpensive Selenium supplements over a period of years, have a 60% - 80% lower rate of cancer. Dr. Richard Donaldson of the St. Louis Veterans' Administration Hospital reportedly conducted a clinical trial in the 1970's with 140 terminally ill cancer patients, some of whom had just weeks to live.

These veterans had been fully but unsuccessfully treated for their cancer and had been declared terminal by 2 cancer specialists. They were selected for the Selenium study and the therapy was a simple Selenium yeast supplement. They got between 600 and 2000 mcgs of Selenium per day.

If my memory is correct, this report was published in the 1980's and said that over 100 of the 140 veterans were still alive 4 years after they had started taking 3 - 10 tablets a day of a simple Selenium yeast supplement costing between 25 cents and \$1 a day. This looked very hopeful and so I started looking for more evidence. I wondered why this wasn't more well known.

You are probably worth at least \$1 a day to somebody.

It was obvious that I had no way of being able to find out, on my own, how much cancer tissue was in Roger's body. I figured that if cancer cells absorbed virtually all the Selenium, there was no great risk of any overdose as long as the source of the Selenium was from a proven FOOD SOURCE of Selenium as was used in the best studies and not from a tablet or intravenous of a strictly mineral/chemical form of Selenium such as Sodium Selenite and Sodium Selenate. - These forms of Selenium were approved for animal feed in the 1970's because there are very cheap. I believe they could be poisonous to people in the amounts required to treat cancer.

I believe about the only way anyone who had cancer could be harmed by Selenium therapy, would be if somebody deliberately gave them a form of Selenium known to be poisonous.

Rogers' wife saw to it that everything was done for Roger. No hospital is necessary except maybe for the lab tests, since all that is happening is that a person is taking food supplement tablets. Roger had his first PSA test on May 12, 2003 that showed his PSA was 11.30. The first test I have shown is the next test that confirmed Roger had Prostate Cancer. His PSA in that test was 12.78.

PSA stands for Prostate Specific Antigen - a chemical that is produced by prostate cancer cells and that can be found in the blood. The higher the reading, the more cancer there is in your body. A PSA level of 0-4 is considered safe for everybody. Any 2 blood tests that show a PSA level over 10 is considered to be confirmation that man has Prostate Cancer.

This is a lab test that Roger had September 30, 2003.

In the bottom centre you can see the number 12.78.

On the right hand side at bottom you can read the numbers 0 - 6.50 ug/L which means that a normal or safe PSA for a man Roger's age would be - at most - 6.5.

RUN DATE: 30Sep2003 LABORATORY *LIVE* PAGE 1
 RUN TIME: 1715 LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PHYSICIAN [REDACTED] CITY [REDACTED] FAX [REDACTED]

NAME :	[REDACTED], ROGER [REDACTED]	AGE:	78	SEX:	M
PHYS :	[REDACTED]	LOCATION:	SLH-Lab Outpts	HCN:	9037206326
DOB :	05/03/25	PHONE #:	[REDACTED]	COPIES TO:	[REDACTED]
ACCT #:	SL030302/05				
UNIT #:					

September 29, 2003
PSA = 12.78
Double what is normal!

COLLECTED: 29/09/03-1153
 ORDERED : PSA

Test	Result	Flag	Reference
CHEMISTRY			
> PSA	12.78	N	0-6.50 ug/L

Roger's PSA score was double the maximum that is safe.

This is the lab test the cancer specialist was looking at when he told Roger that Roger would die.

RUN DATE: 10Feb2006 LABORATORY *LIVE* PAGE 1
 RUN TIME: 1716 LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PHYSICIAN [REDACTED] CITY [REDACTED] FAX [REDACTED]

NAME :	[REDACTED], ROGER [REDACTED]	AGE:	80	SEX:	M
PHYS :	[REDACTED]	LOCATION:	SLH-Lab Outpts	HCN:	9037206326
DOB :	[REDACTED]	PHONE #:	[REDACTED]	COPIES TO:	[REDACTED]
ACCT #:	SL051920/06				
UNIT #:					

Terminal
Dr. tells Roger he has at most 6-9 months to live.
February 9, 2006
PSA
44

COLLECTED: 09/02/06-1054
 ORDERED : PSA

Test	Result	Flag	Reference
CHEMISTRY			
> PSA	44.00	N	0-6.50 ug/L

This was in February, 2006, when Roger's wife had asked me to drive him to the hospital to see the cancer specialist and stay with Roger during the appointment, so I could tell her what the doctor had said to Roger, whose memory was failing.

We arrived at the hospital and met with the cancer specialist. He was very compassionate. It has to be extremely hard for any doctor to tell another person that they are going to die and nothing the doctor can do can keep them alive. I knew then I would have to tell Rogers' wife that Roger had been told he would be dead by Christmas. That was very hard for me to do.

The cancer specialist did tell Roger that that he would give him an injection and some tablets that would help reduce some of the symptoms of the prostate cancer but made it very plain that, based on his experience, there was no surgery or any other treatment that would be of any help to Roger and death was certain.

As we left the doctors' office, Roger turned to me and in his Swiss accent said "Vell, Dr. Pendlebury, what are you going to do for me now?" Roger knows that I am not a doctor and do not ever pretend to be but he also knows that I have done a lot of research.

I used Selenium and other supplements myself and we stopped at a grocery store and picked up several bottles of my Selenium supplement. As Roger was going to be taking 10 tablets a day, and he was scheduled for another PSA test in 90 days, Roger would need about 900 Selenium tablets, - 10 bottles. We got all the Selenium that the store had. We ordered in more Selenium and I ordered the other supplements I thought Roger should take and they arrived in about a week.

98 days later the oncologist tells Roger that - based on this lab test below - there is NO Sign of Prostate Cancer in Rogers' body.

RUN DATE: 24May2006 LABORATORY *LIVE* PAGE 1
 RUN TIME: 1716 LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PHYSICIAN [REDACTED] CITY [REDACTED] FAX [REDACTED]

NAME : [REDACTED], ROGER [REDACTED]	AGE: 80	SEX: M
PHYS : [REDACTED]	LOCATION: SLH-Lab Outpts	
DOB : [REDACTED]	HCN: 9037206326	
ACCT #: SL051920/06	PHONE #: [REDACTED]	
UNIT #: [REDACTED]	COPIES TO: [REDACTED]	

COLLECTED: 23/05/06 1012 **May 23, 2006**
 ORDERED : PSA **PSA**

Test	Result	Flag	Reference
CHEMISTRY			
> PSA	1.31		0-6.50 ug/L

1.31

RUN DATE: 06Feb2004
RUN TIME: 1715

LABORATORY *LIVE*
LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PAGE 1

PHYSICIAN

CITY

FAX

NAME : ██████████, ROGER ██████████ AGE: 78 SEX: M
 PHYS : ██████████ LOCATION: SLH-Lab Outpts
 DOB : ██████████ HCN: 9037206326
 ACCT #: SL063859/03 PHONE #: ██████████ *checked*
 UNIT #: COPIES TO: ██████████

COLLECTED: 05/02/04-1111
 ORDERED : FBS, PSA

February 5, 2004

Test	Result	Flag	Reference
CHEMISTRY			
FBS	4.7		mmol/L
Normal FBS = 3.9 - 6.0 mmol/L			
Impaired FBS = 6.1 - 6.9 mmol/L on two occasions.			
Diabetic FBS = 7.0 mmol/L on two occasions unless classical symptoms present			
> PSA	13.81	H	0-6.50 ug/L

Getting a little worse - PSA now 2 times what is normal.

RUN DATE: 17Sep2004
RUN TIME: 1716

LABORATORY *LIVE*
LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PAGE 1

PHYSICIAN

CITY

FAX

NAME : ██████████, ROGER ██████████ AGE: 79 SEX: M
 PHYS : ██████████ LOCATION: SLH-Lab Outpts
 DOB : ██████████ HCN: 9037206326
 ACCT #: SL035354/04 PHONE #: ██████████
 UNIT #: COPIES TO: ██████████

COLLECTED: 16/09/04-1106
 ORDERED : PSA

September 17, 2004

Test	Result	Flag	Reference
CHEMISTRY			
> PSA	24.20	H	0-6.50 ug/L

Getting worse - PSA now almost 4 times normal - cancer is very aggressive - growing much faster than normal.

RUN DATE: 06May2005
RUN TIME: 1716

LABORATORY *LIVE*
LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PAGE 2

PHYSICIAN

CITY

FAX

NAME : [REDACTED], ROGER [REDACTED] AGE: 79 SEX: M
 PHYS : [REDACTED] LOCATION: SLH-Lab Outpts
 DOB : [REDACTED] HCN: 9037206326
 ACCT #: SL008218/06 PHONE #: [REDACTED] NLS
 UNIT #: [REDACTED] COPIES TO: [REDACTED]

COLLECTED: 05/05/05-0829 **May 5, 2005**
 ORDERED : TSH, PSA **PSA**

QUESTIONS : Special Case indicated? N
 Is Patient on Thyroid Medication? N

Test	Result	Flag	Reference
PSA	28.10	H	0.50-4.70 mU/L 0-6.50 ug/L

**Continuing to grow and spread -
PSA is now over 4 times more than normal.**

RUN DATE: 09Nov2005
RUN TIME: 1716

LABORATORY *LIVE*
LABORATORY OUTPATIENT& POST DISCHARGE RESULTS

PAGE 1

PHYSICIAN

CITY

FAX

NAME : [REDACTED], ROGER [REDACTED] AGE: 80 SEX: M
 PHYS : [REDACTED] LOCATION: SLH-Lab Outpts
 DOB : [REDACTED] HCN: 9037206326
 ACCT #: SL051920/06 PHONE #: [REDACTED]
 UNIT #: [REDACTED] COPIES TO: [REDACTED]

COLLECTED: 07/11/05-1931 **November 7, 2005**
 ORDERED : PSA **PSA**

Test	Result	Flag	Reference
PSA	38.00	H	0.50-4.70 mU/L 0-6.50 ug/L

**PSA is now almost 3 times more than 2 years earlier
- 6 times normal - for a man Roger's age.**

RUN DATE: 10Feb2006
RUN TIME: 1716

LABORATORY *LIVE*
LABORATORY OUTPATIENT & POST DISCHARGE RESULTS

PAGE 1

PHYSICIAN

CITY

FAX

Terminal

Dr. tells Roger he has at most 6-9 months to live.

NAME : ██████████, ROGER ██████████	AGE: 80	SEX: M
PHYS : ██████████	LOCATION: SLH-Lab Outpts	
DOB : ██████████	HCN: 9037206326	
ACCT #: SL051920/06	PHONE #: ██████████	
UNIT #:	COPIES TO: ██████████	
COLLECTED: 09/02/06-1054		
ORDERED : PSA		
Test	Result	Flag Reference
> PSA	44.00	H 0-6.5 ug/L

February 9, 2006

PSA

44

The doctor says "There is nothing medical science can do for you.
The best advice I can give you is to go home and
get your affairs in order."

"Roger - There is no sign of active Prostate Cancer
anywhere in your body."

RUN DATE: 24May2006
RUN TIME: 1716

LABORATORY *LIVE*
LABORATORY OUTPATIENT & POST DISCHARGE RESULTS

PAGE 1

PHYSICIAN

CITY

FAX

NAME : ██████████, ROGER ██████████	AGE: 80	SEX: M
PHYS : ██████████	LOCATION: SLH-Lab Outpts	
DOB : ██████████	HCN: 9037206326	
ACCT #: SL051920/06	PHONE #: ██████████	
UNIT #:	COPIES TO: ██████████	
COLLECTED: 23/05/06-1012		
ORDERED : PSA		
Test	Result	Flag Reference
> PSA	1.31	0-6.50 ug/L

May 23, 2006

PSA

1.31

I had purchased all the supplements that Roger needed for the first 100 days of his therapy. I felt Roger should continue on the therapy for several more months just to be on the safe side. Since I had to be away for several weeks over the summer I left Roger a list of what he needed - including exactly what brands of supplements he had been using.

Since neither Roger nor his wife could drive, she made up a shopping list and gave it to a friend who, innocently, bought a different brand of Selenium than what I had specified. Roger took the different brand for the next 3 months, with the result that his PSA started rising again.

In my opinion, this next lab test may be the most critical of all the lab tests.

Neither Roger, nor his wife, cared what brand of Selenium they took. To them it was just another pill and one brand should be just as good as another. Most people believe that. The more you learn about supplements, the more you realize that the vast majority don't work as well as the companies might want you to hope or believe they will. The difference can be amazing.

See what happened with a different brand of Selenium. Rogers' PSA more than DOUBLED in 120 days.

RUN DATE: 23Sep2006	LABORATORY *LIVE*	PAGE 1
RUN TIME: 1717	LABORATORY OUTPATIENT& POST DISCHARGE RESULTS	
PHYSICIAN	CITY	FAX
[REDACTED]	[REDACTED]	[REDACTED]
NAME : [REDACTED], ROGER [REDACTED]	AGE: 81	SEX: M
PHYS : [REDACTED]	LOCATION: SLH-Lab Outpts	
DOB : [REDACTED]	HCN: 9037206326	
ACCT #: SL051920/06	PHONE #: [REDACTED]	
UNIT #: SL00039496	COPIES TO: [REDACTED]	
COLLECTED: 22/09/06-1039	September 22, 2006	
ORDERED : PSA	PSA	
Test	Result	flag reference
CHEMISTRY		
> PSA	3.24	3.24 50 ug/L

Rogers' PSA was going up, again. Not Good! I went to their farm and found a different brand of Selenium had been purchased. I bought more of the right Selenium supplement and Roger starting using it.

PRINT DATE: 20Dec2006
PRINT TIME: 0019
PRINT USER: LABBKJOB

Inquiries: [REDACTED]

Name : [REDACTED], ROGER [REDACTED]
Sex : M
DOB : [REDACTED]
PHN : 9037206326
Status : REG RCR

Acct : SL051920/06
Unit : SL00039496
Facility: SLH
Location: SALSLSO

Phone # : [REDACTED]
ADM Date : [REDACTED]
DISCH Date : [REDACTED]
Order Doctor : [REDACTED]
Copy For : [REDACTED]
Copies To : [REDACTED]

December 19, 2006

**** Hormone Analysis ****

Date Time 19 DEC 2006 1038

**PSA
1.49**

Reference Units
(0-6.50) ug/L

**PSA reduced to less than half
in less than 90 days.**

PRINT DATE: 28Mar2007
PRINT TIME: 0044
PRINT USER: LABBKJOB

Inquiries: [REDACTED]

Name : [REDACTED], ROGER [REDACTED]
Sex : M
DOB : [REDACTED]
PHN : 9037206326
Status : REG RCR

Acct : SL051920/06
Unit : SL00039496
Facility: SLH
Location: SALSLSO

Phone # : [REDACTED]
ADM Date : [REDACTED]
DISCH Date : [REDACTED]
Order Doctor : [REDACTED]
Copy For : [REDACTED]
Copies To : [REDACTED]

March 27, 2007

**** Hormone Analysis ****

Date Time 27 MAR 2007 1455

**PSA
0.58**

Reference Units
(0-6.50) ug/L

**PSA reduced again in less than 90 days -
to less than 1/10 of what would be normal for a man
Roger's age. 98.7% LESS than 13 months earlier.**

Roger's last PSA text.

PSA is **20 times LESS** than what would be safe and normal.

Roger takes 1 Selenium tablet a day from now on.

PRINT DATE: 05Jul2007 PRINT TIME: 0031 PRINT USER: LABBKJOB		INTERIOR HEALTH AUTHORITY Okanagan Health Service Area Inquiries: Vernon Jubilee Hosp. 250-558-1342		PAGE 1
Name : ██████████, ROGER ██████████	Sex : M	Acct : SL051920/06	Phone # : ██████████	
DOB : ██████████	PHN : 9037206326	Unit : SL00039496	ADM Date : ██████████	
Status : REG RCR		Facility: SLH	DISCH Date : ██████████	
		Location: SALSHLSD	Order Doctor : ██████████	
			Copy For : ██████████	
			Copies To : ██████████	
**** Hormone Analysis ****				
Date Time	04 JUL 2007 1042	July 4, 2007		Reference Units
>PSA	0.34(A)	PSA 0.34		(0-6.50) ug/L
(A) Male PSA	Reference Range	UNITS		
Age up to 49y	0 to 2.50	ug/L		
50y to 59y	0 to 3.50	ug/L		
60y to 69y	0 to 4.50	ug/L		
70y and above	0 to 6.50	ug/L		

Obviously the best thing to do is to prevent cancers from starting but since we all live in a polluted world it is estimated we all get some kind of cancer 30 - 50 times a week or more. Based on the research I found, I am personally following the protocol I describe. My wife Michelle and some members of my family have been taking the Selenium supplements as well.

The **CANCER PREVENTION** studies all showed one thing - a daily supplement of 1 tablet with 200 mcg - 200 millionths of a gram of Selenium - made up from Nutritional Yeast which has Selenium added while the yeast is growing, so the Selenium is absorbed by the yeast and is used by the yeast itself - works to give the people who take it a very major reduction in their risk of getting any kind of tumor cancer. My estimate is about 80% reduction in the risk of getting any kind of cancer that forms a tumor. That would mean it would probably NOT WORK against skin cancer or cancers of the blood cells. There are no guarantees for everyone to be cured but based on what I have seen, I think it is a reasonable treatment option and should be effective, unless a person is continuously exposed to such large amounts of cancer causing chemicals that those chemicals overwhelm their body's ability to defend itself at all. The safest thing is to reduce your exposure to as many different cancer causing chemicals as possible. I can email you a list.

THE BRAND MATTERS. The Selenium that was used in all the studies was simply Selenium Yeast in a tablet. The reason it works is that the Selenium is combined in the yeast with a substance that your body recognizes as food and can easily digest and use. It is also cheap.

The brand of Selenium we used for Roger was made by Webber Naturals in Burnaby, B.C. Canada <http://webbernaturals.com/caen> That is what Michelle and I personally use. I don't recommend either Sodium Selenate or Sodium Selenite. I believe these chemicals are dangerous to people. There are many other companies that make different Selenium supplements but as you could see from Roger's experience, the other brand that was accidentally bought for Roger didn't work at all. The Webber product does not contain any other nutrients.

ALL OF THE STUDIES THAT WORKED were done with the plain, simple Selenium Yeast tablets. Simple, Cheap and Effective!

I know that what we got for Roger worked beautifully. I also know that some companies have lied about what they put in their supplements. If you are betting your life on what you do, it would make sense that you should go with a proven product. No company or person can give you any perfect guarantee of a cure for anything. Be highly skeptical, ask for some independent proof, like a series of genuine lab tests. Remember that you are dead if they are wrong or lying. Webber Naturals isn't claiming anything - the company doesn't know yet what Roger and I did with their Selenium. I called them only once to see where people in the US could buy their products.

If you had cancer within the past 5 - 10 years and survived - what can you do to keep it from coming back? This can be a problem because chemotherapy and radiation can cause different new cancers to start that shows up years after you are originally "cured".

The Pendlebury Protocol to Prevent and Treat Cancer.

If you live in Canada, you can usually find a Safeway grocery store, and in the vitamin and mineral section you may find the Webber Selenium supplement Roger used. Retail price in Canada in 2012 is \$8.99 for 90 tablets with **200 mcg of Selenium per tablet**. I used to buy 1 bottle at a time at Safeway. Now I buy from an online store, save over \$2 a bottle and get free shipping.

You can find the Webber brand in many retail stores in Canada. Check out Costco or Amazon or any major retailer in the US if you don't want to order from the company I buy from. I provide a link to the online store later on in the ebook. There may be some other brands that work. I don't know of any other brands that work, at this time. I would strongly urge you to use what Roger used.

If you have no family or personal history of cancer of any kind, simply taking one tablet of this Selenium every day should, over time,



reduce your risk of getting any tumor causing cancer in the breast, uterus, prostate or anywhere else in the body - except skin and blood cancers - by 80%, maybe more.

If you NOW have cancer or anyone in your immediate family NOW has or has EVER had cancer then we should take a look at some more specific therapy and I will be glad to advise on that. Many people have helped me. I always like to help others.

One research article out of hundreds - This was from 1984

Title: Inhibition of human breast cancer cells by Selenium.

Author: Watrach AM , Milner JA , Watrach MA , Poirier KA

Source: Cancer Lett, 25(1): 41-7 **1984**

Abstract: **The viability of human breast cancer cells (cell lines MCF-7 and MDA-MB 231) was inhibited in vitro (Test tube cultures) in a dose-dependent manner by Selenium supplementation.** However, a normal diploid human cell line (MRC-5) was relatively resistant to Selenium supplementation. The presence of Selenium as Na_2SeO_3 at 1.1×10^{-6} M reduced cancer cell viability by approximately 50%, whereas non-cancerous cells were not affected. Parenteral administration (injection) of sodium selenite also significantly inhibited the growth of the cancerous cell lines transplanted into nude mice.

Selenium administration at 0.8 micrograms/g body weight resulted in an 80-93% reduction in the rate of tumor growth without apparent ill effects on the host.

The researcher used Sodium Selenite **in a test tube or injected into mice - not in living people.** I would NEVER use that type of Selenium for people but the study still showed that with enough Selenium you could slow down the RATE at which cancer cells multiplied by at least 80%. Using the Selenium - from the simple yeast tablets - Roger did much better.

If you slow down the rate of growth of cancer cells by 80% that means that normal breast cancer cells would be slowed down to the point that instead of a single cell becoming a tumor the size of a pea in 10 years, at which point breast tumors are big enough to be found by self examination - it would take over 50 years for the cancer to grow to the size of a pea. Even the most aggressive tumors that are being super stimulated by repeated exposure to chemicals in some household products would go from getting to pea size in 2.5 years to taking over 10 years to get that big.

Your chances of the cancer growing and spreading would then be much less, chances of finding it are much better. You have more time to find it and deal with it before it becomes life threatening.

Selenium was the original form of chemo and it works because Selenium turns **ON the self destruct switch that is normally turned **OFF** in cancer cells or Selenium kills the cancer outright - Cancer cells absorb Selenium 5,000 times faster than normal cells.**

1 tablet - 200 mcg - a day of Selenium is considered perfectly safe, even for children about school age or older. In the 1890 - 1930 time frame people used to get about 200 mcg of Selenium in one slice of whole wheat bread. Most soils don't have much, if any, Selenium in them any more because it has been used up by continuous farming, so the amount of Selenium in the bread - the major source for most people - has gone down and the cancer rate has increased dramatically.

Now 1 in 2 women and 1 in 3 men will get cancer in their lifetime whereas it used to be only 1 person in 80 in 1900. Much cancer is probably preventable, I believe, and properly used Selenium can prevent and even cure at least some potentially fatal cancers, as it did for Roger.

Roger was told by his cancer specialist that he had at best 6 - 9 months to live and 98 days later there was no sign of active cancer in his body. His cancer specialist had 18 years of cancer experience to draw on for his conclusions. I consider it to be a bit of a medical miracle.

The Pendlebury Protocol

If I was seriously concerned that I may have undiagnosed cancer

My personal choice would be to buy at least 7 bottles of the Webber Selenium and take 5 tablets every day until the first 2 bottles were gone. They will last 36 days, then I would take 3 tablets a day until the 3rd and 4th bottles were finished. The 3rd and 4th bottles will last for 2 months total.

The 5th - 7th bottles would last me to the end of the first year at 1 tablet per day. When the first 7 bottles are used up I would seriously consider repeating the original steps 1 more time. Taking 1 Selenium tablet a day should be everything most people need to do unless you have had or are having continuous exposure to some chemical that can cause cancer and the truly smart thing to do in that case would be to get rid of that chemical from your work place or home.

The only side effect I know of in anyone I suggested this to was in a man who had liver cancer and took 10 tablets the first day on an empty stomach and he said felt a very slight upset stomach a bit later. He had been diagnosed with terminal liver cancer during surgery to remove a colon tumor the size of an orange and the surgeon noticed that there was extensive cancer in 2 of the 3 sections of his liver and told him he had less than 90 days to live. I saw him about 45 days later.

The slight upset stomach might have been from anything but I suggested he cut back to 3 tablets of Selenium a day taken only with meals for 2-3 days and then go back up to 5 tablets a day for a few days and then if he had no more problem, go up to 10. I assume he followed my advice. I didn't hear from him until about a year later. He looked healthy when we talked at that time.

Against my strong advice, he stopped taking any of the Selenium - he said he was tired of remembering - by taking the Selenium - that he had once had cancer and he figured he was cured. He died about 60 days later. I believe that the liver cancer had stopped growing but when he stopped taking the Selenium, the liver cancer started to grow again.

Be careful about chemicals that can cause cancer - that you may already have in your home.

I did toxic chemical seminars for several years on the harmful ingredients in common laundry detergents and other household products. Some popular brands of consumer products had one or more ingredients believed to cause or promote breast cancer and cancers in children.

If you had 1 breast cancer cell at age 40 and you were not exposed to any cancer promoting/causing chemicals, the cancer cell would normally grow and multiply to become a tumor about the size of a pea - @ 1/30th of an ounce - about the time you were age 50 - those "normal", non aggressive cancer cells would double in number every 100 days - and the cancer might be removed with a lumpectomy and would almost never have spread to other parts of your body before it was discovered.

However if you were exposed to some cancer promoting/causing chemicals, cancer cells become extremely aggressive and double in number every 28 or 29 days. In 4 years one cancer cell could grow to be a tumor (or tumors) about the size of a 30 pound turkey and could have spread to many other sites all over your body. It could be so fast growing that your surgeon would recommend a total radical mastectomy as soon as your surgeon could get you in hospital. Fewer than 5 people out of 100 live longer than 12 months with some very aggressive types of cancer.

I ran across two videos from the 1990's that teach about cancer and toxic chemical exposure.

One video called **Toxic Brew** is 18 minutes long. It came from a consumer documentary produced by the Canadian Broadcasting Corporation <http://www.cbc.ca/marketplace/pre-2007/files/home/cleaners/> and another that is called **Exposure** was hosted by Olivia Newton John, who is a breast cancer survivor. <http://www.womenshealthyenvironments.ca/programs/films/exposure> You may be able to find these videos online. I am glad I have copies to share with my friends.

Below is a double-blind, placebo-controlled cancer study published in the Journal of the American Medical Association.

“Selenium supplements can reduce cancer rates, new study shows”

“Men and women taking Selenium supplements for 4.5 years had 41 percent less total cancer than those taking a placebo, a new study by **Cornell University and the University of Arizona** shows. "Although more than a hundred of animal and dozens of epidemiological studies have linked high Selenium status and cancer risk, this is the first double-blind, placebo-controlled cancer prevention study with humans that directly supports the thesis that a nutritional supplement of Selenium, as a single agent, can reduce the risk of cancer," said Gerald F. Combs Jr., a nutritional biochemist and Cornell professor of nutritional sciences.

Combs and a group of co-authors reported their findings in the **Jan. 1, 1997 issue of The Journal of the American Medical Association**. The senior author is epidemiologist Larry Clark, who was at Cornell at the beginning of the study and then went to the Department of Family and Community Medicine at the University of Arizona School of Medicine.

In 1983, the researchers recruited 1,312 randomized patients with histories of skin cancer at seven dermatology clinics located in low-Selenium areas of the United States (Augusta and Macon, Ga., Columbia, S.C., Wilson and Greenville, S.C., Miami, and Conn., where consumers eat and drink an average of only about 100 micrograms of Selenium a day).

The patients were given either a sugar pill or a 200-microgram daily supplement of Selenium (twice the average amount these Americans consume in their diet, thereby tripling their Selenium intake to 300 mcg per day). Skin cancer patients were chosen because they have a 25 percent annual chance of getting cancer and skin cancer is easy to diagnose and can be quickly treated. The researchers set out to determine whether they could reduce the average recurrence rate with Selenium supplements.

Ironically, 10 years later, the results showed no significant reduction in skin cancer but they were "compelling" for overall cancer incidence and mortality rates, Combs stressed.

Of the Selenium group, 69 developed some type of cancer compared with 116 of the placebo group; 28 of the Selenium patients died of cancer compared with 58 from the placebo group.”

VERY IMPORTANT NOTE

The amount of Selenium used in this study was only 1/10, of what would have been most likely required to kill already existing cancer tumors. If some people already had cancer tumors growing in their body, I believe they were most likely the people that died of cancer.

"Overall, the Selenium group experienced 18 percent fewer people dying for all causes than the placebo group, and almost all of that difference was due to some form of cancer," said Combs.

"This is the first time anyone has shown that any single nutrient can result in such a reduction in cancer risk.

The fact that we saw a pattern in lower incidence and mortality rates across all the clinics gives us even greater confidence in these findings."

Prostate cancers were down 71%, esophageal, cancers were down 67% colorectal cancers were down 62% and lung cancers were down 46% when compared to the group that got the placebo."

Selenium blood levels vary widely in people all over the world, depending on how much Selenium is in the soil where their food is grown and in the water they drink. Americans who live along the Southeastern Coast and in the Pacific Northwest and have the lowest Selenium intake of 60 to 80 micrograms per day, still have 2 to 5 times more Selenium in their normal diet than people in New Zealand and 10 to 20 times more than people living in some parts of China. Selenium blood levels vary because of wide differences in soil, farming and fertilizing practices, food availability, food preferences and methods of food preparation.

A University of Arizona-Cornell research team reported in 1991 that low Selenium levels in the blood were linked to increased risk of neoplastic polyps in the colon, polyps are growths that are known to become colorectal cancer. In other studies at Cornell, colleagues of Combs' reported in 1995 that animals fed diets high in Selenium had 50 percent fewer tumors than those animals that were fed diets of average human levels of Selenium content.

Selenium provides the body with antioxidant protection together with vitamin E and is required for normal thyroid hormone metabolism.

In my opinion the results of the Clark/Arizona Cancer Institute Study could have been EVEN MORE IMPRESSIVE if the people getting the Selenium Yeast tablet had received it for the WHOLE 10 YEARS instead of just the first 4.5 years of the study . For the remaining 5.5 years all everybody got was a sugar pill.

The study was funded in part by the American Institute of Cancer Research, the American Cancer Society and the National Institutes of Health.

There are 8 forms of natural Vitamin E, not just **the artificial Vitamin E usually found in all the store brands. Synthetic Vitamin E has been linked to an increase in your risk of getting Prostate and possibly other kinds of cancer.** You need all 8 forms of real Vitamin E for the Vitamin E to work as well as it should and for the Selenium to be totally effective. Roger got Vitamin E and small amounts of several other nutrients to work with the Selenium every day.

Obviously, since driving a car with just part of 1 tire wouldn't work great, you can understand that you would like all 8 parts of the Vitamin E, especially if your life might depend on it. I have only found one brand that has all 8 forms. If you need this info just [email me](#) and I will send you a link where you could check it out online and buy it at a discount.

If you can't find the Webber Selenium in a store close to where you live, or you want to save money, you could buy it from the company where I buy mine, **Natural Vitamins Direct** <http://www.natvd.com/> in Burnaby, British Columbia, Canada. The link will take you to the page with the Selenium. Their office is located 5 miles from the Webber Naturals plant. Look for **“New Account”** in the top right hand corner on their Home Page to open your account to buy your Selenium.

Their price for Webber Selenium is \$6.99 a bottle plus shipping. Orders over \$60 are shipped free in Canada. Orders over \$120 are shipped free to the United States. Shipping to other countries has to be confirmed each time. Courier service is available, at extra cost, if you need their products fast. Prices and shipping will change over time

If you put **mycure** in the Referrer box when you register for your account, Natural Vitamins Direct will **send you 1 extra bottle of Webber Selenium Free with your order.** If you order 9 bottles, for \$62.91 Canadian, that will last 1 person for more than 2 years at 1 tablet per day or last 2 people for more than 1 year at 1 tablet a day each **AND** you will get your 10th bottle for free **AND** Natural Vitamins Direct would pay the shipping in Canada. The Webber company makes many products. The only product I recommend for cancer is their Selenium. I buy my other supplements from a different company.

If you go to Webber Naturals web site <http://webbernaturals.com/caen> you will see a link in the purple bar across the top right of their Home page that says **Where To Buy.** If you don't know a local supplier of their Selenium you can enter the name of the city in North America where you live and if there is a local retailer that may have some of their products, they will be listed there. Also check Amazon and Costco.

WARNING

I expect that as this Protocol becomes better known there will be counterfeit and misleading tablets sold and some paid spokespeople may claim that their product is better than what Roger used. Check every supplier out on the Webber web site to confirm they are real Webber distributors. You are betting your life on what you buy. Look for proof, not just empty claims.

Especially if you choose a different brand, make sure you have lab tests done at least after the first 30 days to make sure that that brand of Selenium is working for you. If your brand works, I would like to have a copy of your lab tests and know about the brand, so we can share the news.

What Would I Do?

I personally recommend buying at least 9 bottles of Selenium if you do not have any local store where you can buy it. When I buy 9 bottles, my cost is about \$63.00 Canadian plus sales tax. Shipping is free in Canada. Signing up for an account with Natural Vitamins direct to order Selenium only takes a couple of minutes. Neither Webber Naturals nor Natural Vitamins Direct had anything to do with putting the treatment together. They haven't approved anything Roger and I did or this ebook. They are just the manufacturer and a distributor of the brand of Selenium I suggested to Roger and that worked so well.

I am grateful that I didn't choose a different brand of Selenium or Roger would have died and we would never have had any lab tests that showed how well Selenium worked to help people.

In early 2010, a wonderful lady I know had a hysterectomy. Normally a uterus weighs a bit less than 1/4 pound. Her uterus weighed well over 9 pounds, some of it fibroid tissue but almost all of the rest was - they hope - precancerous. I suggested that she should take more Selenium than just 1 a day until all 8 bottles she got were gone. 3 years later there are no more problems.

I have made suggestions about Selenium and other supplements to many people but Roger is the best example because we have all the before and after lab tests to show how well it worked for him. As much as he hated even the concept of taking any kind of tablet, he and his wife followed my suggestions faithfully but we had no idea how well it was working until we were told about the the PSA test taken 98 days after the doctor had told him he was going to die.

Imagine how you would feel, having been told you were going to die and then the same doctor just 3 months later confirms that you have been totally healed and will live. As Roger and I sat there in the doctors' office, it felt like the weight of the world was lifted off my shoulders and Roger just beamed. I cannot express my pure joy and relief in telling Rogers' wife that the doctor had said Roger no longer had any cancer in his body. You should have seen the look on her face. You don't often get to have that kind of wonderful experience in your life.

The company that made the additional supplements I originally used to help Rogers' body recycle the Selenium once it had already killed some cancer cells has stopped making the 2 supplements Roger used. I have located another company that makes supplements that I believe are even more effective than what Roger used in addition to his Selenium. If you need something to make the Selenium work better for you, you can buy their products directly from that company at discount pricing - even 1 bottle at a time. They are available in over 50 countries world wide.

As this is an area of ongoing research for me, I will suggest what I believe to be the best products to help you. I won't recommend anything I would not use myself.

If you feel that it may be a matter of life and death for you to talk with me about your personal cancer treatment and exactly what to do send me a short email and, I will try to get back to you. I would urge you to try the Selenium treatment as I outlined first. **PLEASE** ...if I get a lot of emails from people who just want to ask if this is real, my time will be wasted and I will not be able to help anyone. Please let me focus on helping those people who need my help most of all.

If you know you have terminal cancer now and you believe I might be able to help...

Send me an email

As much as I would like to help everyone, neither you nor I can guarantee that I will even get your email, have enough time to reply to you or that you will be healed, but, if at all possible, I will get back to you, tell you what I would do if any of my children, my wife or myself had what you have. I have put as much info as I can, for now, in this ebook so you can prevent you or people you love from getting any kind of cancer and the basics of what we did for Roger to treat his prostate cancer. I wish you all the very best.

Keith Pendlebury
February, 2012

About story about critics.

In the early 1800's, a young man claimed he had found a large diamond in his field as he was plowing. He put the diamond on display to the public, free of charge, and everyone took sides. One psychologist showed by citing some famous case studies that the young man was suffering from a well known form of delusion. Historians showed that other men have also claimed to have found diamonds in fields and have been deceived. A geologist "proved" that there were no diamonds in the area but only quartz. When asked to actually examine the stone itself the geologist declined with a weary, tolerant smile and a kindly shake of his head.

An English professor showed that the young man, in describing his stone, used the very same language that others had used in some books to describe other uncut diamonds. He therefore was simply speaking the common language of his time. A sociologist showed that only three out of 177 florists' assistants in four major cities, believed that the stone was genuine. A clergyman wrote a book to show that it was not the young man but someone else who had found the stone.

Everybody was an expert and everybody had an opinion.

Finally a jeweler pointed out that since the stone was still available for examination, the answer to the question of whether it was a diamond or not, had absolutely nothing to do with who found it or whether the finder was honest or sane or who believed him or whether he would know a diamond from a brick or whether diamonds have ever been found in fields, whether people had ever been fooled by quartz or glass, but was to be answered simply and solely by putting the stone to certain well known tests for diamonds.

Experts on diamonds were called in. A few of them declared it was genuine. Others made nervous jokes about it and declared they could not jeopardize their dignity and reputations by appearing to take the thing too seriously.

Author
Hugh Nibley

I expect there will be some sincere critics of the Pendlebury Protocol and some people who will try to persuade others that the Protocol is worthless. Generally these critics will fall into one of 3 categories.

- 1) People who consider any treatment other than their own specialty to be ineffective or a fraud.
- 2) People who benefit from the “cancer business” and who would like to continue to get paid.
- 3) People who have seen patients, family and friends desperate after being diagnosed with cancer who were sold fraudulent treatments and quack medicines by people who knew they were worthless.

Some of the critics will have spent many years learning their profession and it will seem unreal to them that anything so simple might actually work for anybody and they will dismiss it as being too simple, too easy. This Protocol is free and can be done at home with no expense other than the cost of the supplements which are bought from other people. Odds are over half the critics may die of cancer because they reject this Protocol.

Some really good cures are very simple. The cure for scurvy - a nutritional disease that killed many tens of millions of people was simple fruit juice that contained a small amount of Vitamin C. At one point doctors used vinegar and even sulfuric acid - the kind of acid used in car batteries - to try to cure scurvy. Check out <http://en.wikipedia.org/wiki/Scurvy>. Ordinary fruit juice saved many tens of millions of lives. Simple but effective.

In the early 1800's most doctors strongly objected to the idea that germs even existed and argued against the need to thoroughly wash their hands after examining dead bodies immediately before they examined new mothers in hospitals and millions of women died after childbirth because they were infected by their doctor. Check out http://en.wikipedia.org/wiki/Ignaz_Semmelweis.

Doctors finally accepted the possibility that thoroughly disinfecting their hands after examining dead bodies was a good idea, especially before examining new mothers and this basic procedure helped reduce the death rate among millions of new mothers from up to 35% to less than 1%. Simple but effective.

The Pendlebury Protocol is cheap, simple, quick and will, I believe, work for many people. I don't expect many in the medical profession will admit it works at all until they have no other choice.

The proof is in Rogers' lab tests. Since the tests are scientific facts which were recorded in the files of the hospital lab and shared with all of Rogers' doctors years ago, I believe they would stand up as evidence in court. Simply trying the Protocol, fully and properly and then testing, will prove in a matter of a few weeks if it works or not.

As Selenium is a mineral that is essential to human survival, having enough to work - as a supplement - should not interfere with any other treatment you decide to have based on what your doctor recommends and you agree to.

I don't expect all critics to be totally honest in their criticism and neither should you expect critics of anything to be totally fair or give unbiased opinions about what they say either - in this case especially - since this Protocol threatens an industry with hundreds of billions of dollars that have been paid out to hospitals, doctors, nurses, radiologists, chemotherapy staff, drug companies, researchers, medical journals, publishers as well as hundreds of quacks and crooks and others who prey on desperate people to sell products and "cures" they know don't work.

I do not believe there is any overall conspiracy about cancer. There are many wonderful people who have devoted their lives to helping people with cancer to the best of their ability. Rogers' doctor was doing his absolute best. Most doctors and other medical people do. This treatment is hopefully something YOU can choose to do - wisely - to prevent you and people you love from getting cancer in the first place.

Not everything in traditional medicine works perfectly....

Prescription drugs taken as prescribed in hospitals are the fourth leading cause of death in the U.S and Canada, after cancer, heart disease and strokes. They cause about 10,000 deaths a year in Canada and about 106,000 deaths a year and over two million serious injuries in the U.S. (Source: Lazarou et al JAMA Vol. 279 No. 15 pp.1200-1205

Incidence of Adverse Drug Reactions in Hospitalized Patients)

<http://theconference.ca/facts-on-prescription-drug-deaths-and-the-drug-industry>

A Poem I like and try to live by. I put my name in the poem so it is very personal when I read it.

Have I Earned One More Tomorrow?

Keith - is anybody happier because you passed this way?
Does anyone remember that you spoke to him today?
The day is almost over and its toiling time is through.
Is there anyone to offer a kindly prayer for you?

Keith - did you give a friendly greeting to a friend who came along?
Or a sort of churlish howdy and then vanish in the throng?
Were you selfish pure and simple as you rushed along your way?
Or is someone mighty grateful for the deed you did today?

Keith - can you say tonight in parting with the day that's slipping fast
That you helped a single person of the many that you passed?
Is some heart rejoicing for the kind words that you said?
Does a man whose hopes were fading now with courage look ahead?

Keith - did you waste the day or lose it? Was it well or poorly spent?
Did you leave a trail of kindness or a scar of discontent?
As you close your eyes in slumber, do you think that God would say
You have earned one more tomorrow by the work you did today?

About the Author

Keith Pendlebury has been a salesman, printer and publisher for much of his adult life. Keith is the father of 7 wonderful children, a grandfather of 9 and now a great grandfather. He has done research on a personal level about nutrition and health for over 40 years. Keith and his wife Michelle live in southern B.C. Canada. In 1992 Keith had a back injury followed by catastrophic complications to failed back surgery that left him permanently disabled and in constant, severe pain. The stress was murderous. Keith survived 22 strokes and 3 heart attacks, 2 of the heart attacks occurred on an airplane on the way to his mothers' funeral. That was "interesting." The only pain medication that worked was 100 times more powerful than morphine, he had that 24 hours a day for 16 years and then quit it cold turkey in October 2008. He describes his pain as being so bad that it used to take him a hour to slide off his bed down to the floor and crawl 20' down the hall to the bathroom. While doing his own research about what was causing his pain, having no diagnosis from his surgeon or other specialists, Keith was perhaps the very first non medical person to publish information on the pain of "[Arachnoiditis](#)"online.

In the next few years, before Arachnoiditis began to be openly mentioned by doctors, Keith received phone calls, letters and emails for help from doctors in Sweden, family members all over North America and England, hospitals and nurses in Florida and California and even lawyers in Australia.

Keith started a pain support group online and put together his own experiences in personal emails and shared links to the growing number of sites people could turn to for understanding and support.

Keith said that when he finally tried to walk, it was like walking on a bed of red hot coals and broken glass that never ended. Through it all, he recognized that he had an understanding about pain that most people never have and was always willing to share with other people who were also suffering from severe pain what he had done that enabled him to endure and survive. Keith offered his recommendations to anyone who contacted him, even paying his own long distance phone bill to return calls if he could afford to do it.

In 1997, possibly as a result of the forced idleness from the extreme pain, Keith became diabetic and a new set of complications and a new health challenge to learn about came into his life. Very little of the diabetes advice Keith was given seemed to work for him and he set about to learn as much as he could about diabetes and how to keep control over his blood sugars better than just taking a large amount of medication every day and hoping for the best. It took time but Keith learned how to keep his fasting blood sugar to 4.6 - 4.8 (80 - 85 on the US scale) and shared that information with anyone who needed that help. Keith also used to weigh well over 320 pounds and learned how to lose body fat while still eating 3 good meals and 2 snacks a day and shared his special food list with all who asked.

In March 2009, an uncontrolled infection in the bones of his right foot was discovered and his right leg had to be amputated 8" below the knee. Just 22 hours later, the surgeon told Keith that instead of Keith having to stay in hospital for 72 hours for observation, Keith was so positive and was recovering so well that he could go home right then - even though Keith was recently divorced, living all by himself and would need to be in a wheelchair for at least 6 weeks. The first week after Keith got his "wooden leg" he was out riding his 18 speed mountain bike for an hour a day and helping anyone he could get to.

Keith and Michelle were married on November 30th, 2010. Keith describes Michelle as the "Sunshine in his Universe and the Heart in his Soul." The latest challenge Keith has is failing kidney function, from the years of extreme stress diabetes and medications, down to just 21% as of June 20, 2012. At 10% function the doctors say Keith will die, need dialysis or a kidney transplant.



Keith hopes to live long enough to produce ebooks that help people have total lifetime control over their weight, help diabetics easily control their blood sugar, and help families avoid chemical exposures that can cause cancer, especially in their children. Keith has also written some short stories that he would like to publish. However, helping people is most important and so it comes first.

4 THINGS YOU CAN DO TO HELP!

- 1) Please send the link to this ebook to all the men and women you know, not just men who have prostate cancer now. Prevention is FAR BETTER and far easier than trying to cure a potentially terminal cancer. After people are diagnosed with cancer, they often become so traumatized and terrified that they either give up on life totally or become so desperate that they will look at anything but be so confused from too much advice that they do nothing.
- 2) If you use the Pendlebury Protocol, please get and keep good quality photocopies of all the lab tests that confirm your cancer, keep all the evidence of what you did and all the tests to show how your cancer was affected, then scan and send the information to me by email so your information can be put on the website. Only fully documented cases - with lab results - will be posted. We are looking for real hope backed up by real facts.
- 3) Michelle and I would greatly appreciate your financial assistance to help promote One Cancer Cure. This is a labor of love but it will take much more than my resources to promote it effectively. If you found the Pendlebury Protocol helpful, please share any amount you can afford so we can help as many people as possible.

One Cancer Cure is not a registered charity so there can be no tax receipt. If you have a PayPal account you can send whatever you can afford using the [**DONATE BUTTON**](#) on the website. If you have an idea about something special we can do together to help other people just send me an email with your idea and we will see if we can make it happen.

- 4) Remember Michelle and I in your personal prayers.

Thank you for caring and sharing.

Keith and Michelle Pendlebury

July 2012