Twitter Thread by ■George Ferman



■George Ferman
@Helios_Movement

Cancer is a multibillion dollar industry.

Half a trillion dollars are spent in cancer research every year, yet more and more people get and unfortunately die of cancer.

On this thread you will be given a few important, cheap and effective cancer prevention tools.

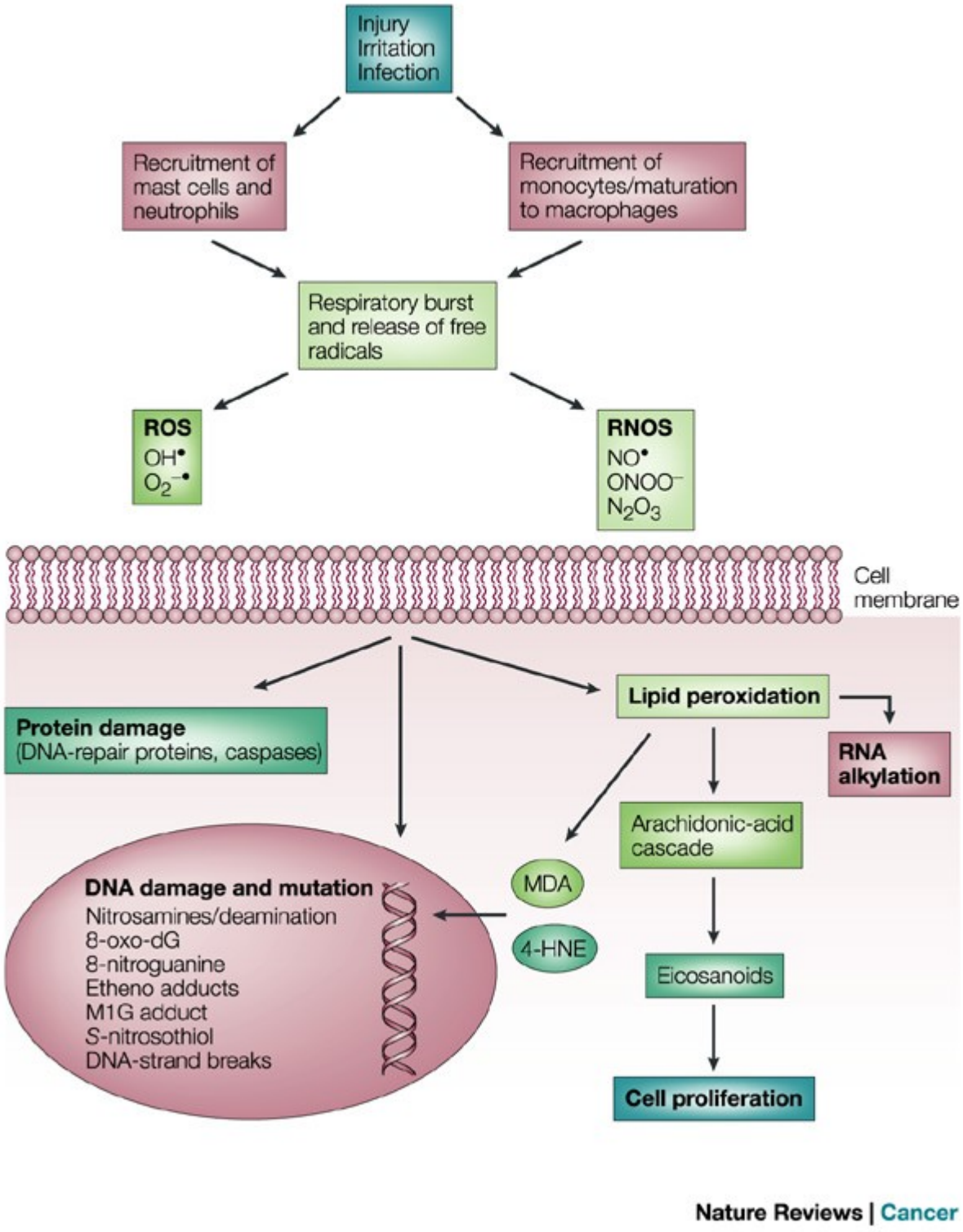
Standard disclaimer that this does not constitute medical advice.

First things first.

Cancer patients have elevated(*):
-Free radicals
-Lactic acid
-Nitric oxide
-Cortisol
-Adrenaline
-Prolactin
-Estrogen
-Serotonin
-Histamine
-Interleukin 1-4-6 and 8 among other things.

So a safe conclusion that can be presented is that one (if not the main) cause of cancer is stress hormones.

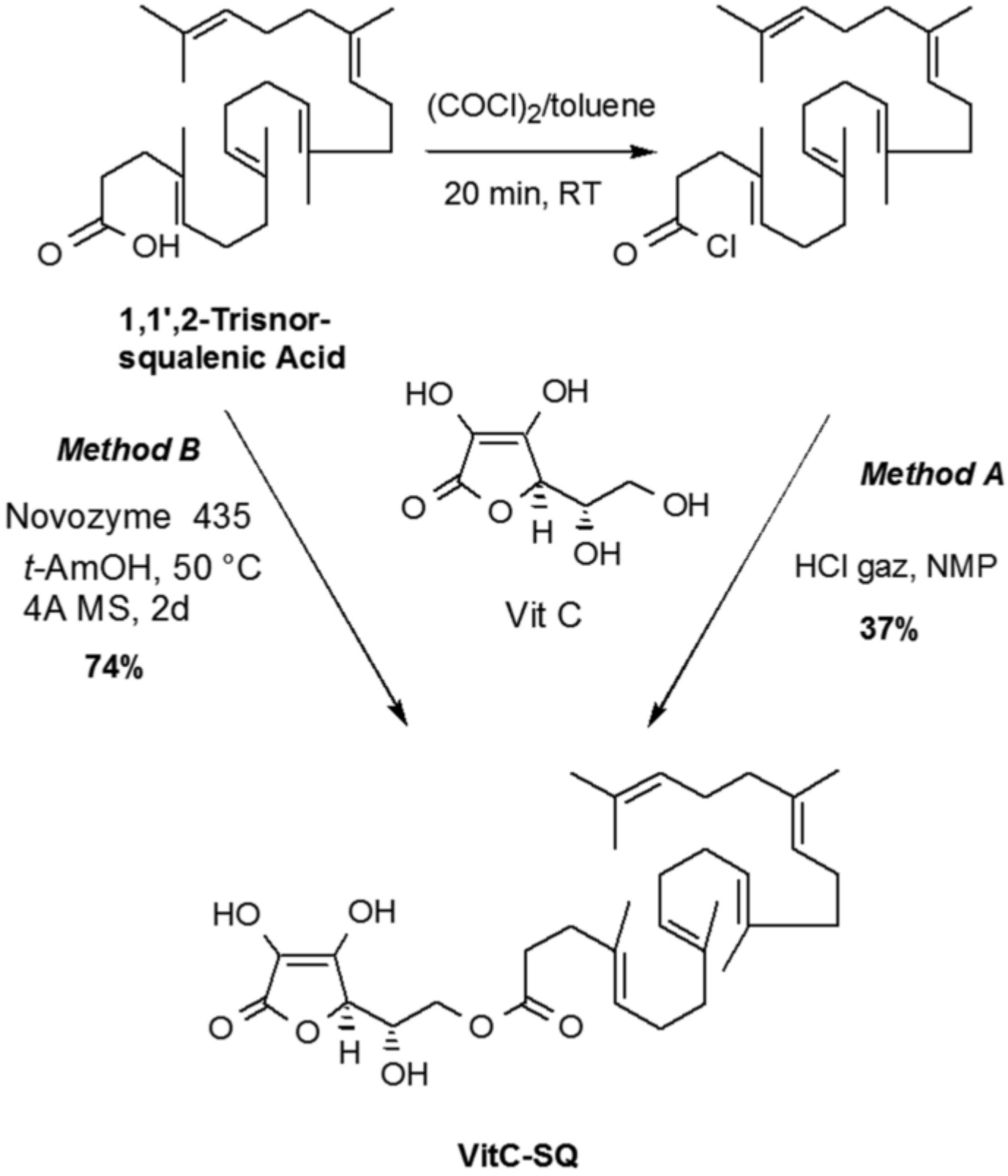
So if we want to prevent or get rid of cancer, we must a)reduce stress hormones and b) optimize our body's ability to "process" stress hormones for lack of a better term



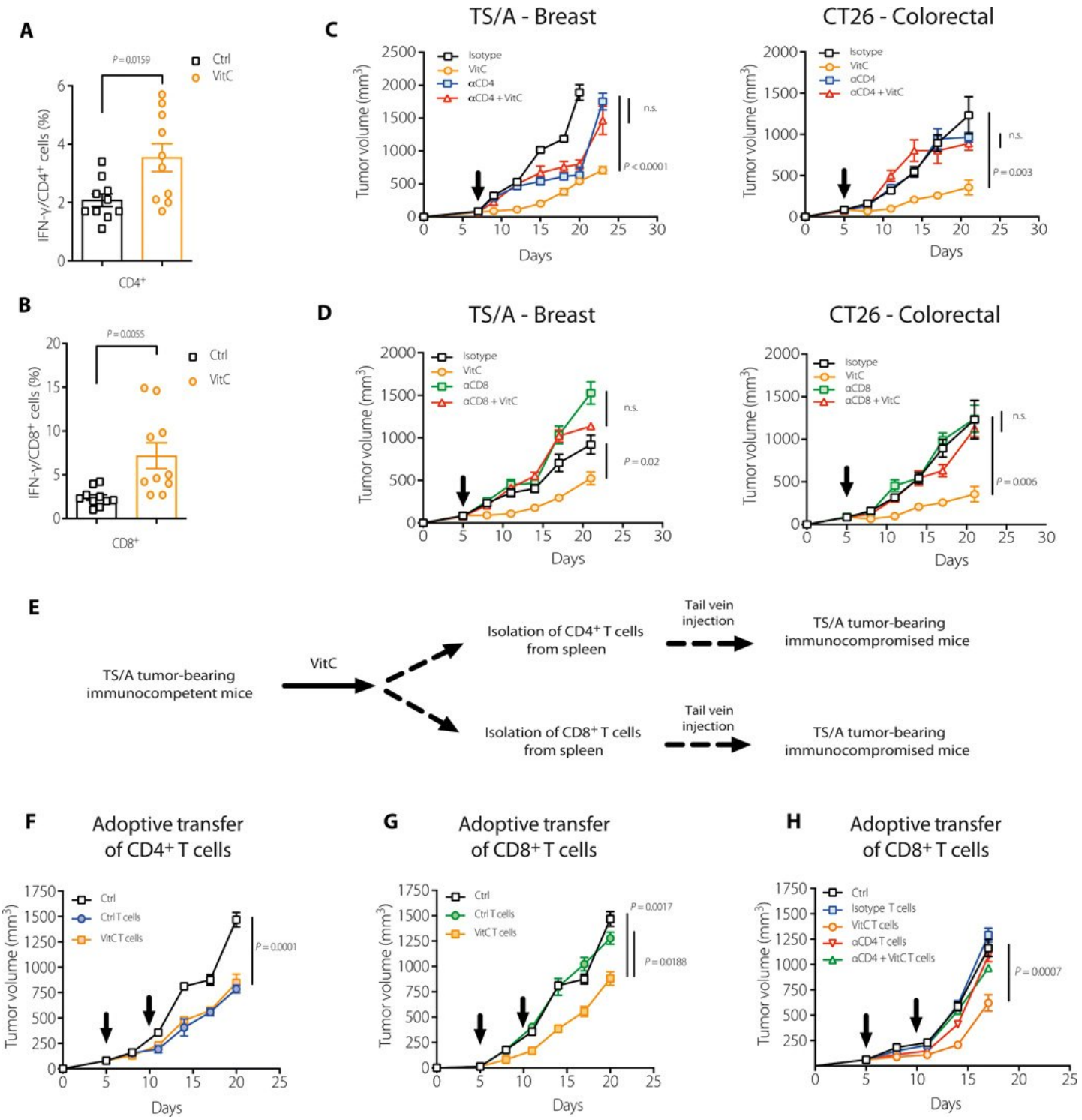
Now here's where things get very interesting.
There are 5 things that reduse all of the above(*).

Number 1: Vitamin C

From protecting our cells against oxidative stress, maintaining healthy skin, blood vessels, iron homeostasis, heart, improved nitric oxide function, glucose



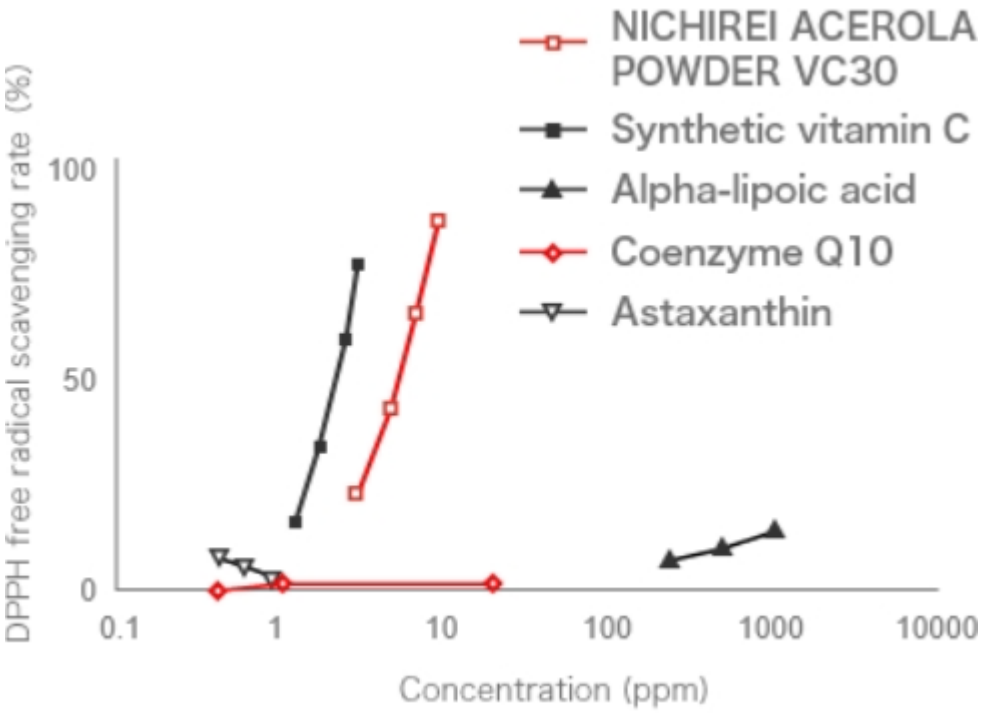
metabolism, blood volume regulation, bones and cartilage all the way to steroidogenesis, fighting allergies, reducing cortisol, improving sleep, preventing cognitive decline and supporting the thyroid gland, vitamin C is an extremely important nutrient.



Dietary sources of vitamin C include:

Acerola cherry juice (no pulp)
Blackberries
Pomegranate juice (n.p)
Kiwis
Oranges juice (n.p)
Grapefruit juice (n.p)
Strawberries
Raspberries

If you do not want to megadose on phytoestrogens and similar things, the no pulp part is important

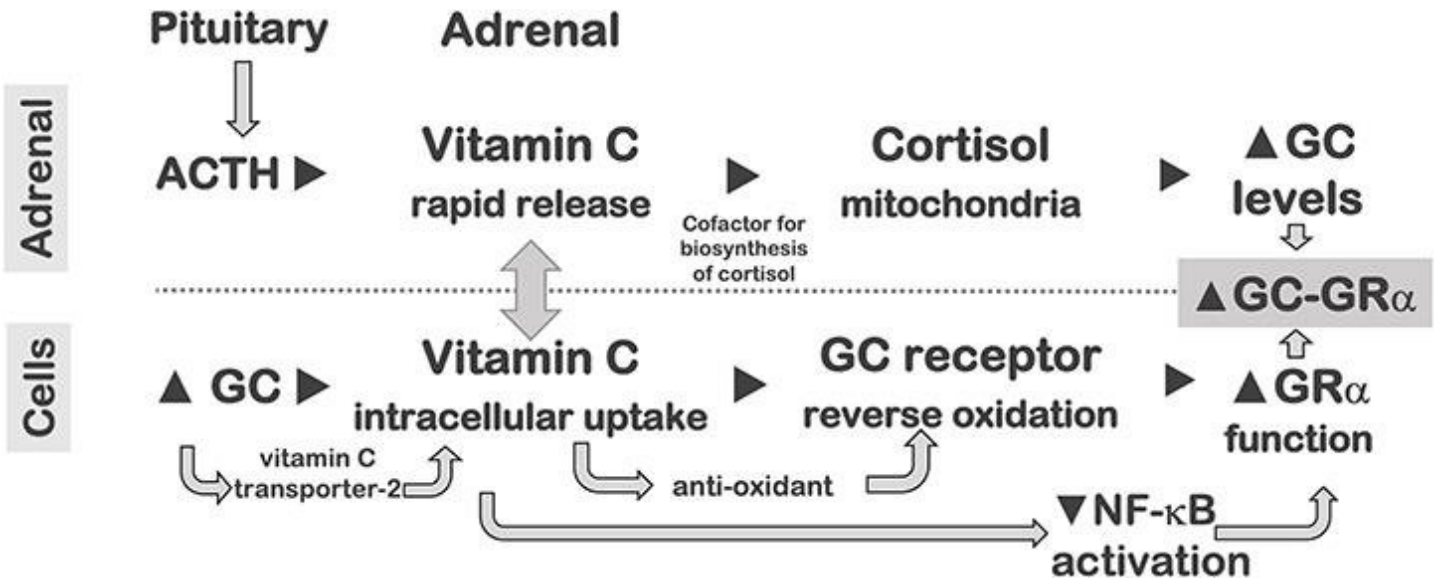


If you supplement with vitamin C, ideally you want the entire dose to be broken down to 3 doses per day.

Do not exceed 2.000mg (TOPS) from artificial sources, keep the sodium high to help the absorption and do not consume any high iron foods 2 hours prior and after vitamin C.



Best times to consume Vitamin C are in the morning with breakfast since stress hormones are released when we sleep which as we said lead the adrenal glands to dumb vitamin C and post workout (for the same reason.



Number 2: Saturated fats

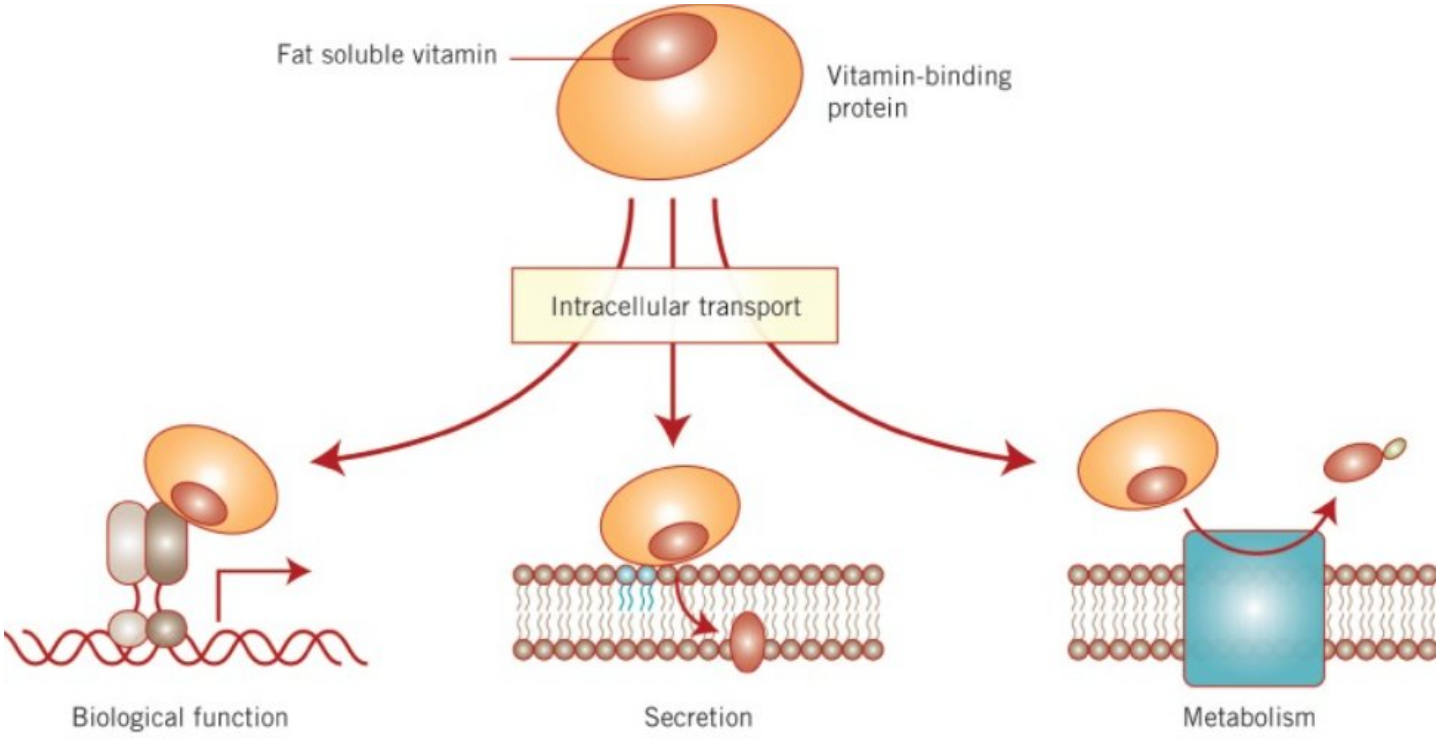
When someone is deficient in saturated fats for example, his cells break down and function poorly.

Cells need saturated fats, not only for fuel but also for structural components and to participate in metabolic pathways.



We need quality food sources of fat because fat is a carrier of the important fat soluble vitamins A,D,E and K.

Without the proper absorption of these vitamins, our health will begin to deteriorate since they are important for many functions of the body such as the function



of the thyroid and the iron homeostasis.

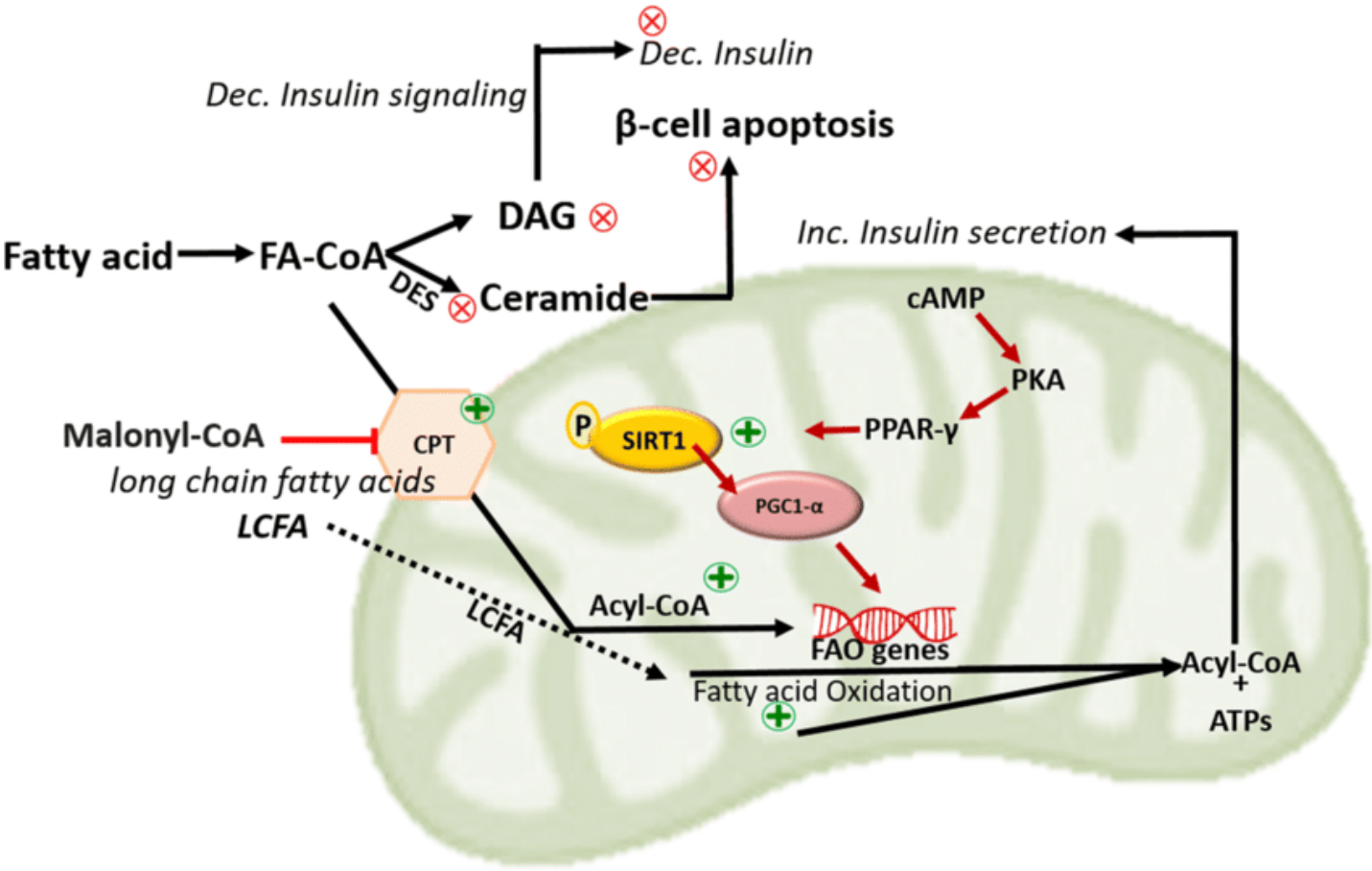
Each of the fat soluble vitamins has an anti stress hormone effect.

Saturated fat sources such as coconut oil have been shown over and over to improve mitochondrial function if consumed on the proper level.



Without the removal of inferior fats such as: canola oil, sunflower oil, soybean oil and so on and the addition of quality saturated fats such as coconut oil, unfortunately the recovery from cancer is not possible.

In order to test this yourselves, try the following.



Slow cook some grass fed beef liver in coconut oil, add something rich in beta carotene such as appricots and eat it first thing in the morning.

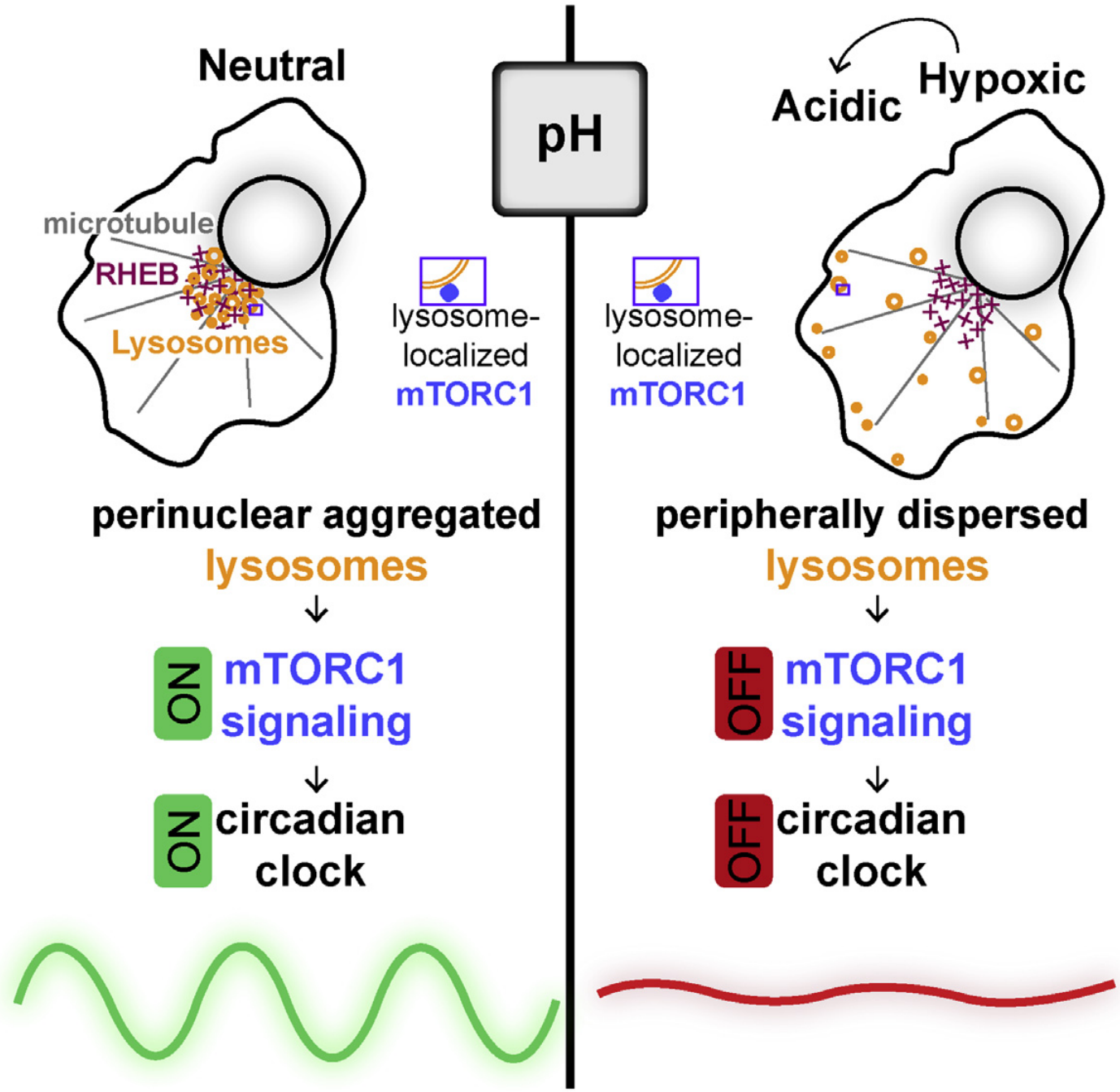
Without even adding carbs, your body temperature will increase and you will experience an increase in metabolic rate.

In many studies, the patients who despite the fact that they kept consuming a diet high-ish in PUFAs, the addition of saturated fats such as coconut oil improved their health at a phenomenal level.

Number 3: Baking soda (aluminum free)

Do not combine baking soda with artificial forms of vitamin C.

Start with a teaspoon or even half a teaspoon for a few days on a tall glass of water and see how you feel.

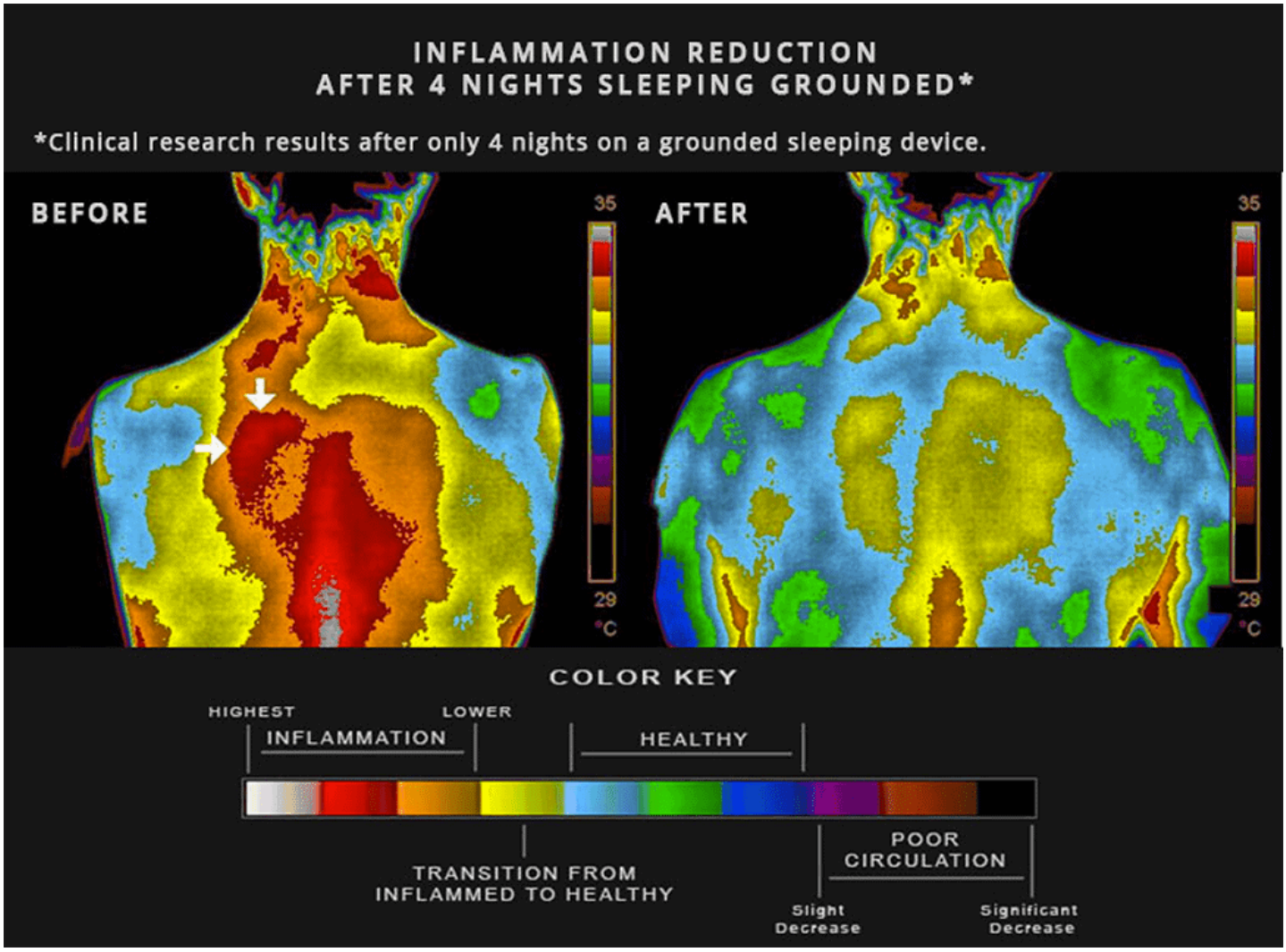


Number 4: Grounding

Grounding restores and maintains the body's natural electrical state which in turn promotes optimum health.

Your body becomes suffused with negative charged free electrons that are present on the surface of the

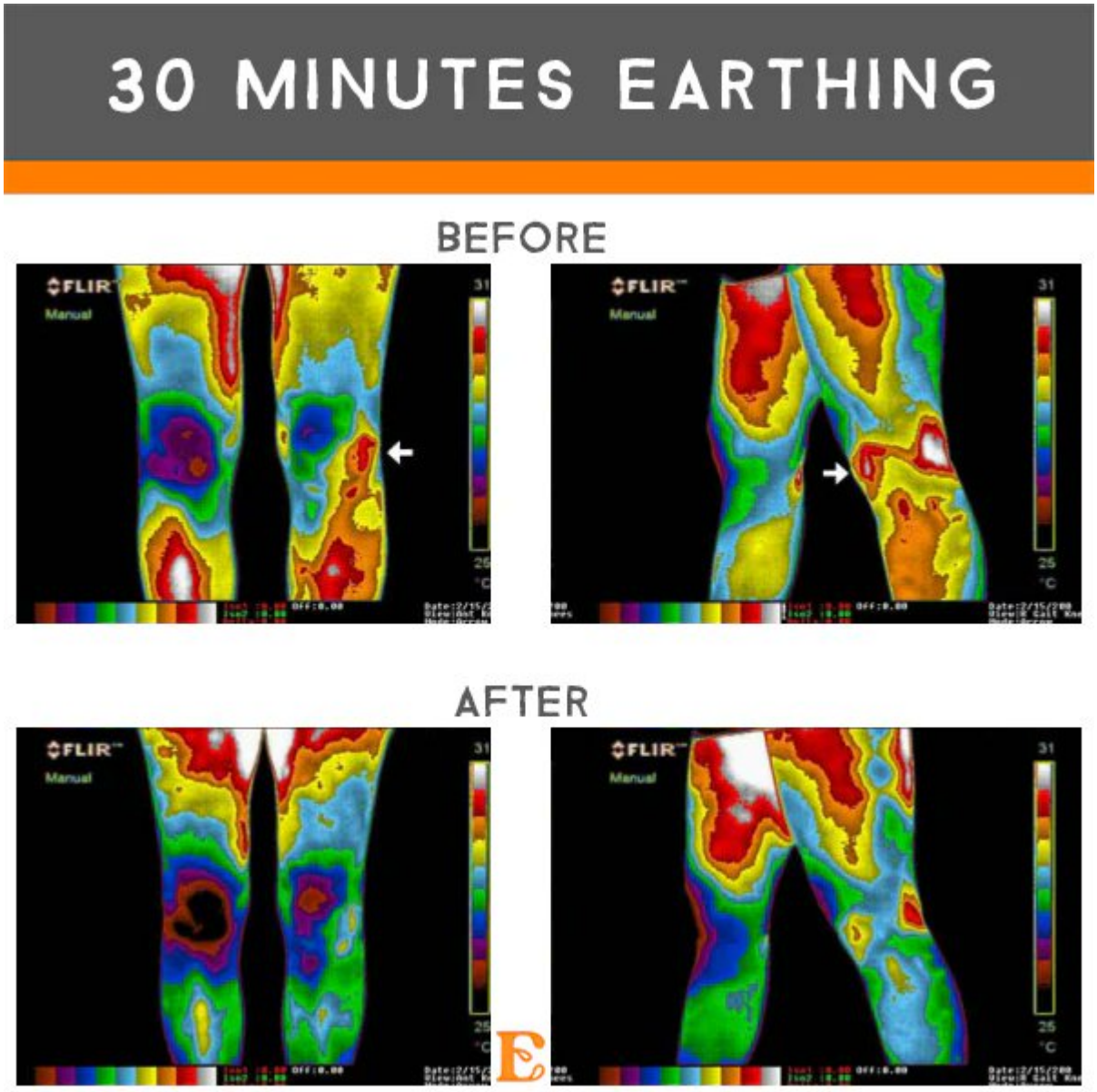
Earth and your body equalizes to the same



electric energy level as the Earth.

Free electrons from grounding reduce oxidative stress even with 15 minute sessions.

Ideally you want to spend as much time grounded as possible and grounding sandals are a great tool for that.



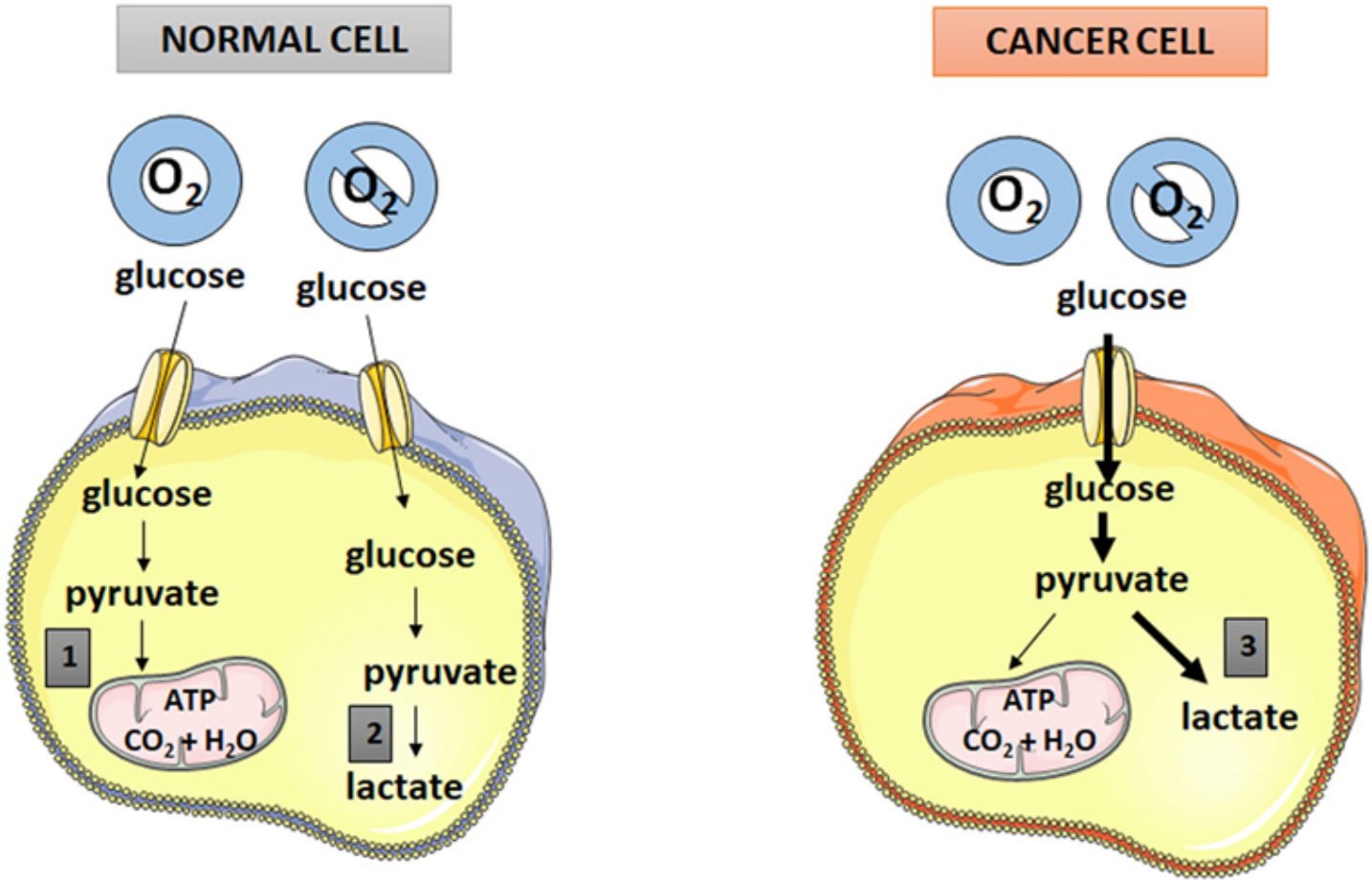
Number 5: Red light

Red light improves the whole body's ability to take glucose out of the bloodstream and store it where it is needed, besides improving ATP generation in general.



Restoring glucose metabolism is crucial for cancer treatment or prevention and red light is a great tool for this.

You do not need a red light device if you live in a sunny area and can spend 30+ minutes shirtless outside an hour after sunrise and an hour before sunset.



You do not need a red light device if you live in a sunny area and can spend 30+ minutes shirtless outside an hour after sunrise and an hour before sunset.



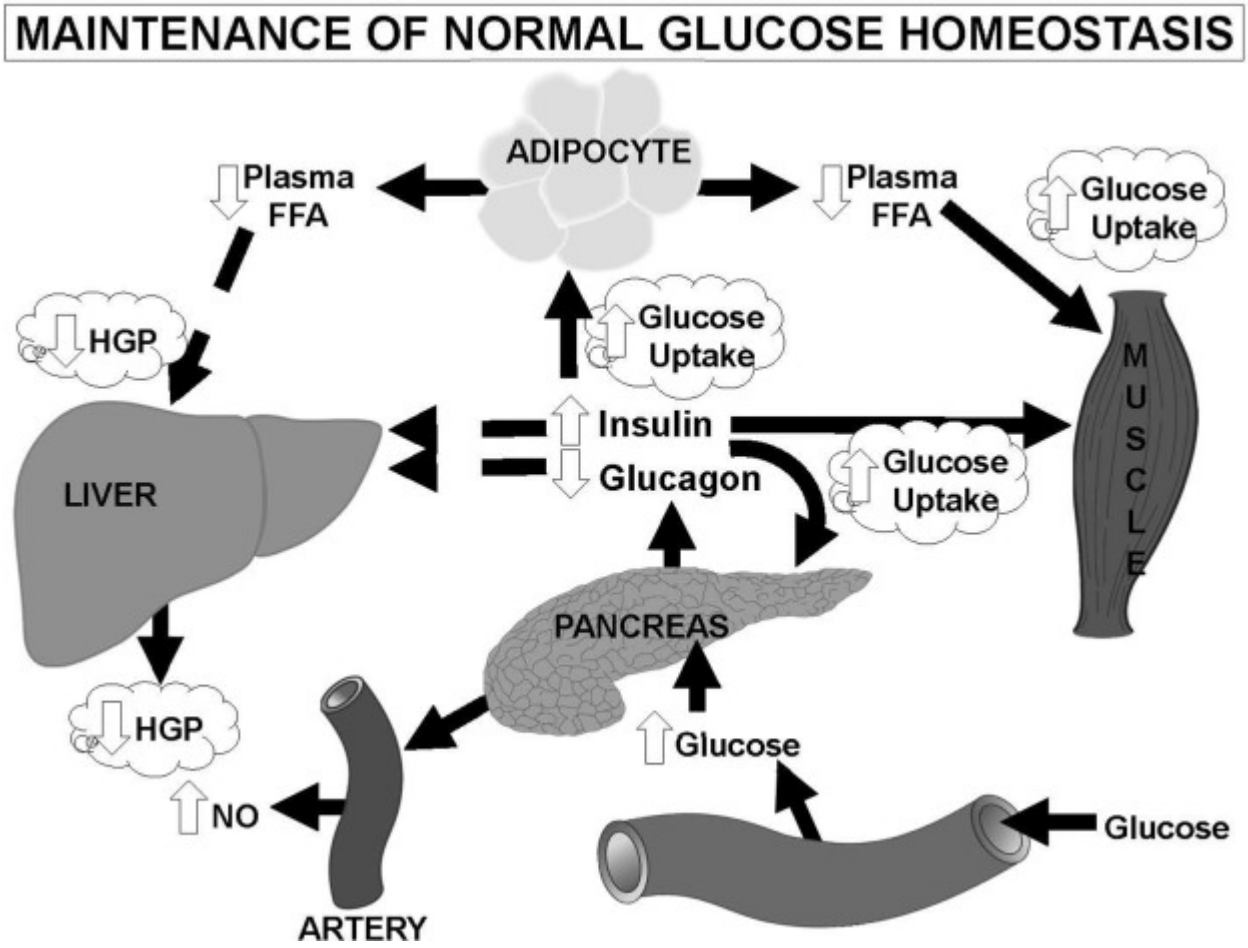
In order to fully restore glucose metabolism:

1)Your diet should be extremely low in PUFAs (you should even consume PUFAs that come from sources such as canola oil)

2)Get enough NAD+ precursors such as niacinamide

3)Get enough B vitamins (especially thiamine)

4)Get enough K



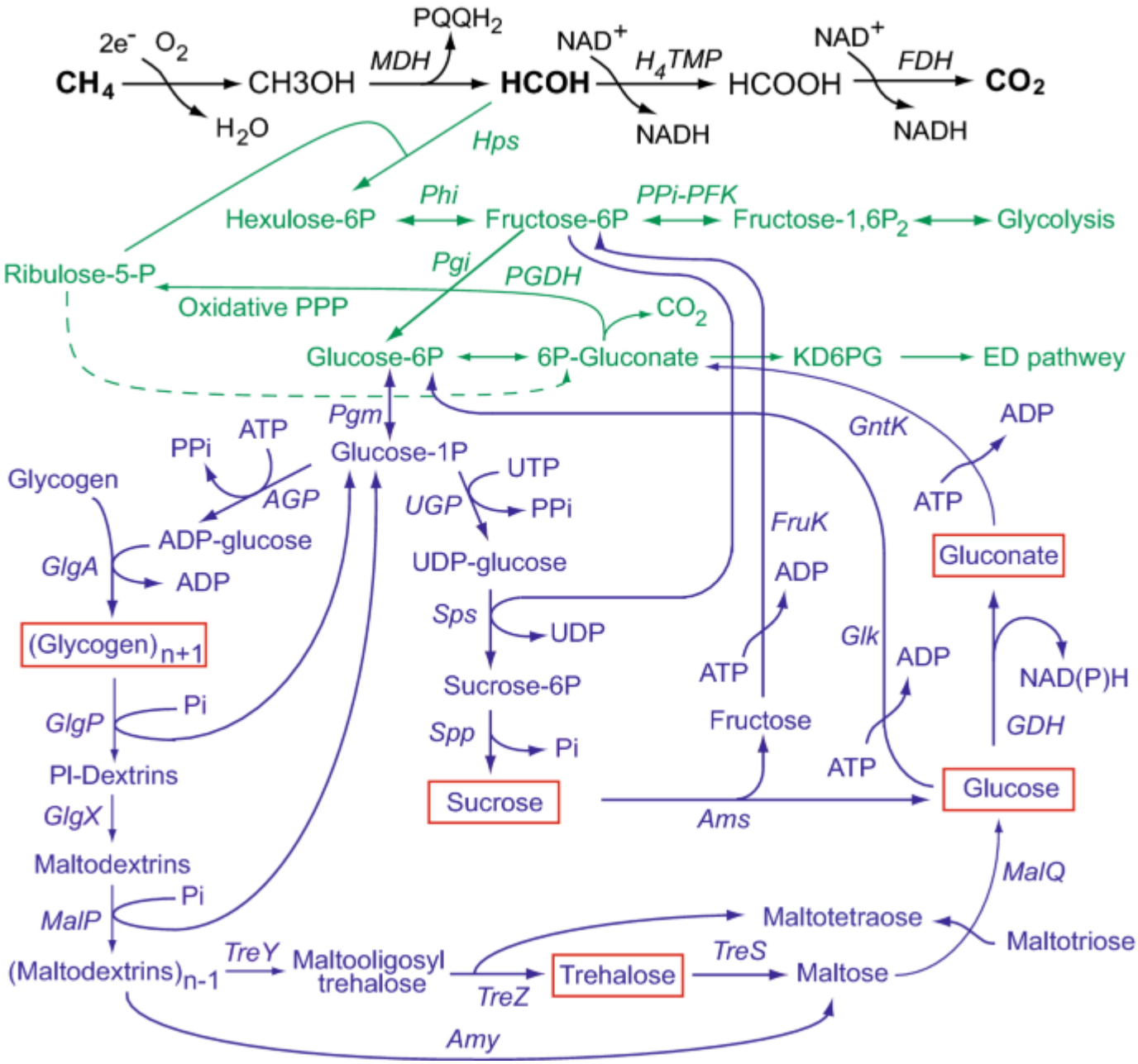
5)Consume a natural vitamin C and E source.

For example berries and some kernel palm oil.

6)Get 8 hours of deep sleep daily.

7)Try to avoid blue light

8)Get enough vitamin D (sunlight and possible supplementantion (liquid form + liquid K2 + enough vitamin A in diet)



2)Slowly add some muscle.

Do not bodybuild.

the goal is not aesthetics here but health.

Focus on compound lifts and 30-40 minute workouts 3/week.

Do not overstress your body with 5 hour isolation movements.

Here's a free program.

The warm up

Exercise	Sets	Reps	Rest Periods
1.Band pass throughs	3	12-15	20 seconds
2.Internal rotations (with a band)	4	12-15	15-20 seconds
3.External rotations (with a band)	2-3	12-15	15-20 seconds
4.Dead hangs (Neutral grip)	3	20-30 seconds (Do not go to failure)	20 seconds
5.Knee to the opposite shoulder	3	15-25 second hold on each leg	Zero. You will go from one leg to another for 3 sets in total.
6.Child Pose	3	15-30 second hold	20 seconds
7.Kneeling lunge hip stretch	3-4	15-25 second hold on each leg.	Zero. You will go from one leg to another for 3 sets in total
8.Upper trap stretch on a bench	2-3	15-20 second hold on each side	10–15 seconds
9.Deep squat position hold	3	20-30 seconds	15 seconds
10.Lower trap rope pulls	2-3	12-15 reps	20 -30 seconds

Fix your gut.

It does not matter what you're eating if your body can not absorb these nutrients.

Gut health is extremely important and should never be neglected.

Here's a full thread on the back up account.
https://t.co/kBZTn4QRo7

> Everything starts from and depends on the gut.

> You can consume the most nutritious foods on the planet but if your gut can not absorb any of the nutrients, it won\u2019t matter.
>
> Master thread on gut health. pic.twitter.com/taaA7o1sAC
>
> — Helios_Movement\U0001f9ec (@Heliosthe2nd) September 30, 2022

Last but not least, in order to prevent cancer please support your thyroid and reduce nnEMF.

I run out of space so i wrote a substack post about these (free obviously).

https://t.co/XQtqplzmvP

If you found this useful, please like or RT the first tweet to spread the message.
https://t.co/BK5DLJINex

> Cancer is a multibillion dollar industry.
>
> Half a trillion dollars are spent in cancer research every year, yet more and more people get and unfortunately die of cancer.
>
> On this thread you will be given a few important, cheap and effective cancer prevention tools.
> pic.twitter.com/6xHj4v4ZMU
>
> — \U0001f9ecGeorge Ferman (@Helios_Movement) October 4, 2022