Brandt Grape Cure for Cancer
A “STAGE IV” TREATMENT FOR CANCER
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CHAPTER
Introduction to the Brandt Grape Cure
The Brandt Grape Cure was developed in the 1920s. Many things have happened since the 1920s, including the development of many new alternative cancer treatments.

While the Brandt Grape Cure of today can certainly be supercharged in its effectiveness by adding newer protocols, many people will use this protocol because they cannot financially afford to add the newer protocols. That is fine, this protocol will do quite well for cancer patients by itself.

But for those who can afford to add other protocols the Brandt Grape Cure can be made even more effective against cancer. There are several options described in this article which will supercharge this protocol; some of which are very inexpensive.

This article on the Brandt Grape Cure has gotten so long that it has been divided into four chapters. This is the first chapter and it will introduce the reader to the Brandt Grape Cure for cancer.

NOTES

The Grape Cure article in Russian:
Grape Cure Article in Russian

Note #1:
We do NOT recommend this treatment for fast-growing cancers, such as pancreatic cancer. We also do not recommend this treatment for any type of brain cancer. For these situations, please use the article on the treatment of “Stage IV” cancers:

Treatment For Stage IV Cancers

Note #2:
For those who cannot obtain the proper grapes, a vegetable juice containing carrot juice and some beet juice can be substituted for the grape juice in this article. One “unit” of this vegetable juice contains one quart of carrot juice and some beet juice. The general number of “units” that should be consumed
in one day is between two and four, however, I know of no medical reason a person cannot exceed 4 quarts if they want to. My concern with more than 4 quarts of carrot juice would be that the “water fast” (see the article below, it is the DAILY 12 hour period — generally between 8PM and 8AM — where a person can only drink water) might be less effective because the cancer cells would be well fed.

Beet juice should not be taken by itself, but should always be combined with carrot juice. **You should NOT COMBINE the grape cure and the carrot/beet juice cure. You should be on one or the other, NEVER both.** Here is the article:

Raw Food Diet (i.e. for those using the Carrot Juice/Beet Juice)

**Note #3 (for diabetics):**
A diabetic may have to resort to the carrot juice/beet juice just mentioned. If you have questions, discuss the ingredients in these treatment plans (i.e. the grape cure or the carrot juice/beet juice cure) with the medical doctor who treats your diabetes. In any case, you will always need to monitor your insulin very closely.

There is a new cure for type 2 diabetes which only takes a few weeks:

Type 2 Diabetes Article

**Note #4:**
If you have bone cancer, this is not the best treatment, but it can be used as the “cancer diet.” See our bone cancer article at:

Bone Cancer Article

**Note #5: A Place to Get Organic Grapes**
We currently do not have a recommended vineyard of organic grapes. What I suggest is to “Google” the following search:

“organic grapes” vineyard
Put this into Google and you should not have any problem finding organic grapes.

**INTRODUCTION TO THE JOHANNA BRANDT GRAPE DIET**

Purple (Concord) grapes (with their skin and seeds), and to a slightly lesser degree red and black grapes, contain several nutrients that are known to kill cancer cells. These kinds of grapes also contain nutrients to stop the spread of cancer. They also help detoxify the body.

This diet was developed by Johanna Brandt, who was a South African immigrant to America. She spent many years experimenting with fasting and diets before she found her grape cure. Her book on the grape cure was published in the 1920s. Much has been learned since the 1920s and many things have changed. It would **not** be advisable to read her book and follow it without taking into account what has been learned and what has changed since she wrote the book. For a number of reasons, I have written a short summary article on the four stages of her original grape cure:

**Original Brandt Grape Cure**

The original diet involves 12 hours of fasting every day, followed by 12 hours where you consume absolutely nothing except grapes (and/or grape juice). The consumption of the grapes is spread out over the 12 hours, not just at meal times. In other words, they are consumed slowly over many hours, not quickly over two or three short bursts. After being on this phase of the diet for several weeks there were other phases, but the first phase is of most interest here.

To be technical there are two different “fasts” that occur every day in this diet. First there is the “water fast” (which is only for 12 hours a day) which allows for ONLY the consumption of “natural water” or “purified water” during the “fast” and/or “ionized water.” All of this clarification on water was not in her original diet, but modern technology (e.g. the addition of chlorine and fluoride to our water supplies) has necessitated its inclusion. Chlorine is especially bad for this diet.
**WARNING:** Do NOT use distilled water for this protocol. Distilled water leeches out potassium and other key minerals from the body.

The second type of “fast” is for the other 12 hours in a day, it also includes water, but also includes grapes and/or grape mush.

The two daily “fists” obviously do not starve the cancer cells to death, however, the “water fast” does have a significant purpose. The water fasting makes the cancer cells “hungry,” and when the cells do get food, what they get is grape juice, which contains several major cancer killing nutrients, such as:

1. ellagic acid,
2. catechin,
3. quercetin,
4. oligomeric proanthocyanidins (OPC) or procyanidolic oligomers (PCO), originally called: pycnogenol (seeds),
5. resveratrol (skin coloring of purple grapes), See also: Resveratrol Supplement Vendor
6. pterostilbene,
7. selenium,
8. lycopene,
9. lutein,
10. laetrile (amygdalin or Vitamin B17) (seeds)
11. beta-carotene,
12. caffeic acid and/or ferulic acid (together they kill cancer cells), and
13. gallic acid.

That is an incredible arsenal.
In other words, the water fasting is used to “trick” the cancer cells into consuming the first thing that comes along. The grapes become a great “transport agent” for getting the poisons just mentioned into the cancer cells, meaning the cancer cells “steal” these nutrients (which turn out to be poisonous to the cancer cells) from the normal cells.

Cancer cells thrive on sugar and grape juice is virtually pure “sugar.” The water fast makes the cells hungry and when the grape juice becomes available, the cancer cells gobble up the sugar in the grapes or grape juice. But as the cells are ingesting the juice they are also consuming things that are poisonous to them. Think of putting poison in chocolate and giving it to a hungry child. That is exactly what the water fast, followed by the grape mush, do to a cancer cell.

Cancer cells eat many times more of the glucose and other sugars than a regular cell does, plus it eats far more minerals and some other nutrients than a regular cell. Thus, the combination of consuming far more glucose, minerals and other nutrients, plus the (water) fasting, makes the purple grapes an exceptional cancer-fighting food. The water fast is absolutely critical to this treatment, and should not be taken lightly.

In fact, the great secret to the grape cure is that cancer cells are very inefficient at processing glucose and other sugars. Cancer cells consume about 15 times more glucose and other sugars than regular cells. The 1931 Nobel Prize in medicine given to Dr. Otto Heinrich Warburg was awarded for this discovery. This means a grape cure diet can get several times more of certain cancer-killing nutrients into the cancer cells than normal cells. Most alternative cancer treatments evenly distribute their nutrients between cancerous and normal cells. But not this treatment.

To ensure the patient gets all of the main killer nutrients, the grape juice should include crushed seeds (in order to get the OPCs) and the nutrients from the purple skins (to get the critical resveratrol). The purple color, such as in concord purple grapes, has a critical cancer-killing nutrient not found in other grapes. Back when she wrote her book in the 1920s, the advantage of
purple grapes was not known. Also, if you eat or process whole grapes, you should buy grapes with the seeds (if you can get them), not seedless grapes. This is another thing that Johanna Brandt could not have known about in the 1920s.

The darker the purple grapes the better. (Note: Because purple grapes and red grapes are so frequently confused with each other, it is not clear exactly how good red grapes are. This is why you should look for the word “concord” on the package, although there are purple grapes other than concord grapes that are just as good.)
CHAPTER

The Brandt Grape Cure Protocol
WARNINGS — HEED CAREFULLY
In general, the “Grape Cure” diet cannot be mixed with other alternative cancer treatments. For some reason, when cancer cells have access to a wide variety of foods they do not consume nearly as many of the cancer-killing nutrients in the grapes. This cancer treatment does not include ANY OTHER FOODS. There is NO “CANCER DIET” with this treatment because you are not allowed to eat any other foods. The supplements and alternative cancer treatments that are combined with this treatment have been carefully chosen to not interfere with the consumption by the cancer cells of the cancer-killing nutrients.

In addition to this comment, much has changed since Johanna Brandt developed her grape cure. Unfortunately, one of those things is the way water is processed and another of those things is the way food is processed.

Here is another special word of warning about chlorine. If you buy premixed grape juice, you need to make sure it did not have any tap water mixed in with the grape juice. Assume it does and don’t buy it. Do not not use any premixed grape juice unless the label specifically mentions they did not use tap water or filtered water. Even some organic grape juice may have had tap water added to it. Even though the chlorine may be dissolved by the time you buy it, the fact that the chlorine existed when the grape juice was mixed with the water, would have caused severe damage to the nutrients at that time. This damage cannot be reversed. (1)

Another problem with mixed grape juice, even organic, is that it is generally required to be pasteurized. Pasteurization destroys all enzymes and it destroys an unknown number of nutrients in the grape juice and could neutralize a significant portion of the nutrients in the grape juice. Again, I emphasize, avoid premixed grape juice. (2)

Unfortunately, most, if not all, frozen grape juice is also pasteurized. Frozen grape juice also may have a small amount of tap water added to it. Some
organic grape juices are processed with spring water, but even these may be pasteurized.

This discussion on food processing, which largely applies to organic foods also, leads to the conclusion that only fresh whole purple grapes, totally unprocessed, qualify for this diet. But even doing this does not avoid the problem of pesticides, and a lot of grapes and grape juice are in this diet. However, since a cancer patient is only on this diet for several weeks, pesticides can be safely ignored, however, the grapes should be soaked in warm water before using.

An even better way to soak the grapes is to soak them in Kangan water or some other ionized water. This will do an even better job at getting rid of the pesticides. Drinking Kangan water is also better than drinking normal water during this protocol. However, most people who use this protocol do so because it is very inexpensive, and Kangan water machines cost about $4,000. Less expensive water ionizers will not be as good, but will definitely help.

The only way to guarantee you are getting all of the nutrients in the grapes is to make your own “grape mush” by using organic whole purple grapes (use organic when possible) and by processing them yourself into grape mush. Use a food processor or a juicer without using a filter (you want the entire grape, including the skin and seeds to be in the mush). “Organic” should mean there are no pesticides and that there are far more trace elements and other nutrients from the soil.

Now, being realistic, such a mush is not practical for most people for a number of reasons. Thus, you must do the best you can. First, avoid premixed purple grape juice. Frozen is better because it has had much less tap water mixed in with it, or better yet if the juice is organic it may have had spring water mixed in.
We must emphasize, no matter what kind of frozen grape juice you can find, mix it with “natural water.” Even if you use a water ionizer make sure you are ionizing natural water.

The Brandt Diet is an excellent diet, however, because grapes do not contain all of the amino acids, the Brandt Diet in this article includes spirulina, which does contain all of the critical amino acids.

**BEING ON THE GRAPE CURE**

A quote from her book:

“It is safe to say that the first seven to ten days on grapes only would be required to clear the stomach and bowels of their ancient accumulations. And it is during this period that distressing symptoms often appear. Nature works thoroughly. She does not build on a rotten foundation. The purification of every part of the body must be complete before new tissue can be built.” page 47

In other words, a person on the Brandt Grape Cure can expect some awful smelling stuff coming out of a lot of different parts of their body.

Also, a person on the Brandt diet will probably lose significant weight during the first few weeks. We mention this because a person who begins this diet at 120 pounds or less, will get concerned when they start losing weight. This is to be expected.

Having said all of that, here is the Johanna Brandt Grape Cure treatment for cancer.

**THE JOHANNA BRANDT GRAPE CURE (AS MODIFIED FOR NEWER DISCOVERIES)**

Johanna Brandt designed a cancer treatment in 4 phases. Her first phase lasted until the cancer patient stopped losing weight or felt a lot better. The problem with a variable length phase, based on feeling better, is that a person feels better when their non-cancerous cells are given a shot of nutrients.
Cancer cells steal energy, nutrients and glucose from non-cancerous cells. Thus, non-cancerous cells are very weak and “sick.” If a person has been on chemotherapy, their non-cancer cells may also be toxic. (3)

Giving a person a high dose of grape juice will make non-cancerous cells “feel good.” Thus, feeling good can be a very poor way to ascertain whether the cancer is being conquered, especially in the first few weeks. Thus, my version of the Brandt Grape Cure will be a fixed length treatment which may be repeated. If the person feels good after several weeks, that is a far better indication the cancer is actually losing the battle.

(Note: It is important to remember that this protocol was developed two decades prior to the development of chemotherapy. Cancer patients who have been on chemotherapy may have even more spectacular symptoms so they may want to spend a few days transitioning from their normal diet to a pure grape diet. These transition days do not count towards the protocol.)

There will be a six-week cycle on this treatment. The first five weeks are the pure Brandt Grape Cure treatment (i.e. 35 days). The sixth week will allow certain other foods to be eaten. This six-week cycle will be repeated as necessary but there should be at least a month between six-week cycles.

**NOTE:** If you want to start this diet immediately, but it will be a few days before you can get the grapes, then until you can get the whole grapes use store bought FROZEN purple grape juice that clearly states: “100% Grape Juice.” It is best to buy this at a health food store. Make sure it is “100%” Grape Juice.

Some people may wonder whether a person can survive on grapes, and nothing else, for 35 days. Many, many people have survived on wine for more than 35 days. Another cancer protocol, the “Breuss Total Cancer Treatment” is almost a starvation diet for 42 days and many people have safely used that protocol. This protocol allows a great deal of food, but all of that food needs to be grapes. Some powder or liquid supplements can be taken during this
protocol, such as “Vibe” by Eniva or “Live” by Nuriche or Cellfood. More about that below.

**THE FIRST FIVE WEEKS OF THE SIX WEEK CYCLE**

Starting THE DAY AFTER YOU GET THE GRAPES (unless you want to transition), take absolutely NOTHING into your body that is not specifically mentioned in this plan. NOTHING. No smoking, no drinking alcohol, no coffee, no French fries — NOTHING. There is NO “CANCER DIET” with this treatment. There are NO foods or drinks that are allowed to be added.

**Between 8:00 PM (i.e. 20:00 hours) and 8:00 AM (or pick your own 12 hours)**

This is the evening and overnight “water fast.”

Eat absolutely nothing. You may drink “natural water,” meaning of course pure spring water, pure artesian well water, or ionized/cesium-chloride/ water or even purified water. Make sure your spring water purified water or artesian well water is not treated with chlorine or fluoride. The ozone treatment or ionized water is the preferred treatment for natural water. Try to drink at least 1 gallon of natural or ionized water a day (SPREAD over the entire 24 hours).

Be careful to read the ingredients (i.e. do NOT buy filtered water unless it is reverse osmosis) and do not rely on the name of the product or the name of the company.

This 12-hour water fast is absolutely critical to the grape cure. It is critical that your cancer cells get “hungry” and prepare themselves to consume the next thing that comes along.

**Between 8:00 AM and 8:00 PM**

This is the daytime “water and grape mush fast.”

During these twelve hours you should consume between two and four quarts of pure “grape mush.” If you do not have, or cannot obtain, a food processor,
then you can grind the purple grape seeds with an inexpensive hand-cranked wheat grinder and eat the rest of the whole purple grapes.

For those who cannot swallow the grape mush (due to the grape skins), they can juice and filter the grapes to a level of consistency they can drink.

The grape mush should be partaken of SLOWLY. It should be SIPPED SLOWLY. Actually, the grape mush you are going to eat should be divided into at least several equal portions and eaten at several different times during the 12 hours you are eating the grape mush. This is essential to avoid nausea.

It is also necessary to drink a lot of water about the same time you are taking the grape mush. This will also help with avoiding nausea. Nausea is frequently a major problem with this diet. So is diarrhea or constipation.

The nausea may be caused by the stomach or by Herxheimer Reaction or “Herx,” which is a phenomenon many people get when a large number of microbes in the body are killed in a short period of time.

According to Walter Last (Australia), “thousands of former cancer victims have testified as to the effectiveness of her [the Brandt] method. Because it is now so difficult to obtain unsprayed grapes, commercially sprayed grapes have sometimes been used after thorough washing in warm soapy water and careful rinsing.” Of course organic grapes are best.

**THE SIXTH WEEK OF THE SIX WEEK CYCLE**
The last week of the six week cycle can consist of any UNCOOKED, RAW, WHOLE vegetables and fruits you wish. This week is designed to give you a break, provide needed proteins, provide other nutrients that are not in the grapes, and to give your body and mind a break.

The supplements should be continued during this week.
**REPEATING THE CYCLE**

This six week cycle can be repeated as many times as needed in order to cure your cancer, but there should be a month between cycles.

How do you tell when your cancer is cured? You can use orthodox methods to detect any cancer, but do not use these orthodox methods more often than once every 10 weeks. If X-Rays are involved, or invasive techniques, then I would not use the methods more often than once every 20 weeks. P.E.T. scans should only be used when you are confident your cancer is gone and they generally should only be used once.

If you do not use orthodox methods to evaluate your treatment, then you need to gauge the success based on the energy level of the patient, how they are able to return to normal functions, how they feel, how their weight has increased, etc.

The Navarro Urine Test can also be used as a simple and inexpensive test:

[Navarro Urine Test](#)

**NOTE ABOUT CESIUM CHLORIDE**

The cesium chloride treatment should NOT be used with the Brandt Grape Cure. The reason is that cesium chloride blocks glucose from getting into the cancer cells and the Brandt Grape cure uses the glucose as a transport for its cancer killing nutrients.
CHAPTER 3
What CAN Be Added to the Brandt Grape Cure
Many of the grapes grown today do not have the same amount of minerals and other nutrients that grapes of several decades ago had (in the days of Johanna Brandt). This is due to over-farming the same land. This possibility has led researchers to look into ways to overcome this problem.

In determining what can be added to this protocol, first make sure that it is not a food. Foods are not dense enough with minerals and other nutrients to avoid interfering with this protocol. Anything that is added to this protocol must be processed so that it is small in size compared to the grape mush.

Powdered and liquid supplements are allowed under the condition that they do not add too much “bulk” to the protocol. In other words, the total amount of powder and/or pills taken must be less than 5 percent of the bulk of the grapes and grape mush. Any such powder and pills should be designed to build the immune system, kill microbes, kill cancer cells and/or provide a high level of energy.

One acceptable supplement is an excellent liquid multi-vitamin and multi-mineral supplement: Vibe by Eniva.

**REQUIRED ADDITION TO THE GRAPE CURE: COLLOIDAL SILVER**

One of the theories as to how the grape cure works is that the grape juice gets inside the cancer cells (which it is known to do) and kills the microbes which are inside the cancer cells, thus allowing some or all of the cancer cells to revert into normal cells. A microbe cannot survive for more than a few seconds in pure grape juice. This may account for why the grape cure does not create any swelling or inflammation — because no cancer cells may actually be killed by the protocol.

Another substance which kills microbes is colloidal silver. If colloidal silver were mixed in with the grape juice the grape juice might “carry” the colloidal silver inside the cancer cells with it (this is a “Trojan Horse” effect), allowing the colloidal silver to help kill the microbe(s) inside the cancer cells, thus allowing the cancer cells to revert back into normal cells.
The right brand of colloidal silver might supercharge, in a big way, the effect of the grape cure.

The two brands of colloidal silver I recommend, by a wide margin, are:

1. **ASAP Plus**, which is 22 ppm silver,
2. **Angstrom Silver by Rainbow Minerals**.

To use this addition to the grape cure, mix 8 TABLEspoons of the silver in with the grape mush you make for a day’s use. Eight TABLEspoons is equal to 4 ounces, so make sure you buy enough bottles to last you for the treatment.

Do not start at six tablespoons, start at one tablespoon and then build-up, by one tablespoon a day, until you get to 8 tablespoons. Thus, day one will have one tablespoon mixed in with the grape mush, day two will have two tablespoons, etc.

Here is a vendor of **ASAP Plus**:

Vendor of “ASAP Plus” (22 PPM)

Use Google to find a vendor of Rainbow Mineral’s **Angstrom silver**.

**STRONGLY RECOMMENDED ADDITION TO THE GRAPE CURE: CELLECT**

Recent experiences with using Cellect have convinced us that Cellect is a superb addition to any alternative cancer treatment. It would be especially beneficial when using the Brandt Grape Cure because it should not interfere with the way the Brandt Grape cure works.

Cellect was developed by Fred Eickorn, who was an organ transplant researcher and is now the president of the National Cancer Research Foundation. The product can be purchased by visiting this website:

**Cellect Powder**

Note: Do not buy the pills because you cannot mix them in with the grape mush and they would be much more expensive.
Doses of Cellect:

- Days 1-2, one scoop a day (added to grape mush),
- Days 3-4, two scoops a day (added to grape mush),
- Days 5-6, three scoops a day (added to grape mush),
- Thereafter, three or four scoops a day (added to grape mush).

The number of scoops can be increased for more advanced cancers. Very advanced cancer patients have built up to 8 or 10 scoops a day on other protocols. This product is required for those who can obtain it.

**STRONGLY RECOMMENDED ADDITION TO THE GRAPE CURE: FUCOIDAN**

Fucoidan is a natural product from the sea. It is a special kind of seaweed mixed in with fruits and vegetables. Its affect on cancer is well proven. A therapeutic dose is 16 ounces a day. This is a superb protocol by itself, and will be a welcome addition to the grape cure.

While adding Fucoidan is far above the 5 percent “rule of thumb,” remember that this juice is a very potent cancer treatment by itself, thus you can ignore the 5 percent rule in this case.

You should take the Fucoidan during the twelve hours you are NOT eating the grapes. Normally, Fucoidan is taken in several small doses spread out during the day. When added to the Grape Cure a person can take two small doses in the morning (before the Grape Cure) and two small doses after the Grape Cure is finished for the day.

There are many vendors of Fucoidan, but there is only one vendor which I have seen do marvelous things for cancer patients. Here is an article with more information about Fucoidan and information on how to buy it:

Information and Vendor of Fucoidan
CHAPTER 4
Optional Treatments and Final Comments
This chapter will deal with things that can be safely and effectively added to the Brandt Grape Cure.

**FREQUENCY GENERATOR (HIGHLY RECOMMENDED: COSTS ABOUT $2,500)**

A frequency generator is an electromedicine device which does not add ANY bulk to the grape cure because it is purely electrical in nature. It is the perfect addition to the grape cure because it does not interfere with the grape cure in any way, but it does add a lot of benefits to the grape cure.

The original Royal Rife Machine was what we now call a “frequency generator.” (1) His frequency generator had a fantastic cure rate among advanced, terminal cancer patients. However, all of the Rife Machines that the FDA/AMA could find, they destroyed. The Rife technology was lost to the world.

Due to the persistent research of many researchers, the technology has been restored after being lost to the world for over 70 years. Modern day versions of the Rife Machine are as effective as the original, if not more so.

The importance of this item to the Grape Cure is that because it is not a food stuff, it will not in any way interfere with the Brandt Grape Cure. In fact, it will be a very welcome addition for those who can afford around $2,500.

There is a special article on frequency generators:

[Frequency Generator Article](#)

**POLYSACCHARIDES**

The elements of the body's immune system need to communicate with each other in order for the immune system to be effective. Glyconutrients (the monosaccharides just discussed) and polysaccharides are two of the critical things that allow this communication to happen.

The only polysaccharide supplement a cancer patient should take is the Beta Glucan Supplement, “Beta-1, 3-D Glucan.”
Here is the best vendor for Transfer Point Beta-1, 3D Glucan:

**Better Way Health**

**ALOE IMMUNE**
There are eight critical sugars (monosaccharides) the immune system needs to internally communicate (cell to cell). They are called: glyconutrients. The product Aloe Immune has all 8 of these glyconutrients.

The dosage for this product is six (500mg) pills a day, but start with only one (150 mg or 500 mg) pill a day and build up over a several-day period.

**WARNING:** Some people have a chemical sensitivity to this product (e.g. fever, aches). If this is the case, work with the vendor as to what dosage you can handle.

**Aloe Immune Vendor**

In the U.S. call: 800-807-4779. From outside of the U.S. call: 830-935-4292 (This is a residence so you may get voice mail. Keep calling back, they may not get your phone number correct.).

**GENERAL COMMENTS**
In general, the kinds of treatments that can be combined with the Brandt Grape Cure are treatments that include minerals, special types of water, vitamins, immune building products, herbs, magnetic or electromagnetic treatments, etc. These are all things that are NOT FOODS and do NOT contain a lot of glucose AND help fight the cancer.

The Brandt Grape Cure, by itself, is an alkaline diet. Thus, you certainly do NOT want to eat or drink ACIDIC substances such as soda pops, diet soda pops, etc. even if they are calorie free and glucose free.

There are exceptions to these general rules, as mentioned above. Cesium chloride blocks glucose, thus it is not compatible with the Brandt Grape Cure. Rubidium and germanium should also be avoided for the same reason.
EXERCISE
Exercise is critical for cancer patients. It puts a stress on the heart and pumps the blood faster. But perhaps more importantly, it pumps the lymph system (2) and is critical to getting the toxins out of the body. (3) The lymph system has no pump (such as the heart pumps the circulatory system), only muscles can pump the lymph system.

Obviously, many people with advanced cancer cannot go for a walk. If going on a walk is not advisable or possible, you should lift a book or something else and do exercises two or three times a day for 10 minutes total each time.

OTHER RECOMMENDED NUTRIENTS
Several enhancements to the grape cure diet should be considered. When possible, these supplements should be purchased as a powder, crystal or in liquid form and taken between noon and 8:00 PM. This means there is always at least four hours a day (between 8:00 AM and noon), where only grape mush or grapes are consumed, on any of these diets. Here are the nutrients:

1. Grape seed extract, check ingredients to get the most OPCs or PCOs (Do not take if you have a blood clotting disorder)
2. grape skin extract, check ingredients to get the most resveratrol
3. quercetin
4. Vitamin C, 12-15 grams of Vitamin C spread out during the day (build up to this amount over two weeks, start at only three grams a day.)
5. cayenne pepper (the hotter the better) and/or niacin (one gram of niacin)

Both cayenne pepper and niacin increase blood flow, which helps get the grape juice to the cancer cells. Cancer cells frequently thrive in areas where circulation is poor. (4) During the first week you may need to gradually build up to the recommended dosage of niacin.
Finally, five more items: (Alpha) Lipoic Acid, Vitamin E (1,000 I.U.), Vitamin A, Selenium and zinc.

In each case take the dosage mentioned above or the maximum dosage stated on the bottle, whichever is greater.

If you have any concerns about heart disease, while you are on this diet, then you need to add three more nutrients:

1. L-Lysine (3 grams a day),
2. L-Proline (1.5 grams a day — 1,500 mg),
3. L-Arginine (2 grams a day)

**A WARNING ABOUT THE WORTMAN GRAPE CURE**

A man named Fred Wortman designed a modified version of the Brandt Grape Cure that allowed a person to eat anything they wanted for eight hours of the day. Feedback received from multiple cancer patients indicates this cancer treatment DOES NOT WORK.

Cancer cells pull an enormous amount of energy, nutrients and glucose from normal cells. Thus the normal cells of a cancer patient (especially those who have been on chemotherapy) are very depleted of energy and nutrients. A quick shot of a super-fruit drink will give the cancer patient a rush of nutrients into their healthy cells, causing them to feel good.

There are many testimonials on the internet that claim that within two or three weeks a person was cured of their cancer by taking a super-fruit drink. This person was **NOT CURED** of their cancer. What happened is that they felt so much better they thought they were cured of their cancer.

Whatever the reason, the Wortman Grape Cure is no longer endorsed on this website.
The bottom line is that the Brandt Grape Cure cannot be mixed with any other foods or alternative cancer treatments that are not first carefully evaluated to insure they do not interfere with the concept of the “juice fast.” The Wortman Grape Cure DOES interfere with the “juice fast” concept of the Brandt Grape Cure and is not an acceptable treatment.

**FAMILY SUPPORT**
Because of the weeks that a person can only eat grape mush, a great deal of family support will be needed for anyone on this diet. It may be necessary for someone to call the person on this diet every hour or so, especially at the beginning of the diet. Remember also that there will be “distressing symptoms” of a person going on this diet. This diet is an incredible detoxifier and the toxins have to exit the body somewhere. This will also require support from family and friends.

**OTHER SUPPORT**
Because the Independent Cancer Research Foundation, Inc. provides free support for this protocol, if you are on this treatment, and have questions or comments, feel free to contact the ICRF by email:

Email the ICRF