

# Breaking the Cancer Code

## A Revolutionary Approach to Reversing Cancer

| Geronimo Rubio, MD and Carolyn Gross

Preface

Chapter 1

The Fifty-Fifty Relationship

Chapter 2

A Brief History of Cancer: Definition,  
Causes, and Diagnosis

Chapter 3

Immunotherapy: Advancing Cancer  
Treatment

Chapter 4

Radiation and Chemotherapy

## Chapter 5

# The Importance of Cancer Detoxification

## Chapter 6

# How to Use Your Diet to Heal

## Chapter 7

# Vitamins' Role in Preventing and Treating Cancer

## Chapter 8

# Advanced Adjunct and Beneficial Therapies

## Chapter 9

# Nature Power: Non-toxic Medications and Herbs

## Chapter 10

# Patient Success Stories

## Chapter 11

# Self-Care and Psychoneuroimmunology

## Chapter 12

# Patient Prevention Power

## Acknowledgments

## Resources

# Chapter 1

## The Fifty-Fifty Relationship

Who do you know that doesn't have their lives touched by cancer? In our own lives, or those of family and friends, cancer is a hot topic today. Within our communities, stories are rampant that demonstrate a need to find a new way out of the cancer predicament.

We truly are at a revolutionary point in breaking the cancer code. Scientists and medical researchers are trying to find multiple ways to successfully heal cancer. The approach discussed in this book will target the most important tool to healing cancer—the patient's own immune system. We will present extensive research done at Rubio Cancer Center with a multitude of successful cancer healings. It is with great joy we bring you this important information. When the idea for this type of noninvasive treatment began, we were one of a handful of cancer centers in the world taking up this approach.

Today, we are delighted that so many scientists and researchers are looking to new modalities like immunotherapy, which will be extensively detailed throughout this book. The idea that gene sequencing, epigenetics, and targeted medicines are the forefront of this new approach will all be discussed. We are fortunate for news publications, like the cover of *Time* magazine for April 2013 that read, "How to Cure Cancer\*," with a footnote, "\*Yes, it's now possible—thanks to new cancer dream teams that are delivering better results faster." The people are ready, and the patients are interested in a new approach.

This material and topic is imperative for a very specific population, and three come to mind immediately:

1. Patients who are diagnosed with cancer and are battling for their lives right now; they are looking to heal and start life over without cancer.
2. People who have been diagnosed with cancer and are healed but suffer with the fear of a recurrence.
3. People who don't have cancer but struggle with *what if?* They live with the idea of getting cancer because it runs in their family.

Whatever group you fit into, we hope you delve into these pages with fervor to help you heal. So many people embark upon the cancer-healing journey, thinking, *If I find the right doctor, everything will be fine*. Others think, *I love my doctor, I'm going to do everything my doctor says and nothing else*. If you can relate to these sentiments, that's great. However, the premise of this book is that this is only half of the equation!

## The Healing Partnership

In breaking the cancer code, it's a fifty-fifty relationship. First, there is finding the right doctor and following their advice. However, that is only 50 percent of the equation. Guess what the other essential component of your successful healing is? It's *you*, yes, you, equally weighted with the doctor's orders and efficacy of the medicine. It's your follow-through, your faith, and your effort that make the overall picture complete.

This is absolutely essential to ensure a cancer-free life.

Many times people get a diagnosis and think, *It's over*, and they give up. The medicines don't work very well when patients have already resigned themselves to believing that they're through. We've seen this time and time again; a person's "positivity" when diagnosed makes a huge difference. Not only do they overall feel better because of their positive approach, but others feel good around them too, that means doctors, nurses, families, and friends!

## Being a Proactive Patient

The proactive patients who take their job of healing seriously seem to succeed. Having worked with thousands of patients over the years, we have clearly observed the successful ones, and success leaves clues. The patients that reverse cancer and successfully heal take 100 percent responsibility for their half of the relationship.

In a funny way, you can compare this to a marriage. Would you go down the aisle and say to your spouse, "My happy marriage is 100 percent in your hands?" If you did, they would probably run! Isn't it more accurate to say to your prospective partner, "This marriage relationship is a partnership, and I'll do my share, you do yours, and we'll likely be happy together."

When you embark upon your healing journey, with your doctor as a partner, you have to be responsible for your half of the relationship. With your doctor providing the medical insights

and you as the proactive patient, both doing their share, together you and your doctor will have a successful healing relationship.

This book offers a healing approach that is helpful to breaking the cancer code as discovered and introduced to patients all over the world. We will introduce the expertise of immunotherapy as a methodology that is now accepted more than ever in countries worldwide as a less invasive first-line therapy.

This book actually represents the fifty-fifty approach. Our combined approach from a medical doctor, specializing in using a scientific approach to healing cancer using a powerful weapon, the patient's own immune system! Dr. Rubio at Rubio Cancer Center, with his twenty-eight years of research in immunotherapy and as medical director, will detail how he has helped thousands, and we will outline the treatment he uses throughout this book. We offer a comprehensive protocol, including programs to detoxify and fortify the patient's body.

The other 50 percent of the equation is written by a former stage 3 breast cancer patient, motivational speaker, and health advocate with a voracious appetite for health and healing. Carolyn Gross has been working for nearly a decade with Dr. Rubio as a patient advocate at Rubio Cancer Center. She dedicates herself to educating and empowering patients and their families.

This fifty-fifty relationship does not say that the patient knows as much as the doctor—no way, no how. Doctors are a special breed because they devote themselves to the healing of others and have years upon years of research, study, and application, which cannot be questioned. However, doctors who specialize in cancer often haven't had cancer.

After all their years of studying and helping others, they cannot offer that *inside experience* that only survivors or "thrivers" get a glimpse of. We want to remind patients that you have a special power in your healing, and once you break the cancer code, you have insights that can be applied to every part of your life. Successfully healing cancer gives you a diploma for the rest of your life that says, "I faced death and won." Recently we met a colorectal survivor who told us the title of her book, *If the War Is Over Why Am I Still in Uniform*. Her message is "Cancer gave me a better life!" We like this approach. It's important that once the war is won, you move on with your life.

During a recent lecture to a group of naturopath physicians, we posed this question to this health-educated audience, "What percentage of a patient's getting well is determined by their attitude and mind-set?" The doctors responded 80–90 percent. Please accept that this positive