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## Case Report

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# Case of terminal breast cancer with systemic metastasis cured by vegetable and fruit juice

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## Summary

This is a case of a 40-something female patient with terminal breast cancer with systemic metastasis who was cured by switching to alkalization therapy after discontinuing chemotherapy. She was completely cured by alkalization therapy using vegetable and fruit juice. At the time of her first consultation, she was undergoing treatment with anti-cancer drugs such as Taxotere, but the side effects were so strong that she had to reduce the dosage and eventually discontinue the treatment. One year later, the alkaline therapy using vegetable and fruit juices and ume plum extract reduced the size of the tumour, and she has been able to live a healthy life for over 10 years without undergoing any further treatment.

## Patient introduction and treatment progress

The patient is a woman in her 40s. She was diagnosed with left breast cancer in her 30s (1998) and underwent a left mastectomy. She began to cough around December 2010, and as a result of an examination, systemic metastasis was confirmed. The main cause was multiple metastases in the chest cavity, and bone metastases were also observed. In January 2011, treatment with Taxotere (80mg) was started at a hospital in Shikoku, with administration once every three weeks. However, the side effects were strong, so in June 2011, the dosage was reduced by 80% and changed to once every four weeks. In addition, the patient was taking 20-30mg of the painkiller narcotic MS Contin twice a day.

The patient first visited our hospital in June 2011. We recommended a diet therapy aimed at alkalisation, and advised

the patient to consume 10g of plum extract and 2 litres of homemade vegetable and fruit juice per day. We instructed the patient to always consume these in place of water or tea. During the course of treatment, the dosage of the anti-cancer drug was gradually reduced, and in June 2012 it was completely discontinued. No shrinkage of the tumour was observed for the first year after the start of treatment, but thereafter a rapid shrinkage of the tumour was confirmed. As of 2024, he has maintained his health for over 10 years without undergoing treatment.

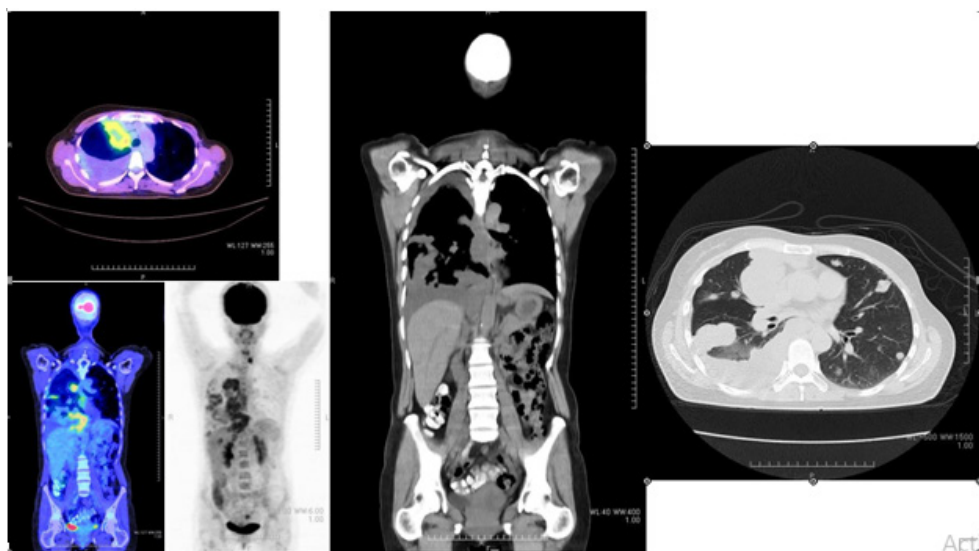
## Analysis of the healing mechanism

In the case of advanced breast cancer, the prognosis often worsens when cytotoxic anticancer drugs are used for a long period of time. In this patient, the side effects were reduced and the patient's



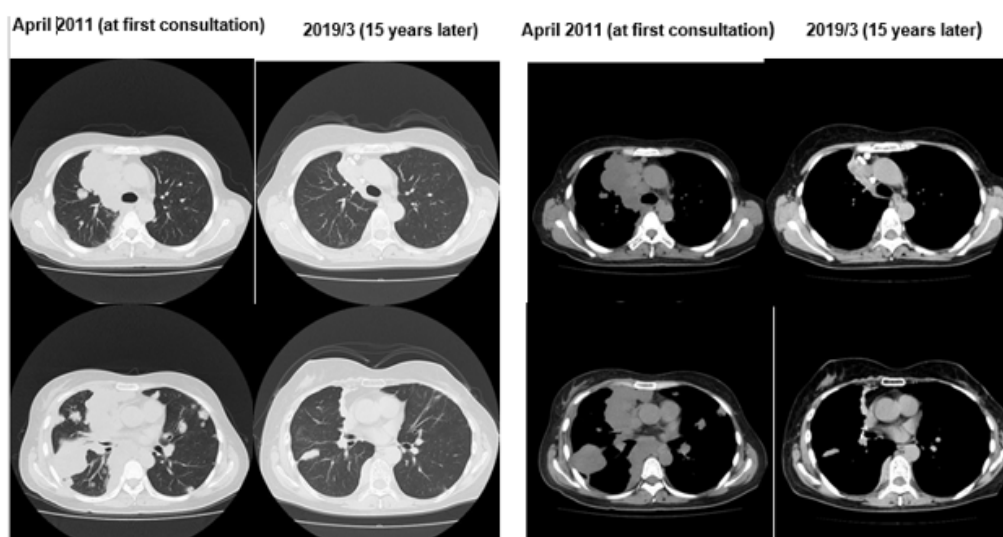
immunity was restored by reducing the amount of anticancer drugs used, stopping them early, and switching to alkalization therapy. This may have improved the patient's prognosis. It is thought that the patient's own immunity was restored by reducing the amount of anticancer drugs and alkalizing the cancer microenvironment. The tumour microenvironment (TME) is generally highly acidic, and this environment promotes cancer growth. When alkaline food is consumed, there is a high possibility that the acidity of the TME

will become alkaline. In order to alkalize the TME, the patients were instructed to eat a lot of vegetables and fruit with high Pral values. This is thought to have created an internal environment that was not favorable for cancer cells, and suppressed cancer growth [2, 3]. Furthermore, to boost the patients' immunity, they received intravenous infusions of vitamin C 2 to 4 times a month. This is thought to have suppressed the growth of cancer cells and promoted the patients' natural healing power [4, 5].



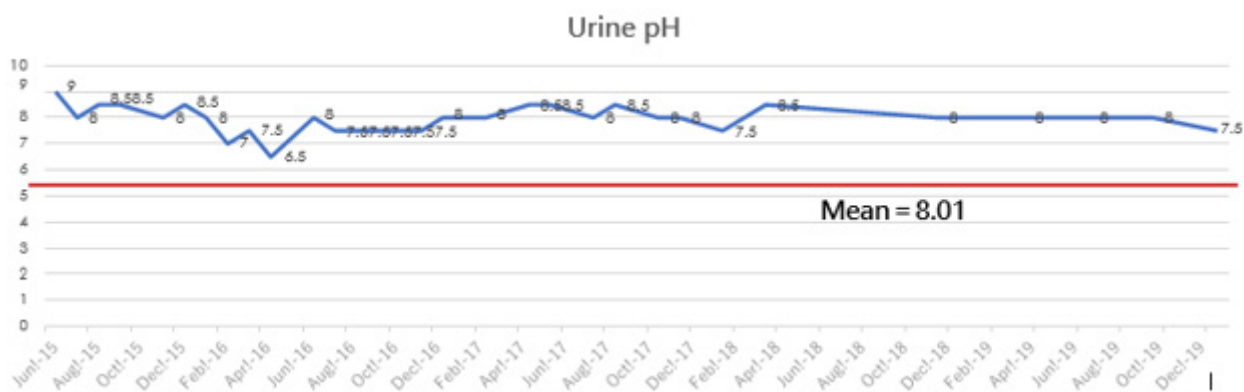
**Figure 1:** At the patient's first visit photos 2011/1/6.

Female, 45 years old, breast cancer with lung metastasis, A female patient in her 40s with terminal breast cancer that had spread throughout the body including huge lung metastases

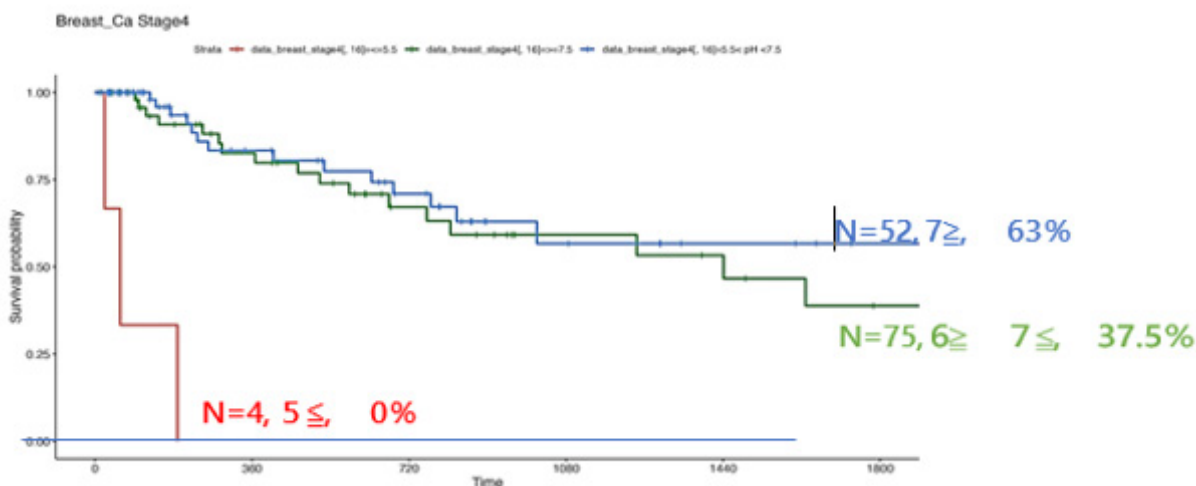


**Figure 2:** The patient first visited our hospital in June 2011. She underwent a diet therapy aimed alkalization, and took 10g of ume plum extract and 2 litres of homemade vegetable and fruit juice per day.

During the course of treatment, the dosage of the anti-cancer drug was gradually reduced, and after one year from the first visit, it was completely discontinued. After one-year, rapid tumour shrinkage was confirmed. As of 2024, he has maintained his health for over 10 years without undergoing treatment



**Figure 3:** Trends in urine pH  
The urine pH of people with normal diets is 5-5.5. Patients with k always maintain a pH of 6.5 or higher, and the average value for the five years from 2019 to 2024 is 8.01, indicating alkalinity.



**Figure 4:** Stage 4 breast cancer, Wada Clinic, pH classification, 131 cases  
Wada Clinic Five-year survival rate for 131 cases of breast cancer in stage 4, divided by urine pH. The pH 7 or higher group was 63%, the pH 6 - 7 group was 37.8%, and the pH 5 or below group was 0%.

**Table 1:** Wada Clinic: Five-year survival rate for 131 cases of stage 4 breast cancer, based on urine pH. Overall, it was 46.5%, with 63% for the pH 7 or higher group, 37.8% for the pH 6 to 7 group, and 0% for the pH 5 or lower group.

| 4th Stage Breast Cancer: Survival Rate by pH Classification n=131 |                 |                 |
|---|-----------------|-----------------|
| pH  | Number of cases | 5-year survival |
| 7 ≥   | n=52            | 63%             |
| ≤6-7 ≥  | n=75            | 37.5%           |
| 5 ≤   | n=4             | 0%              |

5-year survival rate for cancer hospitals (standard therapy facilities) in Japan

On the other hand, the 5-year survival rate for stage 4 breast cancer patients who received standard treatment at cancer hospitals in Japan was 39.3%, according to a 2022 report from the Cancer Center.

## The relationship between pH and cancer

In the bodies of cancer patients, the interior of cancer cells is alkaline, while the surrounding area is acidic. It has been suggested that neutralizing this acidic environment may inhibit the activity of cancer cells. In the alkaline diet guidance for patients, the pH of the urine was measured to evaluate the progress of alkalisation. This is thought to have created an environment in which cancer cells are unlikely to survive, and contributed to the reduction of tumours.

## Discussion

Warburg, O. stated that cancer develops in areas where there is a lack of oxygen, but where there is a continuous supply of nutrients [1]. Based on this concept, if the microenvironment around the cancer becomes acidic, cancer treatment becomes extremely difficult [5, 6]. In the case reported here, the patient was able to achieve a complete recovery by alkalizing the acidic TME [7, 8]. Treatment for metastatic breast cancer generally involves the use of anti-cancer drugs. In this case, docetaxel was used, but the patient experienced very strong side effects. The 5-year survival rate for stage 4 is 38.7%. This is a significant decrease in survival rate compared to the 5-year survival rate for stage 3, which is 80.7%. It is said that cancer that has spread to other organs is difficult to completely cure, but this patient was cured completely through alkalization therapy. The 'alkalinization therapy' that we advocate is effective both on its own and when added to conventional standard therapy. In the case of this report, it can be said that advanced recurrent breast cancer was completely cured through 'alkalinization therapy' alone [9, 10].

It is thought that the development of cancer is linked to intermittent oxygen deprivation, which causes cells to turn to glycolytic metabolism and leads to carcinogenesis. This process leads to the acidification of the tumour microenvironment (TME), which promotes cancer malignancy and drug resistance. We have reported that alkalization therapy, which aims to neutralize this acidity, is effective.

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