



TOP 5 UNDERGROUND HEALTH SECRETS YOU NEVER KNEW BEFORE

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Introduction

This report features a compilation of 5 popular secrets from *The Underground Health Reporter™ E-Newsletter's* treasury of little-known, cutting-edge -- and unconventional -- health discoveries.

It is brought to you by Think-Outside-the-Book Publishing, LLC, the publisher of the bestselling book, [*The One-Minute Cure: The Secret to Healing Virtually All Diseases*](#), and the *Underground Health Reporter™ E-Newsletter*, which is read by hundreds of thousands of subscribers from every country in the world every single week.

We trust that these 5 secrets will contribute significantly to your health and your life. When you're ready to gain access to more of these health secrets that most people will never know, we invite you to visit UndergroundHealthReporter.com often to get your daily dose of startling discoveries in health and wellness.

Wishing you the best of health,

Danica Collins

Danica Collins

Editor, *Underground Health Reporter™*

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Report No. 1

How to Make a Cancer Tumor Dissolve in 40 Seconds!

Did you know... that there's a hospital in China that routinely dissolves cancerous tumors using the 5,000-year-old healing practice called Qigong? In fact, there is a stunning videotape showing hospital practitioners **dissolving a cancer patient's orange-sized tumor in 40 seconds!**

The HuaxiaZhineng Qigong Center is the world's largest *medicineless* hospital. Four Qigong masters from the hospital dissolved the tumor described above while 2 doctors monitored the procedure via real-time CT scan. [Note: A videotape of the 40-second procedure has been uploaded to YouTube, and the link appears at the bottom of this report.]

Since it opened its doors in 1980, the Center has treated more than 135,000 patients with 180 different diseases -- and has achieved an overall **success rate of 95 percent!**

Qigong (pronounced chee gong or chee kung) is a Chinese healing practice using movement, affirmations, breath work, visualizations and meditation, to improve the flow of the vital energy or life force called qi (pronounced chee).

Qigong healing masters are able to accomplish healing simply by projecting qi on a patient -- or on a part of the body afflicted with an ailment or disease. In the early 1980s, Lu Yan Fang, Ph.D., a senior scientist at the National Electro Acoustics Laboratory in Beijing, China, discovered that the hands of Qigong masters emitted high levels of low frequency acoustical waves. Every human being generates such acoustical waves, but the signals generated by the Qigong masters are **100 times more powerful than the average individual** -- and *1,000 times more powerful than those who are elderly or ill.*

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Qigong may sound unbelievable to Western doctors who are untrained in energy healing methodologies. However, even Harvard physicians who have experienced Qigong healing admit they can feel electrical sensations in their bodies when a Qigong master projects his invisible healing energy onto them.

Dr. Hong Liu, a Qigong master now residing in California, and author of *Mastering Miracles*, has demonstrated the ability to project qi that is **lethal to cancer cells**. While at Shanghai Red Cross Hospital, he emitted qi to kill cancer cells that were being cultured in a petri dish. The cancer cells in the dish died, while cancer cells in a control dish that received no qi continued to flourish.

Qigong has been shown to help heal not just cancer but also cases of HIV/AIDS, coronary heart disease, hypertension, digestive problems, asthma, arthritis, insomnia, pain, depression and anxiety.

Although the practice of Qigong takes years to master, there's a shortcut, "self-service" form of Qigong called Chi Lei, which is taught at the HuaxiaZhineng Qigong Center. It is a scientific and progressive self-healing system consisting of a set of simple exercises which dissolve the blockages so that **qi** can flow throughout the body, bringing life to every cell.

One of those exercises is called **La Chi**. It is a simple and effective way of collecting **qi** and using it to heal yourself or others. Many people who have come to the Center, who have been healed of cancer and other diseases, achieved those amazing results by using this La Chi technique.

Here's how to do it:

1. Place your hands in front of you, away from your body, with the fingertips of both hands pointing at each other, and almost touching.

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2. With your shoulders and hands relaxed, slowly move your hands outward until they are several inches apart. While doing this step, imagine that your pain or sickness is leaving your body and disappearing into infinity.
3. Move your hands back inward to the starting position until the fingertips almost touch. While doing this step, imagine that you are directing *qi* or life energy to the part of the body where it is needed.
4. Repeat the outward and inward hand movements (Steps 2 and 3) for several minutes or more while affirming to yourself that all pain and sickness are gone, and that you're completely healed.

For more information, read *101 Miracles of Natural Healing* by Luke Chan, which explains the Chi Nei Tsang exercises more thoroughly, and tells the stories of 101 individuals who miraculously recovered from cancer, diabetes, arthritis, paralysis, heart disease, severe depression, systemic lupus and many other chronic illnesses.

Why Drinking the Juice of this Young Grass May Turn Gray Hair Back to Its Natural Color -- Naturally

Did you know ... that consuming fresh wheatgrass juice regularly has been shown to

turn gray hair back to its natural color?



How does this happen?

According to Traditional Chinese Medicine, hair pigmentation is influenced by the quality of blood and the strength of the kidneys. If your hair has gone gray, your kidneys and blood need to be

strengthened. Foods that accomplish this include wheatgrass and any food with high chlorophyll content.

What is wheatgrass?

Wheatgrass refers to the young grass of the common wheat plant, *Triticumaestivum*. Its leaves are juiced or dried into powder for human (or animal) consumption. It is often available in juice bars and smoothie restaurants, and is taken alone or mixed in fruit and/or vegetable drinks.



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In *The Wheatgrass Book* by Ann Wigmore, consuming wheatgrass juice is named as a beauty treatment that slows down the aging process. That's because wheatgrass cleanses the blood, helps rejuvenate aging cells, and helps tighten loose and sagging skin.

The benefits of wheatgrass, however, go way beyond beautification and anti-aging. The high chlorophyll content of wheatgrass, as well as the amino acids, minerals, vitamins and enzymes enable wheatgrass to provide a wide range of health benefits and curative benefits, such as the following:

- **Fights tumors**-- Studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs.
- **Powerful detoxifier**-- protects the liver and the blood, and neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride
- **Contains liquid oxygen**-- this is vital to many body processes, and protects the body against cancer cells (cancer cells cannot exist in the presence of oxygen)
- **Blood builder**-- An important aspect of the chlorophyll in wheatgrass is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. When the chlorophyll is absorbed in the human body, it is transformed into blood, which transports nutrients to every cell of the body.

Note: Some health practitioners claim that you can **double your red blood cell count just by soaking in chlorophyll**. Renowned nutritionist Dr. Bernard Jensen found that wheatgrass and green juices are the most superior blood builders. In his book *Health Magic Through Chlorophyll from Living Plant Life*, he cites several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Even more rapid blood building results occur when patients consume wheatgrass juice and other chlorophyll-rich juices regularly.

Some consumers who use wheatgrass for therapeutic purposes grow wheatgrass in their homes, and extract the juice using a wheatgrass juicer. Some prefer the convenience of buying the juice at a juice bar like *Jamba Juice* or a health food store like *Whole Foods*. The average dosage is 1 to 2 fluid ounces of fresh-squeezed juice once a day (or 3 to 4 times a day for detoxification); or 1 tablespoon wheatgrass powder (1 to 3 times a day); or 7 to 10 wheatgrass tablets (500 mg) a day.

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Report No. 3

A Mushroom That Cures Cancer and AIDS?

Did you know... that the shiitake mushroom has been shown to be a powerful fighter of cancer and AIDS?

Over the past few centuries; the shiitake mushroom has been hailed as an amazing botanical wonder with medicinal properties. The countless benefits it provides have been supported by research and clinical trials conducted worldwide for many treatments involving cancer and the immune system.



The shiitake mushroom grows on the wood of dead deciduous trees. Its medicinal use dates back to the Ming Dynasty (AD 1368-1644), and it was used not only as a delicacy but as a remedy for upper respiratory diseases, poor blood circulation, liver trouble, exhaustion and weakness, and to boost energy. The flavorful mushroom was also believed to **prevent premature aging.**

Most of the formal studies concerning shiitake mushrooms have been conducted in Japan. Japanese studies have shown that an ingredient of shiitake, an *activated hexose-containing compound* (also known as 1,3-beta glucan) has **anti-cancer properties** in humans as well as in animals. Ever since the shiitake mushroom has been shown as a possible treatment for cancer and HIV infection, researchers in the U.S. and other countries have begun formalized studies of the mushroom's medicinal properties.

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Back in 1969, researchers at Tokyo's National Cancer Center Research Institute discovered a compound that they named *lentinan*. They found that mushrooms grown on logs have higher levels of lentinan than mushrooms grown on other types of organic material. Lentinan is a compound isolated from the shiitake mushroom, which is used as an **intravenous anti-cancer agent** in some countries.

Lentinan possesses **anti-tumor properties**, and human clinical studies have linked associated it with a higher survival rate, higher quality of life, and lower re-occurrence of cancer. Cancers that have responded well to lentinan include **colorectal cancer, pancreatic cancer, hepatocellular carcinoma, gastric cancer** and cancers of the stomach. Even the City of Hope National Medical Center is currently conducting clinical trials to determine if the shiitake mushroom can inhibit **lung cancer**.

Shiitake mushrooms have also shown great promise in the fight against HIV. In some studies, the extract from shiitake mushrooms has proven to be **more effective in eradicating HIV than AZT**. In a 1998 study done in San Francisco, it was found that patients with HIV infection who were given lentinan together with AZT maintained higher CD4 cell counts for longer periods of time than those who were given AZT alone.

Research has also demonstrated that the shiitake mushroom has the following therapeutic effects:

- Immune system booster
- Blood pressure control
- Contains a cholesterol-reducing amino acid known as *eritadenine* which, according to Japanese studies, **lowers cholesterol levels by as much as 25% in one week.**
- Possesses anti-bacterial, anti-candida and anti-viral properties (including anti-HIV and Hepatitis B)
- Blood sugar moderator
- Sexual potentiator
- Stress reducer

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Once merely a staple of Asian households, the exotic shiitake mushroom has gained favor among the taste buds of Americans and people all over the world. These mushrooms are now available in many supermarkets across the U.S. throughout the year. Shiitake mushrooms can be stir-fried or added to teas, soups or rice dishes.

For the best therapeutic results, many herbal medicine practitioners recommend taking extracts or concentrated forms of shiitake mushrooms at doses of 1 to 3 grams, 2 to 3 times daily. These products are available at health food stores and retailers of herbs and nutritional products. They can also be ordered by mail from online websites, including Amazon.com.

Report No. 4

How to Make Your Cells Grow Younger

Did you know ... that there are certain foods that can actually make you younger?

In an article titled "***Make Cells Grow Younger***," Brown Landone, a 20th century medical doctor turned New Thought leader, recounted the nutritional effect of enzymes in animal experimentation by reporting: "Experiments were made on old decrepit rats. Their age corresponded to that of a man of ninety years. They were fed with 'immature food.' that is, food which had not finished growth, sprouting new stems, young leaves. The results were ***amazing***. The old decrepit rats were transformed, and their bodies began to grow younger.

"At about the same time, other scientists discovered a root-auxin in plant roots. When they extracted this auxin from the tips of young growing roots, and pasted it on the edge of a leaf, roots grew even on the edge of a leaf. The



miracle of auxinon foods -- they induce growth after their own kind of activity. A root auxin will grow roots and a youth auxinon will **grow youthful cells**.

"Youth-growing substances from new growing sprouts will induce cells to grow younger. There is something in the chemical substance of a young growing auxinon which, when you eat it as food, **makes the cells of your body reproduce younger cells** instead of older cells.... The best auxinon foods are produced in ***mung bean sprouts***."

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Report No. 5

Rub Your Stomach Away in 2 Minutes a Day?

Did you **know...** that you can **rub your stomach away** effortlessly using *nothing but your hand* -- for only 2 minutes a day?

This may sound hard to believe, but Dr. Stephen Chang, an M.D. and Ph.D. who's trained in both Western and Chinese medicine, states that this simple 2-minute internal exercise, which does not come from Western medicine, but rather from the wisdom of ancient Chinese sages -- has been used successfully as a self-healing mechanism for over 6,000 years.



Whatever you do, don't confuse this **internal exercise** with the *external exercises* of the Western world, such as sit-ups, crunches and other movements that only firm up the underlying **stomach muscles...**but do nothing to melt the fat surrounding those muscles.

According to Dr. Chang, losing weight is a simple matter of increasing the efficiency of the digestive system. If you've ever wondered why you fail to shed pounds even when you reduce your food and/or caloric intake -- the reason is because your digestive and eliminatory systems are not functioning efficiently.

The following 2-minute exercise works like a gentle colonic irrigation that helps **speed up a sluggish digestive system** (which usually carries at least 5 pounds of fecal matter within it), and this elimination of useless sludge has the effect of **burning off excess fat**. The exercise effectively metabolizes the fatty tissues around the stomach and intestines, and flushes them out of your body through blood, sweat, urine, and feces.

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Here's how to do the stomach-rubbing exercise:

1) Lie flat on your back on your bed or on the floor. Take your top off or pull it up so that your abdominal area is bare.

2) Rub your hands together vigorously for about 15 seconds, or until they feel hot.



3) Place one of your hands directly on your belly button and begin to rub in small circles around your belly button, and gradually make the circles larger (as shown in the diagram). Use fairly firm but comfortable pressure and rub at a slow, even pace, approximately 1 circle per second.

4) Concentrate on the heat building up in, around and throughout your stomach.

5) Do about 40 to 50 circles, or for an approximate duration of 2 minutes or more.

Note: It is important to keep the abdominal area warm while doing the exercise, especially during winter months when even heated indoor air tends to be cool.

For the best results, do this routine twice a day for 2 minutes -- first thing in the morning (before breakfast) and just before you go to bed. Most people see **noticeable results within 1 week** of consistent practice.

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According to Traditional Chinese Medicine (TCM), the stomach is the center of energy. Massaging the stomach in the manner described above therefore accomplishes more than just melting away adipose tissue (fat). It also...

- Stimulates the abdominal organs
- Helps speed up slow digestion and remedies constipation
- Increases blood circulation in the abdominal area
- Helps heal indigestion, nausea, diarrhea, vomiting and the adverse effects of overeating

Caution: The stomach massage should not be practiced immediately after a heavy meal. Neither is it advisable for women who are pregnant, or have inflammation of the uterus, bladder, ovaries and fallopian tubes; and individuals who have the following conditions: hypertension; stones in the gall bladder, kidneys or bladder; general, femoral, inguinal and umbilical hernia; bleeding of the stomach, lungs or brain; or ulcers of the intestines and stomach.

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If you enjoyed reading these 5 reports...



...We at Think-Outside-the-Book Publishing, LLC know you'll love our new publication featuring all the top reports featured in our popular *Underground Health Reporter* e-newsletter.

After receiving e-mails from thousands of our e-newsletter subscribers requesting a compendium of our reports in one volume (with a searchable index for easy reference), we've published...

"*Underground Health Reporter -- The Book!*" (electronic + print versions) are now released to the public for the first time. It has over 260 pages brimming... with the most

advanced, but little-known health discoveries that make a dramatic impact on your health. [Click here to get the full story now.](#)

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Here are just some of the eye-opening reports that are included in **"Underground Health Reporter - The Book!"**

- The Oil That is a **Powerful Natural Antibiotic**
- **Touch Your Ear and Heal 350 Diseases:** How Pressing Specific Points on Your Outer Ear Can Help You Stop Smoking, Eliminate Pain and Heal a Wide Variety of Diseases
- Melt Away Cancer from Your Body Using Nothing More Than Your Fingertips
- Reduce the Age of Your Skin by 30%: A Breakthrough in Anti-Aging
- How to Lose 45 Pounds in 4 Months Just by Walking 45 Seconds a Day
- How to Become Biologically Younger As You Become Chronologically Older
- How to "Switch On" Your Immortality Gene
- World Famous Doctor Reveals Non-Drug Cure for Arthritis
- Program Your DNA in 2 Minutes to Create a Healthy Body
- How to Increase the Effectiveness of Any Weight Loss Program by 146%!
- Herbal Painkiller: Better Than Tylenol
- How to Use Your Hidden Healing Power to Erase Disease, Pain and Sickness at Amazing Speeds
- Why Abstaining from Alcohol May Actually Increase Your Likelihood of Getting Alzheimer's Disease
- Death Threats Against Doctor Who's Found a Cure for Obesity
- How to Stop the Sugar Cravings That Make You Fat
- Pheromones: The Science of Sexual Chemistry
- Krill Oil: Nature's Most Potent Anti-Inflammatory
- 122-Year-Old Woman Reveals Her Secret to Longevity
- The 6-Minute Antidote to Stress
- The Secret Power of Resveratrol: Nature's Anti-Aging Miracle
- How to Prevent the No. 1 Cause of Death by Using an All-Natural Amino Acid
- WARNING: Lowering Blood Sugar to Curb Diabetes Can Increase Risk of Death

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- The 1½ Cent Healthcare for Recessionary Times
- Remarkable Healing Herb Boosts Brain Power, Improves Memory and Gives More Long-Lasting Energy Than Coffee
- The No. 1 Longevity Food in the World
- Avoid Toxic Overload and Organ Failure with This All-Natural Liver Saver
- How to Stop High Blood Pressure Before It Stops You ... Dead
- Anti-Aging Technology Irons Out Wrinkles
- Why This Peruvian Herb is One of the Best Known Natural Aphrodisiacs
- Is This the World's Most Perfect Food?
- How to Bypass Your Conscious Mind and Program Your Unconscious Mind Directly -- to Create Accelerated Changes in Your Life While You Sleep
- Natural Remedy for Women Who Suffer from Hair Loss
- Why Multivitamins and Mineral Supplements Are Not the Solution to Nutritional Deficiency
- Why Joint Pain Pills Don't Work -- and What Does
- Oil-Pulling: An Ancient Ayurvedic Practice for Super Health
- Super Nutrient Proven Effective by 294,579 People for Flushing Arteries Clear and Boosting Heart Health
- Cinematherapy: Can These 6 Movies Transform Your Health and Your Life?
- Secret African Seed Makes Slimming Soup
- Is This Chilean Berry the Modern Day Fountain of Youth?
- How to Slow Down Your Body's Aging Process by 51%
- Reduce Your Blood Pressure by at Least 37 Points ... in Just 2 Days

[Click here now to get your copy of the **Underground Health Reporter Book** today!](#)

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It is intended as a sharing of knowledge and information from the research and experience of the author. You are encouraged to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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