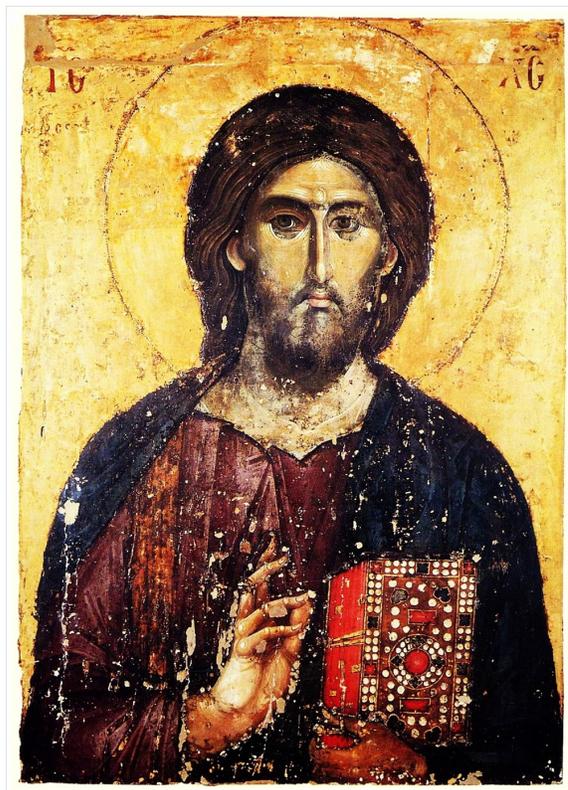


I am the Way the Truth and the Life  
(John.14:6)

Whoever rejects me and does not receive My  
words, has that which judges him: the word  
that I said, it will judge him in the last day  
(John.12:48)



## 0004\_The-Book\_Of-N-Shevchenko\_EN

Notification: This is only part of the book and therapy of Shevchenko

Page 3-28

Dear reader!

With the help of this book alone you will be able to cure yourself and your loved ones from a great number of diseases, including the most serious ones. And also prevent from their occurrence in you or in the members of your family, friends and good acquaintances, for quite a long time. Besides, you will also without any special trouble, quite easily (if it is important to you – at very low expenses, too), cleanse, strengthen, rejuvenate, and restore your whole organism.

All this is achieved by a single, always the same for everyone, same both for the youngest and the eldest, standard (in the best sense of this word) procedure of self-treatment and self-curing. It is known among the people and in the press as “the methodology of Nicolay Shevchenko”.

Another very important thing is that applying this methodology, you can dispense with all the other medications. Because it successfully supersedes them all!

The medicine on which this methodology is based has a mightiest and universal curative power. At that, it is perfectly harmless to anyone, even to a person most severely suffering from numerous diseases. It consists of ordinary food products, always available in our homes and the shops.

Even a small child can prepare it in a few minutes.

In the course of many years the methodology was tested by a large multitude of patients who took this treatment in Russia, Ukraine and many other countries, and everywhere it showed great effectiveness.

“The methodology of N. V. Shevchenko” was created from a few old folk recipes united by the author in a whole and significantly improved.

And it came up like this.

Once the author was reading the Gospel from John (a book from the New Testament of the Bible), chapter 12, verse 48.

And suddenly a thought flashed into his mind: “Jesus Christ is – God! The Incarnated God-Son, the Almighty Judge of all! And live we should in the way that He has commanded us.”

From this moment the life of the author (i.e. mine) sharply changed, for the better.

Soon after that, in the course of a few days, several “accidental” meetings happened of the author with different people, who told him practically about one and the same folk method of curing cancer. Besides, some of them had cured themselves by it decades before, being classified at that time by the doctors as “hopeless cases”. For instance, from stomach cancer, breast cancer, bladder cancer...

At the very same time an acquaintance of mine was admitted by the doctors to be inoperable, with a diagnosis of “esophageal cancer – stage 4-th”. The diseased man was dying of exhaustion: neither food, nor even water could reach the stomach any more. He had nothing to lose and agreed to start the treatment by this method. On the first intake he immediately threw it all up. On the second time it was the same. But the third dose of the medicine went down well. And since that moment before my eyes there started to take place the miracle of healing.

The “hopelessly” ill with cancer man was coming back to life and transforming before the eyes of everybody. In a month he was already unrecognizable, not a visible hint of his terrible disease.

Wishing to help more similarly ailing people, I started to study the biochemical processes that occur in the organism when drinking this drug. It turned out that all that takes place during this treatment in no way contradicts modern science, its conceptions of the causes of the diseases, of their course, of the potential ways of creating new drugs.

In other words, there was not a trace of “mysticism” here; everything had a sound scientific substantiation. The wide spreading of the methodology among the people was hindered by its appearing “unserious” for its simplicity as well as by the fear of many patients of the vodka in the mixture’s composition. And, of course, the impossibility to propagandize this methodology in the former times.

However times changed. In 1993 for the first time I succeeded in publishing this curative methodology (as purely anti-cancer) in the wide-circulation newspapers.

Desperate patients started treating themselves by it – right according to the newspaper articles, for the contract with the newspaper editors was exactly that they would not withhold anything from the people.

After some time there started coming in messages from such patients about successes and failures in their treatment. Each new one helped me correct, refine and improve the methodology.

It came out that while curing their cancer, the patients also got rid of numerous other, sometimes also allegedly “incurable” diseases.

Gradually many victorious “reports” piled up and in 1995 part of them together with the full methodology of the treatment were published for the first time in a separate booklet. It was extremely thin, plain in appearance, and its total print... its total print was just ridiculous.

There followed a lot of other publications of the methodology in various newspapers and magazines. The number of letters containing stories of successful application of the methodology grew, too. More books were issued under different titles, but on the same principle: the full methodology plus examples of treatment by it.

The books were also constantly corrected, expanded and improved by me.

“The methodology of N. V. Shevchenko” was widely discussed in the press and published in various newspapers, magazines, books. Many authors included it in their collections of folk medicine; unfortunately, very often with rather substantial errors and omissions in the author’s text of the methodology. That’s why many publications had little to do with my author’s advices and recommendations. Often the different publications of the methodology were contradicting one another.

Be vigilant: for many years now I am **not** cooperating **with any** newspapers, magazines, other authors of healthy life books, because their editors wish to reshape my methodology to their liking. Simply many publishers aren’t happy with the fact that this methodology successfully supersedes all the huge multitude of medicines and all other kinds of medications they constantly write about. And not only it supersedes them, but in many times excels them in effectiveness, universality, safety, in accessibility to any person.

So, dear reader, in case you decide to treat yourself by “the methodology of N. V. Shevchenko”, please, in order to make sure that nothing “fails” suddenly in your organism, kindly follow in your treatment only the advices of N. V. Shevchenko himself, and it is very desirable that they should be the ones, compiled *HERE* in *THIS* book.

From the other books, magazines, and various newspapers (including my previous advices) you can apply only the advices, which do not contradict *this* book

Consultations with me are unnecessary: the methodology is completely uniform *FOR ALL*, with no exceptions whatever. No contra-indications to it have been shown so far. I don’t have “extrasensory perception”, I don’t see through things, I don’t diagnose. Finally I cannot tell what is going or not going to happen, nor how, nor for what cause, with someone concretely.

That’s because every person has their own, unique “history” and “geography” of their diseases, different attitudes towards life and the treatment, different will power and stimuli to struggle for their life. And some people consider life without smoking, drinking and culinary over-indulgences not worth living. Such people do either very soon drop the treatment after having started (and this must not be done in any case!), or are doing everything not in the way recommended by the author of the methodology, but as they like. And as a result they soon come to the sad finale.

In addition, even with completely the same diagnose, the treatment by the “methodology of N. V. Shevchenko” can go off differently with different patients. Some symptoms or

other may occur with different intensity or at different times, may not last equally. They may even not occur at all. The “methodology of N. V. Shevchenko” does not give a “100% guarantee” of curing from any disease.

In principle such a “guarantee” is never possible, no matter what the medication may be, even if it were the most “official” and approved by the Ministry of Health method.

My advice for those of the readers, who very much want to know the probability of healing by this methodology, is to more carefully read this book and consider what the probability of healing by the “official” medications was for those patients, whose stories they have just read, and if this probability was much different from zero in some of the cases.

During the treatment anything can occur, but you must always hope for the best, have patience and never give up!

Everything important for the successful curing and prevention of all kinds of illnesses – is all said in this book.

If you have doubts and cannot decide which medical methodology to choose – then this is not the methodology for you. Go on and seek other methods, which you are going to trust better.

Yes, it is necessary to understand: there were, are, and will be patients, whom even this most powerful and safest methodology will unfortunately not be able to help.

Look! Let a “hopelessly ill” (according to the doctors) patient have only one in ten or even one in a hundred chance of success by this treatment. Nevertheless, life is a good thing, and for the sake of it, we should try this, perhaps last chance. No matter what the doctors and the others say.

The very reason to collect in this book the stories of curing of such patients from most severe illnesses is for you to believe and be aware: any patient, while they are breathing, cannot and must not consider themselves “hopeless”. Whatever your condition, even the most desperate one, you have to have patience and faith and struggle for your healing, for your life. And then, most likely, the desired victory will come. Fight *not to die, but to win!*

*Design engineer, graduate of MAI,  
Patent expert, inventor,  
Christian – Nicolay Victorovich Shevchenko*

## **WHY THIS THERAPEUTIC METHODOLOGY IS UNIVERSAL**

### **1. Revealing the Secret of the Irrepressibility of Cancerous Growth**

Is it possible to create a single, universal medicine to successfully cure the huge multitude of all possible malignant tumors?

With the existence of a single, common to all tumors mechanism of growth – it can certainly be done.

Does modern science acknowledge the existence of such a mechanism in nature?

Doctor of Biological Sciences A. N. Luchnik [Institute of Biology RAN (Russian Academy of Science)] in his recently published articles asserts and proves that: yes, this mechanism is found in all malignant tumors, and he describes in detail the essence of its destructive effect [3]. In short it is like this.

The universal self-accelerating engine of cancerous growth is arranged surprisingly simply.

It is known that the simpler a device is, the harder it is to break it. It is especially difficult to stop an engine, united with its driver (the sick organism) in a whole.

In what way is such a centaur-driver going to repair the damaged engine placed within himself? Is he going to pour in himself sulfuric acid instead of oil and fuel? Will he start cutting off himself and throwing out without replacement the segments and details that have failed?

The answer is obvious to the reasonable person. As expected, our organism does not repair its damaged organs and systems with such kinds of outrage. The irrepressibility and invulnerability of cancer are explained by the fact that it has adapted the healthy desire of the organism to “repair” itself as soon as possible, to serve its self-seeking interests.

The mechanism of the cancerous growth is turned on by... the organism itself, immediately after the transformation of a certain quantity of its normal cells into cancerous ones (the latter is scientifically called “malignization”). And this mechanism is independent of the reasons that have caused the cells to malignize, and is *universal* for all malignant tumors.

As was figuratively said above, the patient’s organism is not at all trying to kill the tumor. On the contrary, in every possible way it helps the tumor grow and divide as quickly as possible: providing food, water, oxygen... That is, it seems to be genuinely occupied with self-destruction!

But why?!

It is all because the organism perceives the growing tumor as a nonhealing wound and is trying to cure it as usual –by means of stimulating the growth of its cells.

In our body there is a special system of stimulating the growth of cells that have suffered some kind of disaster. Cells are sometimes destroyed not by the immune system and not by apoptosis (programmed in DNA self-destruction), but by some external impact (cutting, hitting, poisoning, exposure to radiation, etc...) or by their decomposition. The last two processes are called cell *necrosis*.

On necrosis cells release in the surrounding environment the so called “growth factors” – these are substances which make the organism sharply increase supplies of nutrients and oxygen to the place of their death and simultaneously grow there a rete of new blood vessels.

Hence, by the way, is distinctly seen the prime cause of the tumor beginning – the failure in the functions of the immune protection of the organism against abnormal cells. And once the immune barriers – “the checkpoints” have “muffed” the moment of a tumor generation, there is nothing left in the organism that could stop its growth. Variation may occur only in the term of the tragic end.

Scientists have long been trying to find out how exactly the tumors compel the wound healing system of the organism into serving them.

Doctor of Science A. N. Luchnik was able to find and strongly substantiate the principle which lies at the basis of cancerous “self-service”. Here is this principle, in the

formulation of A. N. Luchnik himself, and called by him, “***the general universal principle of the genetic instability in all malignant tumors***”:

“The cancer cell has inheritable sectors of single DNA strand in one or several chromosomes (in leucoses – often in the whole genome) instead of the usual for a healthy cell system of two DNA molecule-strands. In each generation of such cells there occur random breaks of chromosomes with a frequency of approximately 1 – 30 %. If a cell with a broken chromosome divides, then its two daughter cells with a high probability are going to die through necrosis. If these dying cells are approximately 10% of the total quantity of the tumor’s cells, the system for wound healing starts to actively contribute to the accelerated growth and division of the cancerous cells”.

That is why the more people poison the tumors with various poison matters, burn them with radiation, cut them with surgical knives and pierce them in biopsies and punctures – the worse these tumors become, the faster they grow and metastasize.

**THIS IS AN EXTREMELY IMPORTANT CONCLUSION!**

In order to achieve guaranteed destruction of the tumor, it is necessary to create such a medicine or external action upon it, which would be able for the time of growth of the cancerous cells until the moment of their division to constantly kill at least half of them. Only then the tumor will be decreasing. Unfortunately, this condition is far from always successfully met.

Another aspect of the problem is that the time of life before division is different for cells in different organs and tissues and for the emerging from them cancerous cells – it is different as well. But the stronger the poisons by which they treat the tumor, the more likely the patient dying from the very treatment, and quicker than from the cancer. You remember the “centaur-driver” from the beginning of this article?!

The excessive fascination of scientists and medical personnel for inquisitorial methods is what has been hampering until now the creation of a universal anti-cancer remedy.

## **2. What is the “Methodology of N. V. Shevchenko”. The Mechanism of its Anticancer Effect**

The methodology of N. V. Shevchenko consists in a long term intake of an emulsified mixture of unrefined sunflower oil and 40% ethyl alcohol, according to uniform rules for everybody with the observation of certain restrictions on taking other medications, on the diet and way of life.

This methodology is used for treatment and prevention of any malignant and benign tumors and leucoses, any other diseases (including the ones considered by medicine “incurable”), and also for cleansing, overall health improvement, rehabilitation and strengthening of the organism as a whole. That is, its effect is universal.

In order to better understand the mechanism of the curative effect of the methodology, first let us examine, on what is based its anticancerous effect.

Above all this effect is ensured exactly by that universal feature of malignant cells, which was examined in detail in the previous chapter: the presence of sectors with one DNA strand in some of their chromosomes instead of the required for all chromosomes of all normal cells system of two twisted around each other strands of DNA.

Secondly this effect is also ensured by the fact that the main problem of any tumor cell is the extremely acute deficiency of oxygen and energy, in dimensions never observed in any other sick cell. —

Sunflower oil contains about 90% unsaturated fatty acids (UFA). Of them 50 – 60% is the share of the duo-unsaturated linoleic acid (LA), which belongs to the class of the biologically most active polyunsaturated fatty acids (PUFA). Don't be scared by the word "acid": fats contain only the connected remainders of these acids, which have completely no acidity.

In contrast to the inactive saturated fatty acids (further - FA), UFA have the unique capacity to seize and transport on themselves one or several (in PUFA) molecules of oxygen. For example the mentioned above LA can carry two O<sub>2</sub> molecules.

The oxidation of UFA always happens in two stages, not in one (which is characteristic for FA). At the first stage of oxidation UFA always form with oxygen a complex unstable compound: hydroperoxides (HP). Furthermore, the O<sub>2</sub> joins to the UFA molecule near the double carbon-to-carbon bond, to the carbon atom next to it, and not directly to this bond, and "draws" to itself from that carbon atom an atom of hydrogen. This happens strictly according to the proven over and over again Bach-Engler peroxide theory.

When the UFA HP together with the other nutrients penetrate into the cells, there starts the second, final stage of their oxidation. The peroxide compound [UFA]-O-OH breaks between the oxygen atoms, liberating one of them. The remaining part of the UFA HP further with the assistance of ferments gradually breaks down and oxidizes to acetate molecules (this is the name of the acetyl group CH<sub>3</sub>COO<sup>-</sup> - the remainder of the acetic acid).

Ethanol is oxidized in the liver in two stages, first turning into acetaldehyde (A), and then in the very same acetate, that was mentioned above.

The molecules of UFA and ethanol are nutrients extremely rich in energy, and UFA HP are in addition sources of scarce oxygen. That is why they (and above all PUFA HP) are abundantly transported by the wound-healing system to all without exception cancerous cells, wherever in the organism they might be hiding, and are with huge pleasure absorbed by these cells.

In the case in hand, however, the wound-healing system of our organism, which is usually utilized by the enemy, turns, as it will further become clear, on the villains themselves.

Absorbed by the cancerous cells UFA (basically in the form of PUFA HP) further undergo splitting most frequently by nonenzymatic peroxide oxidation, which takes place according to the free-radical chain type. The molecules of PUFA HP are torn up in the peroxide components and form charged splinters - the so-called free radicals. In the scientific circles "free radicals" are called the splinters of any molecules, which have an electric charge.

Free radicals are extremely active, and with their large accumulation in the cell they organize chains of self-sustaining oxidation, which proceeds without the participation of ferments and frequently brings harm to the cells. Especially successful in the organizational-"instigative" work on creation and development of such chains, is, however strange, none other than the seemingly so necessary, desired, "good and affectionate"... oxygen (especially its molecule O<sub>2</sub>, which has the electrical properties of a dual free radical!).

Free radicals actively interreact with any organic compounds, they decompose them. The chain\_reactions\_of\_free-radical\_peroxide\_oxidation (FPO) extremely intensify with the surplus of free radicals inside the cell. FPO reactions can easily go over to important cellular structures: the membranes of the nucleus, mitochondria and cell itself, to the DNA strands, and damage them.

The more actively the FPO chain reactions are running in the cell, the more oxygen is implicated in them and, because of this, the less oxygen goes to the respiratory ferments, and the less energy is produced by these ferments.

**The special feature of cancerous cells is the powerful FPO with the simultaneous sharpest shortage in them of oxygen and energy.**

Gorged by the cancerous cell the molecules of acetate (which were before alcohol and UFA) together with the having antioxidant (!) properties entire molecules of UFA and the “splinters” – the radicals of UFA HP, block and in manifold decrease the activity of many ferments in the most important energy “stations” of the cancerous cells: in the cytochrome respiratory chain of the mitochondria and in the processes of glycolysis. But glycolysis (splitting carbohydrates under the action of ferments, which goes whenever there is shortage of oxygen) is what gives cancerous cells about half of the energy manufactured in them!

Because of the blocking of the ferment systems of oxidation, tumor cells require, that the organism would give them as much as possible UFA HP, and, first of all, PUFA HP: for the latter are champions at containing easily extractable chemical energy.

Our loving organism, as we with you already know, never denies anything to cancerous cells and gives them everything they want in surplus.

The most surprising thing is that *in the enemy cells, on their “eating” the PUFA HPs their energy hunger grows stronger*, because the molecules of PUFA get implicated in the FPO reactions and are further decomposed without the participation of ferments, without yielding any energy to those cells.

This occurs because the activity of oxidizing ferments *in the tumors* is always lowered. After the breaking of the peroxide bonds in the molecule of PUFA HP, several free radicals are simultaneously formed. And while the oxidizing ferments *in the tumors* “are awakening” each section- radical of the former molecule of PUFA HP manages to join in an already existing FPO chain or to generate a new one.

The result is a vicious circle of self-accelerating FPO: the stronger in the cell the scarcity of oxygen and energy, the more it requires (and immediately receives) PUFA HP, but the greater *in the cancerous* cell the concentration of PUFA HP molecules, the more intense the processes of FPO and the more PUFA HP are implicated in the FPO chain, escaping from the respiratory and other ferments. Finally, FPO strengthens beyond the limits and begins to “bite” into the membranes and chromosomal DNA, and tear the single-stranded DNA sections of the cancerous cells.

In the sections of the chromosomes which do not have the second (reserve) copy of DNA, the cancerous cells cannot restore the damages and breaks of this single strand of DNA, caused by FPO, and as a result in these places the chromosomes break. Cells with several broken hromosomes inevitably will die.

Which is what we needed: for the patients - to their happiness and healing, and for the tumors - to their disgrace and ruin.

The\_oxidation\_of\_UFA\_and\_UFA\_HP\_(including\_PUFA\_HP)\_in\_the\_presence\_of\_ethyl\_alcohol\_is\_completely\_safe\_for\_the non-cancerous cells\_and\_even\_very\_useful. First, their

“appetite” is many times smaller than that of cancerous cells; second, they have completely different, safe correlations of oxidation-reduction reactions; third, even if in their chromosomes suddenly occurs a random damage to one of the two strands of DNA, it will be immediately copied and restored by the “spare” second strand.

**In the non-cancerous cells there are no single-stranded DNA sections and there cannot be:** otherwise everything that has life would have died long ago, since the second copy of DNA in the chromosomes increases the reliability of the transmission of hereditary information one hundred thousand - million times[3]. This copying- printing of DNA lies, by the way, at the basis of the method of identifying someone’s personality on a drop of their blood, a hair or a piece of bone.

Why the polyunsaturated fats of the unrefined sunflower oil (in its mixture with the vodka) are completely harmless to the normal, non-tumor cells of our body and extremely useful and necessary for them - will be further described in more detail.

### **3. On the Main Root of the Majority of the Diseases**

Is the creation of one universal medicine for dealing with the absolute majority of the worst and most dangerous ailments possible?

Do not hurry to speak indignantly against “all the kinds of charlatan- ignoramus”! As it is truly scientific data that make it possible to answer this “unscientific” question in an affirmative – positive way.

Let us try to use the same approach to the problem as at the very beginning of the chapter on the mechanism of cancerous growth, and let us try to find the very main, initial root, which feeds with its poisonous juices the entire huge tree of human diseases. It turns out that there is such a root! And it lies again in the inherent nature of the “repair bureau” of our “driver”– the organism.

Many decades ago science explained the appearance of all ailments by chronic shortage of oxygen in the tissues. Really, sclerosis of blood vessels, troubles in the work of the cardiovascular system (CVS), sedentary way of life, poisoning by different toxic substances and many other factors frequently lead to this result. After all, the “narrowest” subgrade of the blood transport system is precisely the delivery of oxygen to the tissues by hemoglobin.

For example, *at a constant level of blood flow* the transfer of fats in the organism easily increases 28 times, of carbon dioxide (CO<sub>2</sub>) – 25 times, the products of protein metabolism - 480 times and so forth. Except for oxygen. The increased need of it compulsorily leads to extra load on the heart and the vessels. Usually in the tissues there are all kinds of reserves stored “for a rainy day”, but there are practically no “oxygen cans” in the organism.

All cells need oxygen for the production of energy through oxidizing by it the carbon atoms(C), which are received in the composition of the molecules of organic nutrients. The carbon atom has to give four of its electrons to the two oxygen atoms. The energy, which is released in this fermentative reaction (that is, passing with the participation of very many ferments) turns into the energy in the chemical bonds of the adenosine triphosphoric acid (ATP), the main cellular energy “currency”. In cases of oxygen insufficiency in the cell, carbon sometimes remains partially inoxidized, forming the very poisonous carbon monoxide (CO). Thus there appear in the cell both poison and energy shortage.

If CVS has the capacity to serve more oxygen to the cell, in order to do so it has to strain additionally. The constant overwork of the CVS can under some conditions have a dismal end. And if a person has cardiovascular insufficiency, then their organism is gradually poisoned by the carbon monoxide (CO), which causes all sorts of ailments. ATP can be formed, also, without oxygen, via glycolysis (splitting carbohydrates by ferments).

But the efficiency of glycolysis is extremely small: if with the usual “oxygen” oxidation of one molecule of glucose 28 (twenty eight) molecules of ATP are formed, then with the glycolysis - only two are. It is clear that this process cannot continue for long: it - is very “ruinous”, and is mostly used in stress situations.

With constant stresses occurs “wearing out” of vitally important organs, which is another cause for various ailments.

In recent years science paid special attention to the role in the organism of the already mentioned in this article free radicals. It was established that the superfluous activity of these substances in the cells of the human body leads to the acceleration in them of the free-radical peroxide oxidation reactions (FPO). In the course of too stormy FPO reactions, as we already know, many cardinal elements of the cells can be damaged. The latter causes premature aging of the organism and the appearance in it of an enormous number of all possible diseases.

One very dangerous free radical is considered the molecule of oxygen ( $O_2$ ). It is an extremely active dual radical.

In frequent and prolonged stresses in the organism the mobilization of all of its resources occurs. The so-called “ stress hormones” (adrenaline, cortisol, insulin and others) redistribute the flows of the nutrients among all the organs and tissues in such a way that the person could carry out in as short as possible time as much as possible work.

But if to some cells oxygen is transferred in the surplus, then, according to the cited at the beginning of this chapter special feature of the transport system of the organism, at the same time to other, less important (in this concrete situation) cells the delivery of  $O_2$  will be without fail reduced by exactly the same amount. Somewhere blood vessels are enlarged to the limit, and elsewhere they are pitilessly compressed. Some organs work in the regime of ultimate emergency, with maximum straining, and others at the same time fall into “hibernation”. Therefore oxygen, the “№ 1 strategic resource of the organism”, into some places is supplied in the surplus, and into others – by the the short rations standard.

In this case for the fastest passage of oxygen through cells’ membranes, “the stress hormones” for a long time increase the content of calcium ions ( $Ca^{2+}$ ) in the blood. This leads to the development of atherosclerosis, osteoporosis, stenocardia, hardening of the vessels and joints and many other troubles.

Overstrain of some organs and oppression of other in stresses means prolonged excess of oxygen in one part of the organism’s cells, and its scarcity - in another.

The excess of oxygen in the cells causes, as it was expounded earlier, the excessive activation in them of the FPO reactions and the damage of important cellular structures. In its turn the scarcity of oxygen in the cells leads to strengthening of the reactions of glycolysis, shortage of nutrients and immunity reduction.

Thus, in the organism *simultaneously* are developed two diametrically opposite pathologic processes. And both of them lead to one general sad result: to all possible

chronic diseases and reduction of the life of the individual, including from any benign and malignant neoplasms.

This is the main root of very many diseases, which prevent the human organism from living.

How this root can be easily extracted from the patient's body- read in the following chapter.

#### **4. Extraction of the Harmful Root**

It is now easy to understand, why it is so difficult to cure by the traditional methods many illnesses that are considered "incurable".

Because in order to defeat such ailments the drug must simultaneously achieve two in essence opposite effects: supplying oxygen in abundance where it is not sufficient, and at the same time withdrawing "superfluous" oxygen from everywhere and neutralizing it. The drugs that are usually employed in medicine, solve the indicated problem only partially, with very large imbalances to the one side or the other. That is why it was impossible, until now, to reliably overcome "incurable" diseases.

I dare assert that the medication proposed in this book is successfully coping with this problem. The explanation to this "miracle" is completely material and sufficiently simple.

So, someone shook well the mixture of unrefined sunflower oil with 40% ethyl alcohol (vodka) and drank it 15-20 minutes before meals, as required by the methodology of the author.

What occurs in this case? And why is vodka necessary?

Oil and vodka get mixed with each other and are converted into a not very steadfast emulsion (mixture of very small droplets) of white or yellowish-white color. The color of the emulsion, its durability and wettability to dishes depend on the technologies of production of both oil and vodka.

*A good emulsion does not compulsorily have white color, and is not always strongly frothed. It can be quite yellowish, and on the walls of dishes flow like water. The main thing is that our emulsion should get divided again into oil and vodka not earlier than after 30 or more minutes. Everything else is secondary.*

1. The role of emulsifier (solvent for the oil) carries out the 40% ethyl alcohol (vodka) of any production technology, including home made. The emulsification of the oil is necessary for its complete suction into the walls of the small intestine.

In the stomach no fats are ever absorbed. Ethyl alcohol relates to the substances of the "fatty" class; that is why it is basically absorbed, like oil, in the small intestine.

Even drunk without any oil 40% ethyl alcohol (vodka) is absorbed in the stomach at most to 1/5, the remaining 4/5 will always proceed further, i.e., into the bowels.

In the presence of any fats the diffusion of alcohol into the blood from the stomach and the bowels is repeatedly impeded, and extended in time, hence the intoxication in such cases is smaller. At the same time all the toxic manifestations of the alcohol drunk are noticeably lowered.

The contained in very large quantity in the sunflower oil antioxidants (alpha-tocopherol, lecithin and UFA) inhibit (impede) the action on alcohol of the ferment of the liver alcohol

dehydrogenase, which is responsible for the processing of alcohol to the initial product of its oxidation: acetaldehyde [further (A)].

Acetaldehyde is the main culprit for the toxic and narcotic effects of the large doses of ethyl alcohol (vodka).

The less (A) in the blood, the less the danger of unhealthy predilection (alcoholism).

Therefore thanks to the alpha-tocopherol, the lecithin and UFA of the sunflower oil, (A) is formed from alcohol gradually, also, in insignificant, not dangerous for the health quantities. In this case there does not occur "peak", harmful accumulation of acetaldehyde in the blood. And the probability of the occurrence of alcoholism is practically reduced to zero. ***This is one of the important reasons for the application in the therapeutic mixture of precisely unrefined sunflower oil (see pp. 50-52).***

However, the emulsification of oil is not the only function of alcohol in this therapeutic methodology.

2. Alcohol decreases the production in the human organism of all the "stress hormones". Hence the ejection of calcium ions into the blood from the bones decreases. But since precisely the ions of  $Ca^{2+}$  accelerate the activity of very many ferments, then the direct result of the decrease in the level of calcium in the blood is the normalization of the rate of oxidation-reduction reactions, superfluously increased in stresses in many cells. Thanks to this the entire cardiovascular system calms down.

3. An additional extremely important in this methodology function of ethyl alcohol (vodka) - is its ability to hamper the yield of glucose into the blood from the glycogen (polymer of glucose, its storage form) of the liver and muscles. *Glucose accelerates the oxidation reactions.*

Therefore the UFA of the oil leave from the liver into the bloodstream vessels only partially oxidized, in the form of hydrogen peroxides (HP) of UFA, or completely unoxidized, i.e., without connected to the molecules of UFA oxygen, which is also necessary for the treatment.

4. Finally, alcohol dissolves the fat-protein complexes in the cells and contributes to the release from them of UFA, PUFA and their hydrogen peroxides.

Now it is possible to describe the mechanism of the general therapeutic action of unsaturated fatty acids (UFA) and the hydrogen peroxides formed in the organism from them (UFA HP).

We already know that the most important problem of all sick cells without exception - are the imbalances in their oxygen supply.

This great problem of all times and peoples is solved surprisingly easily, simply and, I will not be afraid to say, elegantly.

On p. 12 it was talked about the fact that UFA and PUFA, unlike saturated fats, are capable of transporting oxygen connected to themselves into the cells and without problems giving it to them. It was there said, also, about the fact that  $O_2$  is joined not to the double bonds of the molecules of these UFA, but to the carbon atoms adjacent with these bonds. Exactly for this reason oxygen does not "weld on" tightly to the molecules of UFA, it does not take from them forever the very rich in energy free electrons of the dual chemical bonds between the atoms of the carbon chain of UFA, but in a gentlemanly manner leaves their double bonds untouched.

Such a mutually beneficial union between the molecules of UFA and oxygen is obtained, that it allows for these substances without problems to be transported together into the cells in the form of hydrogen peroxide, without depriving each other of their chemical activity.

The reader has certainly realized, that UFA HP are the union of “horse” and “rider”. In the form of hydrogen peroxides both UFA and  $O_2$  easily “enter” into all without exception suffocating cells even under the poorest supply to the latter of oxygen from the hemoglobin of the blood.

On the contrary, the molecules of saturated fats, having once joined to themselves the molecule of  $O_2$ , no longer give it away to anyone, just like a centaur can never be divided into a man and horse.

Thus, UFA HP, when in sufficient quantity, can provide the oxygen necessary for the respiration for any cells of the organism in which there is a dangerous scarcity of oxygen. The stronger this scarcity in a certain cell, the more UFA-PUFA HP the organism directs into it.

And this is how the designated at the beginning of this chapter first part of the problem is solved.

We already know that this property of our organism plays a key role in the ability of this methodology to treat all possible tumors, including malignant ones. Moreover, the stronger in the cell the scarcity of oxygen, the more strongly this methodology acts on it. But how is there solved the other part of the major problem of the ailing organism – the superfluous concentration of oxygen in some cells, and the resulting from it too strong, harmful free-radical peroxide oxidation in them? Just as easily and simply!

Alcohol, and also the alpha-tocopherol and lecithin of sunflower oil help a part of the UFA molecules of this oil to leave the liver unoxidized, i.e., having not at all caught on themselves oxygen. Such “free” UFA molecules on the command of the human organism (or scientifically said: “according to the electrochemical gradient”) rush into all cells, in which there is a surplus of oxygen.

Since the very energy-consuming UFA molecules are welcome guests in such cells, they penetrate into them in large quantities. Further these molecules in the twinkling of an eye “hook” onto themselves the excess oxygen, which participates in the FPO reactions, because the reaction of formation of hydrogen peroxides from UFA also takes place according to the chain, free-radical pattern and requires no energy expenditures from the cell.

It would seem that this could in no way be good for the cells?! Perhaps the forming in them UFA HPs would only strengthen the harmful FPO?

In fact they won't!!!

The point is that the sharp extraction of a large number of oxygen molecules from the peroxide oxidation chains simply breaks these chains and dissipates the free-radical chain oxidation reaction just as the graphite rods, introduced into the nuclear reactor core, absorb neutrons and interrupt by this the fission chain reaction of the uranium nuclei.

***In this case the UFA molecules manifest themselves as a most active antioxidant!***

The authors who propose in their works “to combine” treatment by this methodology with the drinking of an oxidizer (!) - hydrogen peroxide ( $H_2O_2$ ), obviously, never considered this special feature of UFA.

Further UFA HP in the normal (*not the tumor*) cells are quietly oxidized by three special cellular ferments (designated by the letters A, B and C), without creating extreme conditions to the cell.

(An important note: in the malignant tumors the mechanism of breaking of the peroxide oxidation chains examined above very frequently does not operate. The antioxidant therapeutic action of UFA plays a crucial role only at the very initial stage of the tumor process, when the activity of free radicals has not yet surpassed all conceivable (for the normal cell) limits.

For there is a chemical law: the stormier and more powerful the FPO somewhere, the weaker and shorter in time the effect on FPO will have the introduction into its zone of **one and the same** dose of antioxidant, because the molecules of the latter are expended in the course of the FPO reactions. The “more evil” the tumor, the more it requires of the organism molecules not of UFA, but of the most energetically advantageous PUFA HP, which carry on themselves the molecules of oxygen, because the major problem in a cell with stormiest FPO becomes the shortage of energy and oxygen. And the organism, like a blindly loving father, never denies the tumor anything.)

The most interesting thing is that the proposed therapeutic methodology gives a surprising result: the further any pathologic process in the cells has gone and the more intensive this process, - the more rapid and the stronger the therapeutic action of the procedure will be!

Since this medicine simultaneously treats the two opposite (according to the essence of the problem) ailing states of man, then hence follows a very important conclusion: it is impossible to replace the mixture of oil with vodka either with oil without the vodka, or vodka without oil! And nothing can “supplement” this mixture!

I.e., it is impossible to replace this medicine either with the drinking of hydrogen peroxide ( $H_2O_2$ ), or with the ingestion of any violently advertized nowadays allegedly “all-healing” biologically active dietary supplements (BADS) and antioxidants, much less “to combine” all this.

The intake of any additional antioxidants or supplements – BADS substantially reduces the surface energy of the membranes of the cells, which hampers penetration of UFA and UFA HP through these membranes and, therefore, decreases the therapeutic effect of this methodology. And sometimes completely annuls it.

Oil with the vodka treats so many various ailments simultaneously, exactly because all in this medicine is perfectly balanced. And misalignment either to the side of the intaking of any oxidizers (as  $H_2O_2$ ), or to the side of drinking all possible antioxidants will only overturn this brittle therapeutic equilibrium and can even aggravate the illness.

But if someone decides to take in oxidizers and antioxidants simultaneously, then they in the shortest time will completely neutralize each other. This is as if we “for the best combustion- oxidation of the fuel” when launching a space-rocket would light around it a bonfire: as a result (and the result here is obvious – an explosion) this rocket will take one very high, yet, going down intact – is very unlikely.

Oil and vodka are in themselves an active “fuel”, which must be oxidized in the organism strictly under the conditions, assigned by the designer - the author of the methodology. You shouldn't for the imaginary acceleration of the treatment – “the flight” to ignite this fuel by excess oxidizer ( $H_2O_2$  or any other one).

The highest therapeutic effect is achieved by that medicine, which ensures the complex action simultaneously on all the causes that generate the diseases, and which does not “whitewash” for some time the symptoms of the ailments, but extracts from the body of the patient the very main “root” of pathologic processes in the organism that generates and feeds all the unhealthy “branches” of the symptoms.

This medicine, Glory to God Almighty, has appeared: the universal therapeutic methodology, published in whole in this book.

### 5. Additional Beneficial Effects “of the Methodology of N. V. Shevchenko”

It is not enough to only normalize the chemical reactions in the sick cells of our body. These cells must also be restored - patched up and returned to their normal, healthy state. It is necessary that these cells would no more be invalids, burden for the organism, but that they would sooner be made operational, to the fulfillment of all the assumed for them functions.

And here the mixture of sunflower oil with vodka renders all the invalid cells (except for the tumor and other unwanted in the organism cells) the most rapid, truly first aid. Both the molecules of oil and ethyl alcohol with their oxidation inside the cells are converted (as it was noted earlier) into the molecules of acetate (the remainder of the acetic acid)  $\text{CH}_3\text{COO}^-$ . Acetate serves the cells as the most valuable building material, it is like a “brick” for all going on in them repair and other necessary works. The same role play the entire molecules of UFA, too: for the cells it is very easy and simple to place them in all the damaged by the ailments places, especially in the membranes.

At the same time the necessary to the cells energy for the major repair give the “electron cans” of the unsaturated (dual) connections in the UFA molecules, and also all the molecules of oil and alcohol as a whole: the complete oxidation in the organism of 1 g of the molecules of triglyceride fats gives it 9.4 kilocalories, and 1 g of ethyl alcohol – 7.2 kilocalories. For reference: the oxidation of 1 g of fructose “produces” 4.5; glucose – 3.9; and 1 g of any protein - even less than that: on the average approximately 3.8 kilocalories.

All the micro-effects enumerated above, which act at cellular level, are summarized and are materialized into very concrete fruits, completely tangible and seen with the naked eye. Here is a far from complete enumeration of such healthful fruits of the treatment employing “the methodology of N. V. Shevchenko”:

- **Purification** of everything and everywhere: the liver - from the cholesterol and bilirubin stratifications and “the plugs” in the bile ducts; the bowels - from all deposits and worms (helminths) of all forms; gall bladder and kidneys - from sand and stones of different kinds; all the vessels - from settled calcium and sclerosis “plaques” on their walls; all the joints - from the settled in them salts; all organs and tissues - from all possible malignant and benign neoplasia and pathologic growths: myomas, fibromas, lipomas, adenomas, cysts, “nodules”, “lumps”, adhesions, rough scars and cicatrices, ankyloses of joints and other “hardening”, “infiltrations” and the like.

- **Normalization of:** the tone and lumen of all the vessels; the arterial pressure; the correlations of all hormones. The blood composition: the levels of hemoglobin, leukocytes, ESR, lymphocytes, sugar, cholesterol, bilirubin, “liver function tests” and all the rest. The viscosity (thickness) of the blood. The blood supply and nourishment of the heart, brain, liver, kidneys, pancreas and any other organs, tissues, parts and corners of

the body. Fat, protein, carbohydrate, mineral and water-salt metabolism. Immunity, inflammatory reactions. Sight, hearing, "bowel movement". Women's "monthly" cycle. The physical and mental working capacity. The contents of calcium in the bones (and hence, their strengthening).

- **Rapid healing** of any damages, no matter where: the most terrible ulcers of the gullet, stomach, duodenum and the entire rest of the intestinal tract; trophic and varicose ulcers on the legs; bedsores; breaks, cuts and other injuries, including those caused in any operations.

- **Successful treatment** of many systemic (general) and non-systemic illnesses of all organs and tissues, including: arthroses (arthritis); cirrhoses of the liver, hepatitides, pancreatitides, nephritides, gastritis, colitis, thyroiditis, endometritis and other "- itides"; Bechterew's and Addison's diseases; bronchial asthma; tuberculosis of any organs; sarcoidosis; myasthenia; systemic lupus erythematosus; scleroderma; psoriasis; eczema; epilepsy of any nature; lymphogranulomatosis; myelo- and lymphatic leucemia; multiple myeloma; allergy (to anything) and many other serious ailments.

In view of all the reasons named above, unrefined sunflower oil in its mixture with the vodka

not at all does "load" the liver, kidneys, heart and pancreas, but it unloads, strengthens, "helps them up", "places them on their feet", supports, restores from all damages - i.e., IT SUCCESSFULLY TREATS these, and all other vitally important organs from the most serious ailments.

In short, not a single cell of our body will be able to avoid the healthful action on it of the mixture of sunflower oil and vodka when taken strictly employing the methodology of the author of this book. Provided only the owner of the sick cells wanted to treat them by this methodology; and, after beginning this treatment, that he would not quail and would not drop it with the first inevitable temporary (!) troubles.

Usually one has "worked" very much, earning to himself serious diseases; so the deliverance from "the sores" also requires from him labor, time and patience.

And, of course, faith in the selected way to the healing, to the victory.

Peace to your home!

## UNIVERSAL TREATMENT METHOD

**2005, September**

In front of you is the most up-to-date, most complete and accurate version of the "methodology of Nicolay Shevchenko". Do everything strictly according to this methodology, and endure all, whatever is happening with you.

**The mixture (more precisely, the emulsion) of unrefined sunflower oil with vodka quite strongly differs from vodka without oil and from oil without vodka – as well.**

**It gives completely different effects.**

For example, if you drink this emulsion strictly according to the offered methodology, then usually after a few months even in incorrigible alcoholics disappears the craving for booze. Also decreases the passion for smoking and other kinds of addiction, get cured most severe cases of all kinds of cancer, sarcoma, liver cirrhosis, hepatitis, pancreatitis, nephritis, ulcers, diabetes, hypertension, stenocardia, all types of arthritis, asthma, allergy and very many other diseases.

This is “oil and wine on the wounds” (Gospel of Luke, 10:34) internal and external.

**This is a BALSAM, acting when performing all the rules of the methodology only in a healing manner.**

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#### THE RECIPE AND THE MAIN METHOD

1. Pour into a graduated cup 30÷40 ml of unrefined sunflower oil and 30÷40 ml of 40% ethyl alcohol (vodka), tightly close the cup with a lid, vigorously shake the mixture for 2-

3 minutes (for 5 minutes, if you can) and drink at once as soon as possible. (1 ml = 1 cm<sup>3</sup>; 1 ml [milliliter] water weighs 1 gram).

It is better to start the treatment with the dose of 30 ml+30 ml. You can use a mixer to shake the mixture. If a bottle with oil contains sediment - always mix it with the oil, it is very beneficial.

**Remember:** 1) if the strength of the vodka is below 38%, it does not burn; 2) the mixture of a fake 40% vodka with oil immediately separates into two layers.

*The more correct the selection of oil and vodka (see below), the better you mix them, the later this mixture would separate again into oil and vodka, the greater the curative properties of the mixture and easier to drink it.*

It is allowed (in case of insufficient curative effect, or if you would like to accelerate the treatment) to increase the dose to 35+35 or 40+40 ml, from any time during the course of treatment. You can also reduce the dose (not below 30+30 ml) from any moment and also at your will.

The greater the dose, the stronger its healing power, but it's harder to drink it.

2. It is necessary to take the mixture THREE times a day, 15-30 minutes (better 20 minutes) BEFORE MEAL and, if possible, after the equal time intervals. For example: at 8 a.m., 2 p.m., 8 p.m.; or at 7 a.m., 3 p.m., 11 p.m.

During 15-30 minutes after taking the medicine before meal it is absolutely banned to eat or drink anything. (At this time it is quite useful to pray heartily to the Savior, Jesus Christ, in order for Him to help you in this treatment.) The degree of absorption of the mixture depends on strictly following this rule.

You must eat three times a day and not 4, 5, or 6 times a day! This is a very important condition. Only those people can deviate from this rule who have complications with the food transition along the esophagus, and those who have no severe diseases.

Before the morning mixture uptake of no drink is allowed.

3. It is necessary to drink this mixture 10 (ten) days in a row, then 5 (five) days break, two times one after the other, this way. On the 3rd time the mixture is taken for 10 days in a row followed by a mandatory 14 days (2 weeks) break. This is one course (or cycle) of treatment. Further on these courses (cycles) must be repeated one after the other until a complete cure results, but no less than for 2 (better yet 3) years.

That is, the **schedule for taking the medicine day by day is the following:** 10(5), 10(5), 10(14); 10(5), 10(5), 10(14); ... – even for 20 years (the duration of the breaks is shown in parentheses).

Under no circumstances the indicated above schedule can be changed, and the smaller or larger doses than allowed by this method can be taken. Otherwise, the therapeutic effect will be insufficient. This has been tested enormous number of times.

Do not shorten the breaks even by one day!

Otherwise, the remedy will gradually lose its strength due to adaptation of the organism to it as well as of various microorganisms, malignant cells, etc.

During the breaks, the curative effect of the medicine continues, though less intensely. It is prohibited to measure the medicine by spoons or by "eyeballing". Buy in the pharmacy a graduated cup or glass, and use it to measure the necessary dosages of oil and vodka.

*Plus-minus 1-2 grams do not matter.* It is possible to pour oil and vodka in a small can with a tight lid in advance (*one dose per one can only*), and to take it with you to work,

train, hospital, etc., and to drink the mixture later, at the time appropriate for you. One can prepare in advance a few such cans-doses for a few days ahead.

## Simplified (prophylactic-curative) versions of the method

The "main" method described above is required for those who were ever diagnosed by the doctors as having "a malignant tumor"; for those who at present have any tumors found, including also benign: any "cysts", "nods", adenomas, polyps, miomas and others; and for all those who cannot enjoy life from tormenting them various severe maladies.

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For everybody else, either sick or healthy, it is recommended to drink the mixture (30 ml oil + 30 ml vodka) **once** a day (better in the evening); or, if you wish, **twice** a day - in the morning and in the evening.

*To take the mixture in accordance with this version of the method is also necessary 15~30 minutes before meal, and following the same daily schedule as for the main method.*

There are no duration limits in taking the mixture once a day: one can treat himself this way either for the entire life or for 1 day, whatever desired.

But to drink this medicine twice or thrice a day for less than three courses (cycles) is not recommended since only minor tumors can be cured for this minimal time; many people do not even suspect their existence. Take into account: *the malignances are being completely cured only with the drug's uptake three times a day!*

The maximal term of treatment in this case is unlimited. The longer one takes the mixture - the better.

How many times a day to take this medicine for those who have or had in the past no tumors or various other severe diseases, - three, two or one times a day, - one must decide PERSONALLY, based on his/her state of health, capacity to work, occupation, financial status and so on. As well the duration of the treatment, and when to switch from one version of the method to another, and when to begin the treatment again - also PERSONALLY.

## Positive properties of the medicine

It does not require an individual "adjustment", That is, always and for all, the recipe and the method of taking this drug is the same. It does not have recognized counter indications, it is right for everyone. Neither a gap after the previous therapeutic methods, nor other preliminary preparation by way of "cleansing", gradual dose increase, etc. is necessary.

From the very first days of treatment, the growth and metastasis (i.e. spread within the body) of all types of malignant tumors usually stop, and their gradual dissipation begins, along with the dissipation of other pathological new formations.

No matter how strong and long-lasting were the pains before the treatment, - gradually they become less severe, cease faster, and happen less frequently.

Get normalized or approach the norm: immunity; arterial and intraocular pressure; hearing and vision; temperature and body weight; women's menstrual cycle; ratio of all hormones; calcium homeostasis, and all other metabolic processes. The same happens with all blood indexes: levels of sugar, cholesterol, bilirubin, hemoglobin, leucocytes, platelets, SES, electrolytes, etc.

Get improved: nutrition, circulation and functioning of all organs and all tissues of the body, in the first hand, of heart, liver, kidneys, pancreas, brain, blood vessels (*not within one day but gradually*). Also get improved the general condition of patients with various forms of atherosclerosis, stenocardia, diabetes, and of patients ever suffered infarctions and strokes (the risk of their repetition declines by many fold).

Get strengthened all the bones.

The development of glaucomas and cataracts ceases.

Sand and small stones are liberated from the kidneys and the gall bladder. Medium-size and large stones (of all types, from all organs) are solubilized within the organs, without moving.

Different types of bleeding are stopped. The intestinal and various other parasites are eliminated: intestinal worms (helminths), many harmful microorganisms, fungi, viruses, etc.

Various ulcers of different tissues get healed rapidly.

**Get cleansed everything, everywhere, and in the most beneficial way for us.**

Children develop better physically and mentally, fall ill less frequently, and withstand a disease easier (this refers also to adults). In elderly people the entire organism is rejuvenated, and ageing is greatly slowing down.

There are no age restrictions to this method of treatment: the successful treatment was reported for pregnant women (and hence, for their fetuses!), for two-year olds, and for the patients older than 90.

For children weighing 50 kg (110 lb) and more, one must take an "adult" dose of the medicine: 30 ml oil + 30 ml vodka. For children weighing less than 50 kg, the dose must be calculated as follows: 0.6 ml oil + 0.6 ml vodka per 1 kg body weight. For instance, for a child weighing 20 kg, one-time dose will be:  $20 \times 0.6 = 12$  ml oil and 12 ml vodka.

The rest of the method is the same and so *is the diet*.

This mixture can be taken by the pregnant, the dose is 30 +30 (but only in very severe diseases since statistical data for pregnant women are insufficient). The mixture is better than the poisons of chemotherapy!

The edemas gradually disappear from all tissues. Ascites and pleurisies of various nature also cease to accumulate the liquid, usually within 4~6 months of the treatment with this method. If there is no strength to tolerate those anymore, *it is allowed* to pump out this liquid in the hospital; but the less frequently to do it the better.

For the rapid reduction of the edemas, a patient ought to drastically restrict the intake of liquid (but no less than a glass of total liquid per 24 hour period, not counting the mixture). *Then all of the following "troubles" would also disappear or reduce in strength.*

## Possible side effects (not always happening)

The pains may develop or increase in intensity in the foci of disease and in other places: sometimes immediately, but often after 2-5 days or later. During the next days they normally reduce or become tolerable. *The bones may pain longer:* about 3 weeks in one place, then in the next, and so on. It happens that the most painful are the places which underwent surgeries, fractures or severe bruises.

This is the outburst in activity of the organism's "repair" systems. Endure: this is for your benefit!

Massive hemorrhages from the large disintegrating tumors are possible. In those cases one can take vicasol and etamsilat, as prescribed by the doctor. However, you should not stop taking oil with vodka, as this mixture facilitates the accelerated healing of any ulcers, wounds in all organs and tissues, normalizes blood density and the production of blood cells.

The urination can visibly decrease; the urine may turn red (from the solubilized kidney stones). These are temporary, not alarming, events.

A response from the intestine is possible: "weak stool", sharp abdominal pains, but not for very long.

Nausea and heartburn can occur. They lessen if you chew a piece of lemon after taking the medicine. During the first days of treatment, it is allowed not to take the medicine once again after vomiting. In the following days - it is necessary to take the dose of the mixture (30 + 30) once again, after 10-15 minutes following this incident (you can take it in 2-3 gulps, with short breaks between them), cooling oil and vodka in a refrigerator beforehand may help to take up the mixture.

The better you shake up the mixture - the easier it is to drink it!

Weakness, sometimes from the first days of treatment. It mainly occurs in cases of severe intoxications and due to diminished delivery of glucose to the muscles. *Upon cleansing of all systems of the organism by the mixture, the weakness goes away.*

Reduction of the appetite. This is not surprising: there are 1100 kilocalories in 90 ml oil and 90 ml vodka (and a whole daily nutritional ration contains about 2000~2500 kilocalories).

It is possible that for a few days there is feeling of a "lump" in the throat.

For a limited time (usually during the first month of treatment) there appear and intensify edemas, especially around painful spots and tumors, in lymph nodes. This cannot cause occlusion of the tubular organs as the medicine dilates their working surfaces by relaxing the muscles in their walls.

Tachycardia: up to 100 heart contractions per minute in the state of rest due to the dilation of the vessels by the mixture. There is no need to cope with this.

For one or two months can appear red itching spots or "rash" on various parts of the body. *Don't touch them, do nothing about them.* Gradually, these manifestations (from exiting the body "slag" and toxins) go away on their own.

In the course of the treatment of many severe diseases also other temporary deteriorations in the conditions of the patients can occur. All these deteriorations and symptoms described above could emerge in other times, get stronger and longer than it was shown. Yet they may not surface at all. Anything can happen, and because of thousands of different reasons.

One cannot exactly say in advance how the treatment will take its course for one or another patient. Everything is possible, even the most improbable. Don't ever surrender! In *any* case and in *any* state of health you need to continue the treatment *strictly* in accordance with *this* method, endure everything, hope and believe in the victory over illnesses!

USING THIS METHOD IT IS UNCONDITIONALLY PROHIBITED:

1. To stop the treatment of malignant tumors *until completely cured*: otherwise, they immediately would start metastasizing and growing vigorously, independent of the treatment. *At not completely cured cancer, the transition from this method to any other method, and from the main method to the simplified versions of this method, very often turn out to be the transition from life to very rapid and agonizing death.*

2. To conceal from the patient his real diagnosis. Don't be frightened to tell him the truth: the danger is not from the truth, but from the feeling of hopelessness. Explain to a patient that the method gives a *real* hope for the salvation and the extension of life, for the patient to regard this treatment seriously.

The truth, even bitter truth, - is the surest way to cure. Otherwise, the method is almost always and very soon getting violated, and all the job gets lost.

Because the lie kills, and the truth heals!

3. To simultaneously or within the brakes of the decades use any other (even most advertised, treatment protocol). That is, AFTER the initiation of the treatment with oil and vodka, it is prohibited::

a) To receive radiotherapy and chemotherapy.

b) To undergo any surgeries, except for those necessary for life: for instance, if within 4-6 months of treatment using strictly the recommendations of this method the tumor obviously and without any doubt grossly enlarged; in case of prolonged and complete gastric (intestinal, urinal, respiratory, bilious, vascular, and any other) impassability; if an urgent closure of open ulcer is needed urgently; in life-threatening traumas, etc.

If you used this method of treatment and then all of a sudden decided for any reason to undergo any surgery, then, in order to avoid the recurrence of the disease, immediately after the operation you need to continue with this treatment instead of any other therapeutic option.

It is the matter of fact that *any, even very small operations like punctures, biopsies, extractions of the teeth, have the ability to accelerate and worsen all diseases, including those involving the growth and metastasis of tumors, as well as to trigger the emergence of new ones.*

c) To take ALL other anti-tumor remedies: herbs (celandine, poison-hemlock, aconite and the rest), aloe, bracket-fungus, befunginum, mercury chloride, viturid, death cup,

kerosene, ACD-2 - fraction 2; nutri-shark cartilage [vitaline]; hormonal and anti-hormonal preparations such as tamoxifen [nolvadex], arimidex [anastrozole], depot-provera [medroxyprogesterone], androcur-depot, honvan, synoestrolum, flutamide [flucine], microfolin, etc.

d) To take drugs for the treatment of osteoporosis: complex of calcium with the vitamins of group D, bonefos, aredia, osteogenone, and all the rest.

e) To undergo treatment using any herbs, homeopathic potions, acupuncture, leaches, deep massage, "wrapping up", hydrogen peroxide intake, etc.

f) To take any "biologically active additives" (including various antioxidants), commercially available vitamins, any preparations of calcium and iron (including radioactive tablets "from cancer"); medicines for the "liver support": carsil, essentielle, LIV-52; any immunostimulants; clofelin; all anti-ulcer drugs (except for drugs recommended below).

When and how to cancel prednisolone, L-thyroxine, dexamethazone, insulin, and the digestion-improving enzymes (such as festal, mezim-forte, pancreatin) - see below.

g) To use ever (except for the clause 3b) therapeutic devices of ALL types, including: "vitaphone", wide variety of air ionizers ("Chizhevsky chandelier" as well), magnets, "frequency-resonance therapy", pressure chambers, etc.

i) To perform oxygen inhalations of any kind (i.e. to inhale pure oxygen from somewhere).

j) To apply any heating procedures: baths, hot-tubs and cold-tubs, "contrast shower", excessive physical exercises; massages and rubbings; treatment with clay; apply compresses, lotions, salt bandages, any ointments on tumors, joints, and on any other parts of the body ever. One can wash up with warm (not hot) water and as quickly as possible.

k) To engage in winter-swimming, prolong pouring over with cold water, submerging of ailing parts of the body for some time in very cold water.

*Any lengthy stresses, such as those coming from the excessive heat or cold, very drastically accelerate all diseases and interfere with this method.*

l) To use special respiratory exercises (by Buteyko, by Strelnikova, yoga, by Frolov, and any other)

4. To use treatment with the urine: to take body wastes by any means is very harmful and disagreeable to The Lord.

5. To believe in "predictions" of various objects of mysticism (rings, nuts, bolts, etc. hanging on threads ("pendulums"), and different kinds of hooks on handles ("frames"). Inquiring anything from these pseudo-devices as well as from tables, chairs, saucers, various idols ("oracles") and other subjects - represent themselves kinds of fortune-telling and occultism, i.e. means of contact with the evil spirits (the demons). These methods are known from the ancient times. Absolutely all such "contacts" are sinful and soul-ruinous.

Yet a semi-truth is many times more dangerous and deadly than a straight lie. That is why demons can often "show" and tell the truth. However, to the most important questions of salvation of the soul and the body they will invariably cheat using the true answers to the trivial questions as a "masking fog".

6. To use the services of ALL WITHOUT EXCEPTION "bioenergy therapists", "magicians", "black" and "white" "magic wizards", "witches", "encoders", "extrasenses", "fortune-tellers", "contacters", "spell-casters".

It is prohibited to keep their books in the house, and moreover. to treat yourself using these books or by the subjects "charged" by those people, such as water, food, etc. The "supernatural" "abilities" of ALL mentioned – are not from God and not "from the nature", but from the helping them evil forces, and those abilities were conferred upon them for very sinful, unpleasant to God, deeds.

From the influences of those people (i.e. from the sent by them demons-devils, including via water or through any subjects) very often even within a brief time the progressing of former diseases and the emergence of new, even deadlier diseases takes place; malignant tumors start growing faster and metastasize, and benign tumors turn into malignant ones.

During this process the symptoms of the diseases initially can partially "dissipate" (from short-lived re-distribution of the remaining resources in the patient).

Only sincere repentance to the Savior for utilizing these means and promise of not using them anymore ever, liberates from the captivity of the mentioned "influences".

The clause #1 (see above) refers to the treatment using the main method, and clauses #2-6 (see above) - to the treatment using all three versions of the method.

## What miracles are real, and what are not

The Lord Jesus Christ cured not by "his own" or mysterious "cosmic energy", but by the Holy Spirit Who is God's Power, i.e. Uncreated Part of God the Father (See John, 15: 26).

To be filled with The Holy Spirit (i.e. with God) is only possible through the Faith that the Evangelical Jesus Christ is God and the Saviour, even as He said: "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." (truly miraculous) (The Gospel from John, 15: 5).

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The real ability of healing is gifted exclusively by Uncreated Jesus Christ-God for the Belief in Him, and by no means by some animalistic, faceless "cosmos".

Only for the strong Christian Faith and great righteousness of living, Lord Jesus Christ multiplies in Christians the Holy Spirit of God.

*Cannot be from God any "miracles" that are made by someone without Faith in Jesus Christ and without the constant and strictest observation of His Commandments of love for both our neighbors and strangers.*

### **Nutrition, acceptable drugs, miscellaneous**

- By initiating this treatment, you need to unconditionally give up all the narcotics (including smoking) - it is better at once and forever for 100%. It is possible to lower down their dosages gradually; the sooner, the better.
- From the first day of treatment until its very end try to drink as little as possible of all alcoholic beverages, including beer.

Small dosages of alcohol do not cause harm to the treatment. But because the sensitivity to alcohol is different in different people, it is impossible to prescribe a uniform, acceptable to anyone, dose of it. So it is better just to avoid alcohol. (I remind: the mixture of vodka with sunflower oil is acting dissimilar to that of vodka alone: see pg 28).

Wine (vodka) in reasonable quantities – is not a narcotic. That is why God blessed alcohol to the people (Gospel from John, 2: 7-11). However, we are not to abuse anything!

□ During all the days and years of treatment avoid consuming all dairy, fermented dairy, meat, fatty, sweet products (fish and poultry and eggs are referred to as meat, and honey, water-melons, melons and fruits and berries sweet by taste - as sweet products). *Everything else you can eat in moderation.* Avoid being starved: 15-30 minutes following the medicine intake at least something must be eaten, and only then can be drunk - otherwise nausea may result. To fight it, one can use salted soft-boiled eggs and tomato juice, all sour berries as well as moderate drinking of a green tea with lemon; or else put two table spoons of any starch into a 1/2 glass of cold water and drink this mixture slowly disturbing the starch before the next gulp.

*The diet restrictions are in effect both during the days of the medicine intake and during the breaks.*

One can salt the food and eat bread of any kind (leavened, wheat, or rye) moderately. *There are no absolutely (by 100%) prohibited food products. One can eat a little of anything sometimes.*

But take into account: this method helps from many severe diseases much better with the stringent diet restrictions (ALL the diet - is here!) than when eating indiscriminately. The more severe the disease, the graver the patient's condition, the more strictly one must follow this diet.

***There is no gram-based "rationing" of the food and the drinks to anyone. And personal menus are unnecessary.***

□ The food and the drinks must not be very hot. But they also must not be always cold.  
□ The tea can be brewed not only of the traditional brands, but also from different herbs, leaves, sour berries and fruits. Just that the tea-drinking will not be turned by you into the homeopathic therapy! You can brew the hips, better in a thermos. Don't drink coffee (greatly accelerates calcium exchange, and this causes harm to our treatment). It is banned to drink *sweet* fruit, berry or vegetable (including root beet and carrot) juices. It is not allowed to drink a lot of non-sweet juices: the juice therapy and this method are incompatible. In addition, the excess of vitamins does not give any benefits to the organism, but, rather, is able to enhance the tumor growth.

Obviously, the unprocessed vegetables (any!) can be eaten, since a lot of sugar is present only in the squeezed out juices and not in the pulp.

□ The non-sweet compotes, fruit drinks, kissels are allowed. But any carbonated beverages and any "mineral" water is prohibited.

Any "mineral" water has a lot of calcium salts in it, *yet any calcium preparations are incompatible with this method of treatment:* their effects are counteracting.

□ Low-calorie "sugar substitutes", such as saccharin, aspartame ("sweet", "nutri-sweet"), cyclamates are not prohibited. They are much better than the traditional xylite and sorbitol, which are also not banned. But it is much better to get around without any "chemistry".

□ *It is forbidden to make therapeutic tinctures of herbs, roots or anything else extracting their contents with vodka.*

□ The presence of sugars and other additives in *commercially produced vodka* is accepted. Usually, their quantities are so negligible that they can be ignored. Acceptable is a home-brew and ethanol of any commercial brand. But it is better to use for the treatment quality-verified vodka! (see above)!

The strength of any type of vodka, home-brew, ethyl alcohol must be adjusted to 40% as close as possible.

□ The best sunflower oil is the one with the fewer technology operations possible. For instance, the raw-expelled oil is better than the one undergone thermal treatment. And the color and strength of smell do not affect its therapeutic potency. The main thing, it must be sunflower oil, unrefined (i.e. not purified) and not bitter.

But there is one catch to it!

The oil manufacturers are sometimes cunning. In order for oil to be longer stored at warehouses, they subject it to one or two steps of purification, but still call this oil after the treatment "unrefined". Therefore, do not take for treatment oil which has on its label the words "hydrated", "frozen".

*Any additional purification greatly reduces the pro-vitamin, liver-protective properties of sunflower oil, and, as such, is undesirable.*

None of the vegetable oils contain cholesterol.

□ The best cumulative therapeutic effect gives the mixture of 40% vodka with *sunflower, truly unrefined oil*. Other accessible for us (in Russia - M.L.) oils (such as olive, flax, cottonseed, soy) have much less therapeutic properties and treat worse the severe diseases than sunflower unrefined oil.

□ It is prohibited to inject glucose intravenously. Usually after this, the drastic progressing of the diseases occurs because simple sugars (*glucose, fructose, sucrose, etc.*) are the best nutritional media for the malignant cells, parasites of all types and for various infections in the human organism.

Honey consists of the mixture of *glucose with fructose*.

*Any sweeties drastically reduce the therapeutic properties of the mixture oil-vodka, they are antagonists.*

□ If any organs have been removed from a patient, and for their functional replacement the doctors prescribed some specific hormones, enzymes- he might receive those as was prescribed (however, it is not desirable).

If all of your organs are in place and you are taking the hormones already (insulin, L-thyroxin, prednisolone, metypred [methylprednisolone], dexamethazone, and others), you need to cancel them: **after** the beginning of this treatment by way of **gradual** reduction by you personally of the dosages of the hormones and by replacing them with non-hormonal preparations of similar action. The contraceptive hormonal drugs are always unacceptable.

The enzymes can be rejected at once.

□ Don't undergo the transfusions of blood and of its components (packed erythrocytes, plasma). The transfusion of blood and of its components infects a patient with many most dangerous diseases, drastically decreases his immunity, and by a few fold increases the probability of cancer metastasis.

Intake of any blood is referred in the Bible to the grave sins and is prohibited (Acts, 15: 29).

As a dictionary defines, "blood is a liquid connective tissue of the body". God never allowed the people to eat each other, regardless of the way of consumption of the human tissues: "The words that I (God-Word) speak unto you (about the necessity to eat Him), they are spirit, and they are life" (John, 6: 63) - The Lord Jesus Christ by this phrase commanded us eating and drinking His WORDS by our souls, i.e. to believe in His Saving Sacrifice (Easter), in His sinless Redemptive mortal agony on the cross. "Nor yet that He should offer Himself often Jesus Christ was *once* offered to bear the sins of many", but in order to redeem for ever from their sins all who would ever come to believe in Him. "We are sanctified through the offering of the body of Jesus Christ *once for all*. Now where remission of these is, there is no more offering for sin." (Heb 9:25, 26 and 10:10, 18)

- The less frequently you will take any drugs, the stronger and better this method will treat all your diseases at once.
- The narcotics-containing painkillers are prohibited (codeine, pentalgine, sedalgine, solpadeine) as well as tramal (tramadol), which is referred to in all handbooks as a "narcotic-analgesic".
- All relaxing, sedative, soporific, diuretic, cardiac, and other prescribed by the doctors drugs which do not interfere with this method are allowed. For instance, relanium, cyclopol, dimedrolum, finlepsin, antibiotics, etc., as well as the narcotics-free painkillers, including: analgine, baralgine, iso-dihydroperparine (NO-SHPA), ketanov, voltaren (cataflam, diclofenac), nimesulide and its analogs.

Pay attention that the same medicine can appear with various new names.

- Cancerous ulcers on the skin cannot be treated with any ointment. All ointments warm the tumors under them and accelerate their growth. It is not advisable also to apply the mixture of vodka and oil onto them. Because the malignant cells are getting destroyed not by oil and vodka directly, but by the products of their oxidation, which are formed inside the organism after the absorption of the vodka-oil emulsion in the intestine.

Ulcers of all kinds are cured well by *drinking* this emulsion.

One can apply to only non-cancerous ulcers and bedsores a concoction of beaten up together white of one chicken egg and unrefined sunflower oil (1/2 glass). Spread on any days, 2-3 times a day.

One can cover any sores with a few layers of gauze impregnated with a fat-free bactericidal ointment to avoid it being adhered to the sore. The ointment cannot be applied directly to a sore.

It is best to wash the ulcers with hydrogen peroxide, furacilin or with a decoction of the oak bark.

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- If a patient had been previously "encoded", it is unnecessary to go for "decoding". Ask the Saviour for forgiveness of your sins, including that of being "encoded", pray, and He Himself will "decode" you and will help you to get rid of your bad habits.

□ There appear many "advisors", who recommend the patients to pour, to add, and to admix something to the mixture of sunflower oil with vodka, or recommend extracting aconite with vodka etc.

All mentioned decoctions, extracts, and additives can inflict great harm upon Your health, therefore, never accept them whatsoever, no matter where they were advertised.

□ This method would cure the bodies of all the Christians and of all the other people. God mercifully sends rains, Sun and other material goods to everyone. But not equally: more to some than to others.

Likewise, with this method: *all and always* can use this method. In order for the chances of a patient for successful treatment to increase, one must also take care of the healing of his soul with God's *Truth*.

## THE MOST IMPORTANT ABOUT THE FAITH

The most important about the faith IN THIS BOOK is that this author on the questions of faith IS NO GOOD LISTENING TO.

WHY?

**FIRST OF ALL**, we must appreciate Nikolay Victorovich Shevchenko's merits: **On the questions of science and of the medication** this man with God's help has accomplished a profound conscientious and fruitful research work and a great discovery, which facilitates the curing of many people – needless to say – even if only one person was saved from the agonizing death of cancer, this still is great (!) because the price of ONE human life is immeasurable! And here of course one cannot but feel indignant at the conduct of the doctors, who are OBLIGED to fight on the front of healthcare AND CONQUER (!) but they, instead of supporting the man who did their job and their duty – totally selflessly (!) at that – and instead of disseminating his work among the diseased people and curing – they are, on the contrary, obstructing that curing and by their **criminal conduct (caused by pharisaic envy – no need to conceal this and dodge the issue for hypocritical diplomacy!) they, those doctors, become GUILTY OF THE DEATH** of all those people who because of their pseudo-scientific inveiglements, were shaken in their conviction and stopped their treatment by this multi-beneficial methodology, or never started it at all. And of course, credit to those doctors who proved worthy of their calling – because profession and calling are two different things – **proved worthy of their calling to SERVE the curing of people and that is why pride and other passions are not obscuring their mind and when they see a new means of curing – and at that so effective, they immediately pass it on to people without thinking will this bring them profit and human glory, but – simply responding to their CALLING to cure!** Mr. Shevchenko with God's help made a great discovery! And every honest person after acquainting himself with his work and with the fruits coming from this work simply has got to pass it on to whoever he can – it is so simple and clear, isn't it! Why all the cunning and verbosity? ... What does the work of N. Shevchenko consist in? He simple-heartedly and unselfishly tells us that this means of curing is – an old folk one. Whereas a self-interested person might boast like this: "It was ME who invented it – ME!" But Nikolay Victorovich doesn't do that. He says, "It comes from folk origin." So what are his merits then? Shevchenko with God's help took pains FIRST to do a profound research work and provide scientific substantiation WHY a person gets ill with cancer and WHY with this methodology that person gets cured: the explanation is

given in such a simple language and so unambiguously that only a bad conscience and an obscured mind can resist. SECOND Nikolay Victorovich with God's help took pains to FIND THE EXACT AND MOST EFFECTIVE DOSAGE! Without the correct answers to these two most important questions – finding the SCIENTIFIC SUBSTANTIATION and the EXACT DOSAGE – the treatment with this method would not have a thousandth of the effectiveness which the Methodology of Shevchenko has, because even if someone decides to start this treatment, he (1) will not have confidence in the correctness of his decision, but now the given SCIENTIFIC SUBSTANTIATION solves the question WHY. And (2) if someone starts to treat himself with this remedy, without having the exact dosage, it is self-evident that he can not count on getting a result. These two achievements – the SCIENTIFIC SUBSTANTIATION and the EXACT DOSAGE – demand not a little unselfish work, self-discipline, self-denial and selflessness – a person who has worked in this field will easily understand and agree, whereas the one who is used to attacking with words without paying attention to their weight – he is just going to judge that brilliant man and will not appreciate his merits, besides, he himself will not bear any worthwhile fruit.

**SECONDLY: on the questions of faith** this – otherwise remarkable man – to great regret in his religious convictions is an OPINIONATED-PROTESTANT- and if a man starts to listen to his preaching, he may harm his own soul as well as the soul of the author himself, who even though having done a magnificent feat in the sphere of medicine, yet in the sphere of faith and salvation he becomes a seducer leading away human souls into perdition. And it is said: “Woe unto him through whom offence cometh. It were better for him that a millstone were hanged about his neck, and that he were cast into the depth of the sea, than that he should offend ONE of these little ones which believe in Me” (Matt. 18:6, Luke 17:1-2, Mark 9:42).

So, Nikolay Victorovich did an excellent work in the field of medicine, but the envier and killer of men, the devil, wanted to spoil this splendid work throwing Nikolay Victorovich in the abyss of seduction. Let the people who are sincerely grateful to him prey to the Lord to enlighten him and bring him to the True Orthodox Faith – and let them not get seduced when reading his protestant propagations so that they don't worsen the spiritual situation of this man through making him guilty of their fall and perdition – well it is clear without explaining that this will in no way be gratefulness.

That is why this version of his book we give in a photocopy form – in order to preserve the authenticity of this excellent in the field of Medicine work. At the same time we took pains to throw out from the photo-copy of this book all the protestant seduction intermingled with the text of medical nature. In these places will be white spots, like the one here, that is now filled with this explanation. This way we distribute this wonderful book which has saved the lives of hundreds of people, but we don't distribute the protestant propaganda intermingled into the text, which propaganda may turn out to have destroyed more than one human soul with the protestant poison.

There is one more considerable achievement of Nikolay Victorovich: it is the following – when unconscious doctors fling stones of evil speaking on him he firmly stands and asserts the correctness of his brilliant scientific discovery. This takes courage. May God give him courage in his difficult moments (and everyone who defends something

worthful there has difficult moments) and may The Lord give him enlightenment in the True faith – the only one that He Himself has revealed to men.

I advise everyone to use the methodology of Shevchenko – and to not leave my words unsupported, I intend to apply it to myself (I don't know if I have cancer – and who knows? – but other ailments I have enough, at least to try) – and may the Lord bless everyone in using this method of treatment! But in the spiritual aspect I advise you BEWARE OF THE PROTESTANT SEDUCTION, mixed into the text.

In this photocopy version of the book this seduction is cleared – but I speak of those copies where it is not cleared.

3/16 June 2008

+ Hieromonk John  
- from the Genuine Orthodox Church of Greece

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There follows the introductory text of the Author – Shevchenko N. V.

**Dear reader!**

This method-instruction is compiled by me with the only purpose of your using this method to treat yourself and your relatives. It is written in sufficient detail for the successful treatment. The method is presented here in its entirety and is comprehensible for anyone.

I am not a doctor, I do not see patients (not permitted legally), and do not conceal anything of "secret". I repeat again and again, that I am not an "extrasense", "contacter", "fortune-teller", or "bioenergy therapist" or something of this kind, but simply a Christian man who is trying to follow the true Holy Word of Lord Jesus Christ and to help people with everything useful that I learned about this method. I cannot say what, when and why will happen to any particular patient.

Anything can happen, but you'd rather believe in the best!

WISHING YOU THE BEST IN YOUR LIFE!

Mailing address:  
Nikolay Victorovich Shevchenko  
Poste restante, Moscow 125412  
Russia

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(Shevchenko N. V.: I do not consult on other topics, do not communicate using the telephone, do not buy or sell anything, and cannot read letters in English or in any other language except for Russian).

THE AUTHOR REPLIES TO THE READERS

***Why do you advise using exclusively unrefined sunflower oil?***

This oil has been selected by the author from a wide variety of other oils and fats for the following properties:

- a) It contains maximally high quantities (in comparison with other accessible for us oils) of an indispensable linoleic fatty acid (LA), which regulates all metabolism and properties of the cell membranes.
- b) It lacks the antagonist - linolenic fatty acid (LNA). For instance, a lot of LNA is present in flax (40-50%) and soy (5-10%) oils, which makes these oils inappropriate for this therapeutic method.
- c) It contains very little of biologically inactive saturated fats.
- d) It contains by far more of a strongest natural antioxidant, *alpha*-tocopherol, than all other accessible for us oils, more than 60 mg% (more than 60 mg in 100 g oil).
- e) It contains quite a lot of antioxidants-synergists (which intensify the antioxidant properties), *alpha*-tocopherol and lecithin (phosphatidylcholine), from 1.0 to 1.4 g% (1.0-1.4 g in 100 g oil).
- f) Due to a very simple and most often the same technology for its manufacturing, this oil has minimal deviation in its biological and chemical properties, as compared to other oils. And because of its cheapness, it is unlikely to get admixed "for economy" with other fats.
- g) Due to the highest levels in this oil of alpha-tocopherol and lecithin, unrefined sunflower oil not only protects the patients from alcohol addiction, but furthermore liberates them from already existent alcohol dependency.

In simple terms: unrefined *sunflower oil in its mixture with vodka cures alcoholism!*

Because of the above mentioned reasons, unrefined sunflower oil absolutely does not "load" the liver, kidneys and the pancreas, but relieves, strengthens, rehabilitates, restores and recovers from any lesions of these and other vitally important organs. It is necessary to describe separately and in detail about alpha-tocopherol. Usually, a mixture (!) of alpha-, beta-, gamma-, and delta-tocopherols is called "vitamin E". It is namely the content in the mixture of *different* tocopherols is determined in oils and the result then is shown in the textbooks and on the labels of oil bottles.

However, such an approach to that important and active substance, such as alpha-tocopherol, is incorrect and misleading. Because antioxidant activity of beta-tocopherol is many folds less than that of alpha-tocopherol, and other tocopherols do not possess antioxidant (in this case, vitamin) properties at all.

What happens in reality? In the textbooks it is written about flax oil: "80 mg% vitamin E". However, it is not written that in this oil its entire so called "vitamin E" is represented exclusively by inactive gamma-tocopherol. That is why unrefined flax oil is so dark and bitter: from strong self-oxidation. And for unrefined sunflower oil they say: "60 mg% vitamin E" having forgotten to specify that in sunflower oil all these 60 mg% honestly belong to alpha-tocopherol, and that this quantity is very high.

For comparison, olive oil contains only inactive tocopherols and their collective content does not exceed 5 mg% (very little). Corn oil and soy oil contain small quantities of alpha-tocopherols. All refined oils practically lack vitamins and their PUFA content is noticeably reduced.

***Can one drink the mixture TWO times a day? Previously, you did not encourage this?***

Yes, you can! You perhaps already noticed that in this method I do not oppose this mode of treatment. Because now I have enough letters corroborating its high efficiency and the lack of side effects. But only at one condition: the duration of such consumption of the mixture must be no less than three courses (cycles), similar to that of taking the mixture three times a day.

***If a cancer patient has already undergone a surgery, other anti-cancer treatment, and now the doctors do not find cancer, how and when a patient may start treatment with oil-vodka?***

The doctors' eyes, even well equipped with various devices, are incapable of discerning in the patient's organism the tiniest groups of cancerous cells.

According to the official medical statistics (for instance, in "The Medical Encyclopedia"), even after impeccably performed surgeries, the invisible cancer metastases remain in the 50% of cases. Later on it leads to a relapse of would be defeated disease.

Therefore, after surgeries, and, moreover, after lesions in the organism caused by poisons of "chemotherapies" and radiation one can never be sure if a patient is completely free of cancer.

In these cases, the complete treatment of using "the main" method of Nikolay Shevchenko must be performed. In other words, drink the mixture for no less than 2-3 years, *THREE* times a day, strictly in accordance with the rules of this method, without having waited for the appearance of visible metastases.

After the expiration of this term, one can continue the treatment using the "simplified" versions of the method - by drinking the mixture two or one time a day, even for the entire life, as long as you wish.

You can start this treatment even the next morning following the cessation of other anti-cancer regimens (if you decided to take them), or after your refusal for their continuation.

But much better is to drinking the mixture of oil with vodka using this method *INSTEAD* of all other therapeutic methods and *not* after them.

To undergo a surgery or not, to take "radiotherapy" or "chemotherapy" - must be decided by exclusively a patient *HIM/HERSELF*. I never persuade anyone to give up everything and start the treatment with oil and vodka. Let everyone *PERSONALLY* select any particular method.

I can only give the information to ponder over:

1. The longer the duration of a surgery, the fewer chances has a patient for the following normal life, even though using treatment with oil and vodka. There is great number of reasons for this and all of them are related to the most deleterious effects of surgical procedures on the human organism. I am personally - against surgeries.

2. The younger the patient, the harder to cure him/her from cancer by any medicines, including oil and vodka. This especially concerns breast cancer in women. There are numerous reasons for this phenomenon.

3. To perform a surgery and radiation in cases of brain tumors - something on a borderline with suicide. Following these procedures, even the mixture of oil and vodka cannot stop very prompt relapse of the disease in the overwhelming number of cases. But without surgeries and radiation - any tumors of the brain and spinal cord are being often cured.

So, decide if to allow someone "digging" in a patient's brain and "frying" it with radiation, or not.

### ***Can the mixture of oil with vodka be introduced using enemas?***

No! In the large intestine, the fats are not absorbed; nothing can be introduced to the small intestine using an enema: a special intestinal valve blocks the passage. By the way, now I cannot recommend to anybody to do any enemas or microenemas. They cause more harm than good. For instance, the more often to do various enemas, the more likely chronic constipation develops later. And enemas cause profound bleeding when intestinal tumors are present.

### ***How to drink the mixture when the "official" "cancer" diagnosis is absent, but very substantial suspicions on this score are present?***

No variations: drink the same way as in real cancer, i.e. three times a day for 2-3 years, strictly in accordance with all rules of the method.

It is better to be overprotective than later "to be whipping the cat". The intake of the mixture has a general health-invigorating effect and cannot cause any harm to human organism.

Any severe ailment treated by this method either slows down or gets cured.

The mixture of oil and vodka brings about many more benefits if to drink it three times a day as compared with two times or one time a day. Thus, if your suspicions of the presence of bad tumor in your body will not be confirmed, you will not regret anyhow your taking this drug: it will gradually liberate you from numerous other ailments.

***Why Holy God allows horrific sufferings not only to villains, but also to good people?***

It is characteristic of people: to apply to God (or even recall of His existence) and start thinking about the Eternal when in sorrow and trouble and not in joy and in well-being. Except for this, many people are "Christian believers" only in their words. Alas, even in small ordeals many not only renounce the Faith, but even start grumbling at God. Having forgotten that God owes us nothing, but we and we only, are the sinners and His debtors. The Savior in His Everlasting Kingdom needs all those in the first hand who love Him not in their words, but in their deeds and more than the earthly assets. Therefore, we ought to thank our Saviour for everything that he sends for our exhortation and salvation.

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