# Cesium Related Information

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Information about cesium written by A. Keith Brewer, Ph.D., contained in the booklet *High pH Cancer Therapy With Cesium*, is available from the Brewer Science Library for $12.00.
PH: (608) 647-6513 FAX: (608) 647-6797

The protocol that Dr. Brewer suggested in his writings included several other vitamins and minerals, which he believed increased the effectiveness of the cesium. Included are significant amounts of vitamin C, vitamin A, zinc, selenium and potassium.

## SOME POSSIBLE CESIUM SIDE EFFECTS AND CONTRAINDICATIONS:

1. Stomach upset and nausea are quite common side effects from taking cesium. Eating a full meal, not just a snack, and taking the cesium at the end of the meal, may help to alleviate these problems. Emptying the cesium capsule into a glass of water and taking it this way at the end of the meal may also help alleviate these symptoms. Dr. Nieper mentioned that taking the cesium with the sugar sorbitol and mixing them in a water solution might help in some cases. Eating half a banana before a meal has also been reported to help some people tolerate the cesium chloride better. Ginger capsules or ginger root would possibly combat nausea. One of the reasons that cesium chloride may cause stomach upset is actually from the increased amount of chloride, not necessarily the cesium. The chloride tends to increase the acidity in the stomach. People who have had a history of ulcers may not be able to handle the increased acidity from the chloride.

2. After taking cesium for several weeks some people experience some numbness in their lips or on the tip of their nose. This can occur even at the dosage of three grams a day. People who are taking larger amounts under a doctor's supervision may experience a greater degree of numbness. Doctors need to monitor this very carefully. Even after discontinuing the cesium it may take several weeks for this numb sensation to disappear.

3. People with heart conditions should not take cesium as it displaces potassium as well as other significant minerals such as magnesium and could lead to heart palpitations or a heart attack.

4. It is essential that the mineral displacement by cesium be adjusted for by increased consumption of minerals, particularly potassium and magnesium. POTASSIUM rich foods such as bananas and potatoes can be consumed as well as potassium supplements taken. Some doctors prescribe a high potency TIME-RELEASE POTASSIUM supplement for their patients on the cesium protocol. The mineral magnesium is needed in significant amounts. It is involved in over 300 enzymatic reactions in the body. Doctors often suggest that people take up to 800 mg of a magnesium supplement while on the cesium protocol. A brief review of some possible signs of *specifie mineral deficiencies* is included.

5. People with kidney disease would not be able to handle the Robert Barefoot protocol that uses high amounts of vitamin D3 and calcium.

## ROBERT BAREFOOT'S CESIUM PROTOCOL:

Along with the cesium and other vitamins and minerals that Dr. Brewer suggested, Robert Barefoot suggests that two other special nutrients be added to the protocol.

**1. Vitamin D:**
He has added high amounts of vitamin D3 to be taken for 30 to 50 days. The vitamin D3 is in 5000 IU capsules and he suggests 6 capsules a day, or 30,000 IU's per day for a month or so. Vitamin D3 has a special function in helping to cause cell differentiation, or the maturation of cells. Cancer cells tend to be immature cells that multiply and divide faster than normal. Vitamin D3 helps them to mature. High amounts of vitamin D3 are contraindicated in people with kidney disease because it causes too much calcium to be absorbed into the bloodstream. Even people without kidney disease need to have liver and kidney function tests taken to make sure that hypercalcemia does not occur and cause kidney damage.

**2. Coral Calcium:**
This is a highly absorbable, ionized form of calcium that comes from the coral reefs around Japan. The assimilation rate of this calcium is said to be 95%, whereas other forms of calcium may only be assimilated up to 60% or even less. Calcium is also very alkalizing and this probably helps the body to reach an alkaline pH with the cesium more quickly. Another ultra-absorbable calcium is AdvaCal™, a calcium complex developed by the Japanese that contains calcium hydroxide, calcium oxide and some seaplant amino acids. Besides providing a highly absorbable form of calcium, this product has been shown to build natural bone density, not just prevent loss as with regular calcium supplements.

## SPECIAL MONITORING:

**1. Electrolyte Monitoring:**
Since high oral intake of cesium tends to drive the electrolytes out of the cells by displacing them, it is prudent to obtain ongoing mineral analysis. Increased oral intake of minerals may maintain the body in a positive mineral status, but only objective testing can reveal that for sure. Nausea and/or diarrhea can also cause electrolyte loss. Electrolyte products available from your pharmacy or the Gatorade beverage may be somewhat helpful.

**2. Blood Calcium Monitoring for Hypercalcemia:**
The high amounts of vitamin D3 taken in Robert Barefoot's protocol can result in too much calcium being absorbed into the bloodstream. If this occurs, vitamin D3 supplementation needs to be discontinued immediately.

**3. Liver and Kidney Functions:**
It is prudent to monitor these functions during the protocol to assess the reaction of the body to the high dose D3, calcium and cesium intake.

**4. Uric Acid Monitoring:**
Dr. Brewer suggested that the levels of uric acid would become higher as the tumor was being broken down. Physicians may want to measure uric acid levels at the onset of the treatment and then test uric acid levels frequently if the patient is taking 6 or more grams of cesium. Tumor size and dosage of cesium are believed to have an influence on how soon and how much uric acid levels will increase. A state of wasting may also affect uric acid levels.

## SPECIAL NOTES:

**1. Cesium Half-life:**
The half-life of natural (non-radioactive) cesium in the human body, based on radioisotope studies, is anywhere from 65 to 84 days, so even after cesium is discontinued, it is still assumed to be acting in the body for a considerable period of time.

**2. Mineral Supplementation:**
The oral intake of extra minerals needs to be continued even after the cesium is discontinued since it is still actively displacing minerals in the body for a considerable period of time.

**3. Cesium Chloride versus Cesium Carbonate:**
Some of the initial animal research was carried out with both the chloride and carbonate forms of cesium. One of the experiments with mice indicated that cesium carbonate was superior in action to cesium chloride. In fact, in further experiments carried out at the University of Wisconsin, Platteville, only the cesium carbonate form was used. The carbonate form is more alkaline and that may be one of the reasons that it was more effective.

**4. Vitamin A Source:**
The Vitamin A source should not be from fish oil.

**5. Networking:**
Doctors and patients are encouraged to contact the Brewer Science Library and report on their results in using a cesium protocol. We will encourage exchange of information.

**6. Be Vigilant:**
Dr. Nieper said that once our bodies have allowed cancer to manifest itself we should never think we are free of it. We must always be vigilant and do whatever we can to support or strengthen our body's defense capabilities.

## POSSIBLE MINERAL DEFICIENCY SYMPTOMS:

The following list is not by any means complete. It just identifies some of the more common and most known symptoms of deficiency of these minerals.

1. **Potassium:** muscle fatigue, irregular heartbeat, apathy, muscle weakness and/or muscle cramps.
2. **Magnesium:** cardiac dysrhythmia, high blood pressure, muscle spasms, eye twitches.