

The Breuss Cancer Cure (Juice-Only Fast)

Yves Perriard – June 2025

"Besides praying for them, I have always recommended this cure to hundreds of people dying of cancer and have witnessed **miraculous results!**

Even for those who were healed through chemotherapy, I still recommend doing this afterwards, because the body needs a complete detoxification from all the junk—such as toxins, medicine residues, and more—otherwise, the cancer could return."

Duration: 42 days (6 weeks)

Goal: Starve cancer cells by **not eating any solid food at all**, while nourishing the body with precise vegetable juices and teas.

⚠ **All or nothing** — no other food or drink allowed besides what's listed here!!!



Why the Breuss Cure & Juice Fasting Work?

1. Cancer Cells Require Solid Food to Survive

- Breuss' core insight: **cancer cells cannot live on juice alone.**
- They feed on **solid proteins**, especially those in the bloodstream and diet.
- By **eliminating all solid food**, the body **starves cancer cells** without harming healthy tissue.

2. Juice Gives the Body What It Needs, But Not What Cancer Needs

- Carefully chosen vegetables (beets, carrots, celery, radish, and potato) provide:
 - **Natural enzymes** and **alkalinity** to purify the blood
 - **Antioxidants** to fight cellular damage
 - **Plant-based minerals** that **strengthen healthy cells**, not tumors
- Juicing **strains out the fiber**, leaving only the micronutrients that **support detox and immunity** — while avoiding anything that cancer cells could use to grow

3. Fasting Triggers Autophagy (Self-Cleansing)

- Extended juice-only fasting mimics **therapeutic fasting**, which activates **autophagy** — the body's way of **breaking down and recycling damaged cells**, including **precancerous and abnormal tissue**
- This gives the immune system space and energy to **target tumors**

4. Eliminates Toxins Stored in Tissue

- Cancerous tissues often grow in **toxic, oxygen-poor environments**
- The Breuss protocol:
 - Removes digestive burden (no solid food)
 - Supports **liver, kidney, and colon detox**
 - Uses herbal teas (like sage, kidney tea, cranesbill) to support cleansing organs and **neutralize inflammation**

5. Breaks Down Tumor Structure Over Time

- Doctor Rudolf Breuss emphasized that **tumors have structure**, often surrounded by mucus and hardened waste.
- The **six-week window** allows enough time for the body to:
 - Break down the tumor “shell”
 - Dissolve internal masses
 - Restore proper circulation and oxygenation in tissue

6. Reduces Glucose Load






- Cancer cells thrive on **glucose**.
- Although the juices contain natural sugar, it's **minimal and balanced** by potassium-rich, bitter, and alkaline elements (radish, beetroot).
- **No simple carbs or insulin spikes** = less fuel for tumors


✅ **In summary:** The Breuss cure deprives cancer of what it needs to live (solid proteins, sugar spikes), while giving your body the exact tools it needs to cleanse, restore, and activate self-healing — all without aggressive drugs or surgery.


✅ What to Buy

🥤 1. Breuss Vegetable Juice Mix

You'll need a **juicer** (not a blender!) and fresh organic vegetables:

-  **Red Beets** – 300 grams
Main cancer-fighting base; supports liver & blood detoxification
-  **Carrots** – 100 grams
Adds vitamin A; base flavor
-  **Celery Root** – 100 grams
Supports kidneys and mineral balance
-  **Black Radish** – ~30 grams
Powerful detoxifier and liver support
-  **Potato (optional)** – only if you have **liver cancer**
Alkalizing and supportive for liver function

 Use **only fresh, organic** vegetables

 **Strain all juice** through a fine cloth or mesh — **no pulp or sediment**

Notes on Juicing

- **Juice must be freshly made each day and strained well**
- **Take juice only in small sips** — swish in mouth before swallowing
- **Never drink the whole ½ liter at once**

2. Required Herbal Teas (NO sugar, honey or sweeteners = sugar feeds cancer!)

Buy loose herbs or pre-made blends:

Kidney Tea (*first 3 weeks only*)

- Take **½ cup, 3x per day** (morning, noon, night)
- Ingredients: **lovage root, horsetail, stinging nettle, knotweed** (or pre-made “Breuss Kidney Tea”)

Morning Herbal Tea

- Take **2 cups**, 30–60 minutes after kidney tea
- Blend: **St. John's Wort, Lemon Balm, Peppermint**

Sage Tea

- Drink **anytime between juices**, warm or cold, **as much as desired**

Cranesbill Tea (*Geranium Robertianum*)

- Take **1 cup daily**, cold
- *Contains natural radium; stimulates detox and immune repair*

For Lung/Bone Cancer (optional)

- Tea mix: **Plantain, Icelandic Moss, Lungwort, Ground Ivy, Mullein**
- Drink **freely** throughout the day of both the teas and much water

3. Water

- **Drinking water is good and recommended** during the Breuss cure, especially between juices and teas, to support detox and hydration. Drink about **1–1.5 liters (4–6 cups) of water per day** — **sipped slowly**, between juices and teas, **never with the juice itself**.

Use **clean, non-chlorinated water** — ideally:

- **Filtered water (with excellent filters)**
- **Spring quality water**
- Or **distilled water** (it pulls better toxins and inorganic waste from tissues)

Avoid:

- Fluoridated or heavily mineralized water
- Sparkling or flavored waters

 *Simple, pure water is best to support detox and not burden the kidneys.*

◆ Daily Routine (Simple & Structured)

🌅 Morning

1. ½ **cup Kidney Tea** (on an empty stomach)
2. Wait 30–60 min → **2 cups warm Herbal Tea** (St. John's Wort, Peppermint, Lemon Balm)
3. Wait 30–60 min → Take your **first sips of vegetable juice** (by the spoonful, salivate well before swallowing)
4. Every **15–30 minutes**: Sip more juice, **slowly**, and **only if you feel like it**

☀️ Throughout the Day

- Continue **sipping vegetable juice** up to a total of ½ **liter per day (500 ml)** — no more!
 - In between: drink **Sage Tea** and **Water** freely
 - At noon: another ½ **cup Kidney Tea**
 - Afternoon: more **teas or juice sips** as needed
 - At night: last ½ **cup Kidney Tea**
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💧 Detox Support

- ☒ **Daily enemas are essential**, especially in the first weeks — to eliminate toxins released by the dying cancer cells
 - Ask a doctor or natural practitioner for safe enema instructions
 - ☒ **Plenty of fresh air and light** is crucial
 - ☒ Gentle **daily walking** is recommended (even indoors)
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🔒 Final Guidelines

- ☒ **No food at all** during the 42 days
- ☒ **No unapproved drinks** (no sugar, alcohol, milk, juices or coffee)
- ☒ **Only** what's listed here
- ☒ Stick to routine **every single day** — even missing a few days of full adherence can nullify the treatment. It must be done **exactly as described** — with no deviations. Stick to it for the full **42 days**, then gradually reintroduce light foods under supervision.