



For Immediate Release

TrueNorth Health Foundation Report Shows Water-Only Fasting, Diet May Potentially Stop Tumor Growth

Santa Rosa, CA, February 24 2020 - TrueNorth Health Foundation announced today a case report that suggests medically supervised, water-only fasting and an exclusively whole-plant-food diet may have the potential for halting – and possibly reversing – the growth of some types of tumors in the time between their discovery and biopsy. The report also indicates that fasting and diet may be beneficial for managing obesity, high blood pressure, and other inflammatory conditions.

[The case report](#) was published in the February issue of [Alternative and Complementary Therapies](#). Three authors contributed to the report: Dr. Toshia Myers, executive director of the TrueNorth Health Foundation; Dr. Alan Goldhamer, founder and director of the TrueNorth Health Center; and Gregory Butler, doctor of pharmacy candidate at Massachusetts College of Pharmacy and Health Sciences.

“This case demonstrates that we may be able to improve some types of medical conditions that typically require surgery and other invasive procedures through the use of water-only fasting and diet,” said Dr. Myers. “It sets a precedent for future exploration.”

The report focused on a 66-year-old woman who suffered from numerous medical issues, including obesity, high blood pressure, and inflammation of her kidney and ureter. An MRI scan had revealed a potentially cancerous mass about the size of a golf ball growing on the left side of her stomach near her liver. A biopsy was scheduled to diagnose the mass. While she was waiting for the biopsy, she visited TrueNorth Health Center and underwent a 13-day water-only fast followed by an 11-day period of eating an exclusively whole-plant-food diet. Following the fast, her weight, blood pressure, and inflammation decreased; more striking, the tumor in her stomach had shrunk by almost 50 percent, eliminating the need for a biopsy.

“A diagnosis like this often involves invasive procedures that can put the patient at serious risk,” said Dr. Goldhamer, who has supervised fasting for more than 20,000 patients since he founded TrueNorth Health in 1984. “Fasting and diet, on the other hand, are safe, conservative options that could be done while patients are waiting for a biopsy. As we saw in this case, not only was the mass reduced but other problems that can be very resistant to conventional treatment – such as high blood pressure – also appeared to respond to our treatment.”

According to Dr. Goldhamer and a growing number of medical professionals, water-only fasting creates an environment where the body can heal itself by triggering its own immune system to fight disease. “Before you rush into invasive procedures like surgery, you can try doing things that actually get you well, like fasting and a healthy diet,” Dr. Goldhamer said. “We believe that health results from healthful living.”

About TrueNorth Health Foundation

[The TrueNorth Health Foundation](#) conducts research into how medically supervised water-only fasting followed by an exclusively whole-plant-food diet free of salt, oil and sugar impacts human health. Fasting and diet appear to naturally stimulate the body's health-promoting capabilities. The Foundation is interested in better understanding these capabilities so that it might improve the treatment of chronic diseases using low-cost, non-invasive alternatives to prescription drugs and costly medical procedures.

[Learn more about research at TrueNorth Health Foundation.](#)

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