

Diet and Environmental Support – Extra things you can do for health / cancer fighting measures

ValeOfGreen@gmail.com

NB Body pH. Acidic body pH supports disease especially cancer. Get some pH test strips and test your saliva when waking. Improve with base powder such as Dr Auer's which is an old school natural ingredient alkaliser or get any that is available. Take 3 tablespoons 3 times a day to start. Get body pH up to 7.5

NB Oxygen. Low oxygen supports disease especially cancer. Breathe deeper and just using the nose. Get peroxide, the stronger (35%-40%) and food grade version, 5 drops in a half glass of water twice a day. Can only find lower % version? Use more drops. The product Hydro Shot (Medical Hydrogen+Citrulline) does a lot including raise oxygen levels, take 2x a day. Another oxygen option is a product called Cellfood.

Take vitamin B17, C (consider taking high intravenous amounts), D, & Folic Acid and Selenium, ensure they're food grade supplements, + Aspirin. Eat high quantity combos of live bacteria sources like sauerkraut, kimchee, kombucha, kefir, brewers yeast or double cream plain live yoghurt. (Leave portions of yoghurt out all day to increase bacteria count.) Consider live bacteria enemas. Take half a glass of quality red wine every couple of days. Throughout the day drink strongly brewed Dandelion Root tea and genuine green tea like Jasmine, Genmaicha or Dragonwell. A squirt of a product called "ConcenTRACE" (dead sea water) immediately and every 2 weeks, in water. A full desert spoon of Moringa leaf powder mixed into food or drink every day. Plenty goji & blueberries if possible and other whole fruit (not juice or dried). Super dark (85% and up cocoa) chocolate is also good. In the morning, on an empty stomach drink warm lemon water, or just water. Consider taking DMSO.

Do eat as much variety of fresh vegetables as possible, half leafy greens & especially include broccoli, cabbage and similar "cruciferous" vegetables. Best is by juicing or steamed & a drizzling of olive or grape seed oil or natural mustard added **after cooling/cooking**, (don't heat as these oils go rancid). Daily green juices with cucumber, celery, ginger, garlic, paprika, cayenne pepper, raw honey & propolis and lemon juice. Meals with protein combinations from the vegetarian diet. Add turmeric to all oily foods. Take Agar in food 3x a week.

Generally simplify the diet and eliminate all processed foods (cans, ready meals, fast food, etc.) sweeteners and chemical ingredients, i.e. E-numbers and all the long names & modified anything etc. often found in many foods but especially in sauces, stock cubes, cuppa soups, and all knorr and roycos type convenience products. Avoid refined flour like pasta & white bread, rather eat wholegrain, rice or the best - potato. No aromats/MSG. No sugar. No/little red meat, minimal dairy (golden milk ok) and other animal products, rather eliminate these. Stop smoking. Avoid coffee, alcohol and black tea. No microwaving any food or drink. Consume less Omega 6 oil, take more Omega 3 oil. Cook in coconut oil or eat a tablespoon daily.

Consult an immunologist, get immune system function UP. Look at the environment for possible toxic chemical sources and eliminate or minimise exposure. Do a liver detox, then a general detox. Parasite cleanse and attack the cancer by taking Ivermectin and Fenbendazole. Sleep with wifi and cell phones off (or flight mode). Check your room for sources of ambient light like multiplug switches, chargers, TV stand-by lights, glow in the dark light switches, etc. and turn off fully or cover up. Avoid the news, thrillers or horrors, its preferable to watch comedies. Avoid fluorescent, CFL & LED lights, fit incandescent lights in your personal areas instead. Avoid plastics, drink from glass or cans. Close your eyes and look at the dawning or setting sun as often as possible (sun gazing), barefoot and on soil or sand if possible.

Exercise. Exercise reduces cancer by 50%. It's not an option, but a must! Even 20 minutes a day is good. Drink lots of clean (not tap) water. Water only fasting generates stem cells & boosts immune system (24 hours), do once a week.

Mostly everything here can be found at the chemist or health shop, details available on request.