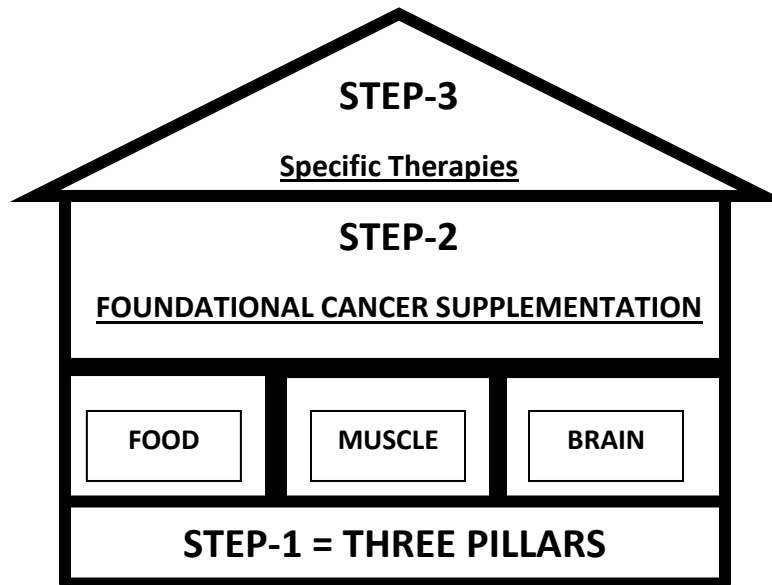


A STEP-WISE APPROACH TO CANCER

What watching and treating people with cancer for a quarter century has taught me:



A “whole person” approach to cancer must be built like a house with a firm foundation, good internal structure and then a sturdy roof. Without “Step-1” nothing will work for long. Without “Step-2” standing on the foundation all the specific and interesting therapies (Step-3) in the world cannot work long term!

STEP-1 = FOUNDATIONAL PILLARS

FOOD * What, how clean, how much and the timing of what you eat:

- All organic sources of food and filtered water.
- Daily intermittent fasting (14 - 16 hours water only / 8 - 10 hours eating time period)

MUSCLE * Increase muscle mass and lower fat mass:

- Whatever you can do – no matter how little – to move your muscles and lower fat lengthens life!

BRAIN * How we think, visualize, act and who we listen to about our health:

- Watch your thoughts / mental practices AND those of your friends and family!
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STEP-2 = FOUNDATIONAL CANCER SUPPLEMENTATION

- Poly-MVA (8 teaspoons divided through the day 4 to 5 days weekly) <http://www.polymva.com/>
 - ImmPower (1 to 2 capsules daily) <https://www.theharmonycompany.com/>
 - Co-Q-10 (100 – 200 mg twice a day)
 - Vitamin D – (5,000 – 10,000 daily)
 - Curcumin (500 - 1000 mg three times daily with food)
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STEP-3 = SPECIFIC THERAPIES

This includes any other cancer specific therapy. Please see recommendations in the book OUTSIDE THE BOX CANCER THERAPIES By Dr.'s Anderson and Stengler (Hay House Publishing) and those of your cancer team.