

Extreme detox for cancer and other illness

Increasing PH and detoxing your body to enhance your immune system

I correspond/communicate with so many 'sick' people. Maybe it's because I have/had prostate cancer. Maybe it's because I focus on Health & Wellness and it draws some to me. I actively seek sick people and try to help.

I must preface all these comments with the comment that this is only My Opinion and I am NOT a medical professional and do not offer any medical advice. This is something that I have learned over years of fighting my own prostate cancer (pretty successfully as the doctors said I'd be long DEAD by now! - see <http://prostatecancerfight.com>).

First off, you must really do your own research into your own situation and health and wellness goals. If you have cancer and told you are dying, it is devastating to you and your family but it may not, MAY not, be deadly today. When I was first diagnosed, I had time and time is your friend. If you don't have that much time, I believe that an accelerated program of detoxification and cleansing and subsequent boosting of your natural immune system may help.

Your PH

Almost ALL cancer patients and most other 'sick people' have an acidic body ph. That is below a 7 (sometimes way below) on the 14 scale of chemical acidity levels. Over 7 and you are considered alkaline. Charlotte Gerson has always said that cancer and other disease cannot survive in an alkaline body and I believe this to be true.

So, how to see what you ph really is? The best way is to urinate on a ph-strip first thing in the morning. You can do it anytime and even use your saliva to check but the first in the morning seems to provide the best reading (before coffee and breakfast). You can use a pool 'test strip' of get specific ph test strips from a health food store (Whole Foods Market stocks them).

A reading of 6.75-7.0+ is excellent for saliva as the saliva tends to be slightly more acidic. For the urine, a slightly higher pH level of 7.5 upwards is great if you are healthy. Odds are you are below, maybe way below 6.0. Good news, it's relatively easy to fix that!

Initial detox

If you aren't 'that sick' a more moderate detox may suite you. Full disclosure we represent the Shaklee Company but our 5day moderate detox may suite your needs. See our Moderate 5-Day Detox.

https://wf4hl.myshaklee.com/us/en/about_shaklee-detox.html).

Here we are talking more severe requirements and the need to really clean you out. If you are currently taking medicine, consult your doctor but if, like too many, you have been sent home to die, then you have little to lose!

If you have been living on hospital food and the Standard American Diet, you are probably in pretty bad shape; even if you are trim. You

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need to clean out the plumbing and that means the waste disposal system! Some programs, like the Gerson Therapies use coffee enemas and if you want you can do that.

Sodium Ascorbate is an alkalizing form of vitamin C. Taking excessive doses of vitamin C can and will have a diarrhetic effect on your body. This is the goal, to excrete the accumulated feces in your intestines. There are several ways to induce this but I prefer the use of a vitamin C approach. Even in massive doses and taken intravenously, vitamin C has not proven harmful but this approach will purge your system of, well most everything.

In order to produce the desired effects the dosage will vary with each individual. I've found that a heaping tablespoon (not teaspoon) mixed in 8 oz of lukewarm water to do the trick. If it doesn't, you may have to increase the amount but I will suggest that it WILL have an impact.

Expect similar result as if you were given a prescription diarrhetic for a medical procedure but safer and actually beneficial as you are taking a large dose antioxidant! The initial effects should be felt in under an hour so be prepared and be adjacent to your toilet; with lots of toilet tissue. When you go, you will really GO. Plan for a couple of hours of this periodic expulsion of waste. For many, it is a shock to see the volume of fecal material that you have been storing inside!

Drink LOTS of water with lemon juice! Tastes good and will keep you hydrated as you will be losing fluids.

If you are like most typical Americans, performing this procedure should be repeated again in a couple of days, but due to the detoxifying effects not more often as it can produce dehydration and lowering of vitamins/minerals in your body.

Extreme juicing

You will need a good juicer. There are different views on juicing. The Gerson Program recommends a relatively expensive and complex process but as an alternative, I found that a good Breville JE98XL Juicer to do the trick adequately. You need one to take in a medium sized apple; some are just too narrow and it will take you days to juice what you need!

If you have a Costco near, you may be in luck. They often carry organic carrots (preferred but not necessary). You will be using 10–15 pounds of carrots each week for the next month! If you have a source for organic apples great, use them by the bag full. Same with greens, any greens but kale, collard, Bok Choy, cabbage (purple/green) and just about any green stuff you can find! Use what you like, if you don't like it, use it anyway!!

For some additional delicious recipes for healthy juices see Chef Nancy's Organic juicing board! (<https://www.pinterest.com/Gramstein/organic-juicing/>). For basic juicing, use mostly carrots and an apple for your first juice. For your green juice, add an apple for sweetness and flavour but keep it simple.

Follow the directions on the juicer you select. The plan is to consume one 8 oz glass of fresh juice every hour. I suggest alternating between the carrot and green juice. More is fine but this should be your minimum dosage between 8 am and bedtime!

Depending on your individual situation, status of your disease and ability, I suggest you continue the Extreme Juicing for 6 weeks and then see how you feel.

Be prepared for some weight loss if you are heavy, weight gain if you are undernourished. The body, when provided the proper healthy nutrients will auto-adjust! As you and your doctor review your blood analysis, be prepared for some dramatic and improved results!

Meals

While juicing is a great way to get vital nutrients into your body quickly and efficiently, juicing eliminates the fiber. The fiber extracted during juicing can be used in breads, cakes and a variety of ways but that is up to you. Composting is great too!

This approach is an elimination Detox, so you will be eliminating ALL Meat, Fish, Dairy and Eggs! Also, you will need to eliminate any/all 'fast foods', sugary drinks, sodas and such. They are killers. Yea, you heard me! ALL.

Sugar feeds cancer, so for the first several months at least, eliminate as much processed sugar as you possibly can. Same for 'processed/packaged' foods. Stick to Whole Foods, mostly vegetables with some fruit, nuts and seeds. Trust me, I was a sugar addict. It does get easier after just a couple of weeks; it really does!

Don't give up. We have been living this way for over 7 years and Love it! The meals and varieties are astounding and the Food is Delicious. After a few weeks, you will be amazed at how delicious vegetables really are! Trust me! To help you, Chef Nancy has over 20,000 recipes on her Pinterest Site: <https://www.pinterest.com/Gramstein/>

If you want to really accelerate your healing, I'd suggest considering a Macrobiotic diet initially. It is less flavorful but highly effective for defeating cancer (and other diseases). We won't go into that here but you can call me if you would like to know more!

While the juicing will provide you with all the essential nutrients you need, it eliminates the fiber, which you need to continue to purge your body of toxins.

Drink lots of lemon water. It will help keep your PH over 7. When you are fighting cancer or another ailment it is difficult to do so. A diet rich in vegetables, juices and fruits, nuts, seeds will provide the nutrients you need to Thrive.

Monitor your PH. If you don't have a 'movement' several times a day, do another *Sodium Ascorbate treatment*. Don't overdo it, consider once a week max for the first month then monthly for the next year. It will keep you cleaned out! If you need help with meal preparation, we can help with our cooking classes. The great thing about changing to Plant Based Nutrition is that the variety is as endless as it is delicious.

Supplements and such

I will only briefly touch on the vitamin and other supplements. Taking a good vitamin supplement is also highly recommended. You will be changing your entire body's metabolism so you don't want to be missing any minerals or vitamins. The three additional supplements I mention below are pretty unique and you may not have heard of them previously.

B17

For Cancer, it is a tough battle and there are some things you might want to consider that no one has told you about. Check on the cancer fighter called Laetrile or vitamin B17. It is a plant compound found in the pits of many fruits and has a significant amount of cyanide so consider the cautions.

I suggest you consider buying Raw Certified Organic *Bitter* Apricot Kernels from Hunza Gold. (<http://www.hunzagold.com/product/certified-organic-bitter-apricot-kernels-1-lb/>). Start with a low dosage of 3-5 kernels daily and build up to 15–20. You will adjust to the toxins gradually this way.

Poly-MVA - palladium lipoic complex

Another excellent supplement you may want to try is. Poly-MVA is a uniquely formulated combination of minerals, vitamins and amino acids designed to support cellular energy production and promote overall health. Poly-MVA also replaces specific nutrients that may be depleted during certain therapies. It is a tad expensive but I took this for the first year of my DIY treatment.

Ellagic acid - ellagic insurance formula

This unique nutraceutical supplement combines therapeutic levels of polyphenols from plants: ellagitannins (Ellagic Acid) from Raspberries, Pomegranates and Terminalia Chebula; oligomeric proanthocyanidins (OPC) from whole grape extract; catechins from Green Tea; Graviola; and 7 Plant Based Digestive Enzymes; together with the antioxidant vitamins A, C, E and the mineral Selenium to create an extremely potent antioxidant formula. I continue to supplement my Plant Based Lifestyle with this to keep my immune system as potent as possible.

What is next?

There are so many things I could prattle on about but it all depends on YOU. If you want more help, all you have to do is call. Either I or a multitude of others are available to help you decide how best to fit this curative process into your life.

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Conflict of interest

Author declares that there is no conflict of interest.