

THE SOUTH AFRICAN CANNABIS COMMUNITY & REGULATORY ASSOCIATION



RECOMMENDED NATURAL TREATMENT PROTOCOLS

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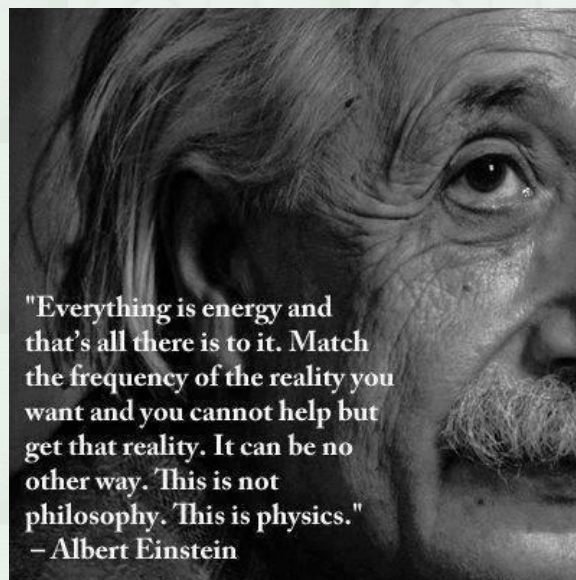
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INTRODUCTION – S.A.C.C.R.A. RECOMMENDED NATURAL TREATMENT PROTOCOLS

Recent research by Dr. Bruce Lipton and many others in the science of epigenetics and quantum biology has shown that a healthful lifestyle encourages proper gene expression. Thanks to such researchers, we now know that through our thoughts, words and actions, we are in command of our genes, instead of as previously taught, being controlled *by* them.

We actually have tremendous power to shape and direct our health!



Our thoughts, environmental exposures, and food choices all directly affect our gene expression.

There are three basic requirements for healthy cellular regeneration – Oxygenation, Hydration and Nutrition - making these the primary focus in any lasting healing or wellness programme.

Only once these are properly and consistently attended to, can Medication truly provide the bio-chemical support required to create long term health and maintain wellness.

M MEDICATION
O OXYGENATION
N NUTRITION
T TRANSFORMATION
H HYDRATION



Many factors in our modern lifestyles have led to depletion in oxygenation, hydration and nutrition, which has a very disturbing effect on the balance of the body as a whole, properly functioning organism.

These factors include and are not limited to:

- processed foods, which are always nutritionally depleted
- genetically modified foods, which are nutritionally depleted *and* carcinogenic due to
- the use of chemical herbicides and pesticides in monoculture
- replacement of pure drinking water with carbonated and caffeinated drinks, or flouridated and chlorinated water
- the focus on low fat diets
- fast foods, and the use of highly refined vegetable oils which deprive cells of oxygen,
- excessive consumption of sugar and food additives such as aspartame and M.S.G.
- lack of regular, vigorous exercise
- shallow breathing and pollution
- The “pill for every ill’ mentality, and dependence on pharmaceutical drugs and legislated “accepted” allopathic medical practice, which doctors are bound to engage via their license to practice.

Every single person who has cancer has a pH that is too acidic.

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

The importance of the single factor of pH in treating cancer and many other dis-eases cannot be overstated. So, test pH level regularly and adjust diet until it rises to 7.2 to 7.4 i.e. slightly alkaline. A very alkaline, or high pH level in the body can be dangerous too, so regular testing is essential.

The body naturally maintains a balance between acidic compounds and alkaline, or basic, compounds under ideal circumstances. This balance is necessary for the proper function of different cells and proteins in the blood and tissues.

When the blood becomes too acidic, it results in a condition known as *acidosis*. Acidosis can be caused by the body producing too much acid, the ingestion of acidifyng substances and/or due to poor lung function.



Dandelion root tea or tincture can be used effectively in the reduction of acidosis and can be taken as a long term supplement.

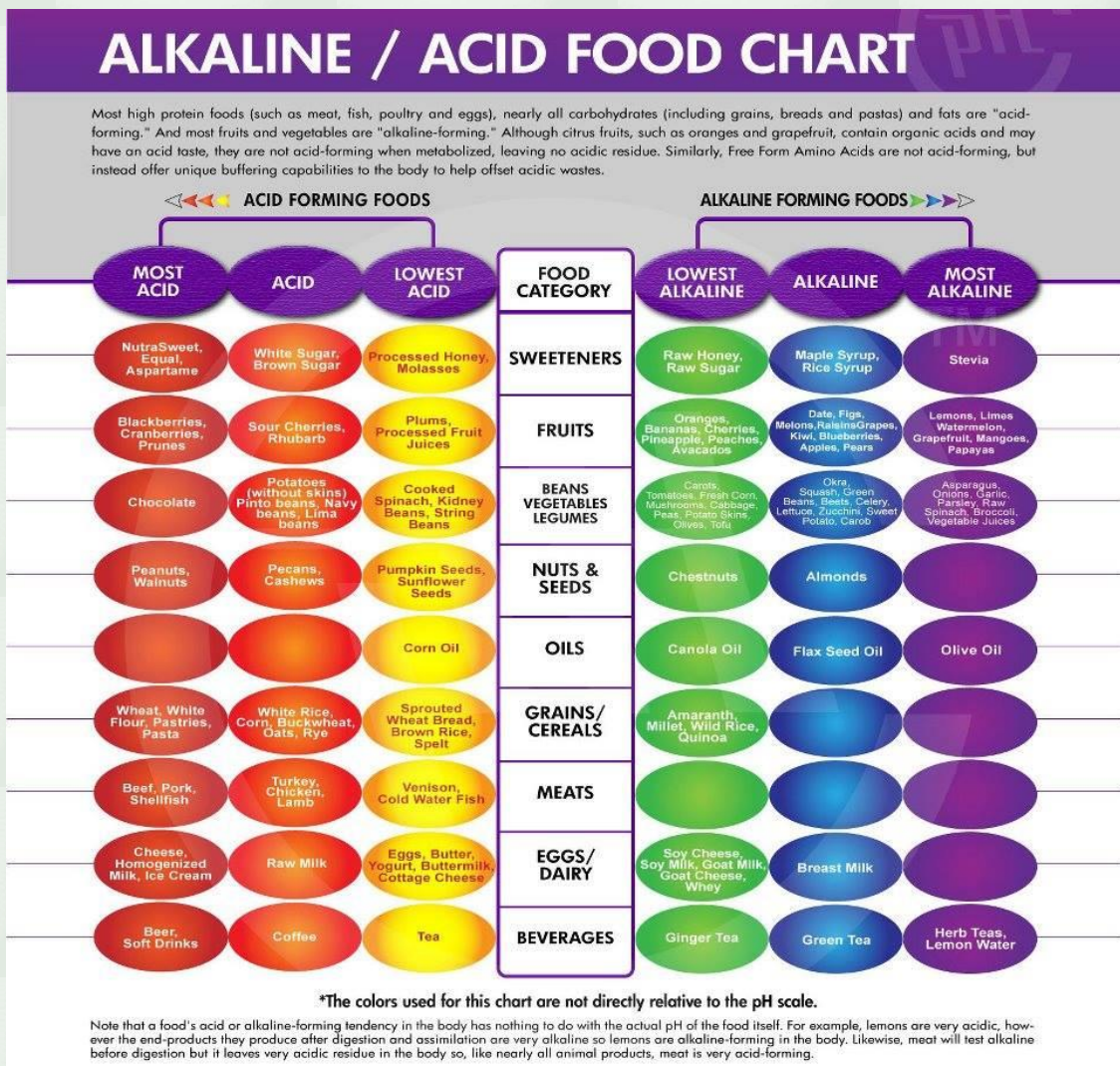


Lemons contain substances that have been shown to be much more effective in treating cancer than chemotherapy by treating acidosis.

Sodium bicarbonate is an alkaline chemical that is naturally present in the blood and which can be administered short term to help restore the body's pH. Add 1/4 tsp. of baking soda to 1 gallon of pure water

Thereafter, alkalinity is best maintained by diet.

see www.alkalinesisters.com for alkalinising recipes



MEDICATION

Numerous powerful natural healing remedies exist to treat cancer and many other diseases.

Specific natural cancer remedies: Did you know that there are several natural agents that induce cancer cell suicide, without the side effects of legislated accepted medical practice?



Some “alternative” cancer protocols consist of using natural remedies only, and thousands of successful treatments have been achieved using diet alone. Dr. Budwig’s protocol, Dr. Gerson’s method and Dr. Warburg’s results are well worth investigating.

However, it is important to remember that while many of these remedies can be very effective, to create lasting results they should always be used as part of an entire lifestyle change and paradigm shift in consciousness.

People like Louise Hay (You Can Heal Your Life) and Brandon Bays (The Journey) and many others are leading the way in curing disease purely by resolving trauma, shifting the consciousness and supporting the body, without the need for any medication whatsoever, instead simply providing the body with proper nutrition, hydration and oxygenation.

In fact, failing to support the body correctly and shifting the root cause of the disease, will be nothing more than attempting to simply institute a natural ‘quick fix’ in the place of a conventional ‘quick-fix’ in the shape of medication, chemotherapy and radiation. ‘Quick fixes’, while giving us short term results, can seldom offer us long term or permanent solutions because they fail to address and eliminate the primary causes of the disease. Many, many people prefer to suffer or even die, rather than simply change their lifestyle.

THE CANNABIS PLANT



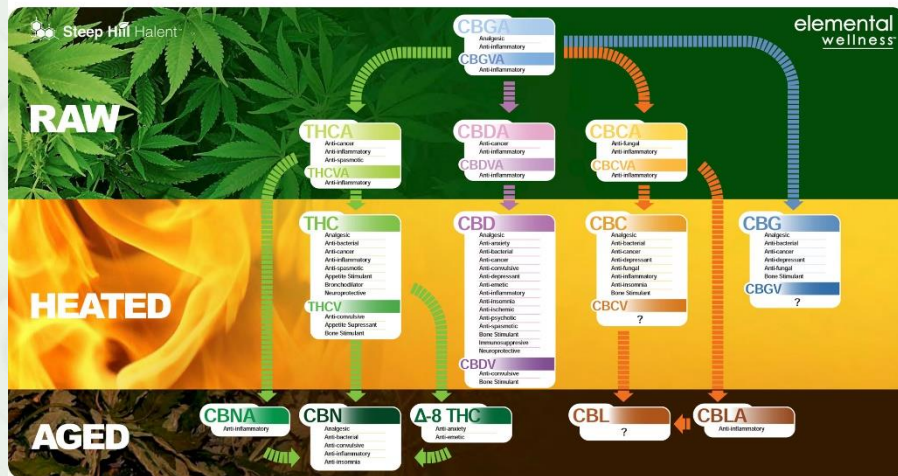
The mature flowers of the Cannabis plant, where almost all of the medicinally active compounds (cannabinoids) of the plant are found, can be eaten raw or juiced, or the resin extracted into various medicinal applications and taken in a concentrated form. The choice will depend on healing time compared to available life time. Since even cancer is a slow acting disease, and Cannabis a remarkably quick and effective treatment, most people have time to reverse symptoms and tumours relatively quickly and then look at various options.

There are 111 identified cannabinoids and over 200 identified terpenoids all of which are symbiotic, medicinally active components which work in tandem with the endocannabinoid system in the bodies of all living creatures, including humans. This plant can be used to successfully treat over 700 ailments including various cancers (For serious ailments it is advised to be under the care of a verified Cannabis medicine practitioner).

There are many all-natural disease and cancer-prevention strategies, and research shows they may cut your risk in half and help in treating cancer and many other diseases, disorders and ailments. Consequently, by implementing multiple strategies, you can radically lower your risk of cancer as well as other chronic diseases, and increase your success when treating with Cannabis Oil.

UNDERSTANDING MEDICAL CANNABIS

Cannabinoids and Their Therapeutic Effects



Extensive knowledge of the extremely complex organism known as the human body, systemic function and pathology is required to even begin to understand and treat illness, and the complex molecular structure of Cannabis means that different methods and treatment protocols are required for different illnesses.

Hence, extensive knowledge of the plant is also required to produce effective medicine and treatment protocols.

Cannabis is illegal, and thus virtually impossible to regulate unless we are truly willing to be responsible and accountable.

Safe domestic extraction processes are available for a wide variety of mild and less severe breakdowns in health using infusions in coconut oil, olive oil or top quality, high proof Vodka (for alcohol tolerant people) with excellent results.

Most Cannabis products, decent or not, will produce some desirable effects, and will stimulate the endo-cannabinoid system to some extent, but where severe breakdown is involved, it is extremely unwise to assume the oil you have access to, is going to create the results required.

Because the pure solvent i.e. potable alcohol, used to make full extract Cannabis oil, is extremely controlled and very difficult to come by, you are very likely to be ingesting carcinogenic chemicals such as ethyl acetate, isopropanol, benzene, butane or worse with your oil! This makes no sense whatsoever, and it is really important to investigate this yourself.

Commercially available hempseed oil is NOT Cannabis oil and has tremendous nutritional value but no medicinal value



A major factor in successful Cannabis medicine practice is the type, genetic strain and quality Cannabis used.

- The two main types of Cannabis have slightly differing molecular makeup, therefore different effects, and consequently different applications.
- Different genetic strains of each main type have differing molecular makeup and therefore varying effectiveness with different ailments.
- Individual components have different effects on various body systems and therefore also affect the medicinal applications.
- How the medicine is produced will determine how it can be most effectively used.
- How the medicine is applied i.e. ingestion, inhalation, insertion, topical, has different effects too, as the human body synthesises the compounds involved differently via different organs.
- Different cannabinoid molecules unlock different mechanisms via the endo-cannabinoid system.

Environmental factors also have an effect e.g. if artificial chemical fertilisers, fungicides, herbicides, or insecticides were used in the growing, and which solvents were used in the making. Testing of the medicine for toxins and ratios of cannabinoids present is essential, but not available to most producers.

The medicinally active ingredients of Cannabis called cannabinoids are located in a resin on the flowers (buds) produced by glandular trichomes. This resin also contains the terpenoids, which give the plant its varying smells, and flavonoids which give varying tastes. In all cases the exact medicinal effects are proven and still far from fully investigated.



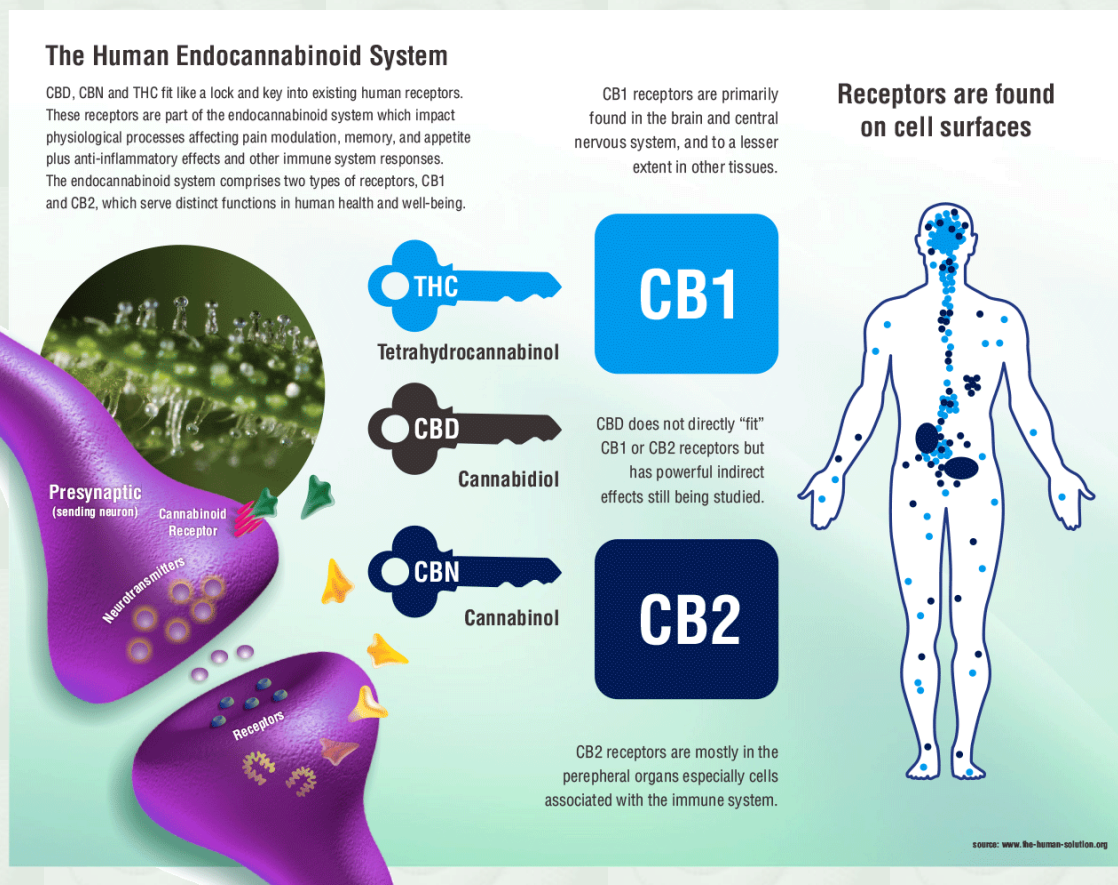
When taking Cannabis Oil in concentrated forms e.g. full extract Cannabis oil, medical supervision is essential as heart palpitations, blood pressure changes and sugar level fluctuations can occur as well as possible pressure on the overall body burden of a seriously or terminally ill person. Also, people on certain medications, such as Warfarin and other anti-coagulants, must not take Cannabis oil without professional medical supervision, and it can be dangerous to do so.

All things considered, if correctly administered and for most people, the minor side effects of Cannabis medicine are vastly outweighed by the therapeutic effects.

Synthetic medicines based on cannabinoids have been recorded to be dismal failures worldwide and to date, even after forty years of intense research in laboratories around the world, an effective, safe synthetic version of cannabinoid medicine has yet to be developed.

In fact, it is a complete waste of time and money as the plant itself is perfectly designed to work with the natural Endo-Cannabinoid system found in all creatures for the most effective healing possible.

The Endocannabinoid System



The fact is that what is happening to produce these amazing results is that we are simply stimulating a natural system, the endocannabinoid system, that is already there in our bodies and always has been, and which is perfectly designed to produce these results under healthy conditions.

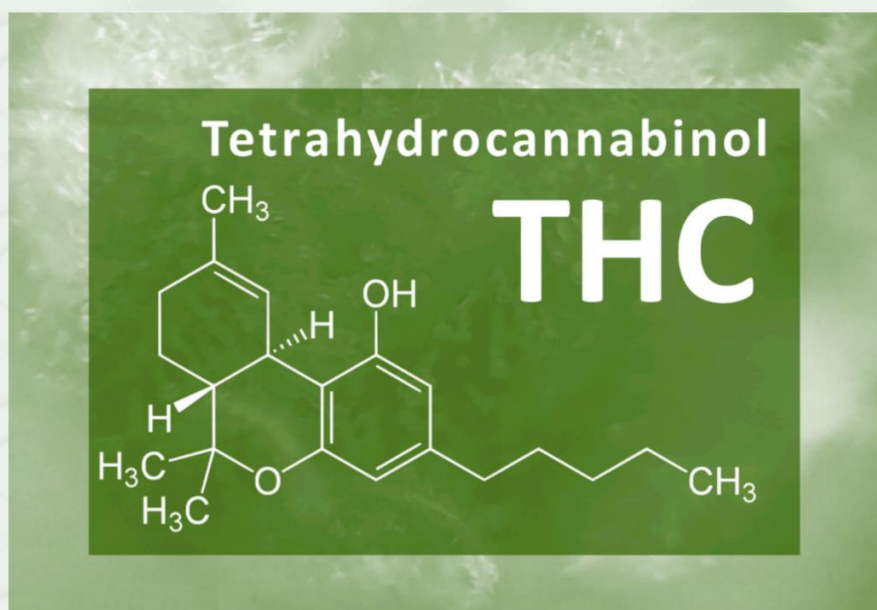
This system has simply been virtually shut down by chemical toxicity, a nutritionally depleted diet, poor hydration and poor oxygenation.

The human body produces endocannabinoids, its own natural version of cannabinoids. Cannabinoid receptors are found throughout the body, especially in the nervous and immune systems. The endocannabinoid system is involved in a variety of physiological processes including but not limited to appetite, pain-sensation, sleep, mood and memory.

Endocannabinoids and cannabinoid receptors respond to biological events—for example, endocannabinoid levels will rise in response to brain injury, strokes, nerve injuries and associated pain.

Both plant cannabinoids and endocannabinoids bind to the body's cannabinoid receptors. When this binding occurs, effects such as pain relief and the suppression of stress result.

Cannabinoid Mechanisms Of Action And Their Effects On Cancer and other Diseased Cells



The main psychoactive cannabinoid, THC, has the following scientifically identified and researched properties, as well as many more:

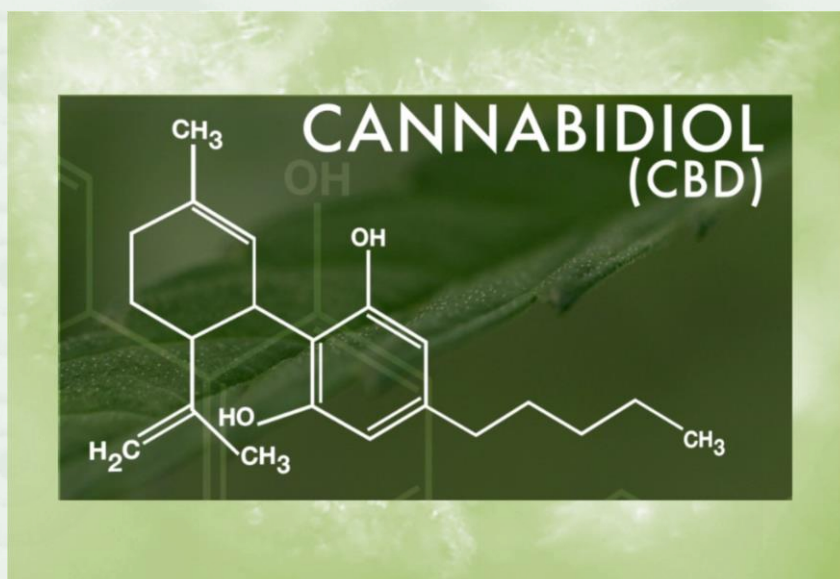
Anti-proliferative i.e. prevents cancer cells from reproducing by preventing mitosis in the tumour cells

Anti-angiogenic i.e. prevents the formation of new blood vessels needed by the tumour to grow

Anti-metastatic i.e. blocks the ability of the cancer cells to spread, therefore preventing the cancer from spreading to other organs

Apoptotic i.e. induces cancer cells to die off naturally without disturbing normal cells

With over 111 Cannabinoids, 200 terpenoids and many flavonoids, each of which has independent and collaborative effects, and interact with the extensive endocannabinoid system in the body. The combinations are more than extensive in herbal Cannabis. This is known as the “entourage effect”.



CBD or Cannabidiol does not bind to the endocannabinoid receptors but is said to assist the functioning of THC as well as to have certain healing properties of its own. CBD is found in minute quantities naturally in the Cannabis plant.

Compounds which precisely mimic the chemical action of CBD can be found much more prolifically in other plant components such flax seeds, for example. Flax seed oil is available legally at a fraction of the price of the products purportedly containing CBD extracted from Cannabis.

There are at least five different versions of synthetic CBD available and a CBD only or even CBD rich medicine is most likely to contain these man made molecules, which like other synthetic medicines are very likely to have some side effects and/or reduced efficiency compared to the natural product.

Many people opt for this because they are afraid of the stigma projected onto the “high” of THC. This slang word describes the natural relaxed, euphoric effect produced by THC in reasonable quantities. This is the very feeling of aliveness and joy which is completely natural in the human experience – the very opposite of the reactivity of adrenal fatigue brought on by constant stress, the cause of much disease and illness.

For more information on the pharmacological effects of the cannabinoids see
www.saccra.org.za

What Can Cause Failure With Cannabis Treatment?

- **Rushing into mainstream treatments.** When diagnosed with any serious disease, especially any type of cancer, patients are pressured by oncologists and doctors into starting often very harsh pharmaceutical treatments immediately. Take some time to investigate alternative treatments. Investigate the side effects of each medication you are prescribed and weigh up the risk to benefit ratio yourself!
- **Drugs.** The prospect of total recovery with natural methods, especially after long term use of scheduled drugs, is reduced considerably by harsh interventions such as chemotherapy, radiation and worst of all ytrium.
- **Buying sub-standard oil.** Many people who do not have a clue about the harm they may be causing are buying and selling products which may not be effective and may actually be harmful. Many oils are produced with inferior solvents in which case the oils are bound to contain residues of toxic, carcinogenic substances. This makes no sense. Investigate any purchase thoroughly.
- **Extensive knowledge of the plant is required to produce effective medicine and treatment protocols.** Also, it is illegal, so although everyone knows that it works, not many know how. Make sure you verify the credentials of your therapist if you want to succeed with treating a life-threatening illness.
- **There is no blueprint, no generic oil which works for everything, and no magic wand to create any of these.** It takes time to grow and prepare good Cannabis.
- **Going it alone with only one protocol.** Combine the oil with several other protocols, especially diet, if you don't go to a clinic that specialises in natural healing.

- **Not following the protocols precisely, including dosage protocols.** At one point in his research in France, Dr. Max Gerson was mystified by the lack of progress with some of his patients. He discovered that an assistant was sneaking pastries containing lots of sugar and refined carbohydrates to them which was sabotaging his dietary approach.
- **Not detoxing sufficiently.** A pure, organic, plant-based diet and juicing does help, but other methods of detoxing may be necessary for some. The “die-off” from destroyed cancer cells creates toxicity and can burden the liver.
- **Mixing protocols.** Many people who use Cannabis oil, especially people with cancer, do so in desperation. They tend to look at Cannabis’ incredible healing powers as a silver bullet and ignore changing their diets, often continuing to consume junk food with lots of sugar. Then, they panic and jump into medication and procedures such as chemo and radiation in addition to using Cannabis oil. This does nothing except assist in making it easier to take the chemotherapy.
- **Ignoring the mental, emotional and spiritual aspects of healing.** Journalists and patients investigating alternative cancer clinics in Mexico are usually amazed at their friendly, relaxed atmospheres. Light-heartedness and humour are helpful. Transformation of basic habits is essential to creating healing.
- **Failing to complete the course or take maintenance doses for an extended period.** Taking the medicine inconsistently and/or stopping too soon can lead to the disease’s return.

TURMERIC



A recent study finds turmeric extract selectively and safely killing cancer stem cells in a way that chemo and radiation cannot.

A ground-breaking study published in the journal *Anticancer Research* reveals one of the world's most extensively researched and promising natural compounds for cancer treatment: the primary polyphenol in the ancient spice turmeric known as curcumin, has the ability to selectively target cancer stem cells, which are at the root of cancer malignancy, while having little to no toxicity on normal stem cells, which are essential for tissue regeneration and longevity.

Titled, "Curcumin and Cancer Stem Cells: Curcumin Has Asymmetrical Effects on Cancer and Normal Stem Cells," the study describes the wide range of molecular mechanisms presently identified by which curcumin attacks cancer stem cells (CSCs), which are the minority subpopulation of self-renewing cells within a tumor colony, and which alone are capable of producing all the other cells within a tumor, making them the most lethal, tumorigenic of all cells within most if not all cancers.

Because CSCs are resistant to chemotherapy and radiation, and may even be provoked towards increased invasiveness through surgical intervention, they are widely believed to be responsible for tumor recurrence and the failure of conventional treatment.

How to Make Turmeric Paste or Golden Paste



Turmeric paste is also popularly known as “GOLDEN PASTE” and the reason why is obvious. There are so many recipes available to make golden paste and one very good one is by Jill Moore of the Turmeric User Group on Facebook.

Ingredients:

- 1/2 cup non-irradiated turmeric powder (125 mls)
- 1 cup water (250 mls)
- 1/2 cup water extra, if needed (125 mls)
- 1 1/2 teaspoons ground black pepper (7.5 mls)
- 70 ml cold pressed Olive or Coconut oil

Place turmeric and water in pan, stirring over gentle heat until you have a thick paste. This should take about 7 – 10 minutes and you may need to add additional water along the way (it seems to depend on the turmeric you have).

Add the pepper and oil at the end of cooking. Stir vigorously to incorporate the oil and allow to cool. Store in sterilised glass jar and refrigerate. To sterilise jar – place clean glass jar, without lid, on cold oven shelf, turn oven on to medium and heat for 10 minutes. Turn off and pop lid in, leave with jar to cool.

Should keep for up to four weeks, refrigerated – best used within two.

If your mix is looking too watery, add a little more turmeric and continue cooking a few more minutes. Don't worry too much that it does not look 'perfect' – as long as it is cooked and has the oil and pepper, it will work. If the oil marbles in the jar, it just means it was not stirred enough at the end or the mix is a bit watery, but it will not affect the performance.

Use for Golden Milk, smoothies, stir into yoghurt, add to your dinner plate ...

Olive Oil

“It’s the kind of discovery that should be making international headlines: a team of researchers has discovered that a simple compound in olive oil is capable of killing cancer cells ‘within 30 minutes to an hour’ — and it doesn’t harm healthy cells.



And before some of you consider this to be ‘phony science,’ you should check out the actual study published by the School of Environmental and Biological Sciences at Rutgers in the journal *Molecular and Cellular Oncology*. Even the researchers and scientists behind the study are impressed and blown away by the results, which has serious implications when it comes to how the public may soon view simple nutrition as a treatment for cancer.

The compound utilized, known as oleocanthal, has previously been identified as an ‘anti-cancer’ agent, but the true extent of its ability to fight carcinogenic cells was virtually unknown. Several studies exist on the compound’s other benefits as well, which include its potential effects on:

- Inflammation
- Tumor suppression
- Osteoporosis
- Age-related disease
- Alzheimer’s disease

Specifically, the study found that cancer cells exposed to oleocanthal were dying in a matter of 30-60 minutes — all thanks to the way in which the olive oil compound uses the enzymes of the cancer cells. Puncturing the insides of the cancer cells where the cell ‘waste’ is held, the compound wreaks absolute havoc on the affected cells.”

For a double whammy, use Cannabis infused olive oil.

D.M.S.O.

“DMSO, or dimethyl sulfoxide, is a by-product of wood pulp that is safe for human beings and has been proven extremely effective in alternative cancer care.

Originally discovered in Russia in 1866, DMSO’s therapeutic benefits were originally noted in the 20th century by Dr. Stanley Jacob. It is FDA-approved as a treatment for bladder inflammation and to reduce brain swelling, but research has found it remarkably effective in reducing the size of malignant tumors and bringing cancer patients into remission.

DMSO works in four ways to treat cancer:

- **Re-activates programmed cell death in cancer cells.** In a normal body cell, if the cell’s DNA becomes damaged it will “shut down” and cease to reproduce. If the damaged cell can’t repair itself, it will go into programmed cell death to avoid causing damage to the body.

In a cancerous cell, this programmed cell death doesn’t happen – meaning that the damaged cell becomes “immortal” and continues to replicate. These ceaselessly replicating cells eventually form a tumor. In a documented study, it was found that DMSO re-activates the programmed cell death mechanisms in cancerous cells. This means that cancerous cells will begin to die off after exposure to DMSO, and the tumor will shrink over the course of treatment.

- **Acts as a potent carrier molecule.** In the body, DMSO binds with water molecules and can pass through cell membranes, pulling in with it helpful substances that normally could not permeate the outside of the cell. This allows medications and the immune system to destroy cancerous cells much more efficiently and without damaging healthy tissue.
- **Helps to reverse malignant cells.** DMSO also helps to reverse or “differentiate” malignant cells back into normal cells. It decreases the energy level of cancerous cells and turns them benign.
- **Scavenges free radicals.** Chemically reactive free radicals roaming around the body are a known cause of cancer. A diet high in fruits and vegetables – particularly those high in vitamin C – is the core of any anti-cancer regimen, but DMSO is known to scavenge potent hydroxyl radicals and interfere with cancer’s development.

Taken during comfortable sessions with integrative doctors, in conjunction with Vitamin C and Vitamin B17, (also known as Amygdalin or Laetrile), DMSO is an astoundingly effective alternative treatment and a safe solution to cancer.”

Essential Oils



“A healthy body, from head to foot, typically has a frequency ranging from 62 to 78 MHz, while disease begins at 58Hz. During some testing with frequency and the frequency of essential oils it was measured that:

- **Holding a cup of coffee dropped one man's frequency from 66 Hz to 58 MHz in just 3 seconds. It took three days for his frequency to return to normal.**
- **Another man drank the coffee and his frequency dropped from 66 MHz to 52 MHz. After inhaling pure therapeutic grade essential oil, his frequency returned to 66 MHz in just 21 seconds.**
- **In another case, a man's frequency dropped from 65 MHz to 48 MHz when he simply held a cigarette. When he smoked the cigarette, his frequency dropped to 42 MHz, the same frequency as cancer.**

It is important to change the combination of oils you consume every week otherwise the diseased cells build up a resistance to the same ‘frequency’ of the oils and they are less effective. We have chosen the best combinations of anti-cancer oils such as Clove, Frankincense, Myrtle, Sandalwood, Lemon, Lavender, Pine and Balsamic Idaho, etc., and prepared four (4) different weekly portions. Ref: Budwig protocol

These combinations are carefully selected in the right proportions to give the most effective results. Each week you rotate from Formula 1 to 4 and then start over again back to Formula 1 changing to a new formula each week (4 week cycle).

Apply the oils topically (on your skin) over the affected area (i.e. breast, lymph glands, abdomen for colon cancer) or on the bottom of your feet.

Massage 3 drops of essential oils with a little cold pressed oil (coconut oil would be excellent) on your skin , starting with Formula 1 for 7 days and then switch to Formula 2 for the next 7 days and then Formula 3 for 7 days and then rest for 7 days.

After a 7 day rest start up on Formula 4 for 7 days and then start back on Formula 1 for 7 days, then Formula 2 for 7 days. This makes 3 weeks so you need to stop and give a 1 week rest.

Then start up with Formula 3 and repeat the same instructions of rotating the Formula every week for 3 weeks and 1 week rest.

Next mix Lemongrass oil 50/50 with cold pressed oil such as coconut, grape seed, flax seed, olive oil, and apply some Lemongrass essential oil over the affected area topically once a day. Do not apply oils under the arm pit or in the groin area as the skin is very sensitive there and it could cause a rash.”

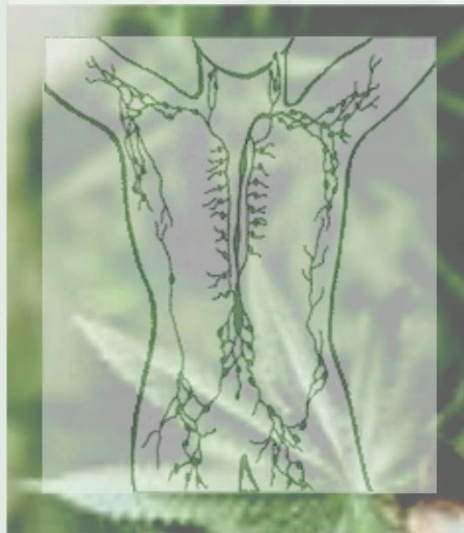
There are other compounds found naturally which affect cancer cells in the healing process, so include the following in the diet as well, and DO YOUR OWN RESEARCH:

- Vitamin B17, also known as Amygdalin or Laetril, found in apricot and apple seeds
- Co-Q10/Ubiquinol
- Capsaicin - the compound that makes hot peppers hot
- Se-methylselenocysteine aka methylselenocysteine - found in garlic and broccoli
- Ellagic acid - from pomegranates and other fruits



OXYGENATION

There are 75 – 100 trillion cells in the average adult human body. Every single cell requires oxygen to be delivered to it, and carbon dioxide and other waste to be removed from it every single day.



This is done via the circulatory (blood) system which carries the oxygen and carbon dioxide around the entire body, and the lymphatic system which literally “washes” every cell during the rest phase of our digestive cycle (usually when we are sleeping at night).

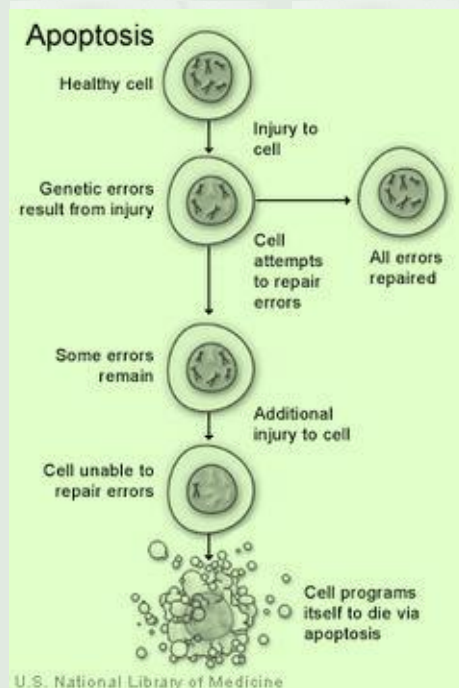
Exercise and proper breathing are essential to maintain good oxygenation and gaseous waste elimination under even the healthiest circumstances. Add in some of the factors mentioned above and it is easy to see how we have overburdened our bodies’ systems with toxins, leading eventually to major breakdown.

Exercise for at least thirty minutes a day without over-taxing yourself – only do as much as your body can handle and build up from there. Even stretching can be exercise.

Learning to breathe correctly via Qi Gong, T’ai Chi or engaging breathing meditation is highly recommended. Ozone therapy and hyperbaric therapy are also highly successful treatments to engage.

NUTRITION

The immune system is the body's natural defence mechanism. Nutrition is essential in keeping the immune system strong. Keeping the diet balanced, healthy, and as natural as possible is essential to support the immune system and thus support healing.



Potential cancer cells are being produced by chemical or physical damage in everyone, all the time. Revitalizing the immune system is essential to healing and maintaining health. The stronger the immune system is, the less likely cellular function will fail. If we are sick, it is because the immune system is overwhelmed and overburdened. When we effectively revitalise our immune system, our bodies can heal naturally, even from cancer using its own defence systems, such as apoptosis, described above.

Our immune system is weakened by such things as unhealthy lifestyle, chemotherapy, radiation, severe negative emotional shock (death in the family, divorce, family problems, financial setbacks), being overworked and run down over an extended period of time, pessimistic negative thinking most of the time, lack of rest, and improper nutrition, oxygenation, hydration and elimination of toxins.

Ed Sopcak a Cancer researcher in United States consulted with over 30,000 patients with cancer. He concluded “most all the patients I have spoken with had a major stress in their life six months to 3 years before they were diagnosed with the cancer”. This applies to many other diseases as well.

It is rarely enough to simply take nutritional supplements, dietary additives or other healing remedies because dis-ease is the result of an already compromised immune system that is not easily able to absorb or benefit from these products.

Step 1: Re-creating a sound foundation to the immune system.

Start re-building your immune system from ‘the ground up’ by taking probiotics. The gut flora are reportedly responsible for 70% of immune system function, and beneficial bacteria are found even on the skin. These beneficial bacteria help protect the body against cell damage from degenerative bacteria, viruses etc.

Most beneficial bacteria are depleted in our bodies due to overuse of antibiotics, not just taken as medicine but also in the animal products we eat. Most farm animals are fed antibiotics which remains in the meat, milk and even the manure used in composting for the growing of our veggies.

There are also anti-biotics, as well as other toxic substances, in the tap water we drink.



An excellent way to give your immune system a re-boot is to do a 3 day water fast, i.e. no food, only water. The body goes into starvation mode, and all cells that don't work properly are eliminated. Then, new white blood cells are formed from the stem cells. This should only be done if the organs are not under too much pressure, so consult your doctor.

Probiotic Foods to Add to Your Diet

Probiotics are beneficial forms of gut bacteria that help stimulate the natural digestive juices and enzymes that keep our digestive organs functioning properly. In addition to taking a probiotic supplement, you can also eat probiotic foods that are a host to these live bacterium.

Yoghurt

One of the best probiotic foods is live-cultured yoghurt, especially handmade. Look for brands made from goat's milk that have been infused with extra forms of probiotics like lactobacillus or acidophilus. Goat's milk and cheese are particularly high in probiotics like thermophilus, bifidus, and bulgaricus and acidophilus. Be sure to read the ingredients list, as not all yoghurt is made equally.

Many popular brands are filled with high fructose corn syrup, artificial sweeteners and artificial flavours and are way too close to being a nutritional equivalent of sugary, fatty ice cream.

Kefir

Similar to yogurt, this fermented dairy product is a unique combination of cow or goat's milk and fermented kefir grains. High in lactobacilli and bifidus bacteria, kefir is also rich in antioxidants. Look for a good, organic version at your local health food shop. Once you have this, you can continue to grow and ferment it yourself as long as you choose.

Sauerkraut

Made from fermented cabbage (and sometimes other vegetables), sauerkraut is extremely rich in healthy live cultures. Sauerkraut is also rich in vitamins B, A, E and C.

Dark Chocolate

Probiotics can be added to high-quality dark chocolate, up to four times the amount of probiotics as many forms of dairy – not recommended in serious cases of cancer.

Microalgae

This refers to ocean-based super-food plants such as spirulina, chlorella, and blue-green algae. These probiotic foods have been shown to increase the amount of both lactobacillus and bifido bacteria in the digestive tract. They also offer the most amount of energetic return, per ounce, for the human system.

Miso Soup



Miso is one the main-stays of traditional Japanese medicine and is commonly used in macrobiotic cooking as a digestive regulator. Made from fermented rye, beans, rice or barley, adding a tablespoon of miso to some hot water makes an excellent, quick, probiotic-rich soup, full of lactobacilli and bifidus bacteria.

Beyond its important live cultures, miso is extremely nutrient-dense and believed to help neutralize the effects of environmental pollution, alkalinize the body and stop the effects of carcinogens in the system.

Pickles

Believe it or not, the common green pickle is an excellent food source of probiotics. Try making your own home-made pickles.

Tempeh

A great substitute for meat or tofu, tempeh is a fermented, probiotic-rich grain made from soy beans. A great source of vitamin B12, this vegetarian food can be sautéed, baked or eaten crumbled on salads. If prepared correctly, tempeh is also very low in salt, which makes it an ideal choice for those on a low-sodium diet.

Kimchi

An Asian form of pickled sauerkraut, kimchi is an extremely spicy and sour fermented cabbage, typically served alongside meals in Korea. Besides beneficial bacteria, Kimchi is also a great source of beta-carotene, calcium, iron

and vitamins A, C, B1 and B2. Kimchi is one of the best probiotic foods you can add to your diet, assuming you can handle the spice, of course.

Kombucha Tea

Kombucha is a form of fermented tea that contains a high amount of healthy gut bacteria. This probiotic drink has been used for centuries and is believed to help increase your energy and enhance your well-being. However, kombucha tea may not be the best fit for everyone, especially those that have had problems with candida.

E.M. (Effective Micro-organisms) (<http://www.agriton.nl/higa.html>)

E.M. is also an excellent protocol and can be ingested, as well as used around the house to create a regenerative environment in the water, food and even the air you breathe. A multi-strain locally derived mother culture is best.

Step 2: A Healing diet

No healing program is complete without making considerable adjustments in the diet. It is essential to ensure that optimal nutrition is achieved at the cellular level.

Your diet either feeds or fights diseases such as cancer.

Processed and refined foods, carbonated drinks, artificial flavourants, red meat from CAFO-raised animals, Trans fats, and any food containing or contaminated with xenoestrogens promote disease and dysfunction in the body, including cancer.

Plant foods, particularly cruciferous vegetables and flax seeds, as well as many herbs and spices are cancer-treating. Beneficial fats of particular importance for cancer prevention are omega-3 and omega-9, which effectively slow down tumor growth in oestrogen-sensitive cancers, such as those of the breast, prostate and colon. They are important factors in treating any disease.

Most of us have grown up surrounded by numerous myths of what constitutes a good or bad diet. These myths have often been born out of mass advertising campaigns by the industries that promote them.

Eventually we begin to accept these myths as fact, while the truth is often far removed as it pertains to our health.

Generally speaking, a healthy diet will focus on fresh, whole, unprocessed foods (vegetables, meats, raw dairy, nuts, and so forth) that come from healthy, naturally operated, local sources, such as small organic farms. For the highest nutrient content, make naturally grown raw food a significant portion of the diet.

One of the primary disease-promoters is sugar. Cancer cells specifically use sugar to fuel their rapid proliferation by glycolysis. This includes ALL forms of sugar, including fructose and grains. The higher your blood glucose level, the more prolific the cancer cells will be.

Nutritional Supplements

Moringa Oleifera contains antioxidants, a high concentration of vitamins and minerals, a bounty of amino acids including all of the 8 essentials as well as the essential omega oils 3,6 and 9.



Other recommended nutritional supplements are: Hempseed oil, hemp seeds, olive oil, spirulina powder, and dandelion root or stevia to treat acidosis.

It is not necessary to take mass-produced multi-vitamins, which are not as bio-available as the vitamins found in healthy food, when your diet is sufficiently healthy. Over supplementing is also not recommended.

THE BASIC BUDWIG PROTOCOL MAINTENANCE AND PREVENTATIVE DIET:



FRUIT: Start your day with 2 or 3 servings of fruit or juicing. The body is in a 'cleansing' mode in the morning and fruit is perfect. At least 10 minutes later eat your breakfast. Fruit takes 10 minutes to digest, but other foods take 2 or 8 hours. So never eat fruit (especially melons) after or with other food as this will cause gas and indigestion.

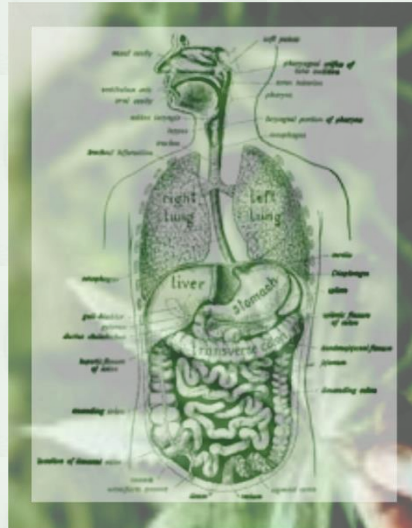
VEGETABLES: Cooking and boiling vegetables at temperatures of more than 105 F (41 Celsius) is destroying important enzymes in the food, instead steaming vegetables releases 5 times the amount of vitamins than most raw vegetables. When possible eat skins as that is where the vitamins are.

AVOID OR REDUCE CONSUMPTION OF:	CHOOSE THIS ALTERNATIVE:
<p>SUGAR: White Refined Sugar and fructose are very dangerous foods and are the cause of most diseases, anxiety, mood swings, fatigue, premature aging, etc. Cease consumption of store bought pastries, candies and sweets. Soda/fizzy drinks (contain 10 spoonful's of white refined sugar) causes osteoporosis, obesity, tooth decay and heart disease. Aspartame, Sweet'n low, Splendida and all chemical sugar substitutes are even more dangerous than white refined sugar.</p>	<p>A little raw honey if absolutely necessary, berries, (dates and figs are the two most perfect foods).</p> <p>Stevia or blue agave cactus crystals are natural sugar substitutes that can assist in alkalising the body. Testing of glucose levels and alkalinity are essential.</p>
<p>PROTEIN: Fish without fins or scales - Shell fish, octopus, eels, clams, oysters, lobsters, and shrimp - are loaded with toxins like mercury, which is the second most toxic substance on planet earth, as they are scavengers and cleaners of the sea, rivers and oceans. Seafood can be contaminated with parasites and resistant viruses that may not even be killed with high heat.</p> <p>Pork has the roundworm Trichinella spiralis. Ham, sausages, hot dogs and bacon are not only loaded with toxins but have additional harmful chemical food additives (such as nitrates that damage the reproductive organs).</p>	<p>The pancreas delivers proteolytic enzymes that are used to break down animal proteins, and they can also break up cancer cells. Why waste them on animal flesh that's probably loaded with toxins from factory farm abuse?</p> <p>Consume nuts (raw unroasted), seeds. Hemp seeds and Hempseed Oil (cold pressed) contain all the essential amino acids and essential fatty acids necessary.</p> <p>Consume organic free range (not anti-biotic) eggs.</p> <p>Spirulina tablets contains 65% higher protein than meat and eggs</p>
<p>DAIRY: The 'casein' in milk products causes many health problems. Most Soy milk is Genetically Modified and also causes thyroid problems.</p>	<p>In moderation eat goat/lamb cheese and switch to oat, almond, coconut or rice milk. Consume Budwig flaxseed oil and quark/cottage cheese mixture (see recipes).</p>
<p>FLOUR: White flour (white bread) has no nutrition, mixed with water it becomes glue and causes a multitude of health problems.</p>	<p>Use 100% whole grains for breads</p>
<p>OILS: Consuming both refined vegetable oils along with white sugar/fructose is the chief cause of a multitude of diseases</p>	<p>Cook only with virgin coconut oil. Use only cold pressed/extra virgin oils i.e. olive, macadamia, hempseed, sunflower, etc. in recipes and on salads</p>
<p>SNACKS: Avoid chips (crisps), store bought pastries, deep fried foods, French fries, donuts (fried foods contain cancer-causing acrylamide).</p>	<p>Fresh fruit. Request BUDWIG CENTER HANDBOOK (PlanetBudwig@gmail.com) that contains recipes for Breakfast/Lunch/Dinner/Desserts/Snacks, etc.</p>

MICROWAVE: In addition to radiation leakage, it distorts food molecules and the body can no longer assimilate properly. **LIFESTYLE:** Walk at least 30 minutes every day. Sleep 7 – 8 hours per day in a room that is totally dark, not even with clock light or moon light to allow your body to produce melatonin. Remember that good food will not replace sleep and exercise. **NOTE:** What works is to follow these recommendations as part of a permanent lifestyle change to creating lasting good health.

Step 3: Elimination of toxins from the body

Simply by having jump-started the immune system in Step 1, and by incorporating a 'healing diet', the elimination of toxins from our bodies would already have been set in motion.



Our bodies are constantly involved in the processing and elimination of decaying cells and waste products from the various digestive and metabolic processes in the body. These waste products themselves can prove toxic if an ailing body is not able to eliminate them effectively. Added to that, we are constantly exposed to a myriad of toxins from the environment which can enter our bodies through the air we breathe, the water we drink, the food we eat and the products we apply to our skin or clean our homes with.

While only some may cause immediate detrimental effects, most have their ill effects on our bodies through chronic accumulation over an extended period, such as commercial sun block creams and sprays which are now proving to be carcinogenic, bleaches and disinfectants which kill off beneficial bacteria, chemicals in shampoo and cosmetics, poisons such as Round-up which are absorbed into the food we eat.

While the immune system of the healthy body is able to detoxify, neutralize and eliminate many toxins in the short term, if we are exposed to a variety of toxins over the long term, our immune system will become overburdened, ultimately presenting as diseases such as cancer and many, many others.

To ensure effective detoxification, Step 3 is aimed at clearing the body of years of toxin accumulation (including the heavy metals), thus allowing the cells of a previously toxic and congested cellular terrain to receive a steady supply of oxygen and nutrients so essential for healing from cancer.

A good colon cleanse, or even a few, is highly recommended to remove years of accumulated toxic matter in the digestive system. The average person has about 5kg of dirt that looks like tar in our colons, accumulated over years, which prevents the absorption of nutrients and many other processes. Also recommended are a good liver flush, and a bacteria cleanse.

Coffee enemas have been successfully used by followers of the Gerson method to treat cancer for many years.

Removing the following from the diet is essential for gut health:

**CARBONATED
REFINED
ARTIFICIAL
PROCESSED**

Example of a Detox Recipe

Ingredients:

Cup of water

1 tbsp of organic honey

1 tbsp of Chia seeds

1 tbsp of flax seeds

1 apple

Instructions:

Place all the ingredients in a blender and mix well until the chia seeds have started expanding. Consume the resulting beverage on an empty stomach.

Chia seed is rich in protein, nutrients, vitamins, Omega 3 fatty acids and fiber excellent for your digestive system and heart health.

Honey has antiseptic, antiviral, antifungal and antibacterial properties and offers great protection against colon cancer.

Flax seed is rich in omega 3 fatty acids, antioxidants and fiber that fights colon cancer and promotes heart healthy and intestinal nutrient absorption.

Apples are full of insoluble and soluble fiber which stimulate bowel movement. Apple seeds contain substances which are specific to the treatment of cancer.

The regular consumption of this powerful mixture will assist in eliminating unassimilated substances.

A clean and healthy colon moves food through your system and is a major factor in keeping your entire body healthy. A healthy colon is crucial for good health.

The combination of unhealthy lifestyle, drugs, poor diet, lack of exercise and stress compromise the ability of the colon to eliminate toxins and waste products from the digestive tract.

You can assist in relieving stiffness in the joints, improving mental function, eliminating skin blemishes and improving your overall health by consuming this powerful remedy.

It can also increase your energy levels, lower cholesterol, reverse the damage done by autointoxication and promote healthier and clearer skin.

Step 4: Reduce ongoing exposure to toxins from the external environment

This is essential not only to assist the detoxification process in Step 3, but also importantly to avoid unknowing and ongoing exposure to toxins in our daily routines which could again create conditions in the body in the future that are predisposed to cancer and many other illnesses.

There are simple, easily available alternatives that we can employ to avoid these toxins.

- If you have had root canals, have them reversed at a specialist dentist. About 80% of people with cancer have had root canals done. Also have all metal fillings removed also by a specialist dentist as they emit toxic fumes and you are slowly being poisoned by them.
- Replace chemical infused cosmetics and toiletries with more natural alternatives – at least 70% of these chemicals are absorbed through the skin.
- Avoid genetically modified and processed foods most of which have been sprayed with glyphosate containing chemical herbicides, insecticides and fungicides throughout their lifespan. These substances are known to accumulate in the food and to be carcinogenic.
- Use natural, probiotic cleaning agents such as E.M. which assist in creating a regenerative environment in the home. Use pest repellent plants and herbs such as Rosemary, Lemongrass, Basil and Thyme instead of poisonous insecticides in the home.

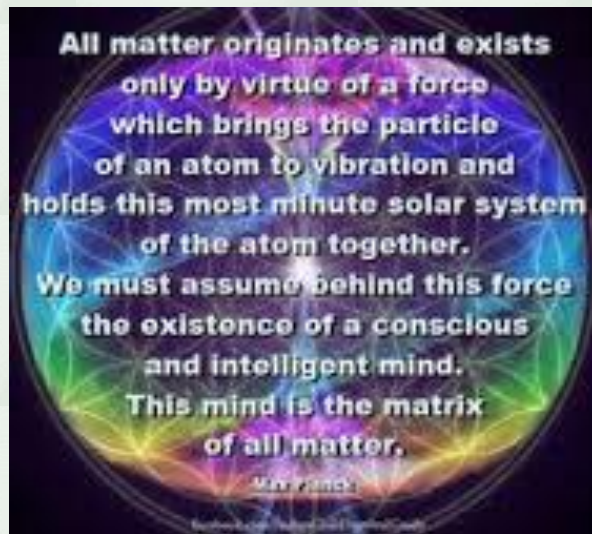
INVESTIGATION AND VERIFICATION ARE ESSENTIAL STEPS IN THIS PROCESS. USE COMMON SENSE AND INVESTIGATE ALL ASPECTS BEFORE MAKING DECEISIONS AS MOST OF THE EXPERTS TEND TO DISAGREE ACCORDING TO THEIR PERSONAL AGENDAS.

**A NEW STUDY FOUND THAT
THE 13 US STATES THAT
HAVE LEGALIZED MEDICAL
MARIJUANA HAVE SEEN
PRESCRIPTION PAINKILLER
OVERDOSES DROP BY 25%**

JAMA INTERNAL MEDICINE
AUG. 2014



TRANSFORMATION



Transformation refers to the changes required to go from one state of being to another which also brings a new dimension of being. For example the caterpillar (one state of being) transforms into the butterfly (another state of being) which expresses a dimension of being (flying) unknown to the original being (the caterpillar). This metamorphosis takes place in the chrysalis during which time the caterpillar completely dissolves and reconstructs as the butterfly. The caterpillar has to do the work required for this transformation.

In the same way the human being completely replaces every cell in the body over a period of about ten years. This means that you are LITERALLY not the person you were ten years ago. So, an unhealthy or ill person (one state of being), can be literally transformed over time into a healthy person (another state of being) with the added dimension of vitality (a dimension of being unknown to the original).

Becoming healthy requires a literal transformation of our thought, word and deed as this is how the human being creates results through the “operating system” of the mind. “You are what you think you are, only what you think you are is not WHAT you are.” Stephen D. Norval. You are the creator of your experience, and thus 100% responsible for what you create and experience.

Most people create results unconsciously through habitual behaviour developed through the conditioning of early childhood or the “programming” we are constantly subjected to through advertising and the media.

One of the basic Universal principles of the consciousness of the human experience is that: “Consciousness is primary; matter is secondary”. In other words: “Where consciousness goes, matter follows”. Stephen D. Norval.

This shows up in how cellular memory can cause disease, and how its release can cause healing. Because thinking is the primary i.e. first step in creating as humans, and because our thinking is mostly unconscious, much of our disease is caused by toxic thinking and repressed emotion.

Consequently, becoming more conscious of what we do, say and think is a clear path to recreating vibrant health.

There are many, many tools of practice to assist us in creating this transformation, far too many to mention here. There are as many paths to what is true as there are travellers on the journey, and what we tell ourselves is true is literally what will set us free.

Seeing and feeling what is actually true, beyond our thoughts, emotions, opinions and beliefs around what is true, is essential to being able to handle what is actually true effectively.

To liberate this innate kind of seeing once again may require releasing layers upon layers of conditioned thinking and sub-conscious programming. The “new” way of seeing leads to effective action which literally creates a “new” way of being. In fact, it is all a “return to innocence” - the natural state of health, wellbeing and aliveness that is being fully human, fully alive.

Transformation is an essential step in any healing journey for anyone who intends to create lasting results instead of just relieving symptoms!

Step 5: Harnessing Nature's free gifts of health

Many of us have lost sight of the incredible healing agents available to us throughout nature. Step 5 makes us aware of these 'free gifts' and their power to support our healing.



Sunlight is hugely beneficial to us. Many people are vitamin D deficient, and a thirty minute walk in mild sunshine can take care of this. Walking outside barefoot is also very grounding.

The earth vibrates at a particular frequency and when we are in contact with it for a period of time, our bodies raise their own frequency to match the earth's. At this frequency our bodies are most able to function optimally.

Any outdoor activity in nature restores the body's natural electro-magnetic frequency and attunes itself more closely to that of the earth. So, stopping to smell the roses is LITERALLY good for your recovery.

Step 6: Harnessing the power of awareness and feeling in healing!

The "I AM" statement is the most powerful creative statement a human being can make. Most conditioned, reactive or programmed thinking is accompanied by a feeling or sensation in the body (expressed unconsciously as emotion) which can have an incredibly powerful hold over our behaviour until brought fully into awareness.



Another powerful principle operating in the human consciousness to be aware of, is that when anything unconscious is brought to full awareness (thinking and feeling), what is true will remain and deepen and what is untrue will dissolve and disappear. This is how spontaneous remissions are achieved. The “miracles” that so many pray for and yet are unwilling to do the work of.

It is common for disease (including cancers) to present after a significant emotional trauma in a person’s life. Similarly, if the mind is plagued with ongoing destructive emotions such as unconscious resentment, guilt, low self-worth, shame, low self-esteem etc. the body’s immune system will suffer and illness will follow.

In addition to this, our mindset and the manner in which we choose to perceive illness, even cancer, quite literally paves the way for the experience of cancer, as well as the ultimate outcome. In this final step we look at how we can become aware of our thought, word and deed to great advantage in healing ourselves, and provide numerous powerful tools in doing so.

What is most important in this regard is acknowledging and accepting what is TRUE, whatsoever that may be. There is no point in pretending to be happy and confident about healing when we are actually absolutely terrified inside.

Far better to be honest about the fear and be willing to face it and feel it fully, so that it can actually dissolve and disappear, leaving us clear to do what needs doing to support our recovery.

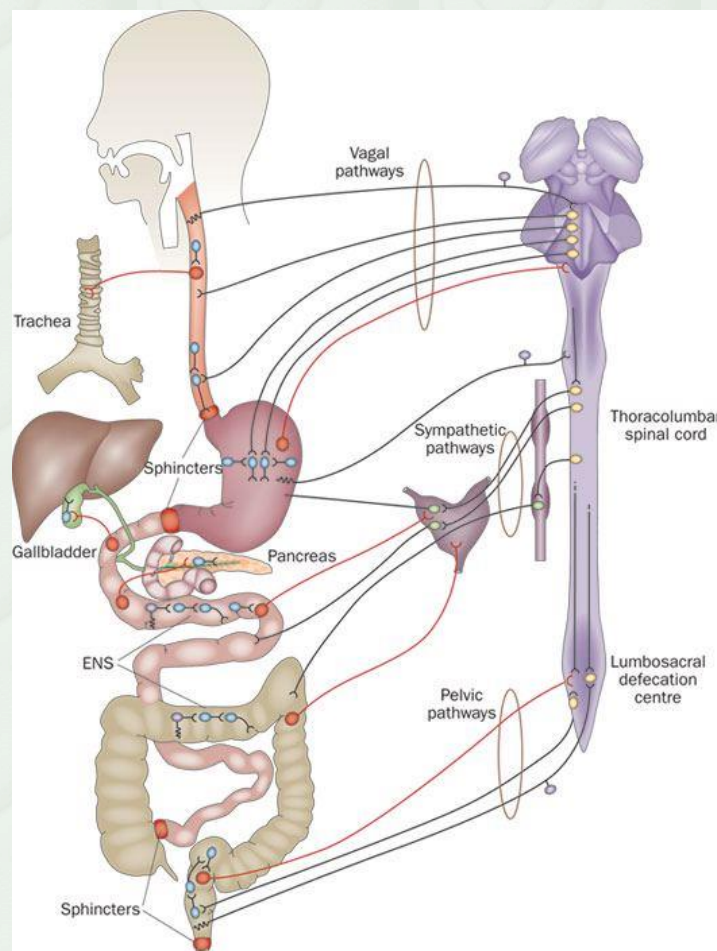
The importance of psychosomatics (the mind-body connection) in the healing from cancer cannot be over-stated! Simply put; there are ‘no secrets’ between the mind and the body!

While this is not an aspect that conventional medicine pays much attention to, failing to address this vital step can prevent complete healing from disease, including cancer.

Visualize yourself as a healthy vibrant person as often as possible, and at the same time address the root cause of the disease in your unconscious mind. Then, let your actions support this visualisation by maintaining the M.O.N.T.H. protocols.

Conscious breathing as a meditation practice has many benefits, not only physical. Increased oxygenation is the obvious one and over time an expanded lung capacity. A sense of peace and serenity is another. This is not just a pleasant effect. It is only when the body is still and relaxed that the Vagus nerve can operate properly. See www.saccra.org.za

This mass of ganglia, stretching from the base of the brain down the spine and around the abdomen, affects every organ and thus every hormone producing gland in the body, and is essential to good health.



When we are stressed, our bodies are washed in adrenaline which can have very negative effects long term. When we are relaxed and peaceful, our cells can be washed with anandamide and other “bliss” chemicals essential to good health.

Meditation, yoga, sound therapy and many other practices are therefore most beneficial to any healing.

The benefit of conscious breathing that most people aren't aware of, is that it is a first step in mastering the quality of our attention which allows us to regain mastery in our lives, including over our dis-ease.

A totally simple exercise, it involves only sitting or lying and gently focussing the attention on the breath to begin with. This simple task can literally take days, months or years to master, so requires self-discipline.

Ultimately, true healing takes place when we allow the unconscious, unresolved, suppressed pain, grief and resentment from various sociological/psychological stresses which ultimately contributed to the physiological conditions such as acidosis that invited diseases such as cancer in the first place, to dissolve in full awareness.

There are plenty of methods available to assist with this, some of which are specifically directed at medical conditions, such Journeywork by Brandon Bays, Body Talk, Kinesiology, Hypnotherapy to name but a few.

The most essential insight of all is that your body is perfectly designed to heal itself. All that is required from you is to provide it with the correct building blocks to literally transform itself into a healthy one. YOU decide what goes into it.

This transformation from disease to wellness requires discipline, commitment, research and mentorship, being creative and of course actual PRACTICE.

It is pointless dipping your toes into this when your life is at stake. Talking about it will not create the results. DOING it at 100% is what creates results that last. And NO-ONE can do it but you!

HYDRATION

Consider this: Our brains are made up of about 70% water, our bodies about 80%, surely water should be considered one of the most important things we put into our body on a daily basis.

We wake up about 2 cups dehydrated, so starting the day off with coffee or some other form of diuretic can lead to further dehydration throughout the day. Start with water first, then move on to something else if you have to.

Your municipal tap water is generally a mixture of chlorine, anti-biotics, hormones and other metals that go straight into your system where they accumulate over time.



Impure water can cause a weakened immune system and an array of illnesses that occur when the immune system is vulnerable.

It is most wise to invest in a reverse osmosis filter which will benefit your entire family, and ONLY drink, cook and wash fruit and vegetables with this water.

Drink two small cups of reverse osmosis, alkaline water on waking to rehydrate and assist in restoring the acid/alkaline balance that is so crucial to staying healthy. The profound effect of this practice on many ailments ranging from headaches to cancer cannot be understated. Test pH regularly until a reading of 7.2 to 7.4 is attained.

Alkaline water recipe:

- 1 pitcher (64 ounces) of reverse osmosis water
- 1 organic lemon, washed, cut into eighths
- Pinch of Himalayan salt, the pinker the better

Directions: Fill pitcher, add in lemon wedges (do not squeeze!). Then add a pinch of Himalayan rock salt. Cover, and let stand overnight (8-12 hrs) at room temperature. Drink during the day, every day.



Replacing caffeinated and carbonated drinks with teas that are alkalising and even anti-carcinogenic will go a long way to facilitating long term healing and wellness.

Turmeric ginger tea

- 1 cup reverse osmosis water
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 2 tablespoons nut milk
- Raw honey to taste

Bring water to boil with turmeric and ginger, turn down heat and simmer for 5 minutes. Stir in milk and honey to taste, serve.

Turmeric lemon tea

- 1 cup boiling reverse osmosis water
- 1 tablespoon lemon juice
- 1/8 teaspoon turmeric
- 1/8 teaspoon ground ginger
- Pinch of Cayenne
- Honey to taste

Combine lemon juice, turmeric, ginger and cayenne in a mug, top with boiling water and sweeten to taste with honey.

To use fresh turmeric, a two-inch root will yield about 1 tablespoon of fresh grated turmeric, which is roughly the equivalent of 1 teaspoon of dried spice.

Sweet turmeric black pepper tea

Mash turmeric and honey into a paste and keep it in a jar to have on hand for whenever the need arises.

- 1/3 cup honey
- 2 1/2 teaspoons ground turmeric
- Lemon
- Freshly ground black pepper

For each cup, use a heaped teaspoon of the paste in a mug and top with boiling water. Add a squeeze of lemon and a few generous twists of freshly ground black pepper. Stir, drink.

Turmeric chai

This tea is a great immune booster with its cloves, cardamom, cinnamon, ginger, and, of course, turmeric.

Lemongrass tea and raw, juiced lemongrass is also said to play an active role in treating cancer, as is Cannabis tea and/or raw, juiced Cannabis. A tot glass of either each day is recommended.



**REMEMBER – HYDRATION IS BEST ACHIEVED WITH PURE
ALKILINE WATER**

JUICING

Daily juicing raw fruit and/or vegetables (including Cannabis leaves and bud) is an excellent way to obtain maximum nutrition to start the day while placing minimum pressure on the digestive system which is still in its elimination phase until around noon.

It works like this – 8 hours rest phase (when we sleep), 8 hours elimination phase and then 8 hours active digestion phase. Eating a heavy meal during the rest or elimination phase throws out the cycle and actually affects the body's ability to properly digest food and absorb nutrition. (from the book Being Human)



Juice Recipes

- 1 medium mango
- ½ cup of pineapple
- 2 cups of spinach

Benefits: Anti-inflammatory, antioxidants (mangiferin, quercetin), vitamins (A, C, D, K), chlorophyll, iron, folate and alkalizing properties

- 1 cup of watermelon
- 2 cups of pea shoots (sprouts)
- ½ inch of ginger

Benefits: Anti-inflammatory, antioxidant (lycopene), chlorophyll, vitamins (A, C), folic acid and alkalizing properties

- 2 cups of kale
- 1 apple
- ½ lemon
- ½ inch of ginger

Benefits: Anti-inflammatory, antioxidants (quercetin), vitamins (A, C), chlorophyll, calcium, iron and alkalizing properties

- 1 medium cucumber
- 1 cup of honeydew melon
- 4 romaine leaves

Benefits: Anti-inflammatory, antioxidants, vitamins (B, C), chlorophyll, beta-carotene, potassium and alkalizing properties

- 3 stalks of celery
- 1 kiwi
- 4 romaine leaves
- ½ inch of ginger

Benefits: Anti-inflammatory, antioxidants, vitamins (A, B, C), chlorophyll, calcium, potassium, iron, folic acid, magnesium and alkalizing properties

Smoothie Recipes

- 2 large handfuls of kale
- 1 cup of strawberries
- 1-½ cups of coconut water
- 2 tablespoons of chia seeds

Benefits: Anti-inflammatory, antioxidants, vitamins (A, C, K), chlorophyll, omega-3s, potassium and alkalizing properties

- 2 large handfuls of broccoli
- 1 banana
- 1 apple
- 1-½ cups of alkaline water

Benefits: Anti-inflammatory, antioxidants, vitamins (A, C), chlorophyll, potassium and alkalizing properties

- 1 orange
- 1 cup of pineapple
- 1 cup of spinach
- 1-½ cups of home brewed green tea



Benefits: Anti-inflammatory, antioxidants, vitamins (A, C), calcium, folic acid, iron and alkalizing properties

- 1 cup of papaya
- 1 cup of strawberries
- 1 banana
- 1-½ cups of coconut milk
- 1 pinch of bee pollen

Benefits: Anti-inflammatory, antioxidants, vitamins (B, C), folate, lauric acid, potassium and alkalizing properties

- 1 cup of blueberries
- ½ cup of almond yogurt
- 1 cup of almond milk
- 2 tablespoons of chia seeds

Benefits: Anti-inflammatory, antioxidants, vitamins (B, C), omega-3s and alkalizing properties.

		MCC approved pHARMa
R145 /g	R800 /ml	R210/ml
20 DOSES	40 DOSES	10 DOSES
THC = 40mg	THC = 200mg	THC = 27mg
TREATS: 700 ailments including pain, spasticity, epilepsy, MS, asthma, TB, bipolar, Tourette's, HIV, AIDS and cancers		TREATS: Pain and spasticity
HOME GROWN CANNABIS LEMON SOUR DIESEL - R0.00		SATIVEX™