



## Daily Schedule Example

When I wake up:	Drink Water Take Supplements Put Frankincense on lump Visualization meditation to stop the spread and dissolve the cancer cells Ozone enema or early am coffee enema (Gerson program)
After enema:	Cruciferous Vegetable Smoothie (when not fasting)
Go Outside:	Turn on hz music to kill cancer (Youtube playlist) Tai Chi or Yoga (Youtube playlist) Sun bath - breath deep fresh air - Wim Hof Method Release work & reiki energy healing
10am	Treadmill Take Supplements
12:00pm	Play Beat saber on VR
1:00pm	Egg and soup (when not fasting) Take Supplements
2:00pm	Meditation - breath in health - breath out toxins and mutations
4:00pm	Swim - sunbathe - breath deep fresh air Take Supplements
5:00pm	Dry Brush - lymphatic drainage Smoothie or soup (if not fasting) Castor oil hot pack over liver
7:00pm	Infrared lights over cancer area Journaling
10:00pm	Meditation - visualization killing cancer cells

*Disclaimer: The information contained in these materials is intended for personal use and not a claim to cure anything. No representation contained in these materials is intended as medical advice and should not be used for diagnosis or medical treatment. Always seek the advice of your licensed qualified health provider with any questions you may have regarding a medical or psychological condition.*



## Weekly Treatments

Acupuncture

Hyperbaric chamber

Infrared Sauna

Cryotherapy

Hyperthermia Treatment

Salt Room

IV's

PolyMVA

Vitamin C, D, E

Sodium bicarbonate

Laetrile (amygdalin)

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