

PH BALANCING

PH BALANCING IS OF UTMOST IMPORTANCE IN TACKLING AGGRESSIVE GROWTH IN CANCER. BY REDUCING THE ACIDITY IN THE BODY WE CREATE A NEUTRAL CANCER RESTRICTING ENVIRONMENT READY FOR DETOXIFYING.

Cancer thrives in an acidic environment and cannot survive in an alkaline body. Cancer cells make your body even more acidic as they produce lactic acid. If you have cancer, your pH levels are low. pH stands for power of hydrogen, which is a measurement of the hydrogen ion concentration in the body. The total pH scale ranges from 1 to 14, with 7 considered to be neutral. A pH less than 7 is said to be acidic and solutions with a pH greater than 7 are basic or alkaline. Our ideal pH is slightly alkaline - 7.30 to 7.45.

You can test your pH levels regularly by using a piece of litmus paper in urine first thing in the morning before eating or drinking anything. This can be tested with pH testing strips which can be brought online or from any reputable, family run health store. The first test will be carried out immediately in the morning. If it is low we need to increase this by incorporating in high alkaline produce.

WE DO THIS THROUGH WHAT WE PUT IN OUR BODY.

SOME SUPER ALKALINE FOODS:

**WHEAT GRASS, BARELY GRASS, ALFALFA GRASS,
KAMUT GRASS, OAT GRASS, SPIRULINA, CHLORELLA,
BROCCOLI, KELP, CAYENNE, CUCUMBER**

DIET & CANCER

CANCER PATIENTS SHOULD BE INFORMED THAT NUTRITION IS THEIR FIRST AND BEST DEFENCE WHEN STARTING DOWN THE PATH OF FIGHTING OR RECOVERING FROM CANCER! HOWEVER THERE IS NO NEED TO WAIT FOR AN ILLNESS BEFORE ADOPTING THE PROTOCOLS AS 'PREVENTION IS THE BEST TYPE OF CURE'

Many scientific studies have proven that diet alone (meaning the foods that we eat) can cause cancer. Thus, by default, if you want to reverse your cancer, you must change your diet to increase your bodys ability to return to a homeostatic level or to be put in simpler terms; adjusting the internal terrain to accommodate self-healing.

KNOWN ANTI-CANCER VEGETABLES TO INCORPORATE INTO YOUR DIET: INCORPORATE AND HIGHLIGHT THEM AS YOU GO!

Broccoli	Red and Yellow Peppers	Sea Vegetables: Nori,
Asparagus	Spinach	Wakame, Niziki
Beets	Mustard greens	Wheat Grass (Juice)
Cabbage	Collards	Barley Grass (Supplement)
Carrots	Kale	Turnips
Cauliflower	Lettuce	Beans
Celery	Okra	Garlic
Cucumber	Parsley	Red Onions
Egg Plant (Aubergine)	Scallions	Kiwis (Enzyme)
Green/Yellow Squash	Radishes	Grapes (Enzyme)
(Moderately)	Swiss Chard	Burn Frankincense
Fresh Green Beans and Peas	Watercress	

WITH REGARDS TO CANCER TREATMENT, EVERY FOOD THAT WE EAT OR DRINK CAN BE CATEGORIZED INTO:

01

FOODS THAT FEED AND STRENGTHEN THE CANCER CELLS AND/OR THE MICROBES IN THE CANCER CELLS AND BODY.

Examples would be: refined sugar, refined flour, soda pop, dairy products, etc.

02

FOODS THAT CAUSE CANCER (CARCINOGENS).

Examples would be: trans fatty acids, aspartame [Diet Coke, NutraSweet, Equal, etc.], MSG, polyunsaturated oils [e.g. corn oil], etc.

03

FOODS THAT DIRECTLY INTERFERE WITH ALTERNATIVE TREATMENTS FOR CANCER.

Examples would be: chlorine, fluoride, alcohol, coffee, etc.

04

FOODS THAT OCCUPY AND DISTRACT THE IMMUNE SYSTEM FROM FOCUSING ON KILLING THE CANCER CELLS.

Examples would be: pork, beef, chicken, toxin filled fish etc.

05

FOODS THAT CONTAIN NUTRIENTS THAT KILL THE CANCER CELLS, STOP THE SPREAD OF CANCER, OR HELP TREAT THE CANCER.

Examples would be: purple grapes with seeds and skin, red raspberries with seeds, strawberries with seeds, broccoli, cauliflower, several herbs, carrots, pineapples, almonds, etc.

THINGS TO KNOW

SUGAR FEEDS CANCER.

By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka Honey (See page 00) or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour - Himalayan pink salts are by far the best alternative to iodised table salt as it contains the 84 trace elements that make up our human DNA.

MILK CAUSES THE BODY TO PRODUCE MUCUS.

Especially in the gastro-intestinal tract. Other factors including the carcinogenic hormone growth additives and horrific nature of the milk industry processing plants means that what you are putting in your body when you choose dairy is highly toxic. Significant research indicates a direct correlation between bovine milk and breast cancer. By cutting off milk and substituting with unsweetened soy milk/almond milk cancer cells starve.

CANCER CELLS LOVE AN ACIDIC ENVIRONMENT.

A meat-based diet creates acidity and it is best to eat fish (North Atlantic as our oceans are becoming more and more toxic) and a little chicken/turkey rather than beef or pork (Highly Parasitic Meat. Parasites = Acid). Meat also contains multitudes of livestock antibiotics, colourings, growth hormones and parasites (much like milk), which are all harmful, especially to people fighting cancer.

A DIET MADE OF 80% FRESH VEGETABLES AND JUICE, WHOLE GRAINS, SEEDS, NUTS AND A LITTLE FRUIT HELP PUT THE BODY INTO AN ALKALINE ENVIRONMENT.

The juice plan identifies the best cleansing protocols for alkalinity. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties.

Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic build-up...you must clean the body of this. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's healthy cells to destroy the cancer cells.

SOME SUPPLEMENTS BUILD UP THE IMMUNE SYSTEM.

(IP6, Florescence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells. The use of CBD and THC triggers cancer apoptosis which is programmed cellular suicide for cancer cells and through PH and diet the environment stops the cells from re-growing.

CANCER IS A DISEASE OF THE MIND, BODY, AND SPIRIT.

A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic state. The current matrix you live in is designed to keep you miserable and ill ... as this = \$\$\$'s. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life. Live simpler and more sustainably and never ever ever sweat the small stuff...yet remain understanding that EVERYTHING is small stuff.

NO TRUER WORDS HAVE EVER BEEN SPOKEN WHEN IT COMES TO CHANGING HOW WE APPROACH FIGHTING DISEASE.

CANCER CELLS CANNOT THRIVE IN AN OXYGENATED ENVIRONMENT.

Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

**NO PLASTIC CONTAINERS IN MICROWAVE
NO WATER BOTTLES IN FREEZER
NO PLASTIC WRAP IN MICROWAVE**

INTERESTING FACT:

Cancer can occur in anyone of us at any time. Realistically the average person probably will get and heal cancer within their lifetime and may never even know it. We can make it easy, hard or downright impossible for cancer cellular growth to occur. However, once you can understand that we all have the capability to heal most natural and man-made diseases including HIV, Cancer and more recently through first hand evidence... Herpes, incurable is now a thing of the past.

“Let food be thy medicine and medicine be thy food”

Hippocrates,
Greek Philosopher
ca. 400 BC

JUICING

WHILE TRYING TO REBALANCE THE BODY OF DIS-EASE A KEY FACTOR IS BOOSTING THE AUTO-IMMUNE SYSTEM AND INCORPORATING IN HIGHER VIBRATIONAL LIVE FOODS.

BENEFITS OF JUICING... JUST TO NAME A FEW:

- Achieve a pH balance in the body where cancer cannot live
- Detox & cleanse the body
- Rejuvenate & increase longevity
- Improve cognitive function & your mental wellbeing

Before we go into our juices we always prep our fruit and vegetables by cleaning them. This involves rinsing them in distilled water, 1/4 cup of apple cider vinegar and either Celtic or Himalayan Salt.



WATER

THE IMPORTANCE OF WHAT WATER YOU PUT INTO YOUR BODY. AFTER ALL THE EARTH IS 70% WATER AS ARE YOU. AT SCAREDKANA WE ONLY EVER RECOMMEND DISTILLED OR BOTTLED WATER, OVER TAP.

REASONS TO NOT DRINK TAP WATER:

- Tap water can be made of up to 80% Chemicals.
- These chemicals have been found to be cancer causing and neuro- destroyers
- Some chemicals that have been found in tap water can also be found in rat poison

REASONS TO DRINK DISTILLED WATER:

- Good pure water is essential to healing
- Distilling water through vaporisation eliminates 99.9%of all in-organic material
- You can remineralises and alkaline your distilled water

You can purchase a distiller online for around £150. As we mentioned if you do not have access to one do try and use bottled water where you can.

As you go to the microcosms to the macrocosms the work we do internally will permeate universally.



SHUNGITE

WE ALSO USE ANOTHER METHOD TO CLEAN & RECHARGE OUR WATER, THIS IS THROUGH THE USE OF SHUNGITE.

Shungite is a natural mineral with a similar structure as carbon. The main deposit of shungite on earth comes from Zashoginskoye near Lake Onega in the Shunga region of Karelia, North West of Russia.

REASONS TO USE SHUNGITE IN YOUR WATER.. JUST TO LIST A COUPLE:

- Shungite purifies, restores and heals anything it comes into contact with.
- Scientists researching this mineral have claimed it as a 'Miracle'.
- It is a natural antioxidant that can increase human immunity with regards to many serious illnesses and suppress the development of many allergic diseases.
- It is a natural source of fullerenes, which has healing abilities and promotes life at a cellular level.

REMINERALISATION

There are many ways to remineralise your distilled water as distilled water holds no mineral content whatsoever.

WAYS TO MINERALISE YOUR WATER:

- Add a pinch of Himalayan or Celtic grey Salt this will incorporate at least 84 trace minerals

FRUIT & VEG

WE CANNOT STRESS ENOUGH THE IMPORTANCE OF ENSURING YOUR FRUIT AND VEGETABLES ARE SOURCED ORGANICALLY FROM LOCAL FAMILY RUN BUSINESSES. PUT THE MONEY BACK INTO THE LOCAL BUSINESSES RATHER THAN THE CORPORATE BEASTS...

PREPPING YOUR FRUIT & VEGETABLES:

Before we go into our juices we always prep our fruit and vegetables by cleaning them. This involves rinsing them in distilled water, 1/4 cup of apple cider vinegar and either Celtic or Himalayan Salt.

BENEFITS FOR WASHING YOU FOOD:

- Any sprays & waxes will be removed
- Removes animal urine and faeces
- Apple cider vinegar will remove any pesticides and bacterias
- The vinegar will remove any bugs or insects



JUICE 01

ROOT CHAKRA

Drinking beetroot juice can help to lower blood pressure in a matter of hours. Beetroot holds naturally occurring nitrates which are converted into nitric oxide in your body. Nitric oxide, in turn, helps to relax and dilate your blood vessels, improving blood flow and lowering blood pressure.

Beetroot is a unique source of betaine, a nutrient that helps protect cells, proteins, and enzymes from environmental stress. It's also known to help fight inflammation, protect internal organs, improve vascular risk factors, enhance performance, and likely help prevent numerous chronic diseases.

The powerful phytonutrients that give beetroot their deep crimson colour may help to ward off cancer. Research has shown that beetroot extract reduced multi-organ tumour formations in various animal models when administered in drinking water, for instance, while beetroot extract is also being studied for use in treating human pancreatic, breast, and prostate cancers

The betalin pigments in beets support your body's Phase 2 detoxification process, which is when broken down toxins are bound to other molecules so they can be excreted from your body. Traditionally, beets are valued for their support in detoxification and helping to purify your blood and your liver.

This chakra is located at the base of your spine and acts as your foundation, your roots, your connection to the physical world. When your first chakra is imbalanced, you may not feel safe in your body or be stressed. Since this chakra is all about grounding you to the earth, root vegetables are a good choice.

INGREDIENTS:

- 4 Beetroot
- 4 Celery Sticks
- 4 Carrots with Tops
- 2 Apple
- 1 Handful Spinach
- 3 tbsp Chia Seeds
- 3 tbsp Apple Cider Vinegar
- 2 tbsp Chlorella Powder
- 1 tbsp Absorb Acid

JUICE: 500ml

FEEDS: 2

FOCUS: Beetroot /
Blood Cleanse



JUICE 02

SACRUM CHAKRA

While many people think of the dandelion (*Taraxacum officinal*) as a pesky weed, it's chock full of vitamins A, B, C, and D, as well as minerals such as iron, potassium, and zinc. Dandelion leaves are used to add flavour to salads, sandwiches, and teas.

The roots are used in some coffee substitutes, and the flowers are used to make wines. In the past, dandelion roots and leaves were used to treat liver problems. Native Americans also boiled dandelion in water and took it to treat kidney disease, swelling, skin problems, heartburn, and upset stomach.

In traditional Chinese medicine, dandelion has been used to treat stomach problems, appendicitis, and breast problems, such as inflammation or lack of milk flow. In Europe, it was used in remedies for fever, boils, eye problems, diabetes, and diarrhoea.

Just below your navel sits your second chakra, which governs sexuality and emotions. The second chakra's element is water, so pure water is the best thing you can ingest to clear and heal this chakra. Liquids in general are a good bet, especially transparent liquids like teas and broths. The colour of this chakra is orange, so orange foods and spices, especially numeric and carrots can be healing.

INGREDIENTS:

- 20 Dandelion Leaf
- 20 Dandelion Flower
- 6 Sticks Celery
- 2 Inch of Ginger Root
- 1 Cucumber
- 2 Apples
- 2 Carrots
- 3 tbsp Chia Seeds
- 2 tbsp Spirulina Powder
- 3 tbsp Avocado Oil
- 1/4 Cup of Omega Seed Mix
- 1/4 Lemon

JUICE: 500ml

FEEDS: 2 people

FOCUS: Dandelion/
Liver rejuvenator



JUICE 03

SOLAR PLEXUS CHAKRA

Turmeric is the spice that gives curry its yellow colour. It has been used in India for thousands of years as a spice and medicinal herb. Recently, science has started to back up what the Indians have known for a long time.

It really does contain compounds with medicinal properties and study suggests it holds many anti cancerous properties.

These compounds are called curcuminoids, the most important of which is curcumin. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

One of the major cayenne pepper benefits is the positive effect it has on the digestive system. Cayenne pepper helps produce saliva, which is important for excellent digestion as well as preventing bad breath. Consuming cayenne pepper stimulates our salivary glands, which is needed to begin the digestive process

The third chakra transforms raw fiery energy into action and is your source of self-esteem. Sunny yellow foods really help to clear and balance this chakra, especially tumeric, yellow lentils, yellow curry, and bananas. Since this chakra converts energy, it needs foods that are not absorbed too quickly, so avoid sugar, white flour, and processed foods, if your third chakra is off-kilter. What you want instead is complex carbohydrates and whole grains that burn more slowly and keep you energised longer.

INGREDIENTS:

- 8** Root Sticks Tumeric
- 2** Inches of Root Ginger
- 1/4** Yellow Melon
- 1/4** Lemon
- 1/4** Pineapple
- 1/4** Cup of Pumpkin Seeds
- 3** tbsp Apple Cider Vinegar
- 2** tbsp Pumpkin Oil
- 2** tbsp Avocado Oil
- 2** tbsp Spirulina Powder
- 1** tsp Absorb Acid

JUICE: 500ml

FEEDS: 2 people

FOCUS: Tumeric & Cayenne Pepper / Anti Cancer



JUICE 04

HEART CHAKRA

Today we are focusing on nettles as they are in abundance to us all but please don't harvest them where there is a lot of pollution.

Why take a synthetic multivitamin when you can utilise a natural food based multi-vitamin instead?

Nettles Contain : Vitamin A, C, E, F, K, P

Vitamin B - Complexes as well as thiamin, riboflavin, niacin, B-6 all of which are found in high levels and act as antioxidants.

Zinc, Iron, Magnesium, Copper and Selenium
Boron, Bromine, Calcium, Chlorine, Chlorophyll, Potassium, Phosphorus, Sodium, Iodine, Chromium, Silicon and Sulfur

Your fourth chakra is located at your heart and rules love and relationships. Its colour is green, so green vegetables, especially leafy and cruciferous ones like nettles, kale, lettuces, spinach, chard, collard greens, broccoli, etc., really ramp up the energy of this chakra and help to heal it. The fourth chakra is also about balance, and green veggies are neither yin nor yang in Chinese medicine, so they maintain the equilibrium that is essential to the health of this chakra.

INGREDIENTS:

20 Nettle Tips
6 Kale Stalks
2 Pears
Handful of Spinach
2 Inch of Ginger
1/4 Lemon
1 Pinch of Celtic Grey Salt
3 tbsp Apple Cider Vinegar
1 tbsp Absorbic Acid
2 tbsp Spirulina
3 tbsp Hemp Seed
3 tbsp Linseed
2 tbsp Avocado Oil

JUICE: 500ml

FEEDS: 2 people

FOCUS: Nettles / Detox
Auto-Immune Booster



JUICE 05

THROAT CHAKRA

Blueberries contain a type of flavonoid known as anthocyanins, which are responsible for giving foods like blueberries, cranberries, red cabbage and eggplants their iconic deep red, purple and blue hues. Anthocyanins are responsible for more than just the blueberry's pretty blue colour - they also contribute to the popular fruit's numerous health benefits.

Blueberries also contain the unique, phenol-like antioxidants pterostilbene and resveratrol. Blueberries are a very good source of vitamin K, vitamin C, and manganese. Blueberries are also a good source of fibre and copper.

After many years of research on blueberry antioxidants and their potential benefits for the nervous system and for brain health, there is exciting new evidence that blueberries can improve memory.

The fifth chakra is located in the centre of your throat, and is the home of your voice, the centre of your communication, and the keeper of your authenticity. Speaking and living your truth is healing for this chakra, as are blue foods, particularly blueberries, which encourage expression. Fruits work to balance this chakra, especially fruit that grows on trees like apples, pears, peaches, apricots, and plums, as they are said to be true to themselves, falling off the tree when they are ripe and ready and requiring little to no work in order to be enjoyed.

INGREDIENTS:

- 1 cup blueberries
- 2 inch root ginger
- 2 beetroot
- 1 cup raspberry
- 1/4 watermelon
- 1 head broccoli
- 11 dates
- 1 tsp absorb acid
- 2 tbsp chlorella powder
- 2 tbsp spirulina

JUICE: 500ml

FEEDS: 2 people

FOCUS: Blueberries
/ Antioxidant



JUICE 06

THIRD EYE CHAKRA

Red cabbage's primary characteristics -- its red hue and bitter, peppery flavour -- signify that you're getting two types of cancer-preventing substances.

The red pigment comes from plant-based chemicals called flavonoids, while the sharp flavor is the result of sulfur-based compounds. In addition to these important phytochemicals, cabbage contributes to your overall health with fibre and a range of vitamins and minerals, inclusive of Vitamin C.

It is a brain food. It is full of vitamin K and anthocyanins that help with mental function and concentration. These nutrients also prevent nerve damage, improving your defense against Alzheimer's disease, and dementia. Red cabbage has the highest amount of these power nutrients

Third-eye Chakra, is the sixth primary Chakra or energy point in the body, according to Hindu tradition. It is a part of the brain which can be made more powerful through repetition, like a muscle, and signifies the conscience.

INGREDIENTS:

1/2 red cabbage
1/4 cup pine nuts
4 red plums
2 inch ginger
1/4 lemon
1/4 cup blackcurrants
1 vine cherry tomatoes
1 pinch pink himalayan salt
1 tsp absorb acid
3 tbsp avocado oil
3 tbsp walnut oil
3 tbsp mineral silica in nano form
2 tbsp spirulina
2 tbsp chlorella

JUICE: 500ml

FEEDS: 2 people

FOCUS: Red Cabbage/
Cancer Prevention/
Cognitive Function



JUICE 07

THE CROWN CHAKRA

Coconut water has electrolytes, potassium and sodium. Coconut water is low in carbohydrates which aid in the absorption of electrolytes.

Coconut oil is high in natural saturated fats. Saturated fats not only increase the healthy cholesterol (known as HDL) in your body, but also help to convert the LDL “bad” cholesterol into good cholesterol. By increasing the HDL’s in the body, it helps promote heart health, and lower the risk of heart disease.

The medium chain triglycerides in coconut oil have been shown to increase 24 hour energy expenditure by as much as 5%, potentially leading to significant weight loss over the long term.

The fatty acids and breakdown products in coconut oil can kill harmful pathogens, potentially helping to prevent infections.

The crown chakra is the centre for trust, devotion, inspiration, happiness, and positivity. It’s also the centre for deeper connection with ourselves and deeper connection with a force of life that is greater than ourselves. For this reason, it can be quite useful to have tools to open the crown chakra.

INGREDIENTS:

1 heaped tbsp coconut oil
4 florets cauliflower
1/4 pineapple
1/4 white cabbage
4 sticks celery
1 yellow grapefruit
1 pinch celtic grey salt
2 inch root ginger
1/2 tsp bicarbonate soda
3 tbsp apple cider vinegar
1/4 cup omega seed mix

JUICE: 500ml

FEEDS: 2 people

FOCUS: Coconut/ Electrolytes

ORGANIC APPLE CIDER VINEGAR WITH MOTHER

Natural (undistilled) organic, raw ACV can really be called one of Mother Nature's most perfect foods, the worlds first natural medicine. It is made from fresh, crushed apples which are then allowed to mature naturally in wooden barrels, as wood tends to "boost" the natural fermentation.

Research worldwide supports and commends what Hippocrates (the father of medicine) found and treated his patients with ACV in 400 B.C. He discovered that natural, undistilled Apple Cider Vinegar (or ACV)* is a powerful cleansing and healing elixir – a naturally occurring antibiotic and antiseptic that fights germs, bacteria, mold and viruses – for a healthier, stronger, longer life! Also it is very good at increasing the alkalinity to the body.

DOSAGE:

Add 30ml to 150ml of distilled or bottled water, of which a cut whole lemon has been soaking. To be drunk morning, afternoon & 20 minutes before bed.

FULVIC MINERALS

Modern soils are mineral depleted, so too are we. Re-mineralise with these remarkable, naturally occurring organic minerals. Fulvic Acid occurs naturally in all soils. It contains all the original life-giving, healing and protective qualities from all plants and other species that have ever lived on earth. All life, all the DNA and RNA from every life form, eventually becomes Fulvic Minerals.

DOSAGE:

Add your daily recommended dosage (dependent on supplier) to your Apple Cider Vinegar.

CBD OIL

Dosage depends on Age - Weight - Degree of Condition
Usual dose goes from 1 teaspoon to three teaspoons / day (3ml-15ml) depending on the case. Adverse reactions not yet found, except to alcohol which is not recommended during the intake period.

AGGRESSIVE CANCERS AND IMMUNE SYSTEM ISSUES:

Children between 10-20 kg

5ml per day CBD to 0.5ml THC whole plant extract.

Children between 20-40 kg

6ml CBD to 1ml THC whole plant extract.

Adults between 60-70 kg

9/12 ml of CBD to 3mls of THC whole plant extract.

Adults between 70-100kg

12 to 16 ml of CBD to 4ml of THC whole plant extract.

NEUROLOGICAL DISORDERS AND CENTRAL NERVOUS SYSTEM ISSUES:

Children between 10 /20 kg - 1/3 ml CBD.

Children between 20 / 40 kg - 3/5 ml CBD.

Children between 40 /60 kg would require 5 to 6 ml CBD.

Adults between 60 /70 kg would require 6 to 9 ml CBD.

Adults between 70/100 kg would require 9 to 14 ml CBD.

All dosage guidelines are based upon individuals with average height. Oil can be purchased through our website www.sacredkana.com. Alternatively contact us through our Facebook page Sacred Kana CBD if you wish to discuss further science of CBD.

DOSAGE:

After your ACV & Fulvic Mineral drink take your daily recommended CBD.



SUPPLEMENTS & REMINERALISATION

WORMWOOD

DOSAGE TAKE 2-3ML UP TO X 3 A DAY CAN BE ADDED TO WATER OR JUICE

Wormwood plant kills iron-enriched breast cancer cells but doesn't harm many healthy ones. Artemisinin's destructive properties are triggered by higher than normal levels of iron in cancer cells. Many experiments have found that Artemisinin turns deadly in the presence of iron. In Asia and Africa, Artemisinin tablets are widely used, in many cases, successfully used to treat malaria, because the parasite has a high iron concentration.

It also fights Parasites and worms which can infest various parts of the body including the stomach, intestines and colon. Wormwood has been used for hundreds of years as a natural treatment against these invaders. It is also commonly used with Black Walnut Hull extract and Clove to form a complete natural anti parasite course.

NIGELLA SATIVA (BLACK SEED OIL)

DOSAGE: 3ML X3 A DAY. TO BE TAKEN 20MINUTES AFTER EACH CBD DOSE

Showed that supplementation of diet with honey and Nigella sativa (Black Seed Oil) has a protective effect against MNU (methylnitrosourea)-induced oxidative stress, inflammatory response and carcinogenesis in lung, skin and colon.

18+ MANUKA HONEY DOSAGE: TAKEN WITH BLACK SEED OIL

1TSP IN MORNING TSP IN AFTERNOON 1 IN NIGHT

The honey is used as a carrier to get the oil to the diseased cell, and Manuka honey is said to have the highest anti-microbial activity of all honeys. This protocol, combined with a healthy lifestyle, is said to work wonders both in treating cancer and a variety of other ailments.

SUPPLEMENTS & REMINERALISATION

TUMERIC

DOSAGE (TSP): 1 X MORNING, 1 X AFTERNOON 1 X NIGHT

The spice can stop the action of the enzyme COX-2, known to increase chronic inflammation in the body, Such inflammation is a known precursor to cancer.

It has also been shown to inhibit vascular epithelial growth factors. Every tumour needs a blood supply - the growth factors build one, but tumeric can stop them.

- It has been shown to re-awaken a key tumour suppressor gene
- It has been shown to inhibit metastases
- It has been shown to kill cancer cells (B lymphoma cells)
- It prevents regrowth of cancer stem cells which lie at the heart of many tumours

CHLORELLA TABLETS

DOSAGE: EITHER ADD TWO HEAPED SPOONS TO YOUR JUICE OR IF TABLET FORM UP TO X 20 A DAY

Chlorella benefits the entire body by supporting healthy hormonal function, good cardiovascular health, helps to negate the effects of chemotherapy and radiation, lowers blood pressure and cholesterol, and aids in the detoxification of our bodies.

SPIRULINA

DOSAGE: 1-3G INTO YOUR JUICE (DOSES OF UP TO 10G PER DAY HAVE ALSO BEEN USED EFFECTIVELY)

Spirulina contains significant amounts of calcium, niacin, potassium, magnesium, B vitamins and iron. It also has essential amino acids (compounds that are the building blocks of proteins). In fact, protein makes up about 60 to 70 percent of Spirulina's dry weight

SUPPLEMENTS & REMINERALISATION

CHAGA MUSHROOM & REISHI MUSHROOM

DOSAGE: SUGGESTED TO BE BREWED IN A TEA & DRANK THROUGHOUT THE DAY

These mushrooms are proven to protect DNA and fight radiation and toxins left behind from conventional cancer treatments by activating the pineal gland! While also helping to balance the response of the body's immune system! The health benefits of Chaga are numerous, many of which can be attributed to its immune-boosting ingredients and antioxidants, Normalize Blood Pressure and Cholesterol Levels, Antiviral Properties. Chaga Mushroom also contains Betulin Acid which helps maintain a healthy cholesterol profile, it is also being studied in relation to cancer and viruses.

MAGNESIUM

DOSAGE: SPRAY DIRECTLY TO SKIN 10 X PER DAY

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione. Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm

SUPPLEMENTS & REMINERALISATION

VITAMIN D3

DOSAGE: DAILY RECOMMENDED ALLOWANCE IS 6000IU.

SEE PRODUCT SPECIFICATION ON PACKAGING

VITAMIN D3 ENCOURAGES THE KIDNEYS TO RECYCLE PHOSPHATE BACK INTO THE BLOOD, WHICH HELPS THE BLOOD STAY AT THE RIGHT PH, WHICH IS CRUCIAL, AS CANCER CANNOT SURVIVE IN AN ALKALINE ENVIRONMENT.

Your organs convert the vitamin D in your bloodstream into calcitriol, which is the hormonal or activated version of vitamin D. Your organs then use it to repair damage, including that from cancer cells.

If you take oral vitamin D, you also need to take vitamin K2. Vitamin K2 deficiency is actually what produces the symptoms of vitamin D toxicity, which includes inappropriate calcification that can lead to hardening of your arteries. This can be taken in a tablet or spray form.

If you can though get out in the sun! Stay away from paraben based sun creams and use natural alternatives such as coconut oil for absorption and Aloe Vera for repair but always respect the sun.

RESVERATROL

DOSAGE (CAPSULES): 1 IN MORNING 1 IN AFTERNOON 1 IN NIGHT

Anti-tumour effects with various types of cancer as well as having the ability to stop the re-growth of cancer stem cells, it does this by inhibiting the tumours blood supply and repairs the p53 gene which in turn repairs the DNA and causes cancer cell death!

Resveratrol also suppresses enzyme and protein production, suppresses cytokine production, suppresses Cox-2 and the formation of bad eicosanoids, stimulating glutathione, and blocking various carcinogenic processes.

SUPPLEMENTS & REMINERALISATION

LEMON WATER & BAKING SODA

DOSAGE: MIX HALF A TEASPOON OF BAKING SODA WITH FRESHLY SQUEEZED LEMONS IN WATER. DO NOT: HAVE MORE THAN 1 TEASPOON A DAY AS IT LOWERS THE BODY'S POTASSIUM LEVEL

Instructions

- Drink 2 times a day.
- Try to use organic lemons.

Lemon has a strong effect on cysts and tumours and by adding baking soda you will normalise the pH of the body, which does not allow the cancer to continue to spread. If you have kidney problems you should consult a practitioner before using bicarbonate soda and i would not use it for more than two weeks.

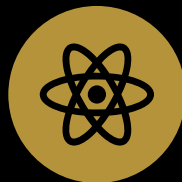
DETOX BATH 3 TIMES A WEEK

1 cup of Baking Soda, Citric Acid, Celtic Sea Salt &/or pink Himalayan salt mixed into a hot bath this will alkalise the body and draw all the radiation and toxicity out of the body left behind by chemo or radiation. Add some drops of frankincense. Also add 1kg of magnesium chloride and soak for 30minutes to let the magnesium enter the body. Do not apply soaps before 30mins otherwise you will clog up your pores.

Always seek trusted medical advice (question everything) prior to any extreme dietary changes and don't stop using prescribed medication instantly. Gradually reduce medications based on personal results once you start to heal.



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