

## Starting Your Therapy

**Pod Cast Survivor Stories: Humans and  
Pets in all Stages of Various Diseases:  
<https://www.buzzsprout.com/1497163>**

**More stories: <https://blog.essense-of-life.com/Cancer-survivor-stories/>**

## High pH Therapy Recommendations

### DISCLAIMERS

The information contained herein is not medical advice and is not intended to replace the advice or expertise of your personal physician or other health care professionals. This information is not intended as a prescription for treatment, nor is it intended to diagnose, treat, cure, or prevent any disease. Please consult your healthcare provider before beginning any new nutrition program.

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**All research has been conducted through the American Medical Association, where many items are not approved as per the JAMA.com website. Basically, they state that no SINGLE Vitamin can cure CANCER or HEART DISEASE. All this research and testing that they perform is directed to favor Big Pharma, which makes Billions of dollars off people who have different kinds of Diseases and Heart Diseases.**

**The insurance companies are also a part of this, only paying for patients who have insurance, and only paying companies who follow the Big Pharma strategies and rules.**

**The American Medical Association does not test improving the Immune System to its ultimate best**

**condition to fight the Cancer and Heart Disease on its own, without using Chemotherapy and all the other drugs. They immediately place patients on Chemotherapy, Radiation, and drugs without strengthening the Immune System first.**

**What we are saying is that a mixture of diet, fasting, exercise, alkaline water, vitamins, minerals, therapy, etc. can help the body to get to its best condition allowing it to battle Cancer and diseases on its own, with or without Chemotherapy, Radiation or the many other drugs.**

**When using our list of Therapies, your chances of winning your battle against disease greatly increase. It only makes sense. Cancer and Heart Disease destroy your body. Our system greatly enhances your wellness, and overall health, which is imperative in your battle with Cancer and Heart Disease.**

**When you use the above vitamins, minerals, therapies, and other things together, your chances of winning the battle against these diseases greatly improve the body's immune system, on its own or with Chemotherapy, which we do not agree with.**

**Chemotherapy targets and kills Cancer, but it may also have other side effects, harming other organs**

**and systems of the body because the body is in such horrible condition because of the Chemotherapy.**

**Your chances of winning the battle of Cancer with just Chemotherapy, Radiation, and drugs may be different in each case. For that reason, we say why not just help the body get into the best condition possible prior to Chemotherapy and Radiation?**

**Holistic Health Hospital allows each patient to have a choice in their treatment. If we determine that the body does have Cancer or Heart Disease, then they can choose:**

**Chemotherapy and Radiation with drugs**

**Our all-natural holistic vitamins, minerals, and therapies**

**OR THEY CAN CHOOSE BOTH SYSTEMS, Chemotherapy, and HHH Therapy.**

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**ATTENTION**

Do not use ANYTHING WITHOUT TESTING FOR ALLERGIES and first consulting your doctor or other health care provider. It is extremely important when supplementing our vitamins and therapies to have regular blood work to monitor blood potassium levels, as the HHH System is known to lower potassium levels in the body.

Using excessively high amounts of our system (well beyond suggested serving sizes) has been linked with ventricular arrhythmia due to potassium electrolyte imbalance. Therefore, you much check your Potassium levels often.

## HIGH THERAPY OVERVIEW

High Therapy uses a combination of diet change and nutritional supplements to support the immune system, the body's natural defense system. The HHH System is a key part of the high pH therapy protocol. Our System does not cure Cancer or kills Cancer cells. The goal of high pH therapy is to create an immune system response in the body.

An immune response may lead to increased inflammation, swelling, and pain. For this reason, high pH therapy is not for everyone.

The high pH therapy protocol **is not a replacement for medical care**, nor is it a “quick fix”. Strengthening the immune system, repairing cellular damage, and rebuilding healthy cells is a process that takes time. There will be good days and bad days. Keeping a daily journal to chart your experiences can be helpful. We make no guarantees or claims about efficacy or results.

The HHH System is part of a nutrition plan called "high pH therapy" which focuses on using a combined diet and supplement approach to balancing body pH by reducing the load on overworked acid-buffering systems. The diet focus of pH therapy is of particular importance for those needing intense nutritional support when dealing with major health challenges.

## WHAT YOU SHOULD KNOW / MOST IMPORTANT

- 1. You may experience some of the following to varying degrees. CANCER STARTS IN THE GUT.**
  - 1. Nausea**
  - 2. Diarrhea**
  - 3. Tingling of the lips, nose, and face**
  - 4. Numbness or coldness in the fingers and toes**
  - 5. Dehydration**
  - 6. Low potassium levels**
  - 7. Pain in and around areas where Cancer cells are located**

- 8. Loss of appetite
- 9. Low energy, weakness, and tiredness
- 10. Open wounds

**2. Suggested foods to eat. Look for a book: "Eating According to Your Blood Type."**

- A. Organic vegetables
- B. Organic fruits (in moderation)
- C. Quality proteins
- D. Healthy fats
- E. **Gluten Free Breads**

Recommended foods to avoid:

**ABSOLUTE DO NOT CONSUME**

**Sugar**

**Artificial sweeteners**

**Dairy products**

**Soy products**



**Processed foods**

**Alcohol**

**Tobacco**

**Pork**

**Wheat gluten**

**Whey products**

**Pork and pork products**

**Coffee**

**Any sugars, carbs, meats, chemicals**

**Check potassium levels often.**

Have your blood potassium levels (electrolytes) tested every 2-3 weeks.

You MUST HAVE A DOCTOR, CLINIC, OR LAB available to monitor potassium and sodium levels on a regular basis. You must keep your potassium levels above 3.8 and below 5.0.



## **All products following are OPTIONAL but meant for specific health issues:**

**\*\*\*Additional Recommended products to support  
pH Therapy:**

- 1. \*\*\*Fulvic/Humic Minerals:**
- 2. A-02:**
- 3. Core Comprehensive pH formula:**

**List of ingredients:**

- 4. Pro Colostrum- LD: Colostrum Liposomal**

**Or**

- 5. Life's First Colostrum:**
- 6. 10-Zymes:**

**May help reduce pain and inflammation.**

**You can Rub the Colostrum directly on the infected  
area with the DMSO and Aloe.**

## **You may feel worse before you start feeling better.**

An inflammatory immune response can cause an increase in swelling, pressure, and pain in and around areas that the immune system is reacting to. In addition, flu-like symptoms such as achy joints, nausea, and diarrhea are also possible. Some people report experiencing more severe symptoms than others. Side effects seem to depend on the type of Cancer and the health condition and diet of the person doing the therapy. Many symptoms are the result of cellular toxins being dumped into your system which your body must deal with. That is another reason to drink plenty of fluids – to help flush out your system. Choose juiced vegetables and fruits, and pure distilled water. Most canned and bottled juices have copious amounts of sugar added. Remember sugar feeds Cancer. In addition, canned and bottled juices do not contain all the natural nutrition of fresh juiced fruits and vegetables, including beneficial antioxidants, enzymes, minerals, and vitamins.

## **Your state/frame of mind is very important.**

This diet and other therapies can cause upset stomach, nausea, diarrhea, weakness and just feeling sick in general.

External Application avoids all of this and can be applied directly or indirectly to the skin in and around the area of the Cancer. This will go through the skin, directly into the bloodstream, and be deposited in every cell of the body. DO NOT TAKE INTERNALLY without mixing it into a juice and take it with food to try and avoid the side effects from taking it internally. Internally you can experience tingling in your face, nose, fingers, and even your toes. It does not last long but it is an indication of your Vitamin powder entering your cells. This tingling usually happens in a short period of time after taking your Vitamin powder. You may not experience any of this if you use the external application method.

**Important:** If you purchase Distilled water in a soft plastic bottle and the water tastes like plastic, please boil the Distilled water for about 5 minutes to get rid of any plastic residue from the soft container that it has been stored in. Distilled water is a mild solvent and if not stored in stainless steel, glass, or polycarbonate it will in time absorb what it was stored in.

**\*\*\*\*Very Important:**

Do not buy distilled water if it comes in a soft plastic bottle. It will have BPA in it from the soft bottle it is sold in.

\*\*\*\*\*Solution:

Do a search for BayBay Water on Walmart or Amazon website.

Bay Bay Water - Purified Distilled Water for Babies - 16.9 oz. - Use for Everyday Drinking, Infant Formula, Milk, and Baby Cereal - **BPA Free** - No Fluoride, Phosphate - Prevent Mineral Overload

**BULK MIXING powder into a liquid:**

**50 Gram Container:**

**Mix 50 grams of powder into exactly 14 ounces of DISTILLED WATER.**

**Shake until the vitamins completely disappear.**

**100 Gram Container:**

**Mix 100 grams of vitamin powder into exactly 32 ounces of DISTILLED WATER.**

**Shake until the Vitamin powder completely disappears.**

**500-gram container:**

**Weigh out 100 Grams of Vitamin powder and Mix it with exactly 32 ounces of Distilled Water.**

**If you are using the metric system, check the conversions from ounces to liters.**

**32 ounces = 0.95 liters of distilled water**

**28 ounces = 0.83 liters of distilled water**

**14 ounces = 0.41 liters of distilled water**

## **Important:**

**If you weigh under 130 lbs. you should start with 1 tablespoon of Vitamin powder internally in a juice and with food on your stomach. If taking it internally, it can cause nausea or uncontrollable diarrhea. If that happens just go external with 1 tablespoon of DMSO 70/30 apply close to the area of the Cancer on your skin and massage into your skin. It can take a little time to do this procedure. If you have no issues that have developed, you can increase your Vitamin powder dosage by 1 teaspoon every few days until you get to 2 tablespoons total (6 teaspoons per 2 tablespoons). If you weigh over 130 lbs. you can take 1 tablespoon of Vitamin powder twice per day with a total of 2 tablespoons of Vitamin powder per day**

**mixed in a juice and taken with food. If going external, mix 2 tablespoons of Vitamin powder with 1 tablespoon of DMSO 70/30, apply if you can near the Cancer location and massage into the skin. This can be done throughout the day so long as by the end of the day you have used your complete mixture.**

## **Very Important information:**

**The only risk that I know of is that you must watch your Blood Potassium levels every 2 weeks in the beginning until you see your tests stabilize. Then you can stretch out the time between tests. Just make sure your blood levels stay above 3.8. If your levels go below 3.8 or lower, stop taking the Vitamin powder, take another dosage of Potassium.**

In 22 years, I have never heard of anyone getting more Cancer by taking less Vitamin powder. I have people who reversed their pet's Cancer on less than a teaspoon per day. That is why I believe dosage is dependent on weight.

Just remember Vitamin powder is only one part of the pH Therapy. Vitamin powder and Potassium are the main two items that are the most important when doing pH Therapy. DMSO is a carrier of Vitamin powder thru your skin and by itself is a great anti-inflammatory massaged into the area of Cancer. Reducing inflammation will reduce

the pain caused by inflammation in and around the Cancer. Inflammation in and around the Cancer can be a sign of an immune system response to the Cancer just like your body responds to a broken bone or injury.

With a positive outlook, anything is possible. It will take time – maybe a year, or even longer – but be persistent and keep following through. There will be good days and bad days. Take each day as it comes. Worry and stress can contribute to an acidic environment in your body. Try keeping a journal to help track your progress. A successful outcome can be followed up with a maintenance protocol.

## IMPORTANT INFORMATION

**WARNING:** Vitamin powder maximum limit is 2 Measured Tablespoons per day (1oz.). NEVER use more than 2 Measured Tablespoons (1oz.) per day for any reason. Recommendations for higher serving sizes that may be found in various books and online sources are NOT based on our products.

NOTE: If you decide to test the alkalinity of the Vitamin powder supplement with pH paper, it will test slightly acidic. Do not panic – you are measuring the pH value of the water that the Vitamin powder is in. Vitamin powder still has alkaline properties when it enters the body, such as the "acidic" fruits like tomatoes and oranges that have an alkaline effect on the body. The water must be slightly acidic to hold the Vitamin powder in an ionic solution.

## **METRIC CONVERSIONS:**

- 1 teaspoon = 4.93 milliliters = 1/6 oz. or 5ml
- 1 Tablespoon or 3 measured teaspoons = 14.78 milliliter = 1/2 oz. or 15 ml
- 2 Tablespoons or 6 measured teaspoons = 1oz. or 30 ml

## **PRODUCT INSTRUCTIONS (Basic pH):**

The following is based on the Basic pH Therapy Protocol. If you do not have all these items, to begin with, just start with what you have. You can always add additional needed products later. List of each item recommended at the bottom of the email. proprietary - not intended as the correct serving for other products etc.



There are no conflicts with pH Therapy (Vitamin powder) and any other therapies that we know of including Chemo, Radiation and Surgery.

**Note:** You will also be taking additional nutritional supplements daily. Some can be mixed into the vegetable juice or fruit smoothie mixture. Other supplements are to be taken on an empty stomach, either first thing in the morning or later in the day between meals. Refer to additional supplement serving sizes below.

### **EXTERNAL Skin APPLICATION method: Recap**

Buy a 10 to 20 cc syringe (no needle) and draw the Vitamin powder/dmso into the syringe. You can use the syringe to apply the mix allowing you to apply the mix to the area you are focusing on a little at a time with out the solution running off your body.

**Take 2 tablespoons of your Liquid Vitamin powder and mix with 1 tablespoon of DMSO and apply a very little at a time anywhere on**

## **your body and massage into the skin.**

Drizzle a little at a time anywhere on the body, massage a little and then let air dry. Repeat this process until the mixture is all used up. You can use this throughout the day. Try and get this done before the evening as you will be taking potassium separately in the evening. You can use the mixture over the area of the Cancer. Do not use gloves, use your bare hands. Use a syringe to draw.