REDUCE HIGH VASCULARITY WITH GENESIS WHEATGRASS THERAPY

RECOMMENDED INTAKE

Drink genesis wheatgrass juice in small amounts throughout the course of the day, always on an empty or nearly empty stomach. In general, 60 – 120 mls every day or every other day is sufficient. Slowly sipping small quantities of the juice gives your body an opportunity to get used to its taste and effects. *Taking 30 – 60ml drinks straight or mixed with other juices (Greens only) and sipping slowly will help prevent nausea or stomach upset.*

On a healing regime, we suggest you drink 30 – 60 mls up to three or four times a day with one day of rest periodically. As a general rule, more is not better. 60 mls at any one given time is all any one person will need.

Cancer requires low oxygen and acidity to grow. Genesis Wheatgrass oxygenates and alkalizes the body. Genesis Wheatgrass therapy helps to reduce vascularity

According to "The Journal of Human Biochemistry and Disease":

- cancer needs an acidic environment to reproduce and flourish, while alkaline tissues inhibit cancerous processes.
- normal cells make their energy through the oxygen-dependent process of oxidation phosphorylation, but cancer cells make energy by fermentation phosphorylation, which requires the conditions of low oxygen and acidity to occur.

Wheatgrass is Alkaline

Due to its fibrous nature, which humans cannot digest, wheatgrass must be liquefied before it is consumed. Once consumed, wheatgrass juice has a strong alkalizing effect, which means it reduces acidity within the fluids and tissues of the body. The blood is carefully maintained at an alkaline pH measurement of around 7.35, but many processed foods and beverages are acidic and create imbalances in the body. Wheatgrass restores balance and alkalinity to the blood and cells of the body, which is of particular importance with cancer. According to "Human Biochemistry and Disease," cancer needs an acidic environment to reproduce and flourish, while alkaline tissues inhibit cancerous processes.

Wheatgrass Increases Oxygenation

Wheatgrass is especially rich in chlorophyll, representing 70 percent of its content. Chlorophyll is very similar to the molecular composition of human blood and is able to increase hemoglobin production and build red blood cells. With more red blood cells and hemoglobin in the bloodstream, more oxygen is carried into the cells. Increased oxygenation is not only of benefit to the health and maintenance of normal cells, but it is a deterrent to cancer cells. According to "Human Biochemistry and Disease," normal cells make their energy through the oxygen-dependent process of oxidation phosphorylation, but cancer cells make energy by fermentation phosphorylation, which requires the conditions of low oxygen and acidity to occur.

Wheatgrass Health Benefits
The health benefits of wheatgrass are quite amazing. You may know by now that wheatgrass is a complete source of vitamins, minerals and amino acids. In terms of vitamin and mineral content, it is exceptionally abundant. Wheatgrass has been found to contain eleven times more calcium than found in cow's milk, five times more iron than in spinach, seven times more vitamin C in oranges, four times more vitamin B1 than in whole wheat, and is one of the most abundant sources of vitamin B12.

Other Wheatgrass Benefits
Many wheat grass benefits stem from the fact that it is rich in chlorophyll. Chlorophyll has been proven to have cleansing effect on the blood, which means that it can help your body rid of harmful toxins. Chlorophyll also increases the production of hemoglobin in the blood and helps strengthen the immune system. In addition, wheatgrass is rich in antioxidants in the form of vitamins B, C and E and beta carotene which all help release the free radicals in the body.

Wheatgrass and Cancer
Another claimed benefit of wheatgrass is its anti-cancer ability, specifically due to selenium and laetrile which are anti-cancer compounds found abundantly in wheatgrass. It is believed that cancer cells like acidic atmosphere, and wheatgrass helps alkalize the body. With wheatgrass, the body becomes unidyllic for cancer cells to continue thriving.

Why Wheatgrass Should be Part of Your Diet
Wheatgrass is commonly taken in as juice form. Most wheatgrass powder available in health stores are naturally formulated with flavor great enough to make it a delightable juice drink. The benefits of drinking wheatgrass are not only due to its high nutritional content. Wheatgrass is also a complete source of protein and amino acids, making it essential for cell regeneration and growth. Many bodybuilders and gym goers usually include a glass of wheatgrass juice at least once in their daily diet to promote their much desired muscle growth.

How to Take Wheatgrass
You can easily incorporate wheatgrass into your diet. Note that the uses for wheatgrass powder is not only limited to drinking it in juice form. Many people use the powder form as an additional ingredient for cooking a variety of hot and cold dishes. Moreover, many people find dietary supplementation with wheatgrass to be most convenient. So, if you do not like the taste of wheatgrass juice but would like to have a share of wheatgrass benefits, you have other options to choose from.

Wheatgrass Side Effects
Intake of wheatgrass in normal amounts usually does not lead to any unpleasant side effects. However, mega doses of the wheatgrass have been found to results to some side effects which may include headache, nausea, discoloration of teeth and hives. Many reported wheatgrass side effects have been linked to contamination of soil constituents. Needless to say, the many wheatgrass benefits far outweigh all.

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Eight Principles of Natural Cancer Prevention and Therapy Using Supplementation

- ☐ CHINESE LUNG SUPPORT
- ☐ CORDYCEPS
- ☐ LIQUID CHLOROPHYLL
- ☐ pH GREEN ZONE
- ☐ FOOD ENZYMES
- ☐ PDA
- ☐ TRIGGER IMMUNE
- ☐ IMMUNE STIMULATOR
- ☐ UNA DE GATO COMBINATION
- ☐ CC-A

NOTES:

Based on the understanding of cancer, here are seven things one can do to reduce one's risk of cancer and/or assist the body in overcoming cancer. Although we've suggested possible herbs and supplements one can use with each principle, we again strongly encourage you to seek professional assistance in designing your program.

Principle Number One: Increase Oxygen Levels

Cancer cells are anaerobic, which means they live and thrive in a low oxygen environment. They are able to get their energy by metabolizing nutrients, notably sugars and carbohydrates, without oxygen, in a fermentative process. Cancer cells cannot survive in a high oxygen environment, so keeping the body well oxygenated inhibits cancer. Do this by getting plenty of fresh air and exercise. Breathe deeply. If you smoke, quit.

There are several supplements that can enhance oxygenation in the body. For starters, **Chinese Lung Support** helps with oxygen delivery and uptake and is very useful for anyone with respiratory weakness. Another Chinese remedy that strengthens the lungs and enhances oxygen transport is **Cordyceps.** Cordyceps also helps the immune system.

Liquid chlorophyll is another great way to enhance oxygen transport. It prevents clumping of red blood cells and helps red blood cells carry more oxygen to the tissues. Research has shown that it can reduce the risk of cancer.

Principle Number Two: Balance pH

In order to have optimal health, the body must maintain a proper internal pH. Cancer cells prefer an acid pH environment. Their fermentative metabolism also releases large amounts of lactic acid that inhibit transportation of oxygen to neighboring cells. This spreads the environment for cancer. A build-up of acid waste also inhibits toxins from being released by cells.

The best way to counteract this acidic environment is to eat large quantities of fresh, preferably-organic, fruits and vegetables everyday. This is well-recognized as one of the best ways of decreasing your risk of cancer, but unfortunately, its benefit in helping people recover from cancer is often ignored. Fresh fruits and vegetables not only help alkalize the body, they also strengthen immunity, aid detoxification and provide antioxidants.

Besides eating fresh fruits and vegetables, there are several other supplements that can help alkalize the body. The first is **pH Green Zone**, a whole food supplement that alkalizes the environment, aids in detoxification and builds the immune system to help it recognize and destroy cancer cells.

Digestive enzymes are very important to helping balance pH. **Food Enzymes** and **PDA** are good choices for people with cancer. A lack of hydrochloric acid (an ingredient found in both Food Enzymes and PDA) leads to excess lactic acid in the body, which sets the stage for cancer. They are taken with meals to help the body metabolize food correctly so as to avoid a build-up of acid waste and toxins. They are also taken between meals to help rid the body of excess proteins that may be causing acid in the blood.

Principle Number Three: Strengthen the Immune System

The body normally and regularly produces cancer cells due to free radical damage, environmental factors or other causes. A healthy immune system recognizes and destroys these defective cells. When the immune system is unable to recognize these deviant cells or is too weak to destroy them, the disease we call cancer develops.

There are many reasons why the immune system becomes weakened. Poor nutritional intake is a major factor. The loss of destruction of friendly bacteria in the intestinal tract is another. Excessive sugar consumption supplies cancer cells with the energy they need to proliferate quickly, while contributing to chronic inflammation that distresses the immune system.

Improving nutritional intake, especially eating those 7-9 servings of fruits and vegetables daily, will help the immune system, as will eliminating chemically-laden processed foods. Reducing intake of sugar, white flour and other simple carbohydrates will also help.

Supplements that can help to rebuild a weakened immune system include the Chinese formula, **Trigger Immune.** This formula enhances vital energy and immune function, increasing white blood cell production and platelet count. It is very helpful in recovering from chemotherapy and can also be taken during chemotherapy to strengthen the system to resist toxic effects from chemo.

Immune Stimulator is another supplement that can boost the immune system to fight cancer. It not only enhances natural killer cells (lymphocytes), which kill cancer cells, it also increases T-cell production and antibody production. An important benefit of Immune Stimulator is its ability to enhance cellular communication, which helps the immune system identify and target cells it needs to destroy.

Una de Gato Combination is another herbal formula that strengthens a weakened immune system. The principle ingredient, Una de Gato, has been used in South America for cancer treatment and contains compounds that inhibit tumor growth in animals.

You can also use the encapsulated **CC-A** formula for adults or children old enough to swallow capsules. Take 2-4 capsules every hour, again with plenty of warm or room temperature water.

Again, don't eat any solid food while you are doing this. If you get hungry, limit your food intake to fresh fruit or vegetable juices or clear soups (broths). These help flush the system.

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☐ GARLIC OIL

☐ HIGH POTENCY GARLIC

☐ NUTRI-CALM

☐ ADRENAL SUPPORT

☐ CHINESE STRESS RELIEF

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Principle Number Four: Cleanse

Just activating the "wei qi" or defensive energy of the body is enough to speed recovery. However, we can also do other things to support the body's efforts to flush what is irritating it.

Clear the Colon

For starters, clearing the colon will often break a fever and dramatically reduce congestion within minutes. The fastest way to do this is with an enema. However, if you're not brave enough to take an enema, there are other ways.

Try taking digestive enzymes along with your herbal activator. For example, take 2 **Proactazyme Plus** or 1-2 **Food Enzymes** every hour with plenty of water. This will break down material in the intestines and will usually clear the colon within 2-6 hours. Drinking freshly made apple juice or prune juice will also help.

If there is a fever, then bitter herbs will help to more rapidly clear the digestive tract and cool the system down. **Goldenseal/Echinacea** or **Oregon Grape** are good choices here. Again, the key is small, frequently repeated doses. Use ¼ to ½ teaspoon per hour.

LB Extract combined with **lobelia** can also be used to clear the colon and reduce the fever. Use ¼ teaspoon of LB Extract with 5-10 drops of lobelia every 30-60 minutes until the bowels evacuate.

Principle Number Five: Break a Sweat

Perhaps you've heard of the idea of sweating out a cold. Well, it really works. Native Americans used a sweat lodge to do this therapy, but you can also use a sauna if available to you. Since most of us don't have our own sauna or sweat lodge, here's how to do a "sweat bath" at home.

Brew up some HCP-X tea or some tea made with **Yarrow** and **Chamomile** (2 capsules each per cup of water). You're going to drink this while you're sitting in a hot bath. If you just can't stand the tea, then as an alternative, you can take 2-3 capsules of yarrow of 2capsules of **HCP-X** and sip warm water while in the bath. (It is very important that the tea or the water is warm, not cold).

Now, draw a bath as hot as you can comfortably tolerate. Optionally, you can add a few drops of your favorite essential oils, or 10 opened capsules of ginger, to the bath. Sit in the bath and drink the warm liquids for about 15-20 minutes.

Get out of the bath, dry off, go to bed and pile on the blankets. Continue to drink plenty of liquids until you start perspiring. It's amazing how quickly this can break up colds, flue and many other acute ailments.

Principle Number Six: Flush the Kidneys and Lymphatics

You notice that we keep stressing – drink lots of water. The old adage, "rest and drink plenty of fluids," is good advice because water is absolutely necessary for all eliminative channels. It lubricates the colon, helps the sweat glands, waters down mucus in the respiratory passages and, of course, is needed for kidney function.

Often when you're sick you'll notice swollen tissues, such as swollen lymph nodes in your neck or chest. You can reduce this swelling and lymphatic congestion by mixing 1 teaspoon **Kidney Drainage Formula** and 1 teaspoon **Lymphatic Drainage Formula** into a quart of water and sipping the water frequently. This is particularly important when a person has a sore throat or earache.

Principle Number Seven: Clear the Congestion

When you're coughing or sneezing, your body is trying to expel irritating substances from the sinuses and lungs. Trying to dry up the sinuses or suppress the cough is counter productive. What you want is a remedy that will break up mucus and then help the body expel it. These remedies are called decongestants and expectorants.

Hands down, **ALJ** is one of the most effective herbal decongestants and expectorants we know. This valuable blend is available in capsules, liquid and tablets, and can be used by persons of all ages from kids to the elderly. Take 2-4 capsules or ½ teaspoon every two hours along with plenty of water and your herbal activator when you're congested.

When taking ALJ, don't expect it to dry up your runny nose or suppress your cough. That isn't what it's going to do. One the contrary, you may cough or sneeze a little more at first, but this is just the body clearing out what's bothering it. As soon as it has expelled the irritants, you'll feel a lot better.

When there's an infection in the lungs, combine ALJ with garlic. For kids, poke a hole in a **Garlic Oil** gelcap and give the oil to them orally. You can also dilute it with a little massage oil and rub it on their chest. For adults, take one tablet of **High Potency Garlic** every four hours. If you can tolerate it, eat 1-2 cloves of raw garlic every two hours. Combined with ALJ, garlic is really effective at eliminating congestion in the lungs.

Principle Number Eight: Increase Joy and Pleasure

One German study shows a commonality that all cancer patients experienced a trauma and unresolved psychological issue shortly before the cancer developed. Stress is a big component of cancer because psychological stress creates physical stress that dramatically reduces immune function.

Reducing stress should be a stress-less task. That's why the goal here is not to reduce stress, but rather to deliberately seek out joy and pleasure. A pleasurable, happy experience has a more positive effect on the immune system and healing, than the stressful effects of an experience.

You can also reduce stress by taking products like **Nutri-Calm**, which replenishes the nervous system and adrenals. **Adrenal Support** will build stamina and promote healing, as well as giving the body more ability to cope with stress. **Chinese Stress Relief** is another option that can improve the body's ability to relax, counteracting stress. *Seek out professional assistance in designing the holistic program that's right for you.*