

**HOW MUCH DO I TAKE? NATURAL RECOVERY BEFORE, DURING AND AFTER RADIATION TREATMENTS OR TESTS**

WHAT	HOW MUCH	HOW	WHEN	HOW LONG	NOTES
APPLE PECTIN	1 TABLESPOON DAILY, MORE IF DESIRED	MIX IN SMALL AMOUNT OF APPLE CIDER OR CRANSBERRY JUICE, FILL GLASS WITH WATER	MID-MORNING OR MID-AFTERNOON	1 WEEK BEFORE, DURING, THEN 6 MONTHS AFTER	GOOD SOURCE: <a href="http://www.herbsfirst.com">HTTP://WWW.HERBSFIRST.COM</a>
APPLE CIDER VINEGAR	1 TABLESPOON DAILY	MIX WITH A GLASS OF WATER WITH A FRESH SQUEEZED LEMON. TART? YES. FEELS GOOD!	MID-AFTERNOON	DURING AND AFTER; INDEFINATELY	GOOD BRAND: BRAGGS ORGANIC APPLE CIDER VINEGAR "WITH THE MOTHER" OR YOUR LOCAL MILL
BENTONITE CLAY (CALCIUM FORM, NOT SODIUM FORM)	1 TABLESPOON DAILY	MIX CLAY IN A SMALL SCALDED JAR WITH 1 CUP BOILING WATER; ALLOW TO COMPLETELY SOAK UNTIL SMOOTH AND THICK, ABOUT HALF AN HOUR. DRINK DOWN FOLLOWED BY A GLASS OF WATER. YOU MAY INCREASE THIS DOSE TO 2 OR 3 TIMES DAILY RIGHT AFTER RADIATION TREATMENTS TO DECREASE NAUSEA, FOLLOWED BY PROBIOTICS AND ENZYMES JUST BEFORE EACH MEAL TO KEEP YOU REGULAR.	SUGGEST MID AFTERNOON, AT LEAST 2 HOURS BEFORE DINNER	1 WEEK BEFORE, DURING, THEN 6 MONTHS AFTER	THE CALCIUM BENTONITE (NOT SODIUM BENTONITE) CLAY IS THE BEST TYPE AS IT IS ALSO HIGHLY ALKALINE.
CHLORELLA TABLETS OR POWDER	10 TINY TABLETS OR 1 TEASPOON, 2X A DAY (2000 MG 2X A DAY)	TAKE TABLETS WITH FULL GLASS OF WATER ON EMPTY STOMACH OR POWDER IN SMALL AMOUNT OF JUICE MIXED WITH FULL GLASS OF WATER. NOTE SOME PEOPLE NEED TO START AT 1/4 DOSE AND WORK UP TO FULL DOSE OVER 1 WEEK.	MORNING, EVENING, 10 HOURS APART, EMPTY STOMACH; 15 MINUTES BEFORE MEALS	1 WEEK BEFORE, DURING, THEN 6 MONTHS AFTER	GOOD SOURCE: <a href="http://www.vitacost.com">WWW.VITACOST.COM</a>
ENZYMES	3000 IUs DAILY	CAPSULE, WITH WATER	JUST BEFORE MEALS	AS LONG AS YOU HAVE CANCER	GOOD SOURCE: <a href="http://www.essence-of-life.com">WWW.ESSENCE-OF-LIFE.COM</a>
MILK THISTLE	1000 TO 2000 IUs DAILY	CAPSULES, WITH WATER; BREAK UP THE DOSE	JUST BEFORE MEALS	AS LONG AS YOU HAVE CANCER	GOOD SOURCE: <a href="http://www.vitacost.com">WWW.VITACOST.COM</a>
POTASSIUM IODINE + SEAWEED	1000 TO 5000 IUs DAILY	CAPSULES, WITH WATER; BREAK UP THE DOSE	DURING OR AFTER MEALS	1 WEEK BEFORE, 6 MONTHS AFTER	THIS IS A SPECIALITY PRODUCT BUY FROM <a href="http://www.seagreensonline.com">HTTP://WWW.SEAGREENSONLINE.COM</a>
PROBIOTICS	2 CAPSULES OR 1/2 TEASPOON	CAPSULE, WITH WATER	JUST BEFORE MEALS	AS LONG AS YOU HAVE CANCER	CHOOSE A BRAND WITH MULTIPLE STRAINS AND A HIGH NUMBER OF CELLS.
HAWAIIAN SPIRULINA POWDER	1 TABLESPOON DAILY	MIXED IN JUICE OR GREEN SMOOTHIE	MORNING	1 WEEK BEFORE, 6 MONTHS AFTER	
GARLIC	10 CLOVES DAILY	CHOPPED IN SALAD DRESSING, SAUTEED WITH GREENS, ROASTED WHOLE, SQUEEZED ON VEGETABLES OR POTATO, ADDED TO COOKING. DRINK JUICE OF 1 LEMON IN WATER DAILY FOR ODOR.	SPREAD CONSUMPTION OVER LUNCH AND DINNER	1 WEEK BEFORE, DURING, THEN 6 MONTHS AFTER	GARLIC CLEANS MURCURY FROM THE BODY IN ADDITION TO HELPING RADIATION DETOX
EPSOM SALT BATH	2 CUPS IN THE BATH, DAILY	DRAW A BATH, POUR IT IN! SOAK FOR HALF AN HOUR; ADD HALF A CUP OF OLIVE OIL FOR SOFTER SKIN.	BEST BEFORE BED	6 WEEKS OR MORE AFTER RADIATION TREATMENTS; INDEFINATELY IS HELTHFUL	THIS OLD FASHIONED REMEDY HELPS DRAW OUT TOXINS AND ALSO IMPROVES ELECTROLYTE BALANCE.

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