

Suggested times for Taking Nutrients and Eating

Package 1 bottles are intended to last a maximum of 30 days for most people. If you need more nutrients you can get replacement bottles as needed.

Overview

Start Your Day: The time you get up and go to sleep are unimportant. Take all of your Easy Digest and Full Strength to the highest dosage you can tolerate, consume Formula 103X after meal.

First dosage of Anticancer Phytochemo Agents & Detox Enzymes.

8 a.m. *Eat Breakfast*

- Easy Digest Formula: Take 1 capsule (First Day only)*
- Full Strength Formula: Take 1 capsule (Full Strength is not taken until you are in your 3rd day, 6 to 1 ratio)*

9:30 a.m. *After meal,*

- 103X: Take 2 capsules**

Second dosage of Anticancer Phytochemo Agents & Detox Enzymes.

12 Noon. *Eat Lunch*

- Easy Digest Formula: Take 2 capsules (First Day only)*
- Full Strength Formula: Take 1 capsule (Full Strength is not taken until you are in your 3rd day, 6 to 1 ratio)*

1:30 p.m. *After meal*

- 103X: Take 2 capsules**

Third dosage of Anticancer Phytochemo Agents & Detox Enzymes.

5 p.m. *Eat Supper*

- Easy Digest Formula: take 3 capsules (First Day only)*
- Full Strength Formula: Take 1 capsule (Full Strength is not taken until you are in your 3rd day, 6 to 1 ratio)*

6:30.p.m. *After meal,*

- 103X: Take 2 capsules **

Congratulations, you have completed the first day! You are one day closer to becoming cancer free.

You should see positive results within 2-3 months **after saturation**- your cancer has stabilized or reduced in size. If you DO NOT see positive results in 2-3 months **after saturation**, you need to take a more aggressive approach to your cancer.

***Apoptosis Easy Digest And Full Strength**

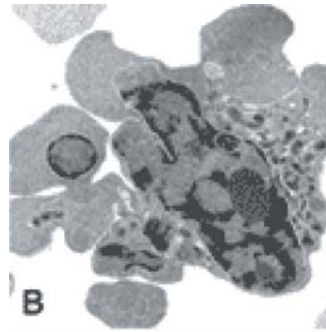
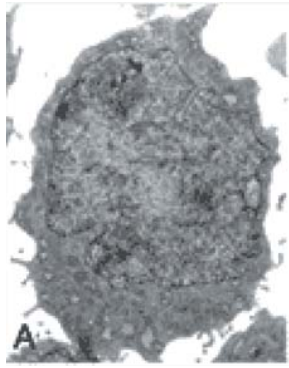
TumorX Formula Apoptosis Easy Digest (**Easy Digest**) and TumorX Apoptosis Full Strength (**Full Strength**):

Historic and emerging research demonstrates that Easy Digest and Full Strength are dose dependant. The more product a person consumes, the more effective it is at ridding the body of cancer.

When taken properly- *in a non toxic body*- these formulas can be consumed in dosages of 5000 to 7000mg per 24 hours with **no negative side effects**. Easy Digest and Full Strength taken internally should always be taken with food.

Detoxifying with coffee enemas or green tea enemas can be helpful. As the cancer dies through apoptosis there will be billions of dead cancer cells in the area that was previously cancerous. This will in time create a toxic reaction and over-work the organs.

Consuming enzymes found in package 1 will rid the body of the dead cancer cells by turning them into energy and feeding the body. The waste that the body will not be able to recycle will go through the natural process of elimination.



A: Cancer cell before treatment

B: Cancer cell after only two hours of Apoptosis

EASY DIGEST & FULL STRENGTH CAPSULES

Easy Digest and Full Strength should be consumed with food. Because Easy Digest and Full Strength are buffered by the food, both should be taken in the middle of the meal.

Recommended foods to consume Easy Digest and Full Strength with:

- Meals that contain at least 4-6 oz. of animal protein, (Organic fish, chicken, beef, etc.).
- Fried or broiled meals with fried foods, (Fry using coconut oil.).
- Drink whole milk or buttermilk (Drinks that contain oils will help to calm the stomach.).

Foods to Eat

An example of a heavy breakfast is steak, eggs and toast. **Most People cannot take Full Strength** capsules with a light meal. An example of a *light breakfast* is fruit or fruit juice with the absence of a heavy complex carbohydrate like oatmeal (complex carbohydrate) or milk (fat). One should also keep in mind that all carbohydrates are converted into sugar inside the human body. The fact is cancer and the brain feed on glucose, e.g., sugar, and the cancer gets fed first- no exceptions. I would suggest a diet of 80% raw and 20% cooked- focusing on greens, proteins and oils with limited carbohydrates.

If you experience nausea, eat more food, drink whole milk or buttermilk, or consume 2 tablespoons of coconut oil. In the majority of cases, this eliminates the nausea. *Keep in mind that these are only suggestions. The active compound in Easy Digest and Full Strength is classified as an emetic, which means it can make you vomit. This action will only happen when the herb is in the stomach- once in the intestinal track, this action will no longer take place.*

PART A

- Follow dosing instructions found on page one of this document.
- **Special Instructions:** Using coffee or green tea enemas will help keep your body detoxified.
- First meal: Take 1 capsule Easy Digest.
- Second meal: If no nausea occurred after first dosage, increase to 2 capsules of Easy Digest.
- Third meal: Take 3 capsules of Easy Digest (if no nausea occurred after second dosage).
- At each subsequent meal, increase by 1 capsule of Easy Digest until nausea occurs or until you can consume 6 capsules of Easy Digest.

PART B

- Add 1 capsule of Full Strength to the 6 Easy Digest capsules with the next meal; (Consume 6 Easy Digest plus 1 Full Strength)
- Increase by 1 capsule of Easy Digest **per meal** until you are consuming up to 12 or more Easy Digest capsules. (Remember to keep Easy Digest and Full Strength to a 6/1 ratio.)
- Next meal add 1 capsule Full Strength to regimen; take 13 capsules Easy Digest and 2 capsules Full Strength.

Continue adding 1 capsule of Full Strength to every 6 capsules of Easy Digest until nausea occurs, example 6 & 1, 12 & 2, 18 & 3 and so on until nausea occurs. The reason for allowing nausea to occur is to find your personal therapeutic dosage.

FIRST TIME NAUSEA: Once you experience any symptoms of nausea/general feeling of discomfort “blah,” lower dosage by the last capsule you increased. If nausea occurred while increasing Full Strength, decrease one Full Strength and consider increasing dosage of Easy Digest the next time you should consume the product. This will increase the anti-cancer effects of the protocol and should mitigate the side effects of nausea.

Healing Crisis

If you have a general feeling of discomfort “blah” for more than 36 hours, discontinue use of Easy Digest & Full Strength. However, continue taking Formula 103X. You should discontinue use of Easy Digest and Full Strength, for at least seven days while continuing to take the other portions of package 1. To enhance your detoxification, use coffee or green tea enemas.

Note: Detoxify your body of dead cancer cells, carcinogenic compounds, and unwanted toxins stored up in cancer cells. This will clean your blood and help to detoxify and nourish your body.

Returning Back to the Protocol

At the end of seven days, *assuming you feel good*, begin taking TumorX Apoptosis Formulas Easy Digest and Full Strength at half the dosage you were previously taking before any issues (healing crisis) occurred. This is a small test, seeing if you are detoxified. If you are not detoxified, the feeling of “blah” or nausea will come back. If this occurs, discontinue the use of Easy Digest and Full Strength for at least 7 more days. At the end of that 7 day rest period you need to check to see if you are still toxic, if you are, discontinue the use of Easy Digest and Full Strength. The issue of toxicity needs to be addressed before you continue using Easy Digest and Full Strength.

Aggressive Detoxification

Use Tumorx L-Glutathione:

1. Protects healthy cells
2. Detoxifies cells
3. Removes carcinogenic compounds from the cells
4. **Kills cancer cells**

15 capsules per 24 hours is the therapeutic dosage.

The reason behind your need to stop the TumorX Formula Apoptosis Protocol was due to one of the following:

- 1) Healing Crisis: If it was a healing crisis, then discontinue the use of TumorX Apoptosis Formulas while at the same time consuming TumorX Formula 103X- this problem should be arrested.
- 2) Nutritional Deficiencies: If you are dealing with a nutritional deficiency, you will need to correct this in order for the body to heal itself.

Special Note: When you are using the TumorX Apoptosis Formulas, you should adjust the dosage to your daily eating habits. The heavier the meal you eat, the more likely you will be able to consume more of the product- thus you will be able to kill more cancer cells per day. However, the lighter the meal you eat, the less likely you will be able to consume much product and you will NOT be able to kill as many cancer cells per day. *The food you eat helps to buffer the nausea side effects of the herb.* **So, eat heavy meals and focus on killing your cancer; not on the possibility of gaining a few pounds.**

Keep in mind that the more you consume in 24 hours, the better the protocol will work. The goal of this protocol and all of the TumorX Protocols is to kill as many cancer cells in a day as is possible.

A simple analogy would be this: If the body is producing 2 million cancer cells a day and you kill 5 million a day you will live to a ripe old age. On the other hand, if the body is producing 5 million and you are killing 2 million cancer cells this protocol will only extend your life. ***One needs to do all they can do every day to kill as many cancer cells as possible.***

**** TumorX Enzyme Therapy**

Consuming Formula 103X & Formula 303X to saturation is the key to Tumorx Enzyme Therapy. Saturation is accomplished by increasing the enzymes by a 1 to 2 ratio every four days.

Note of Caution

In my experience with thousands of protocols used, I have heard of the discomfort/ extreme discomfort a person experiences when not following the protocol and instead *does it their way*. This is not a good idea. Following our instructions will increase your success rate, and at the end of the day, that is the goal.

Testing

Depending upon your type of cancer, you can use imaging, thermography, Dr. Navarro Cancer test, or the AMAS cancer test to see if, in fact, you are winning your battle with cancer.

Do not waste precious time and resources on hopes dreams and wishes. You need to take a proactive approach to your cancer.

If the cancer has stopped growing within the first two months, I would consider that a win! Because that indicates that *something* stopped the cancer from growing. Stay proactive. You did not get your cancer overnight, and you will not get rid of your cancer overnight. Follow the directions set forth and test your body to see the regression. This type of encouragement is very important in helping you stay aggressive with your approach.

Dr. Navarro

AMAS