

Suggested times for Taking Nutrients and Eating

Package 4 is intended to last a maximum of 30 days for most people. If you need more nutrients you can get replacement bottles as needed to get your desired results.

Overview

Start Your Day: The time you get up and go to sleep are unimportant. You can adjust the dosage times as needed. Take Formula CX every day, 14 capsules per day.

First dosage of Formula CX Anti-Starvation/Cachexia Protocol

7 a.m.

- Formula CX: Take 3 capsules

8 a.m. *Eat Breakfast*

- Formula CX: Take 2 capsules

Second dosage of Formula CX Anti-Starvation/Cachexia Protocol

11 a.m.

- Formula CX: Take 3 capsules

12 Noon Eat Lunch

- Formula CX: Take 2 capsules

Third dosage of Formula CX Anti-Starvation/Cachexia Protocol

4 p.m

- Formula CX: Take 2 capsules

5 p.m. Eat Supper

- Formula CX: Take 2 capsules

Congratulations you have completed the first day!

Foods to Eat

People who suffer from metabolic impairment need to consume about 6,000 healthy calories per day. If you gain too much weight you can always lower your caloric intake.

Most people who use natural products already understand that eating organic is the best for their health. Eating low or non processed foods are the best. Also, changing ones salt from pure sodium chloride to a natural form of salt with all the minerals, like the brand RealSalt,[®] will help correct minor mineral deficiencies in the body.

The general rule of thumb to follow is simply to eat 80% raw and 20% cooked. The 20% cooked guideline is the maximum not the minimum guideline, consuming raw organs is important to get all the vitamins and minerals into the body. As one cooks foods the vitamins are lowered / destroyed.

Note of Caution

The patient needs to eat foods that they like, not what their caregiver likes or dislikes. If the patient who is trying to reverse wasting disease does not like the food they are given to eat, then they are not going to eat the food. They simply will not eat the food and the protocol will *not* work.

I have seen people on overly restrictive diets; patients have reported they would rather die than eat the foods that were being forced down their throats. We suggest a big picture approach... "If the person who is using Formula CX thinks about a particular food and their mouth waters, then give them or make the food." Life is about quality so let's begin there.

Lack of Hunger

Please be aware that cachexic individuals will **not** have a feeling of hunger, however they *must* eat high quality nutrients and consume Formula CX in order to reverse this disease.

Grand Overview

If you do not like the foods suggested, eat a different food, but you must eat. Formula CX will reverse wasting disease only if you eat your food. The Enzymes will digest any food you eat. ATP will convert lactic acid- the metabolic waste of the anaerobic cells- into energy, thus feeding the body. Formula CX is not a complete perfect food, it is the metabolic energy the body needs to do countless chemical reactions inside the human body.

I would also suggest that when starting out one might need to use green smoothies:

- 12 ounces of 100% Pineapple Juice
- 15-30 grams of BioAnue Spirulina
- 1 or 2 unpeeled pears or peaches
- 2 peeled frozen bananas

One should consume nutrients every hour.

Spirulina is 40 to 60 percent protein, but one should also consume raw organs at least once per day.

Eat Food Fruits rich in: selenium, folic acid, vitamin B-12, vitamin B-17, vitamin D, chlorophyll, and antioxidants such as the carotenoids (α -carotene, β -carotene, lycopene, lutein, cryptoxanthin), and Vitamin C. The fact is that eating raw foods will allow the natural vitamins found in the foods to be consumed.

Foods one should eat

Greens:

Spirulina- chlorophyll
Wheatgrass- chlorophyll
Broccoli sprouts-chlorophyll

Vegetables:

Carrots - α -carotene, β -carotene
Kale or borecole-Lutein
Sweet Peppers- Vitamin C

Fruit:

Tomato -Lycopene
Paprika- Cryptoxanthin

Bovine:

Beef Liver-Vitamin B-12

Fish:

Mollusks-Vitamin B-12
Cod Liver oil - Vitamin D

Fowl:

Eat nutritiously diverse foods filled with flavors, colors and aroma. All of these attributes bring nutrition to the table.

Organ meats: The fact is that organ meat contains more energy and nutrients ounce per ounce than any other meat. Do not limit yourself to the items listed on this very short list of foods, but rather keep the principles in mind.

Find out more about the foods you enjoy eating! Quality of life is about Quality.

Following is a web site that will give you the nutritional breakdown of the foods you enjoy so you can see if there are any anticancer properties in these foods, and you can choose foods to suit your nutritional needs:

NutritionData.com