

Suggested times for Taking Nutrients and Eating

Package 5 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. You can adjust the dosage times as needed.

Take all of your enzymes every day. Remember, the key to the TumorX Enzyme Therapy is saturation.

BioEnerGenic Q10, 2 capsules or 500mg per day; ATP Pure Energy, 12 capsules or 4,200mg per day; L-Glutathione 15 capsules or 5,250 per day.

First dosage of Anticancer Enzymes & Immune Stimulants is complete.

7 a.m.

- 303X: Take 6 capsules**

8 a.m. *Eat Breakfast*

- 403X: Take 2 capsules
- ATP Pure Energy Formula: Take 4 capsules
- L-Glutathione: Take 3 capsules
- BioEnerGenic Q10: Take 1 capsule

9:30 a.m. *After meal*, 103X: Take 3 capsules**

Second dosage of Anticancer Enzymes & Immune Stimulants is complete.

11 a.m.

- 303X: Take 6 capsules**
- L-Glutathione: Take 3 capsules

12 Noon *Eat Lunch*

- 403X: Take 2 capsules
- ATP Formula: Take 4 capsules
- L-Glutathione: Take 3 capsules
- CoQ10: Take 1 capsule

1:30 p.m. *After meal*

- 103X: Take 3 capsules**

Third dosage of Anticancer Enzymes & Immune Stimulants is complete.

4 p.m.

- 303X: Take 6 capsules**
- L-Glutathione: Take 3 capsules

5 p.m. *Eat Supper*

- 403X: Take 2 capsules
- ATP Formula: Take 4 capsules
- L-Glutathione: Take 3 capsules

6:30 p.m. *After meal*, 103X: Take 3 capsules **

Fourth dosage of Anticancer Enzymes & Immune Stimulants is complete.

8:30 p.m. 1 hour before bed **

- 303X: Take 6 capsules

9:30 p.m. Just before bed time

- 103X: Take 3 capsules **

Note: If you cannot take your last serving of enzymes before bed time, take the 303X just before bed, and then during the night when you get up to use the bathroom take your last serving of 103X.

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.

Foods to Eat

Most people who have cancer 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.

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. The minerals found in raw food will not be lost as it would in steaming and boiling.

Foods one should eat

Greens:

spiralina-chlorophyll
Wheetgrass-chlorophyll
broccoli sprouts-chlorophyll

Vegetable:

Carrot - 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:

Goose liver-Folic Acid
Duck Liver-Folic Acid

Eggs, Cottage Cheese

Nuts:

Brazilnuts- Selenium
Bitter almond- Vitamin B17

Carbohydrates

Eat whole grains unprocessed.

Oils:

Flax seed Oil- (14 g)- Calories: 124- Total fat:
14g- Omega-3: 8g- Omega-6: 2g- Omega-9: 3g
Coconut Oil
Olive Oil

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 eat.). 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: <http://www.nutritiondata.com/>

**** 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.

Increasing Enzymes: How to Optimize Your Time

If you feel you are close to saturation only increase the enzymes by 1 and 2 capsules.

If you are following the protocol and feel you are far from saturation, increase by 5 and 10 capsules.

The faster you reach saturation the sooner you will become cancer free. Saturation is truly the key to the TumorX Enzyme Therapy.

Adjusting Enzymes: The 4-Day Wait

Waiting four days between enzyme adjustment is needed. TumorX Pancreatic Enzymes will stay active inside the human body up to four days. Thus increasing the dosage before the fourth day will hinder you in knowing when you reached saturation.

Saturation Symptoms

How will you know you have reached saturation? The classic symptom of saturation is an itching-burning sensation around the anus. Once you experience this sensation you need to clean around the anus with vinegar. Depending upon the quantity of enzymes and how long you waited before using the vinegar will depend upon your sensation. Keep in mind that the body is covered with dead skin cells- this is our protective layer. TumorX Enzymes will digest the dead skin tissue around your anus just as it would digest the cancer inside your body.

Neutralizing with Vinegar

Vinegar has a pH that will neutralize the enzymes upon contact. You can use expensive or inexpensive vinegar- the pH is the only thing that matters. Once you wipe around the anus with vinegar do not wash it off with water. As long as the vinegar is present it will neutralize the enzymes upon contact.

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.

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 extend your life. ***One needs to do all they can do every day to kill as many cancer cells as possible.***

Dr. Navarro

AMAS