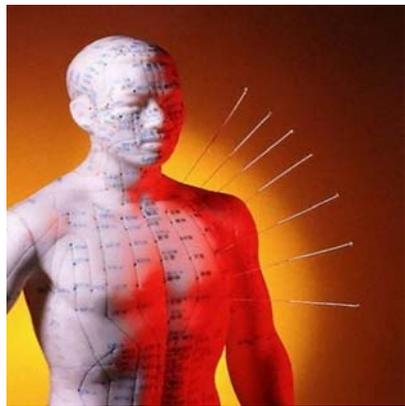


HOAF NUTRITION PROGRAM TO RECOVER THE IMMUNE SYSTEM



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INTRODUCTION

considering that the program is alternative and complementary to existing protocols with chemotherapy and radiation; it is relevant that is adjuvant. This protocol includes the use of herbs and food nutrition for easy digestion, which necessarily have to be frequently in the ingestion of food nutrition and the ingestion of herbs. Foods to be eaten with fresh fruit and / or cooked, fresh fruit juices and vegetables, fresh leaves and leaves too cooked, salads, special soup hipocrates, potatoes, oats, free salt bread (rye bread) one to two slices a day, and much like the Herbals; the herb (Soursop) have been widely investigated and science-based research results being the most common and more finding that drives cellular level and regenerates apoptosis (last part of the cell cycle) which is generally absent in cases of cancer.

GRAVIOLA

Herbal Properties and Actions

Main Actions

- kills cancer cells
- slows tumor growth
- kills bacteria
- kills parasites
- reduces blood pressure
- lowers heart rate
- dilates blood vessels
- sedates

Other Actions

- relieves depression
- reduces spasms
- kills viruses
- reduces fever
- expels worms
- stimulates digestion
- stops convulsions

Standard Dosage

Leaves

Infusion: 1 cup 3 times daily

Tincture: 2-4 ml 3 times daily

Capsules: 2 g 3 times daily

Family: Annonaceae

Genus: *Annona*

Species: *muricata*

Common Names: Graviola, soursop, guanábana, guanábano, guanavana, guanaba, corossol épineux, huanaba, toge-banreisi, durian benggala, nangka blanda, cachiman épineux

Parts Used: Leaves, fruit, seeds, bark, roots

Digestion and food nutrition

How to prepare vegetables

Vegetables should be cooked and should be soft, easy to dilute, swallowing, and especially for easy digestion digestive system help to acquire a good amount of nutrition. It is never advisable trendy gourmet cook using the "al dente" because they assume that the enzymes must be intact, that is not correct because all die Enzymes 140 Fahrenheit. The enzymes necessary for the body are widely PROVIDED via fresh, natural juices, salads and fruits.

All meals must be prepared fresh, never canned, bottled up or embedded or frozen they always contain preservatives and additives that prevent / avoid the recovery of our body. Do not uses salt at all, no soy sauce, or any other salt of different origin (no salt in general) preparations products all contain salt, all breads and cookies contain it. Then we remove this from our table.

It recommendable eat as much as you can resist fresh fruit, salads made with celery, green onions, and radishes with a variation of soft food full of soft cooked vegetables.

How to Cook

All vegetables except those listed in our list are prohibited. All should be cooked with little water (two or three tablespoons of cooking) should be cooked over low heat, just until they boil until completely

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cooked, always foresee not burn. This process takes 45 to 60 minutes. Vegetables can also be grilled-baked where the temperature is better distributed, should be covered to retain fluid in the container, do not use pressurization. Potatoes and beets can be cooked whole unpeeled or peeled then also be baked.

Onions, tomatoes contain enough water is generally not necessary to add water unless indicated before (2-3 spoons of cooking), to add flavor celery is excellent ally. Loose too much fluid spinach and oxalic acid during boiling after cooked spinach that water should vote for this acidic and bitter, corn can be boiled in water or eaten raw.

Herbs and spices

The therapy limits the use of species because it interferes with the recovery process, limiting its use to very small amounts of soft flavoring as anise, bay leaf, coriander, dill, fennel, mace, marjoram, rosemary, sage, saffron, tarragon, thyme, sorrel, summer savory, chives, onions, garlic, and parsley can be used in large quantity.

Salads

it is essential to eat lots of fresh vegetable salad, as much as possible. The following ingredients can be finely chopped and mixed or ingested independently: Apples, carrots, watercress, green onions, celery sticks, green lettuce, cauliflower, endive, chives, chicory, radishes, (radish) green pepper, tomatoes.

Sauces

never use bottled sauce, diluted organic red wine or apple cider vinegar with a little water and use as a sauce for the salad, you can use lemon juice instead of vinegar, it can also be used as part of flaxseed oil sauces.

Hippocrates Special Soup

It is considered not only by other practitioners who Hippocrates soup (he is the inventor) is very, very important to eat for lunch and dinner. As the diet is oriented to cleanse the liver and kidneys. To make the soup of Hippocrates the following ingredients washed unpeeled only, cut into cubes, cover with water and cook for 2 hours are necessary, the result is a thick and creamy soup. Allow to cool a little before putting it in the refrigerator, make only enough for two days (not more) after that loses its nutritional value and should not be consumed. These are the ingredients and amounts:

- 1 medium celery knob (root) size If not for the station, substitute for 3-4 stalks of celery branch
- A small amount of parsley
- 1 ½ pound of tomatoes
- 2 medium onions
- 1 medium size parsley (root) omitted if there are no stations
- 2 small leeks (if not the season) replaced with two extra onions)
- Several cloves of garlic
- 1 pound potatoes

Until the patient gets used to eating salt-free, uncompressed raw garlic and add to the soup just Hippocrates and also to vegetables and salads, garlic is healthy and can be used all the time and at any time.

Potato

Very rich in proteins and it is very nutritious and helps restore health. It is advisable to eat at lunch and

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dinner, can occasionally be replaced by organic brown rice. Potato is more nutritious if it is baked. It can also be eaten boiled and peeled you before eating or mixed with salads. It can be cooked in a casserole with onions, tomatoes, celery and so on.

Oats

A good amount of oats simmered with a cup or very little more purified water should be consumed as breakfast. NOT to be used other cereals. This provides vitamin B complex protein also helps the digestive system channel for juices. You can add pure honey raw, or 100% pure apple syrup, raisins or dried fruit, prunes.

Breads and other starches

It can be used completely free of rye bread salt is due only after having completed consumer ingestion lunch or dinner, (not during or before). Very occasionally you can use tapioca, potato flour or cornstarch.

Sugar and sweeteners

only use organic brown sugar, apple syrup, organic honey bee and only up to 2 tablespoons per day, and only when there is diabetes or hypoglycemia.

Herbal tea

Peppermint and some other herbs are allowed. The peppermint helps digestion, is invigorating chamomile, valerian helps you sleep, the tahebo also known pau d'arco is a powerful anti-cancer you and can be taken on any number of day and night.

Samples of Menus

For breakfast:

- 8 oz fresh orange juice
- A good portion of oatmeal with fruit sauce taste
- 100% organic rye bread (salt free) toasted and with some organic honey

For lunch

- Salad with lots of combinations of fresh vegetables
- 8 ounces of Hippocrates soup warm, not hot
- 8 ounces of juice / extract of apple-carrot combined
- A baked potato
- A portion of cooked vegetables
- Raw or stewed fruit

For dinner

- The menu is the same lunch

To enter some variation in the diet can once a week brown rice (brown rice) organic, organic sweet potatoes / yams (sweet potatoes) once a week.

Detox

Detoxification is very important part of this protocol. To complete it follow these instructions:

1. Prepare coffee using where possible organic product, of 6-8 ounces each time
2. After the cooking must achieve and maintain temperature of 36/37 ° C and or 97-98 ° F (similar to the human body)
3. Using and apply an irrigator, via anal enema
4. Try to keep the fluid inside the tract rectum / sigmoid long as much as possible before evacuating

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(about 15 minutes, if possible)

5. Repeat this procedure at least twice a week, especially if the patient is receiving chemotherapy and / or radiation.

VERY IMPORTANT

This is part of a program aimed at the recovery of the immune system protocol and is closely related to the treatment of Alternative and Integrative Medicine which is:

Adjuvant to treatment with chemotherapy and radiation.

There is **NO** intention of replacing the treatment your oncologist or primary care physician is administering; it is they who determine whether to continue or not chemotherapy and/or radiation to you.

The protocol used is not antagonistic to chemotherapy and/or radiation, it is accepted and understood that proper nutrition helps the effects of destruction of malignant cells are particularly assimilated with less impact on the patient's body.

The detoxification is very important in this process. That's the main intention of our protocol oriented to Recover the immune system and detoxify the body of the patient.

ADDITIONAL PROTOCOL

Besides the aforementioned dietary protocol, the following protocol used intravenous inoculation vitamins, minerals and supplements needed for the metabolic system can re-energize and reactivate the immune systems. To achieve this we are recommending the therapy developed by Dr. Myer in the 60's and includes the following prescription that can only be revised and administered by your treating physician (PCP-Oncologist)

INTRAVENOUS AND SLOW

Ingredient	Dose	Nutrient
<u>Magnesium chloride</u> hexahydrate 20%	2-5 mL	<u>Magnesium</u>
<u>Calcium gluconate</u> 10%	1-3 mL	<u>Calcium</u>
<u>Hydroxocobalamin</u> 1,000 mcg/mL	1 mL	<u>Vitamin B₁₂</u>
<u>Pyridoxine hydrochloride</u> 100 mg/mL	1 mL	<u>Vitamin B₆</u>
<u>Dexpanthenol</u> 250 mg/mL	1 mL	<u>Vitamin B₅</u>
<u>B complex 100</u>	1 mL	Vitamin B complex
<u>Vitamin C</u> 222 mg/mL	4-20 mL	Vitamin C

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TCM COADJUVANT PROTOCOL FOR PRE, DURING AND POST CANCER TREATMENT

