

Lymphoma Nutritional Health Support Protocol (Item #7328)

A protocol to LIVE with

**This Protocol will last 6 months, given the seriousness of this challenge,
we suggest doing this regimen for at least 12 months**

There are five basic types of Cancer. These include Sarcoma, Carcinoma, Melanoma, Lymphoma, and Leukemia

The protocol that follows is nutritional support designed for people diagnosed with Melanoma. If you are undergoing chemotherapy, surgery, radiation, or have elected not to seek the conventional medical treatment it is our intention to support your choice with nutrition support developed by Ralf Ostertag a Bio-Nutritionist/Herbalist who has thirty-five years experience in the Healthcare field. Understand that this does NOT replace conventional medical treatment. Sound nutrition should be part of any treatment program medical or otherwise, especially cancer patients. By supporting your nutritional needs thereby supplying your cells with the minerals, vitamins, enzymes, trace minerals, and elements you increase your chances of survival while easing the side effects of chemotherapy, radiation, drug therapy, and/or surgery.

What is Lymphoma?

Lymphoma is a cancer of the lymphatic system. The lymphatic system carries lymph fluid and white blood cells throughout body. The purpose of the lymphatic system is to fight infections. Like all cancers, lymphoma happens when the body's cells grow out of control, often causing tumors to grow. Most lymphomas are made up of white blood cells called either T cells or B cells. Lymphoma cells are sometimes found in the blood, but tend to form solid tumors in the lymph system or in organs. These tumors can often be felt as a painless lump or swollen gland almost anywhere in the body. The lymphatic system helps to filter impurities, bacteria, and viruses from the body. The lymphatic system is made up of the lymph nodes, spleen, and special tubes that extend throughout the body like blood vessels. Swollen glands are actually enlarged lymph nodes. Lymph nodes act as alert centers, which activate the immune system to attack viruses, bacteria, or other foreign substances.

Hodgkin's Lymphoma

Hodgkin's lymphoma, also known as Hodgkin's disease, is a specific form of lymphoma. The cancer cells found in Hodgkin's disease have traits that differ from other lymphomas. Unlike other forms of lymphoma, Hodgkin's disease usually spreads in a predictable way from one lymph node region to the next. Hodgkin's disease tends to respond differently to treatment than does non-Hodgkin's lymphoma.

Non-Hodgkin's Lymphoma

Non-Hodgkin's lymphoma includes many different cancers of the lymphatic system. Lymphomas are identified according to what type of cells they contain or where they occur in the body. Most non-Hodgkin's lymphomas are found in the lymph nodes or lymphatic organs. Lymphatic tissues and cells are found throughout the body. Lymphomas can also develop in the liver, stomach, nervous system, or in other organs.

We suggest that you consider a consultation with a bio-nutrition practitioner. Although the protocol that follows can be of great benefit there are often circumstances associated with Lymphoma that are unique to the individual. The stage of cancer progression, the type of Lymphoma (tissues or organs affected), Hodgkin's or Non-Hodgkin's and Medical treatment being implemented may require fine-tuning your Nutrition support. It is for this reason that we highly recommend you consider a consultation and guidance by a bio-nutritionist/herbalist. You will experience considerable benefits by following the basic Lymphoma protocol listed below should you choose to not to consult with someone.

Food Guidance for Lymphoma

It is important to limit the amount of protein because protein is the main food for cell division. Proteins should be limited to plant sources only. All meat and dairy sources of protein must be eliminated. This is important for all types of cancer. Meat most often contains hormones (injected and naturally occurring) that speed undesired cell division.

All forms of concentrated (simple) sugars must be eliminated. All simple sugars such as white sugar, sucrose, dextrose, evaporated cane juice, corn syrup, and high fructose corn syrup **MUST** be avoided. Simple sugars severely acidify the body fluids and will choke healthy aerobic cells while feeding unhealthy anaerobic cancer cells. Use of a small amount of honey, molasses, brown rice syrup, or natural maple syrup is allowable.

Starches that are void of nutrients must be eliminated. These include but are not limited to white flour products, potato chips, pizza, baked goods, and white spaghetti. Stimulants such as coffee, black teas, soda of any kind including sugar free must be avoided.

REMEMBER! You are eating foods to save your life NOT for entertainment.

Alcohol (due to its glucose conversion) must be dispensed with immediately. Alcohol is a cancer causing substance. Get rid of it if you choose to get well.

If you smoke cigarettes, chew tobacco, smoke cigars, tobacco pipe, or marijuana **CEASE IMMEDIATELY**; if you seriously want to get well.

Healing Foods

Fresh fruits and vegetables, cooked vegetables, brown rice, barley, oats, adzuki beans, black beans, pinto beans are all healing foods. Use olive oil in salads instead of dressing. Try to stick with the foods from the staple and side dish columns of the dietary suggestions chart.

Juicing vegetables and fruits made fresh from a juicer is vital for those suffering from cancer. These juices supply vital enzymes and other nutrients benefiting your health on a cellular level. The success of this protocol depends a great deal on adding the following juices daily to your diet. It is our suggestion that you invest in an ACME 6001 model stainless steel juicer (available on the internet).

Juice #2 One apple, four stalks of celery, four carrots, a thumb size piece of fresh ginger root, and a few handful's of fresh spinach. Drink this in the afternoon on Mondays, Wednesdays, and Fridays.

Juice #3 Half a head romaine lettuce, half a bag of fresh spinach, one stalk of broccoli, and two carrots. Drink this on Tuesdays, Thursdays, and Saturdays.

Juice#4 Half a head of blue or green cabbage, one apple, half a head of romaine lettuce. Drink this in the afternoon on Sundays.

You can switch these juices around at your discretion. Use juice #4 on M-W-F and switch juice#2 to Sunday as an example.

NOTE: DO NOT store juices. Drink them fresh from the juicer. Seventy-five percent of all nutrients will oxidize within ten to twenty minutes. Drink your juice immediately after juicing it.

Exercise

Lymphoma requires sufficient oxygen. Do deep breathing and jogging on a mini tramp if possible. This will insure rapid delivery of nutrients into the cells.

WARNING!

Do not massage or manipulate lymph nodes. This will cause metastasis of the cancer cells to other organs and tissues of the body.

Mind Set

Your mental and emotional attitude has a lot to do with how your body responds to treatment. Using visualization techniques seeing the tumors dissolving from your efforts will increase your chances of success. Find a quiet place that you can do this for at least twenty minutes a day. Healing meditation telling the tumors to dissolve away and replacing them with healthy vibrant cells.

Water

Drink only Reverse Osmosis or Distilled water. Four glasses of eight ounces each daily should be sufficient as long as you follow the dietary recommendations.

Dosage Recommendations:

Daily: *(any time during the day)*

With each Meal (based on 3 meals per day):

- EB-Digestive: *Take 1 capsule with meals.*
- Quint Essence: *Take 2 capsules with meals.*
- Innergy: *Take 3 capsules with meals.*

With Breakfast:

- Vitamin E 400IU: *Take 1 gel-capsule with breakfast.*
- Tracite Fulvic Trace Minerals: *Take 7 Drops at breakfast in water with a wedge of lemon squeezed in before adding the Tracite.*

With Lunch:

- Vitamin C with bioflavonoids: *Take 2 tablets at lunch*

With Dinner:

- Vitamin E 400IU: *Take 1 gel-capsule with dinner.*
- Tracite Fulvic Trace Minerals: *Take 7 Drops at dinner in water with a wedge of lemon squeezed in before adding the Tracite.*

1 hour After Each Meal:

- Essiac: *Take 4 capsules one hour after each meal.*
- Lymph-Flo: *Take 4 capsules one hour after each meal.*

Before Bed:

- EB-Digestive: *Take 2 capsules before bed*
- Vitamin C with bioflavonoids: *Take 2 tablets before bed.*

Every Other Day:

- Vitamin D3 5000IU: Vitamin D3 is very important for repairing damaged skin tissue. *Take 1 capsule every other day.*
- Vitamin A 25,000IU: *Take 1 capsule every other day*

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Ordering Information: Lymphoma Nutritional Health Support Protocol (Item #7329)

Conveniently Order On-line at: <http://UniversalFormulas.com>

NOTE: Thank you to Bionutritionist and Herbalist, Ralf Ostertag for his input into the authorship of this factoid and formula. Ralf was a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.

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Ingredients Explained

EB-Digestive: Taking high potency plant derived enzymes into the blood stream helps digest the protein and fat coatings surrounding most cancer cells. This process allows entry of nutrients and oxygen into the diseased cells. When oxygen and nutrition is supplied the cell increases its ability to remove toxins from deep within its structure. **Take one capsule with meals and two capsules before bed.**

Quint Essence: This formula insures that the body is supplied with ample amounts of macro minerals, vitamins, enzymes, and trace minerals. Patients taking chemotherapy or radiation will benefit from supplying a wide variety of nutrients to the cells. **Take two capsules with meals.**

Innergy: Nutrition support of the immune system or immune response is vital for recovery from most any disease condition. Cancer is no different. For those taking medical treatments that destroy or severely limit the functioning of the immune system it is crucial to support the immune response. The herbs contained in this formulation have been shown in clinical trials to protect and boost the immune system. **Take three capsules with meals.**

Essiac: Herbs in this formulation aid in the detoxification of all cells and body fluids. It also increases the movement of toxins out of the internal organs. **Take four capsules one hour after each meal.**

Vitamin C with bioflavonoids: Vitamin C is essential to cells for maintaining proper function and restoring their integrity. **Take two 500 mg tablets at lunch and bedtime.**

Vitamin E: Vitamin E is essential for repairing tissue damage and creating healthy hormones. Sarcomas require extra vitamin E due to their damaging effects on soft tissue and bone. **Take 400 IU or one capsule with breakfast and dinner.**

Lymph-Flo: Contains a combination of herbs to increase lymphatic drainage and function. Swollen lymph glands are usually blocked or congested by mucoproteins. These undigested proteins are often the cause of a compromised immune response. **Take four capsules one hour after meals and four capsules before bed.**

Tracite Fulvic Trace Minerals: Fulvic acids are known for their ability to carry 60 times their own weight in nutrients into the cells. These organic trace elements increase the electrical potential of the cells. They increase cell permeability allowing for greater absorption of oxygen and trace minerals into the cell structure. **Take seven drops daily in water with a wedge of lemon squeezed in before adding the Tracite.**

Vitamin A 25,000 IU: Vitamin A will boost the body's ability to ward off viruses. Lymphoma patients have compromised immune response and are more susceptible to virus and bacterial infections. **Take one capsule every other day.**

Vitamin D3 5,000 IU: Recent research indicates that our need for this vitamin is far greater than the 400 IU RDA suggests. This vitamin aids the system in warding off infection and preventing diseases associated with chemical toxins. Many lymphomas can be traced to some kind of chemical toxicity. **Take one capsule every other day.**

In addition to the nutrients listed above under supplementation we recommend doing what is known as a ginger compress on the lymph nodes affected. Using a warm wet washcloth place about two teaspoons of ginger powder (available at grocery store spice sections, food co-ops or health food stores) and place it on half the washcloth. Fold the washcloth in half with the ginger inside. Roll the folded washcloth and soak it in warm water while holding on to it. Wring it out until you see some yellow color from the ginger coming through your hands. Unroll the washcloth and place it over the

tumor area. Place a heating pad on top of this set to a medium temperature. Leave on for thirty minutes. This will bring circulation to the affected area and aid in carrying off toxins.