

# The Cancer Angel Program

This is how I overcame my health challenges. They are only suggestions and not meant to be construed as medical advice.

If you are overcoming a disease or if you just want to stay healthy

1. Get really clear as to why you want to get healthy and remain that way
2. Pick a program of healthy living and stick with it
3. If you just want to stay healthy and disease free: 80% of your diet should be alkaline (Read Dr. Robert Young's book – The pH Miracle – [www.phmiracleliving.com](http://www.phmiracleliving.com))
4. If you are overcoming a disease: 100% of your diet should be alkaline (Read Dr. Robert Young's book – The pH Miracle – [www.phmiracleliving.com](http://www.phmiracleliving.com)) I live off raw green vegetables, olive oil and salt. NO fruits except for lemons, limes, grapefruits, avocados and tomatoes (raw-not cooked). NO processed grains (breads, pastas, etc)
5. Stay away from all meat, eggs and dairy products
6. Drink plenty of distilled water with baking soda added (also lemon)\*
7. Use plenty of good real salt (no table salt) I use Redmond's brand.
8. Absolutely no sugars or artificial sweeteners or preservatives
9. No starchy or sweet (root) vegetables or fruits
10. No caffeine
11. Get regularly scheduled good quality sleep every night
12. Breathe deeply throughout the day
13. Do some type of exercise to sweat everyday (we don't sweat enough anymore)
14. Learn to read labels and understand what you are putting into your body and on your skin and in the air that you breathe.
15. Do not let anything stress you out
16. Only watch and listen to positive messages
17. Be thankful for every moment of the day and laugh, laugh, laugh
18. Separate yourself from people and things that drain your energy
19. Help others by being a great example of a balanced life
20. When weather permits sit out in the sun for 30 minutes a day and relax
21. Overcoming a disease? Check your pH each morning and throughout the day (maintain a pH level of 8.0 or higher) if you are healthy and want to stay that way try to maintain a pH of 7.2 or higher.
22. Listen to your body and what it is telling you
23. Make this day your life – not yesterday, not tomorrow – this day
24. You take control of your life, your mind and your body

I started with baking soda and then switched to Dr. Young's pHour salts which has baking soda and more to help you stay alkaline and give your body necessary minerals. I also added in his pHruits&pHoliage green powder 1scoop of each in 32 ozs of water

## Morning shake

In a blender combine:

The meat of one avocado

1 cucumber (peeled)

1 tomato

1 cup spinach

1 tbsp flax oil

1 cup of distilled water w/baking soda\*

Salt to taste

## Kim's All Day Salad

In a large container combine:

avocados, spinach, onions, cucumbers,

tomatoes, and any other alkaline

vegetable

You can also add a little cubed tofu and lentils

Pour flax, hemp or olive oil to coat

Salt to taste

Eat alone or with sprouted grain tortillas

\*I now have a Melody water machine from IonLife that makes my regular tap water alkaline and also does something else to help me keep my pH up and pull toxins out of my body. If you are interested in more information contact Paul Barattiero at IonLife, Inc. at 775-325-2463 or visit [www.ionizers.org](http://www.ionizers.org). If you tell them that you are on my Cancer Angel program they will give you a discount off the machine.