



PODR CANCER PROTOCOL - *ABSOLUTE NO NO's!!*

1. **NO SUGAR** in any form processed or otherwise. This is going to be an ongoing commitment for life. Sugar just feeds Cancer growth. Stevia or Agave nectar are great natural replacements.
2. **NO PROCESSED** foods of any kind. If it isn't in the form of a natural or organic earth grown product, flush it. If you haven't looked before loom on your labels of food...Most everything things on shelves has preservatives, colourings, un-natural flavouring etc. if you have to arrange meals ahead of time, **JUST DO IT!** Eat smart, you'll live better.
3. **NO ANIMAL PROTIEN.** That's *all meat* including, eggs, fish and Shellfish which take way too much effort to digest and can also feed cancer. This can be addressed again after you are clear of cancer but again on a very limited range on maybe one animal meat meal a week. But lets get your cancer issues and core root issues under control first.
4. **NO DAIRY.** That includes Milk, Butter, ice cream, Cheese etc... The only exception is if you are on the Budwig style Cottage cheese and Flaxseed oil protocol. The Cottage cheese is neutralised by the Flaxseed. But at PODR we simply recommend no dairy at all until again your core root issues and cancer are well under control. You can then rethink how to move forward with small occasional amounts of dairy if you must.
5. **NO GLUTEN.** Bread, Cereal, Pasta etc feed the nature of cancer as it's transferred to glucose rapidly and Cancer will gobble it up like a big yummy treat. While you're getting your core and root issues balanced resolve to starve the cancer from it's favourite growing foods...

In Sticking to these principles and guidelines of NO NO's , follow your protocol to the letter everyday and watch your body heal itself...

It's that simple to follow...

Best Wishes and look forward to hearing your testimonial...

PODR Admin...