TO REMOVE CANCER FROM BODY

basic information

edition 1.1.3 (check for updates on http://werdin.name)

- Learn more about $NaHCO_3$ usage by doctor *Tullio Simoncini*:
  www.simoncinicancertherapy.com
  http://cancerisafungus.com
  https://www.youtube.com/watch?v=69P-Cqy7OSk
  www.curenaturalicancro.com

- Eat RAW at least 80%, mainly green food. Not imported. Best food grows in nature, so choose it or buy certified organic, ecological, EKO, etc.
- Do not eat food derived from or containing wheat, barley, oat, rye, soy, white rice.
- Do not consume sweet things (sugar, molasses, honey, artificial sweeteners).
- Do not consume diary (anything derived from milk).
- Whatever you eat, chew it very long, until it becomes liquid and changes the taste, then swallow or spit it out, depending on the taste.
- Baked, fried or fumed food, or food treated in microwave oven, are all a big NO!
- Do not use any plastic, Teflon and silicon for food containers. Use silver, glass, stainless still, porcelain, stone or wood dishes, or other natural ones.
- Consume clean, healthy water. Use high quality non-plastic filters. Rain, glacier or snow water may be consumed to remove excess of minerals.
- Avoid staying in WiFi and 5G field -- this may be the major factor for the recovery and strengthening of your immune system. The immune system will not recover to the full strength if you stay in WiFi or 5G fields. Move away or shield well your living place, especially your bedroom.
- Move to nature; a forest near sea is very beneficial place for living -- in many cases recovery is not possible without this kind of nature support.
- Swim or just bath in natural waters, especially in ocean, regularly.
- Expose your entire body skin to the Sun shine, about one hour a day. To protect your skin against sunburns, start from 5 minutes, next day 10 minutes, next 15 minutes, or go even slower.
- Exercise your body regularly. Light gymnastics and energizing exercises (*QìGōng, TàiJǐ, hatha yoga*, etc.) are most recommended. Avoid running and heavy body exercises. The exercises must energize your muscles and blood circulation, they must not exhaust your life energy.
- Practice the Inner Joy dynamic and passive exercises (description in “Humanity Fundamental Teachings”) – mind creates life, so control your mind.

HEALING SUBSTANCES

- Every morning, between 5 to 6 AM, drink DMSO water solution. Mix between 1 to 5 tea spoons of (99.9% - 99.99%) DMSO into a glass of slightly warm or cold water. Seep slowly, chewing in your mouth.

- Several minutes after drinking the DMSO water, drink a glass of warm baking soda water solution. Pour boiling water into a glass containing 1 to 2 tea spoons of baking soda. Mix well, let it cool, then seep slowly chewing it in your mouth.

- Not earlier than after at least half an hour after drinking the baking soda water, eat raw, organic pumpkin seeds. A handful is enough. Chew it long in your mouth, before swallowing.

- In your breakfast, add at least one tea spoon of black seed (*Nigella sativa*) powder to whatever you eat. You can also eat the raw seeds directly, chewing them long before swallowing.

- In your daily consumed meals, add garlic, turmeric, ginger, onion, black pepper and the hottest read chili. For better results, add all of them to all your meals during the day. The more you add, the quicker the cancer cells die.

- Eat two eggs yolks a day, raw.

- If you do not use the Conscious Eating method, make sure that the majority of your food is green staff, which means plants. Eat them raw. Raw green plant's food restores man's body health naturally.

- Make sure that you go to sleep with empty stomach. Practically it means that you finish your last meal not latter than 4 PM.

- The most recommended time to go to sleep at night is 9 PM; the latest is 10 PM. It is critically important for the recovery that your body is sleeping deeply before 11 PM.

- Do not look at any screen (phone, monitor, TV, etc.) after the Sun set, so that your endocrine system is not disturbed, allowing the immune system to recover easier and quicker.

- Read carefully "Health and Self-Healing" (free download http://werdin.name) for more detailed recommendations, how to restore health and keep your body healthy by protecting it from harmful influences.