

INTRODUCTION

Cancer has been and continues to be treated and cured worldwide in countries where economic and political considerations do not restrict an individual's right to freedom of choice for medical treatment.

Our treatment protocol requires strict adherence to your physician's instructions. Diet, juicing teas and supplement protocols must be followed exactly and may be a radical change of lifestyle for you. The protocol may not be easy to implement in the beginning but the rewards of recovery and health will ease your hardships. Remember, there was something in your previous lifestyle that caused your Hypoxia (low oxygen concentration). Perhaps your diet, stress, toxic substances, abuse of your body or negative emotions caused the cancer.

Hypoxia 35% level is the only cause of cancer as proven by the brilliant bio-chemist and 2 time Nobel Prize winner Dr. Otto Warberg. All your systems, organs, blood, bones, and tissues are intricately and complexly affected by each other and your emotional **states** will have a great bearing on your well-being.

This book is not intended to be a guide for self-treatment but is provided for educational purposes by your physician who employs our protocol. New research and discoveries are constantly being incorporated in this programs protocol to improve the speed and quality of recovery for cancer patients. As new information is received this patient guide will be updated.

It is critical that you follow the instruction in this book and those of your physician exactly. You must never deviate from the programs protocol without consulting your physician. Your diet is very important - your decision to take one bite of something prohibited on your diet could be the mouthful that results in severe pain due to increasing the acidity in your body. Do not even consider "binging" or "cheating" as your life depends on following this protocol.

Read this entire book several times carefully and make sure you understand ALL instructions. If there is anything you do not understand, ask your physician immediately.

Your success with this programs protocol will depend on you and your commitment to health.

- Following your diet
- pH Testing
- "Muscle Testing" everything before ingesting
- Keeping a positive attitude
- Resting peacefully in the sun before 11am or after 3pm

This protocol has been developed by the dedicated physicians, hematologists, bacteriologists, pharmacologists and other professionals in the healing arts who follow Hippocratic first law: "To do the patient no harm" and whose only motive is to heal. Drawing upon the latest research and proven, safe and effective therapies, these professionals will lead you to recovery.

PROGRAM SUMMARY

This protocol addresses every aspect of your life on all levels, physical, mental, emotional and spiritual. All are interdependent and must be followed to insure a complete and speedy recovery:

- PH Testing
- Muscle Testing
- Diet / Nutrition
- Oral Supplements
- Exercise
- Heliotherapy (Full spectrum/sunlight)
- Non-toxic pain management
- Eliminating Stress & Negativity
- Physical, Emotional & Spiritual Support
- Mental & Attitude discipline
- Removing Toxins
- Avoidance of negative electro-magnetic fields
- Avoidance of toxic products for personal hygiene
- Avoidance of Toxic products in the home

We believe that your recovery will be additionally benefited by self-education.

The more you know and understand, the more likely you are to follow the programs protocol to your greatest benefit.

Always follow your physician's instruction and this protocol.

If you have any doubt whatsoever about ingesting or initiating any therapeutic practice – *ask your physician before you do it!*

CANCER (TUMOR) MARKERS

Results of your blood tests are carefully examined and evaluated and will assist your physicians in monitoring your condition. Cancer markers are an indicator of cancer's activity, the higher the marker, the more active the cancer. As a person improves the cancer markers will be lower.

<u>Test Name</u>	<u>Type of cancer in which marker may be found</u>
CEA (Carcinoembryonic antigen)	Colon, lung, metastatic breast, pancreas, stomach, prostate, ovary, bladder, limbs, neuroblastoma, leukemia, osteogenic carcinoma
CA 125 (Ovarian Cancer 125)	Ovary, fallopian tube, cervical, endometrial, vulvar, pancreas
PSA (Prostate specific antigen)	Prostate Cancer
ALP Alkaline Phosphatase	Osteosarcoma, hepatocellular carcinoma, metastatic tumor to liver; primary or secondary bone tumors
CA-BA (CA Associated breast antigen)	Breast Cancer
PAP (Prostatic acid phosphatase)	Prostate, leukemia
LDH Lactate dehydrogenase)	Acute lymphocytic leukemia, non-Hodgkin's lymphoma, Ewing's, sarcoma, neuroblastoma, carcinoma of testis, liver cancer
TPA (Tissue Polypeptide antigen)	Gastrointestinal, genitourinary tract, breast, lung, thyroid
CT (Calcitonin)	Thyroid, lung, breast, pancreas, liver, kidney carcinoid
CA 10-9 (Cancer antigen)	Tumor marker - colon, lung, gastrointestinal
CA 15-3 (Cancer antigen)	Tumor marker - breast

IMPORTANCE OF PH TESTING

Your body has cancer because it has become acidic. Every living thing in nature has a pH range from 1 very acidic (example: fuming Hydrochloric acid) to pH of 14 highly alkaline (example: Drano). Blood has a pH of 7.24. The normal body pH should be above 7.2 to 7.5.

First thing in the morning upon awakening test your pH by checking your saliva. The lower your pH the more active your cancer is. All terminal patients have a pH at or below 5. At 4.5 you die.

It becomes imperative to raise an acidic pH to a range above 7.2. Being acidic will cause the cancer patient severe pain, to lose their appetite and feel extremely weak. This pain is comparable to being injected with vinegar, which has a pH of 5.3.

To combat the pain of being acidic the cancer patient is given painkillers such as morphine, codeine, vicodin, etc. Painkillers may alleviate the severe pain but will make the cancer patient even more acidic.

Normally it takes 12 weeks to get a so-called terminal cancer patient to reach a pH over 7.2. However with our recent discovery of a liquid supplement called ASEA, the cancer patient will usually reach a pH of over 7.5 within 7 to 10 days.

In many instances, a change in saliva pH will bring relief from pain. In the body the pH of saliva is an indication of its acidity or alkalinity. The pH is expressed in terms of a numerical value with 7 being neutral (neither acid nor alkaline) less than 7 is acid and greater than 7 is alkaline. The quantity of fluids ingested, the metabolism of food, the amount of physical exertion, one's emotional state and the time of the day can alter the degree of acidity of your body.

pHydrion paper provides an instant method of determining acid-alkaline pH in the 5.5 to 8.0 range:

1. **First thing each morning and before drinking water or brushing teeth.**
2. Tear off a 2 inches of pH paper from the roll
3. Place paper on top of tongue for 10 second
4. Compare the color of pH paper with the color chart on the pH paper roll dispenser
5. If the color is **Yellow**, you probably have cancer. Especially if the pH shows 5 or no change of color
6. If the color is **Green or Blue** your body is alkaline and chances of cancer are remote
7. If the color is **slightly Green**. It may indicate arthritis (which is easy to eradicate).
8. Keep a daily chart of your pH levels with date taken

Lemons (even though they are "acid") will cause an alkaline reaction. If you have cancer pain a great way to reduce your pain is by drinking water with fresh lemon juice therefore causing an alkaline tide (release of sodium bicarbonate). Also taking a teaspoon of baking soda in 4 ounces of water will reduce pain by neutralizing the lactic acid.

REMEMBER feeding the cancer sugar causes most cancer pain! Sugar is converted into lactic acid, which nourishes the cancer. **ALL** natural and artificial sugars including honey and Agave are prohibited in the cancer patient.

HOW TO TEST YOUR SALIVA

You will need pHydration paper (Strips) to test your saliva

We prefer the strips that have a range of 5.5 to 8.0



1. **First thing each morning and before drinking water or brushing teeth.**
2. Tear off a 2 inches of pH paper from the roll.
3. Place paper on top of tongue for 10 second
4. Compare the color of pH paper with the color chart on the pH paper roll Dispenser
5. There is a number above the color - write the number and date on your calendar and inform Dr. Bernardo of the pH number

Charting your pH is very important to your health. Make sure to do this every morning until told otherwise.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

DIETARY GUIDELINES

- ALL food and supplements must be muscle tested prior to ingesting.
- Eat foods as close to their natural state as possible. Processed adulterated and altered foods are diminished in their health-giving properties. The immune system cannot be sustained by "dead" food.
- Eat organically grown foods as much as possible. Foods grown on chemically fertilized soils fed and sprayed with pesticides will not benefit you as much as organically grown foods on highly mineralized soils with good organic matter content.
- At least 50% of all foods you eat should be raw.
- Read food labels carefully. Prepare food as close to the time of eating as possible.
- Prepare only the amount you can eat. No leftovers as they are dead food.
- Make mealtimes as enjoyable as possible. Take the time to relax and enjoy your food to help in the digestion.
- Do not drink large amounts of water at mealtime. Water has no food value instead substitute fresh vegetable juices or Teas (Essiac, Purple la Pacho, pH Tea, Green Gunpowder)
- If unfamiliar with using natural foods, purchase a cookbook from PMR or find a natural food cookbook for recipe ideas.
- Always eat breakfast within 1 hour upon waking.
- If in doubt - DON'T EAT IT. Consult your physician.
- Do not allow more than 3 hours to elapse between eating or drinking something.

Daily Food Checklist

- 6 oz - 2 times daily of fresh vegetable juice. Make sure to drink with a straw.
- 2 - servings of green leafy vegetables
- 1 - sea plant and/or daikon radish
- 8 oz - 2 times daily Tea (Essiac, Purple la Pacho, pH Tea, Green Gunpowder)
- 1 - Fresh raw vegetable salad
- Protein (i.e. meat, fish, legumes, etc.) keep to a minimum.

NOTE:

If Imuplus is recommended in your protocol, make sure to drink 2 packets 2 times a day in goats milk or water. If you like you may add cinnamon, nutmeg or 100% pure Stevia.

FOOD PREPARATION

Prepare foods by using the least amount of water possible for steaming or juicing.

Wash all vegetables/fruit with non-toxic cleaning products.

Broiled - food may be lightly broiled

Oven roasting at low temperatures and hot dry air are also recommended.

Use the following products:

- Stainless Steel
- Cast Iron
- Glass
- Corning ware
- Pyrex
- Enamel ceramic ware (lead test first)
- Juicer, Triturator or press (Recommended: Champion, Norwalk, Juice Man & Jack Lalanne)
- Food processors
- Graters
- Grain mills

Do not use the following products:

- Microwave
- Aluminum foil and/or pans
- Teflon or non-stick coating pans
- Electric blenders (kill enzymes), use a juicer.
- Excessive heat or smoke: Frying, charcoal broiling and/or barbecuing

RECOMMENDED FOODS - "DO EAT"

(*) Especially important to eat

(+) Eat only if approved by physician

(#) Eat Sparingly

WATER - Distilled or spring
Water ONLY

MILK - Almond Milk
Goat Milk

(*) SALADS - Green leafy

(*) SEA PLANTS

Agar-agar
Arame
Dulse
Hiziki
Kombu
Nori
Wakame

(+) CHEESE - MADE FROM GOAT, Goat cream, Brie & Halvarti

(#) SALT

Sea salt only

SEEDS - Fresh, raw and unsalted

Flax
Pumpkin
Sesame
Sunflower

SOUP (*) Fresh homemade

BREADS - Ezekiel only

(*) TEA - Sierra Madre, Purple La Pacho.
pH or Green Gunpowder

(+) BEANS & LEGUMES - only

Azuki (adzuki)
Black beans
Lentils

JUICES

(*) Fresh grapefruit (6 oz)
(*) Fresh mixed vegetable
(*) Carrot juice with avocado

SPROUTS (Not more than 5 days old)

POTATOES

Red - Baked or steamed (eat the skins)
Yams

RECOMMENDED FOODS – “DO EAT” (continued)

FISH- Fresh, salt water non-scavenger

Cod
Shark
Snapper
Sole
Trout
Tuna

(+) MEAT - only

Buffalo
Deer
Goat
Lamb

NUTS - fresh, raw and unsalted

Cashews
Walnuts
Almonds
Hazelnuts
Pine nuts
Macadamia
Pecans
NO PEANUTS

(*) GRAINS - whole grains only

Amaranth
Brown rice
Buckwheat
Millet
Triticale
Wild rice

FRUITS - NONE except the following:

Avocados
Berries, all berries, all you want, everyday
Green apples / Granny Smith
Japanese pickled plums (Umeboshi)
Lemons

BAKING POWDER - NON-ALUMINUM ONLY

SWEETNER: 100% pure Stevia ONLY!!!

RECOMMENDED FOODS – “DO EAT” (continued)

VEGETABLES & HERBS - fresh only

Artichokes
Asparagus
Avocado
Bamboo shoots
Bean sprouts
Beets
Beet greens
(* Broccoli
Bok choy (greens, stems)
(* Brussel sprouts
Cabbage
Carrots (**only with Avocado/Juiced**)
(* Cauliflower
Celery
Chard
Chicory
Chives
Cilantro
Collard greens
Cucumber
Endive
Escarole
Garlic
Ginger
Green beans
Green onions
Jicama
Kale
Kohlrabi

Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsley
Parsnips
Peppers
Pimento (fresh)
Potatoes (Red) Irish (only)
Pumpkin
Radishes
Rhubarb
Rutabagas
Spinach
String beans
Squash (Acorn, Butternut, Yellow
Winter, Zucchini)
Swish chard
Turnips
Turnip greens
Water chestnuts
Watercress
Yams

"NOT" RECOMMENDED FOODS – "DO NOT EAT"

Breads: NONE (except Ezekiel)

Baking powder with Aluminum

Beans and Legumes - (Except sprouted under 5 days old)

Carob

Cereals: NO CEREALS - Including Oatmeal (nothing in a box)

Chocolate

Cornstarch (use arrowroot instead)

Fish - smoked or salted

Flour - refined

Pasta, noodles - made with refined or processed grains

Refined or processed foods

Salt (except sea salt)

Shellfish - ALL

Sprouts over 5 days old

Sodas - NONE AT ALL including unsweetened & Ginger ale

Tomatoes (Cherry Tomatoes are ok to eat)

Vinegar

Water - fluoridated or tap

Wilted fruits or vegetables

Dairy products (except raw goat milk & cheese made from raw goat milk)

Cheese (Eat only what is on Recommended LIST ONLY)

Butter

Margarine

Milk

Yogurt

Drinks

Alcoholic beverages

Cocoa

Coffee

Iced drinks

Soft drinks/sodas

Fruit - ALL except

Avocados

Granny Smith (green) apples

Japanese pickled plums

Lemons (fresh)

"NOT" RECOMMENDED FOODS – "DO NOT EAT" (continued)

Sugars - All including

Aguave

Brown sugar

Corn syrup

Honey

Maple syrup

Molasses

Sugar substitutes

White sugar

Grains

ANY refined or processed grains

White rice

Meat - All meat

Bacon

Beef

Luncheon meats

Sausages

Pork

Veal

Sweets - All including

Cakes

Candies

Cookies

Custards

Gelatin

Ice cream

Pastries

Sauces

Juices

ALL fruit juices (canned, frozen or sweetened)

Poultry - All including

Chicken - Range free ONLY is OK

Duck

Goose

Pheasant

Turkey

JUICES

Use fresh organic fruits and vegetables for optimal results

Juicing contains enzymes are beneficial in assisting to repair the body

#1 - Enzyme Juice

- 1 Granny Smith apple
- 1 Carrot
- 1/2 Cucumber
- 1/2 Beet
- 1/4 inch Daikon radish (looks like white carrot)
- 7 Asparagus stalks (COOKED)
- 1 cup Broccoli
- 1/4 inch fresh Ginger
- 2 Brussels sprouts
- 1/2 inch slice of fresh Pineapple
- Drink Enzyme juice with a straw only, within 20 minutes after making juice

#2 - Avocado-Carrot Juice

- 1/2 Avocado, place in bowl and mash well
- Add 8 ounces of fresh Carrot juice to Avocado mixture
- Let Avocado-Carrot juice sit for 30 minutes and drink with a straw only

The benefit of Avocado-Carrot juice contains absisic acid, which helps to build the body's immune system.

#3 - Asparagus Juice

- Place fresh cooked asparagus in juicer, enough to make 4 ounces (approximately 8-10 stalks)
- Drink 4 ounces of Asparagus Juice 2 x daily, with a straw only, as soon as it is made
- No more than 8 ounces per day

OR

- Eat 1 small can of asparagus daily

#4 - Wheatgrass Juice

- Place fresh Wheat grass in juicer enough to make 4 ounces [START with 2 ounces]
- Drink 4 ounces of Wheat grass Juice 2 x daily, with a straw as soon as it is made
- No more than 8 ounces per day
- If you find the wheat grass makes you ill, do not drink it

The benefits of Wheat grass Juice: Cleanses the blood, organs and gastrointestinal tract of debris; stimulates metabolism by enriching to blood, and aids in reducing blood pressure by dilating the blood pathways throughout the body.

Resources for Wheat Grass:

Java Juice, Health food stores that have a juice bar, Henry's (in most California stores), Evergreen Juices Inc. (Canada) wheat grass can be ordered and delivered directly to your home.

SUPPLEMENTATIONS

Follow your individualized protocol which may include taking many oral supplements daily. Some patients find that their individualized programs protocol includes taking what they consider an impossible number of supplements on a daily basis! Our patients have reported that what initially seemed impossible or significantly annoying at the start of their programs protocol soon became almost a pleasure. As taking the supplements created an influx of nutrients to the body and brought about increased feelings of strength and well being.

Taking the supplements recommended in your protocol is crucial to your recovery. You must never miss or forget to take a single supplement.

This also means you (or someone assisting you) must be responsible for making sure you always have the needed supplements on hand. Make sure you have an adequate supply of all your recommended supplements. Never wait until the last minute to order your supplements.

DO NOT assume that your pharmacy or supplier is always going to have what you need on the shelf when you need it! PLAN AHEAD!

DO NOT purchase any supplements from your local health food stores, unless they are identical to what is provided with your protocol.

All of our supplements have been tested for electrical energy. Many similar brands are toxic with traces of benzene or other elements which will deplete your body of its electrical energy, therefore making you feel weaker.

"The human body heals itself and nutrition provides the resources to accomplish the task."

-- Roger Williams Ph.D

MUSCLE TESTING

Physicians have found a very simple and accurate method to determine if you are sensitive to any food or substance or if that substance might be harmful to you called "Muscle Testing". This process is also known as "Kinesiology" and such a simple process that many people find it difficult to believe it actually works. Do not be fooled by the simplicity – "Muscle Testing" is not a superstitious ritual - it is a scientifically proven procedure.

"Muscle Testing" is critical to your therapy. It will insure that you ingest no substance or food that may be harmful to you. You must "**Muscle Test**" everything. As your condition changes, so might your body's reaction to various foods and substances. Just because you test "good" on a substance today does not mean it won't test "bad" or be harmful to you tomorrow.

ALWAYS TEST EVERYTHING before ingesting.

For further information on the "Muscle Testing" process, please read the book: "YOUR BODY DOESN'T LIE" by John Diamond.

"Muscle Testing" procedure:

1. Stand with your right arm relaxed at your side, raise your left arm out to your side and hold it parallel to the floor with elbow straight.
2. Have a friend face you and place his left hand on your right shoulder to steady you.
3. Have your friend place his right hand on your extended left arm just above the wrist.
4. Prepare to resist having your arm pushed downward. Place your right hand in the center of your chest with your palm flat against your chest.
5. Have your friend push down on your left arm quickly and firmly. The idea is to push just hard enough to test the spring and bounce in your arm. Not so hard that the muscle becomes fatigued. It is not a question of who is stronger but of whether the muscle can lock the shoulder joint against the push. Notice how you resist and how far down your arm goes. This is your baseline measure.
 - a. Start with a fresh lemon and notice how strong your arm is
 - b. Repeat with a piece of candy and notice how your arm drops. Your arm dropping is indicating that what you are testing is "NOT GOOD" for you.
6. Now take the food, injection or supplement you wish to test in your right hand. Hold the item against the center of your chest.
7. Repeat steps 1 through 5.

If you are unable to resist and your arm goes down easily or lower than your baseline measure, this means the item is "NOT GOOD" for your body - **DO NOT EAT or TAKE IT.**

If you can resist with equal or greater strength as when you tested without anything (your baseline measure) then substance will not harm you and you may use it.

NEVER !!!

INGEST ANY FOOD or SUPPLEMENT UNLESS YOU HAVE "MUSCLE TESTED" IT FIRST

Remember: Your body is changing daily and a food or substance may test "GOOD" today and test "BAD" tomorrow.

"All of life is a journey, which paths we take, what we look back on
and what we look forward to is up to us.
We determine our destination, what kind of road we take to get
there and how happy we are when we get there".
---- Steven Tyler

MERCURY

In 60 years of treating so-called "terminal cancer patients" we have never seen a case where patients were not contaminated with mercury.

Amalgam fillings contain 51% mercury, one of the most toxic elements in the world. This has been known since 1920. Over 12,000 plus articles prove the highly toxic results of mercury amalgam fillings.

Mercury paralyzes the lymphocytes, the part of the immune system which is responsible for collecting the cancer microbes in the bloodstream and feeding them to the red blood cells for their destruction.

The older a person gets the greater the toxicity. People chewing gum are exposed to mercury vapors from amalgam fillings. Also breathing in about 17, 000 times per day, this mercury poisoning affects every part of the body. This explains to us why we see so much mercury in urine and hair samples in people with severe chronic illnesses.

Cancer, chronic fatigue, fibromyalgia are a few of the illnesses that can be attributed to mercury poisoning.

We had a case where a patient had gone blind. A major university in California told the patient that she had hysterical blindness; her mercury levels were never tested.

When the patient came to our office and after a hair analysis test, we discovered industrial levels (mercury level over 2.5 ug/g) of mercury in her body. After her amalgam fillings were removed she was given 100 grams of Vitamin C orally for 2 weeks and then 5-8 grams daily for another 12 weeks. After four months her vision was restored to normal and the highly toxic levels of mercury were decreased by 98%. The lab that performed the hair analysis stated that this was the highest level of mercury they had ever recorded and were surprised that the patient had not died of mercury poisoning.

SUPPORT

Your support system is very important to your recovery.

At all times avoid negative people or people who do not support you and the decisions you are making regarding the therapy process you have chosen.

It is critical and crucial to your healing process to only surround yourself with loving people who will be supportive of you (i.e. - loving family, friends, co-workers, your church or spiritual advisor) and the therapy process you have chosen.

Many cities have cancer support groups that are uplifting, inspirational and provide activities that you can participate in.

If you find your new protocol difficult, we will provide you with the names of other cancer survivors we have worked with that you can team up with. Cancer survivors are a great source of support as they too have been through this process and survived.

"Eventually you will come to understand that
love heals everything, and love is all there is."

--Gary Zukav

ANGER

It is imperative that any/all strong negative emotions (i.e. anger, hostility or resentment) is dealt with IMMEDIATELY, no matter what the cause.

You must search and identify the underlying problems causing these feelings. Negative feelings and all the associated emotions are highly destructive to your health and healing process.

Negative emotions will feed your cancer and can increase tumor markers dramatically, sometimes as much as 200 points per day. Failure to let go of hate, anger, hostility, resentment, or past pain will not only hurt you they will kill you. It does not take long to reach the point of no return "DEATH".

Whatever has happened in the past is over, you cannot go back - it is beyond your control. All your hatred and all your negative emotions are water over the dam - IT IS OVER- and crucial to your healing process. These negative feelings must be put aside so that you can move on.

**YOU HAVE TO LET GO.
YOU MUST MAKE PEACE WITH YOURSELF AND OTHERS.
YOU MUST FORGIVE.**

Treat negative emotions as vile poisons that will feed your cancer and guaranteed to cause your death. Stay away from those people that you hate, feel anger or resentment towards and resolve your feelings NOW. Let it go and move on.

In two years, out of twenty-one women that came to our office with breast cancer; seventeen cases were due to anger from their husbands or boyfriends. If you cannot resolve your problems and remove the anger, then you may want to consider a separation or divorce. The women who divorced their husbands are alive and well and the others died within six months after returning to the same negative, hateful relationships.

You must NOW call on every survival method you have or search out new tools to deal with and rid yourself of negative emotions. Where there was hate, anger or hostility there must now be love, peace, forgiveness and compassion.

Love with passion
Live life in the now
Live each moment to its fullest
Forgive and forget

ATTITUDE

Your positive attitude and emotional state is just as important as your diet and just as critical to your recovery and continued health.

Enjoy what you eat and make mealtimes pleasant. Take your time. Chew well and slowly. Pay attention and savor and enjoy the flavors and textures. Be grateful. Make your environment as pleasing as possible. Let the light in; invite your friends to mealtimes. The food you eat is critical to your recovery - how you eat your food can affect how your system utilizes it.

Many cooks will swear that using the same ingredients, the same amounts and the same recipe they will get different results. A meal prepared when a chef is angry cannot compare (nor will they receive any complements) with the same meal prepared with joy.

Maintain positive thoughts and feelings. Use all your strength to eliminate your negative emotions and thoughts. Take at least 1/2 hour each day as your special, quiet time to mediate or pray, leaving all your worries behind and concentrating on that which is positive and helpful. Training your mind to focus on positive thoughts may not be easy. Treat your negative thoughts and feelings as the devil. Be a warrior and win.

Remember to laugh each day; "A heart of joy does good like a cure". Try to find something joyful in what may appear as tragic. Research has shown that certain chemicals (endorphins) are released in the body when we laugh and will stimulate your immune system. Many health care professionals suspect that many positive, health-giving effects of joy and laughter are as yet undiscovered. Norman Cousins, in his book "Anatomy of an Illness as Perceived by the Patients" states he watched old comedy movies and laughed to combat a life-threatening illness and that this laughter played an essential part in his recovery. Take a laughter yoga class and enjoy the laughter.

Researchers have proved that our posture, facial expressions, thoughts and emotions all have a real effect on our body's health. When we experience pain or illness, we can help make beneficial changes to our immune system by simply simulating joy and happiness in our body language. It appears that even though we might not really feel happy, the result is that through smiling, standing erect, whistling while we walk and other bodily expressions of happiness many systems in the body are receiving messages of health and begin to follow those instructions.

Many worshippers after singing with heads held high (arms swinging and raised upward), in expansive expressions of joy and gratefulness, experience a sense of well-being and a healthy glow. No one has found any toxic side effects to the practice of smiling, laughing or "jumping for joy". Could it be that if we took the time each day to express happiness through body movements and expressions (even if we don't "feel" like it) we might improve our health and later really feel the joy of well-being?

It may be helpful to create for yourself a short and simple prayer or affirmation to memorize and use whenever you find yourself bombarded by negative thoughts or feelings. One patient, who is now fully recovered, wrote this for himself.

"At this moment I am alive and have many things to be grateful for. My body quickly ELIMINATES anything harmful that it encounters and I now imagine and feel exactly how I would feel when I first realize I am truly in perfect health. It is a feeling of incredible relief, unbounded gratitude and intense desire to enjoy and maximize each and every moment of my life. With each breath, thought and action, I thank God for this great and glorious gift of life."

SMILE!!

Attitude is a little thing that makes a big difference
-- Winston Churchill



EXERCISE, FRESH AIR & SUNSHINE

Exercise, fresh air and sunshine are prescribed for very important reasons.

Daily movement or not moving your body can directly affect the speed and completeness of your recovery, along with the quality of the air you breathe and the amount of sunshine you receive on a daily basis.

These things are not just something you "should do" but something you "must do"

Exercise (always ask your physician before starting any exercise regimen)

While exercise is known to have positive and beneficial effects on the body, other simple activities such as gardening, house cleaning, stretching, yoga or any positive body movement, are also just as beneficial to our bodies. *In movement there is life, in stagnation there is death.*

As you begin to feel stronger and more comfortable start adding other forms of exercise to your daily routine. Any recreational activities such as swimming, badminton, ping-pong, even horseshoes can be beneficial. Keep as active as possible. Get a treadmill or stationary bicycle and pedal away while you watch your favorite TV show. With regular bicycling you will enjoy the outdoors (fresh air) and get back the feeling of when you were a kid riding their bicycle.

Walking

Walking daily you will receive two benefits: exercise and fresh air. Walk at least twice a day outdoors in a park away from streets and fumes for 20 minutes. While walking, do some deep breathing where the air is fresh and clean. Keep your head up, enjoy your walks, and build up to where you are walking briskly with a "happy gait". You should be able to say your ABC's while walking and not be winded.

Fresh Air

Now that you've gotten your daily doses of clean air on your walks, try to improve the air you breathe inside your home and workplace, you may want to purchase an air purifier.

Sunshine

Sunshine on our bodies helps us to metabolize and better assimilate many needed nutrients. Remember Vitamin D? The Sunshine Vitamin!

Daily get at least 16 minutes of sunshine on your entire body, both front and back. 8 minutes on each side, BEFORE 11:00 or AFTER 3:00 pm.

Make your exercise periods enjoyable and joyful ☺

STRETCHING

Each morning take 15 minutes to stretch.

Depending on the condition of your health you may or may not be able to stretch your entire body.

Start slowly by stretching as many limbs and joints as you can without experiencing pain.

Daily stretching of your entire body will keep your body flexible. Stretch and move your toes, legs, hips, arms, fingers, neck, and spine. Stretch your facial muscles too. Make funny faces.

There are many books you can obtain which will provide you with simple and effective stretching exercises.

Beginning/gentle yoga stretches are highly recommended. You may also consider visiting a physical therapist to assist you in establishing a stretching routine that is best for you.

In addition, always change your lying or sitting positions and stretch if you have remained in one position for 15 minutes or longer. Many animals do this instinctively - watch a cat stretch. "Do a cat" stretch every morning before you get out of bed.

Stretching in a swimming pool is a wonderful way to begin increasing your flexibility and many people whose bodies are particularly inflexible find stretching in the water the easiest way to begin.

PERSONAL HYGIENE & YOUR ENVIRONMENT

Many cosmetics and cleaning products contain substances such as benzene, which are carcinogenic or toxic to our bodies.

Use hygiene and cleaning products that are as natural as possible.

Avoid the following:

Personal hygiene products: Hair color or permanent wave solution, toxic hair sprays, synthetic cosmetics, lipsticks made out of coal tar dyes and antiperspirants that contain aluminum. Use only natural non-allergenic cosmetics and deodorants.

Microwaves: If there is a microwave in the house, get rid of it IMMEDIATELY. If you are in a location that is using a microwave, leave the room while it is on.

Radiation emitting items: Avoid prolonged exposure to radiation emitting items such as computer screens, color televisions, electric power lines and cell phones.

ELECTRIC BLANKETS / HEATING PAD – DO NOT USE under any circumstance. Research has shown increased incidence of cancer with persons using electric blankets. You may heat your bed with an electric blanket but turn it off prior to getting into bed. If you want to use a hot-pack we recommend using SNAPHEAT. (See resource page 36)

Environment: Keep your home clean and free of dust and mold. Avoid carpets as they provide a great home for mites and pollens. AVOID cleaning solutions, solvents, paint remover and insect sprays.

Noise: Remember that noise can also affect your health. Make your household environment as quiet and peaceful as possible. Play soft soothing music.

Air: Using an air purifier will enhance your indoor air quality, make sure to have the device on at least 12 hours per day.

"If you have only one smile in you give it to the people you love."

--- May Angelou

PAIN MANAGEMENT

NEVER ALLOW ACUTE PAIN TO CONTINUE WITHOUT NOTIFYING YOUR PHYSICIAN.

Our protocols preferred method of pain management and reduction is pH management (refer to page 9 – Importance of pH Testing).

In many instances, a change in saliva pH will bring relief from pain.

The pH of saliva is an indication of its acidity or alkalinity. The pH is expressed in terms of a numerical value with 7 being neutral (neither acid nor alkaline) less than 7 is acid and greater than 7 is alkaline. Virtually every body activity - the quantity of fluids taken in, the metabolism of food, the amount of physical exertion and even one's emotional state and the time of day can alter the degree of acidity of saliva.

Urine should have a pH of about 6 to 6.4 (slightly acid). pH provides an instant method of determining saliva pH. (see chapter on pH testing)

Your saliva is ACID if the color of the paper matches a color on the chart (YELLOW), which is less than 7.

Your saliva is ALKALINE if the color of the paper matches a color on the chart (GREEN), which is more than 7.

Eating cranberries will cause an acid reaction. Lemons (even though they are "acid") will cause an alkaline reaction.

If your saliva is **ACID:** Take 1 Tablespoon fresh lemon juice in 4 oz of water, 3 times daily and drink 6 ounces of ASEA (2 ounces 3 times daily) on an empty stomach until pH changes.

Your saliva should be **ALKALINE**

Remember feeding cancer carbohydrates (which causes a drop in pH) causes most cancer pain. These carbohydrates then turn into lactic acid, which is the main food or nourishment of cancer.

THIS LACTIC ACID BUILD-UP IS THE FOOD THAT NOURISHES THE CANCER.

OUR JOB IS TO STARVE THE CANCER BY COMPLETELY ELIMINATING LACTIC ACID FROM THE BODY AND BY DOING THIS MOST CANCERS WILL GO INTO REMISSION.

Do not let your pain level get out of control. On a scale of 1 to 10 if your pain is over 6 contact your physician.

REST AND RELAXATION

Try to maintain regular sleeping periods. Notify your physician if you are having trouble sleeping.

Take at least half an hour daily for relaxation. Do something which gives you enjoyment and produces inner peace, calmness and contentment.

This may be a quiet time you spend in your garden or workshop. Listening to music you enjoy. Reading a favorite book or whatever brings you joy.

The more activities you can participate in, which are positive and enjoyable, the faster your recovery will be.

During the day observe your body. Are you tense? Are all your muscles relaxed? How can you change your position to make yourself more comfortable and relaxed?

Many people have found swimming or yoga (gentle or laughter) to be helpful.

Laughing three times everyday will build up your immune system. Have a loved one tickle you!

Hug and kiss each other as this too will build up your immune system; it's simple to do and a joy to give and receive.

Joy and gratefulness can do much to assist in your healing process.

"Love is the great miracle cure.
Loving ourselves works miracles in our lives."
--- Louise Hay

REMOVING TOXIS

ONE (1) HOT SALT BATH DAILY

Take one (1) hot salt bath daily (at bedtime), to increase circulation and encourage the discharge of toxins.

Place 4 cups of salt into your bathtub. **[DO NOT use Epsom salt]** You can purchase a 20lb bag of Morton's Salt at any grocery store.

Add water, which should be as hot as possible.

Soak in the tub for as long as you can or until the water becomes cool (about 15 minutes).

Make sure that your entire body is completely submerged, all the way up to your neck in the salt water.

Do not completely rinse off of your body as this will assist you in falling asleep.

Also, saunas are good for sweating and removing toxins if you have one available to you.

Sweating is very important to the bodies healing process; it increases circulation and facilitates the elimination of harmful toxins.

"Releasing toxic emotions and making peace with
our past create a sense of lightness and freedom
within our mind, body and spirit."

--- Craig Townsend

ENEMAS

Coffee enemas are to be taken for the additional removal of toxins in the body and will markedly decrease nausea. Coffee, when taken in a retention enema, enters the liver directly through the mesenteric vein and stimulates the liver to excrete toxic substances into the bile system. This periodic build-up in the liver of toxic materials may largely account for nausea.

It is best to do the coffee enema first thing in the morning or whenever you begin to feel sick to your stomach

Place 3 Tablespoon's of ground coffee in 1 quart of water in a glass or stainless steel container

Bring to a boil and turn heat off immediately and let steep for 5 minutes

Place coffee mixture in an enema bag - it should be as hot as you can tolerate on your hand

Place nail 42 inches above the floor and hang the enema bag on the nail

Lie on your left side on the floor with your knees drawn up, holding the on/off switch next to your buttocks.

Allow coffee mixture to flow in to the colon, taking in as much of the coffee mixture as you can hold

Wait 1 minute until distension (fullness) is gone

Repeat the process

After 3 minutes on left side, roll over to your back.

Stay on your back for 3 minutes and then roll on to your right side.

If you must evacuate, do so.

You initially may only be able to take in few ounces.

Build up to 1/2 to 1 quart per day (1 time a day) - It is best to do the coffee enema first thing in the morning.

TESTIMONIALS

LB

I first became ill with cervical cancer in 2003. I refused chemotherapy and I was fine until 2006. Doctors told me I had a tumor in my left lung and it was probably cancer that had spread from the cervical cancer from before. I went to see Dr. Bernardo for it and 6 months later my tumors were gone. LB

KS

I want to thank you for all you've done throughout 2009 to help me regain my health. When I contracted a rare mold that attacked my lungs while on a business trip to S. Korea you were able to both find and treat my malady while conventional medicine remained baffled. Gratefully. KS

PS

This is a summary of my experience with my diagnosed illness of Leukemia and the successful treatment that you put me on that brought me back to health.

In 1998 I was set to have a fibroid operation. As part of the pre-op tests they discovered leukemia. I was sent to a specialist, who wanted to start chemotherapy the next day. I refused.

I researched and went to a nutritionist. I began a special diet, Acupuncture Korean and Chinese. A Qi Gong Master and Acupuncturist.

My daughter's schoolmate's father had been diagnosed with Lung cancer at Cedars and had been declared terminal 5 years before. (RL) journeyed to Mexico searching for treatment. While there he was referred to Dr. Bernardo whose clinic he went to. Under Dr. Bernardo's care his 42 lung tumors cleared up in 12 months. CAT scan and MRI detected no traces of lung cancer. I talked with (RL) for two hours; he told me about his treatment and gave me Dr. Bernardo's phone number.

I called Dr. Bernardo and within four days I was in his clinic in Mexico. I work in the film industry and I told Dr. Bernardo that I could come in four months because of work. He said I must start treatment if I wanted to survive. I did, so I went immediately to his clinic.

As part of the condition I had a spleen that weighed 15 lb 9 oz. That was eventually removed after my blood counts became normal and I stabilized. I started treatment the morning after I arrived in Mexico.

My blood eventually stabilized and I was able to continue my treatment at home. That was in 1998, it is now 2010.

I am still on this earth because of Dr. Bernardo's dedication to his patients and his ongoing research. My family and I are in his debt. PS

BN

To say that (J) & I are glad that you came into our lives would be the biggest understatement of our lives! Without your guidance (J) would not be here today.

Here is a summary of our experience with (J's) illness for you to pass on to other people who may not yet understand how God's food can heal a diseased body.

After months of agonizing symptoms in February 2008, our eight year old daughter was finally diagnosed with Medulloblastoma... brain & spinal cancer. She immediately underwent brain surgery to remove a massive tumor that was against her brain stem. She has another small

tumor on her spine that would be left there due to the high collateral damage she would suffer with surgery. After recover from her brain surgery, she began radiation & chemotherapy for about six weeks. After a one-month break, she began a six-month schedule of additional chemotherapy. This was already destroying her little body. Nausea, constipation, abdominal pain, severe anemia, leg paralysis, constant infection & fear were the major side effects that greatly over shadowed the expected ones like hair loss, burned skin and extreme weight loss... At the fourth month her spinal tumor had disappeared, however, she had relapsed with a new brain tumor. Clearly, this was not working for her. It was recommended to us that we make arrangements for hospice & make the best of her final days. There were a few big options: additional surgery, bone marrow transplant, stem cell implant, or additional chemo & radiation. However, admittedly there would be only less than a 3% chance of success for (J).

Through some great friends (B & LW), we were put in touch with you. I remember you telling me that (J) was NOT dying of cancer, but acidosis. We immediately started your recommendations. When we first measured (J's) pH it was 5.5 or lower. The pH even began moving upward. At exactly 8 weeks her pH had finally made it to 7.2. We had been scheduled for another MRI when we were released because of her relapse. To everyone's astonishment, the results of the MRI showed that the tumor had shrunk by 75%!!!! We continued your detoxification & fresh vegetable recipe regimen. We recently had another MRI to find that the tumor is COMPLETELY gone! Praise God!

Thank you for all of your hard work. Thank you for coaching us through this most difficult time. Thank you for dedication of your life to saving people's lives by pointing us to God's food. Thank you for enduring criticism by those who just don't want to be open to how God heals through his food. Thank you for constantly being available for advice. Thank you for helping us and (J's) life.

Please forward our contact information to anyone that would like more details about our experience with (J). Warmest Regards, BN

L.P. - May 3, 2010

I would consider it a privilege to let others know what you have done for me. It is with great pleasure that I write this letter and hope the information herein will be helpful and encouraging to others.

I had been diagnosed with breast cancer in the fall of 2000. I had a mastectomy and no chemo or other treatment as the doctors anticipated only a 3% chance of recurrence. In fall 2008, the breast cancer had metastasized to the spinal column and I had emergency surgery with radiation. I was told that I should follow a regimen of drugs to prevent the recurrence, as there is no cure. None of the treatments agreed with me and I had a series of serious infections as a result of them.

I was exploring Brian Peskin's website and contacted him about his treatment regimen for metastatic breast cancer. He referred me to his friend, Dr. Bernardo, in California who had a much more stringent regimen and a record of success with serious cancer diagnoses.

That chance referral has changed my life. I started with Dr. Bernardo in November 2009. I did the juicing, modified my diet as he prescribed and took the supplements. After getting off all other cancer medications and following Dr. Bernardo's direction, I had not one more infection of any kind. All my blood chemistry numbers are now normal and my oncologist, after my last CT scan, in April of 2010, was amazed that he could find no signs of cancer. He said "I wish I could take credit for this, but I know you didn't follow any of my advice". This statement is true, as I followed Dr. Bernardo's instruction and forsook any of the typical drug therapies. My statement

to my oncologist was that if I could not fight off the smallest bacteria that doesn't affect others, how could I fight off cancer. He agreed with my logic.

I am now down to 1/2 an Aleve twice a day. Expect to soon not need any. The pain in my back is minimal and probably due only to the two rods they put in at the time of the surgery to stabilize my spinal column.

Medicine has its place, but I believe that your approach with God's healing power is the key in my recovery.

Dr. Bernardo, you are always upbeat and encouraging. Your caring association is rare and it is a pleasure to work with you in the healing process.
God bless you and your work. LP

RL

An oncologist at a major prestigious hospital in Los Angeles, advised me to get my affairs in order, "That I had less than a week to live". I went to see Dr Bernardo at his hospital in Mexico. I showed him my x-rays with 42 tumors. I had expected him to say no hope.

On the contrary he told me "RL you are very sick and you have just won the Olympic gold medal for the most cancer tumors in the lungs; however you are not going to die if you start on my protocol immediately". I smiled and thought this poor doctor doesn't want to tell me that I am dying. I started Dr Bernardo' protocol and in 12 months I was in complete remission.

Sometime later when I met with Dr. Bernardo I told him that you are a maverick, a mad scientist and a madman, but most of all a genius. Thank you for saving my life. RL

Further testimonials may be provided upon request.

DVD'S

- Dr. Bernardo Majalca on U-tube (or go to www.icurecancer.com)
- Incurables #214 - Jessica Biscardi's Story

RESOURCES:

Bob's Red Mill (503) 654-3215 or www.BobsRedMill.com

Evergreen Juices Inc. (877) 915-8423 or www.EvergreenJuices.com

SnapHeat (480) 483-8413 or www.SnapHeat.com

"Love cures people - both the ones who give it
and the ones who receive it".

--- Dr. Karl Menninger