



Introduction & Essential #1

Your Healing Journey Action Steps

___ Think back on the day you were diagnosed. Are there any lingering negative or fearful feelings? If so, do some tapping and/or journaling to clear those feelings.



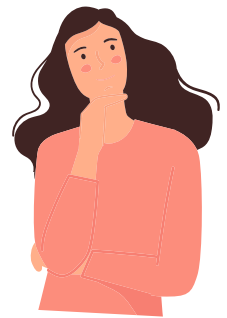
___ Start making a list of books about healing cancer that will inspire you and support you.

___ Develop a Healing Mindset for your journey and your life going forward.



___ Am I clear on the 7 Cancer Triggers and how to avoid them?

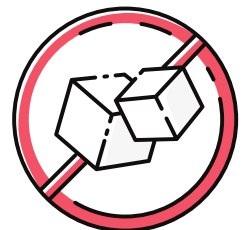
___ Do I have any emotional issues associated with food? If so, dig deeper to get to the root cause.



___ Make a list of the foods to avoid and begin to eliminate

___ Stop ALL sugar of any kind.

___ Learn to starve the cancer and feed your body



___ Practice intermittent fasting or try a 1-3 day fast



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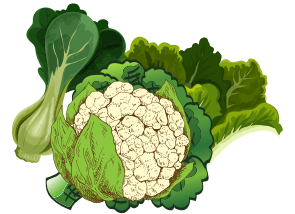
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___ Monitor and check your blood sugar every day.



___ Purchase 3 types of organic Cruciferous Vegetables and incorporate them into your daily menu for the week.

___ Purchase 3 of the top organic Green Leafy Vegetables and incorporate them into your daily menu for the week.



___ If you have a high-powered blender, experiment with some blending recipes. You can find a few of my [favorites on my website](#)

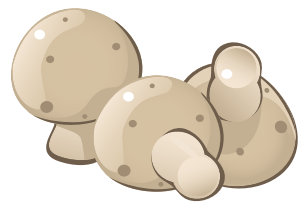


___ Soak a cup of organic nuts overnight. Drain the next morning. Let air dry or dehydrate. Enjoy these as a snack throughout the day.



___ Grind 5 teaspoons of flax seeds in the morning. Add them to your smoothie or sprinkle on your salads and veggies.

___ Add various mushrooms to your diet



___ Minimize vegetable oil intake

___ Make your salad dressings with extra-virgin, cold-pressed olive oil and lemon juice.

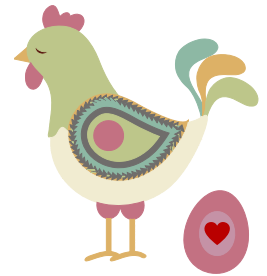




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___ Find out where you can purchase grass-fed, antibiotic, and hormone-free meats and eggs.



___ Replace table salt with clean sea salt or Himalayan salt

___ Check out Butcher Box as a resource for clean meat and fish <http://fbuy.me/iMqe7>

___ Purchase Kefir and Kombucha. Stick with those that have the lowest sugars. Some of GT's Kombucha have 2 grams of sugar ½ bottle.



___ Do some testing to see which foods best support your body.

<https://nutritiongenome.com/shop-nutrition-genome/ref/408/>

<https://thegonzalezprotocol.com/gonzalez-metabolic-type-test/>



___ Drink half your weight in ounces of water. Write it down here so you will remember how much to drink every day.

My weight _____ divided by 2 = _____
ounces I commit to drinking every day

___ I am improving my gut health by incorporating more fermented foods.

