



Essential #6

Your Healing Journey Action Steps

___ Discuss your objectives with your healthcare provider or health coach



___ Add several Nourishing Essentials to your diet and rotate them weekly – broccoli sprouts, blueberries, garlic, iodine, etc.

___ Add Broccoli Sprouts to your daily regime – 2 cups per day or 6 capsules of Brocco Power per day for an active healing journey. 2 per day for Maintenance.



___ Add Modified Citrus Pectin to your protocol – maintenance dose is 5 grams per day. (Lime flavored is easy to take in water)

___ Trace minerals like zinc, magnesium, and selenium and very important.

___ Support your Immune System with Immune Essentials – A, D, C, and medicinal mushrooms





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___ Stay on top of your Vitamin D levels – retest every 3-6 months Your goal is 80-100 ng/mL

___ Test to see if you are Iodine deficient and Bromide toxic



___ Target unhealthy cells with Targeted Essentials. Work closely with your coach to create an effective protocol.

___ Enjoy various medicinal teas throughout the day. (chaga, matcha)



___ Probiotics every day, whether in capsules or fermented foods.

___ Consider high-dose melatonin – watch the video and read the blog on the Breast Cancer Conqueror website first.



___ Increase your cruciferous vegetable intake. Supplement with DIM.



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___ Grind 5 teaspoons of flax seeds and enjoy them on salads or in your smoothies.



___ Get your dose of greens and chlorophyll every day.
(powdered, raw, juiced or blended)

___ Include essential oils to your protocol - internal and external



___ Incorporate Supportive Therapies such as Vitamin C IV, Hyperbaric Oxygen chambers, IPT, Ozone Therapy, etc.

___ Sweat! Sit in a far infrared sauna at 140 F for 45 minutes several times per week.



___ Relax on a Biomat for at least 1 hour per day. Sleep on it all night at a very low temperature.

___ Meditate and visualize your supplements and healthy food choices boosting your Immune System, creating a vibrant, healthier you.

