



Essential #1 - Let Food Be Your Medicine

Dr. Gonzalez Metabolic Type Test

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

<https://thegonzalezprotocol.com/gonzalez-protocol/>

<https://thegonzalezprotocol.com/how-to-apply-to-meet-a-gonzalez-certified-doctor/>

The Bayer Contour is a great monitor and you can get it on amazon, make sure you also have lancets and the test strips:

https://www.amazon.com/Bayer-Contour-Blood-Glucose-Monitoring/dp/B0094A76SQ/ref=sr_1_3?dchild=1&keywords=bayer+contour&qid=1598376486&s=hpc&sr=1-3

All about GMO's - Institute for Responsible Technology

<https://livingnongmo.org/> - a listing of what has been tested and OK'd as non-GMO

EWG- Environmental Working Group

[https://www.ewg.org/?](https://www.ewg.org/?gclid=Cj0KCQiA95aRBhCsARIsAC2xvfxA4aJdFYhS2Kft_CwEsTTwE1EydSorROig4y9Z-UbFOW_nyzloN9saAvd4EALw_wcB)

[gclid=Cj0KCQiA95aRBhCsARIsAC2xvfxA4aJdFYhS2Kft_CwEsTTwE1EydSorROig4y9Z-UbFOW_nyzloN9saAvd4EALw_wcB](https://www.ewg.org/?gclid=Cj0KCQiA95aRBhCsARIsAC2xvfxA4aJdFYhS2Kft_CwEsTTwE1EydSorROig4y9Z-UbFOW_nyzloN9saAvd4EALw_wcB)

Fasting can reduce your recurrence risk

<https://www.breastcancer.org/research-news/can-fasting-reduce-recurrence-risk>

For a **fasting mimicking diet** plan

<https://breastcancerconqueror.com/product/prolon-fasting-mimicking-diet/>

Brocco Power – Active healing Journey – 6 per day

Maintenance – 2 per day

<https://breastcancerconqueror.com/product/brocco-power/>

Safe Catch -

<https://safecatch.com/>

Super Greens -

<https://breastcancerconqueror.com/product/super-greens/>

Four Sigmatic Mushroom Teas-

<https://us.foursigmatic.com/special-offer-new/partner-special-deal-coffee?discount=BCC10>

Dynamic Wheat Grass –

<http://www.dynamicgreens.com/?id=drv>

<https://breastcancerconqueror.com/wheatgrass-superfood-to-help-you-thrive/>

Lark Ellen Farm Seeds & Nuts-

<https://www.larkellenfarm.com/?>

[gclid=Cj0KCQiA95aRBhCsARIsAC2xvfxwDrai_O4gZVwiISsnOjSBwXXhb_REmbvhVPZCcx2UAHCrsDU1DaQaAiSjEALw_wcB](https://www.larkellenfarm.com/?gclid=Cj0KCQiA95aRBhCsARIsAC2xvfxwDrai_O4gZVwiISsnOjSBwXXhb_REmbvhVPZCcx2UAHCrsDU1DaQaAiSjEALw_wcB)

Butcher Box - online grass fed meat delivered to your door. Hormone free, antibiotic free, 100% grass fed and grass finished

<https://bit.ly/3mq2Ksv>

Nutrition Genome Test -

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

Hydrogen water –

There is a BIG difference between alkaline water and hydrogen water. Too much alkalinity can weaken your stomach by reducing the acidity in your stomach. Hydrogen water drank at pH of 7 or 8 MAX, has many benefits. Hydrogen has been shown to reduce inflammation and serves as a powerful anti-oxidant.

Use DRV code to receive 10% off this water system and EMF protection with Qi Synergy

<https://synergyscience.com/shop/?afmc=3g>

EMF Protection -

<https://www.giawellness.com/56621>

Biome FX- Gut test to check the health of your poop 🐛

<https://www.biomefx.com/>

Essential #2 – Reduce Your Toxic Exposure

Environmental Health Trust -

www.ehtrust.org

5G can have adverse systemic effects -

<https://pubmed.ncbi.nlm.nih.gov/31991167>

Ultra-high frequency above 20 GHz will heat up human body tissues due to electromagnetic field induction. **Health Technology -**

<http://pubmed.ncbi.nlm.nih.gov/33527067>

For EMF protection: **GIA Wellness -**

<https://giawellness.com/56621/products/energy>

This is a great link that explains how GIA products work -

<https://www.giawellness.com/2/technology/>

5 G protection – QI technology 15% off with DrV code at check out

<https://synergyscience.com/shop/?afmc=3g>

Environmental Working Group – EWG.org

Find non toxic sunscreens, make up and household cleaners

True Dark Glasses - <https://truedark.com/>

Blue Light on your Computer - F.lux

<https://justgetflux.com/>

Environmental Working Group - Use this website to look up all your cleaning supplies and personal care products - even Sunscreen. It will “rate” how clean or toxic a product is, and will give you great options for clean, replacement products.

<http://www.ewg.org/consumer-guides#.WYDTClQxE4>

Breast Implant Removal basics - Lu Jean Feng Clinic

<https://www.youtube.com/watch?v=V9EngrFPxp0>

Sea Kind Products- <https://sea-kind.com/>

Truly Free Laundry Detergent - Refill - Not Landfill

https://click.trulyfreehome.com/aff_c?offer_id=187&aff_id=1045

Coffee Enemas - <https://breastcancerconqueror.com/coffee-enemas-a-must-for-a-toxic-world/>

The use of SA Wilson's Organic Gold Roast Coffee is recommended for your enemas since it is higher in palmitic acid and caffeine, which is what is needed to stimulate the liver and increase glutathione production.

Information to consider to help decide on whether to do breast reconstruction:

<https://breastcancerconqueror.com/breast-reconstruction-get-facts-decide/>

Breast Implant removal basics - Lu Jean Feng Clinic

<https://www.youtube.com/watch?v=V9EngrFPxp0>

Great book on **parasites**: Ann Louise Gittleman: Guess What Came to Dinner?

Full Moon Cleanse information:

<https://breastcancerconqueror.com/parasite-cleanse/>

Sauna - Sweat with Far Infrared and Near Infrared Up to \$600 off and Free Shipping

<https://bit.ly/SaunaBCC>

The Biomat - stimulates heat shock proteins and induces cancer cell death

<http://drv.biomat.com/>

XP2 Lymphatic Drainage Therapy -

<https://breastcancerconqueror.com/easy-ways-keep-lymphatic-system-moving/>

<http://rightwayhealthandwellness.com/electro-lymphatic-therapy.php>

Ozone information: **Ozone Healing Therapies:**

<https://breastcancerconqueror.com/ozone-inhibits-cancer-cell-growth/>

http://www.oxygenhealingtherapies.com/my_ozone_doctor.com.html

Ozone Therapy – Longevity Resources - <http://www.ozonegenerator.com/>

7 signs of a toxic relationship link - <https://www.murdoch.edu.au/news/articles/7-signs-of-a-toxic-relationship>

Essential #3 - Balance Your Energy

Dr. Robert Becker - The Body Electric book - <https://www.amazon.com/Body-Electric-Electromagnetism-Foundation-Life/dp/0688069711>

To learn more about **Healy** - <https://www.energyhealingdrv.com/>

Masaru Emoto Book - The Hidden Messages in Water - https://www.amazon.com/dp/0743289803/?tag=mh0b-20&hvadid=78271538414928&hvqmt=e&hvbmt=be&hvdev=c&ref=pd_sl_7yo4slp4jh_e

HeartMath - https://click.linksynergy.com/link?id=T1NJEQtB*f0&offerid=733039.15148611808&type=2&murl=http%3A%2F%2Fstore.heartmath.com%2Finnerbalance

Block Therapy - Helps release the Fascia

<https://kd167.isrefer.com/go/blocks/BreastCancerConqueror/>

Curatronic PEMF mat link - <https://www.curatronic.com/order-curatron-pemf-device>

Chromalux bulbs - <https://www.amazon.com/chromalux-light-bulbs/s?k=chromalux+light+bulbs>

Dr. Lindsey Berkson Book - hormone deception - <https://www.amazon.com/Hormone-Deception-Dr-Lindsey-Berkson/dp/1453741275>

Scientific Health Solutions - 60 mg dosage of melatonin - code 5010
<https://www.scientifichealthsolutions.com/product/melatonin-max/>

ZRT hormone tests -

Female/Male Saliva Profile III from ZRT- You have to ask them to add E1 and E3 to this test

<https://store.zrtlab.com/index.php/saliva-testing>

Essential #4 - Heal Your Emotional Wounds

ACE Score - Adverse Childhood Experience - www.cdc.gov/vitalsigns/aces/index.html

Manage Your Stress - 11-year study –
[HTTP://integrativeoncology-essentials.com/2015/12/stress-management-reduces-breast-cancer-recurrence-and-death](http://integrativeoncology-essentials.com/2015/12/stress-management-reduces-breast-cancer-recurrence-and-death)

Art of Healing book - Dr. Bernie Siegel - https://www.amazon.com/dp/1608681858/?tag=mh0b-20&hvadid=78065395898496&hvqmt=e&hvbmt=be&hvdev=c&ref=pd_sl_98olydepch_e

Getting Well Again – Dr. Carl Simonton - <https://www.amazon.com/Getting-Well-Again-Bestselling-Revolutionary/dp/0553280333>

CAP program - Planet-cap - <https://www.planet-cap.com>
Wednesday, Sept 8th working on your inner child work program, contact Ginger at support@breastcancerconqueror.com for details

You are the Placebo - Joe Dispenza - www.youtube.com/watch?v=BmFkfnWHnVw&t=111s

EFT – The tapping Solution.com
EFT Universe - <https://eftuniverse.org>

Brain Tap - 15 Day Free Trial
https://braintap.com/15-day-gift/#a_aid=2202VEDE&a_bid=72e6afc5

EMDR- Eye Movement Desensitization and Reprocessing

<https://breastcancerconqueror.com/emdr-cancer-trauma-healing/>

Essential #5 - Embrace Biological Dentistry

Dr. Hal Huggins – It's All In Your Head

https://www.amazon.com/Its-All-Your-Head-Amalgams/dp/0895295504/ref=sr_1_1?crid=301MK5AKTP906&dchild=1&keywords=dr+hal+huggins&qid=1629906737&srefix=Dr.+Hal+%2Caps%2C328&sr=8-1

Serum Compatibility Blood Test

<http://www.biocomplabs.com/>

IAOMT – Smart Doctor

<https://iaomt.org/member-listings-smart-member/>

Amalgams are 50% mercury and mercury is the most toxic element on the planet. Every time you chew and brush your teeth, the amalgams are releasing mercury vapors that impact every system in your body.

<https://breastcancerconqueror.com/10-questions-amalgams-truly-holistic-dentist-happy-answer/>

Please read this concerning **root canals**:

<https://breastcancerconqueror.com/root-canals-revisited-new-studies-new-evidence-same-dangers/>

Integrative Endodontics

<https://i-endo.com/>

Here is a **list of organizations** and non-profit groups that support Biological Dentistry.

International Academy of Biological Dentistry and Medicine - <http://iabdm.org/>

Holistic Dental Association - <http://www.holisticdental.org/>

Dental Amalgam Mercury Solutions

<http://amalgam.org/>

http://www.dentalwellness4u.com/freeservices/find_dentists.html

<http://www.dentistry.news/>

Here is a great **interactive dental chart** so as to understand the dental to organ connection:

<https://www.grotonwellness.com/practices/dental-orthodontics/health-focused-or-biological-dentistry/meridian-chart-for-teeth/>

Cavitations (infections in the bone) and periodontal disease can increase your risk of dis-ease in the body. Please read this:

<https://breastcancerconqueror.com/?s=periodontal>

OraWellness

<https://orawellness.com/>

Uncle Harry's toothpaste

<https://www.uncleharrys.com/mouth-care/toothpaste>

Primal Health organics – 60% off teeth whitening kit

<https://www.naturalteethwhiteners.com/>

Essential # 6 - Repair Your Body with Therapeutic Plants

Evidence-Based Natural Medicine

www.pubmed.gov

Nourishing Essentials

- Blueberries Life Extension

<https://www.lifeextension.com/vitamins-supplements/item01214/blueberry-extract-capsules>

Brocco Power

<https://breastcancerconqueror.com/product/brocco-power/>

Optimal Curcumin

<https://breastcancerconqueror.com/product/optimal-curcumin/>

DIM Balance

<https://breastcancerconqueror.com/product/dim-balance/>

Super Greens

<https://breastcancerconqueror.com/product/super-greens/>

Methyl Support

<https://breastcancerconqueror.com/product/methyl-support/>

Iodine Support

<https://breastcancerconqueror.com/product/iodine-support/>

Matcha Tea

<https://breastcancerconqueror.com/product/matcha-tea/>

Magnesium Ease

<https://breastcancerconqueror.com/product/magnesium-ease/>

Modified Citrus Pectin

<https://breastcancerconqueror.com/product/pectasol-powder-lime/>

Super Zinc

<https://breastcancerconqueror.com/product/super-zinc/>

Probiotic Support

<https://breastcancerconqueror.com/product/probiotic-support/>

HI Po Fish Oil

<https://breastcancerconqueror.com/product/hi-po-fish-oil/>

Dry Farm Wines – if you are looking for very clean and low alcohol wine, this is the best company I have found – free bottle with your first order.

www.dryfarmwines.com/drv

Immune Essentials

Agaricus Bio

<https://breastcancerconqueror.com/product/agaricus-bio-2-bottles/>

Beta Glucan

<https://breastcancerconqueror.com/product/beta-13-d-glucan-500-mg-60-count/>

Colostrum

<https://breastcancerconqueror.com/product/colostrum-16-ounces/>

Immune Essentials

Immune Complete

<https://breastcancerconqueror.com/product/immune-complete/>

Buffered C

<https://breastcancerconqueror.com/product/buffered-c/>

Pancreas Pork Caps

<https://breastcancerconqueror.com/product/pancreas-pork-natural-glandular-720-caps/>

GcMAF+

<https://www.gcmafplus.com/>

Imuno.org for injectables

Yogurt GcMaf

www.bravocoop.com

Liposomal Vitamin C

<https://breastcancerconqueror.com/product/liposomal-vitamin-c/>

VitaChek Test Strips

<https://store.riordanclinic.org/vitachek-c-strips-50-test-strips/>

Vitamin D and Magnesium – Synergistic relationships – You must have enough MG for Vitamin D to be carried into the bloodstream AND to be absorbed by the cells.

Vitamin D+K

<https://breastcancerconqueror.com/product/vitamin-d-k/>

Bio AE

<https://breastcancerconqueror.com/product/bio-ae-mulsion-forte-package-of-3/>

Targeted Essentials

B17

<https://breastcancerconqueror.com/product/amygdalin-b-17-500-mg-capsules/>

Argentyn 23

<https://breastcancerconqueror.com/product/argentyn-23/>

Artecina

<https://breastcancerconqueror.com/product/artecin-2-bottles/>

BenaGene

<https://breastcancerconqueror.com/product/benagene-set-of-three/>

Berberine Balance

<https://breastcancerconqueror.com/product/berberine-balance/>

Haelan

<https://breastcancerconqueror.com/?s=Haelan>

One Minute Cure by Madison Cavanaugh

[https://www.amazon.com/One-Minute-Cure-Healing-Virtually-Diseases/dp/0977075141/](https://www.amazon.com/One-Minute-Cure-Healing-Virtually-Diseases/dp/0977075141/ref=sr_1_1?)

[crid=V2OT2PNLR2OD&dchild=1&keywords=one+minute+cure+book+by+madison+cavanaugh&qid=1629916275&srefix=One+Minute+Cure+%2Caps%2C173&sr=8-1](https://www.amazon.com/One-Minute-Cure-Healing-Virtually-Diseases/dp/0977075141/ref=sr_1_1?crid=V2OT2PNLR2OD&dchild=1&keywords=one+minute+cure+book+by+madison+cavanaugh&qid=1629916275&srefix=One+Minute+Cure+%2Caps%2C173&sr=8-1)

Melatonin Max

Some consider taking 3 capsules per day (180mg). Some do well taking these capsules spaced out through the day, or others find it best to take all at once before bedtime.

<https://www.youtube.com/watch?v=Roh4lQXneQg&feature=youtu.be>

<https://breastcancerconqueror.com/product/melatonin-slow-release-2/>

<https://www.scientifichealthsolutions.com/product/melatonin-max/>

Provider code- 5101

Onkobel Pro

<https://breastcancerconqueror.com/product/onkobel-pro/>

Winning The War On Cancer

https://www.amazon.com/Winning-War-Cancer-Journey-Towards/dp/B08NXZ3GRW/ref=sr_1_2?dchild=1&keywords=Winning+the+war+on+cancer&qid=1629916428&sr=8-2

Onkotea

<https://breastcancerconqueror.com/?s=Onkotea>

Poly -MVA

<https://breastcancerconqueror.com/product/poly-mva/>

Quercetin Phytosome

<https://breastcancerconqueror.com/product/quercetin-phytosome-2-bottles/>

Orasal

<https://breastcancerconqueror.com/product/orasal/>

BELIEVE BIG:

<https://www.believebig.org> - mistletoe and doctors support

UNITED PATIENTS GROUP :

<https://unitedpatientsgroup.com>- medical marijuana and CBD

BOOK- HOW TO STARVE CANCER

https://www.amazon.com/How-Starve-Cancer-Starving-Yourself/dp/0951951742/ref=sr_1_1?crid=NXBLN7AG7JAU&keywords=jane+mcclelland+book+how+to+starve+cancer&qid=1646939911&srefix=Jane+McClellan%2Caps%2C94&sr=8-1

IPT -

Read about it here: <https://bestanswerforcancer.org/patients/iptiptld-cancer-treatment/>

Find a physician here: <https://bestanswerforcancer.org/find-a-physician/>

Ozone Therapy -

<https://breastcancerconqueror.com/ozone-inhibits-cancer-cell-growth/>

Longevity Resources: <https://www.ozonegenerator.com/>

Ozone Healing Therapies: <http://www.oxygenhealingtherapies.com/>

my_ozone_doctor.com.html

Spectra Medical Laser Watch -

<https://breastcancerconqueror.com/product/spectra-medical-laser-watch/>

Cryoablation -

<https://breastcancerconqueror.com/cryoablation-healing-breast-cancer-with-extreme-cold/>

Cryoablation Doctors -

Stryker MD

Encinitas, California

Dr. Jeanne Stryker

<https://www.strykerinterventionalspecialists.com/>

[858-480-1977](tel:858-480-1977)

Dr. Williams in Florida – east coast

Visionary Breast Center -

La Quinta, California

Dr. Bretz drbretz@visionarybreastcenter.com

[760-771-4939](tel:760-771-4939)

Essential #7 - Adopt Very Early Detection

YOUR LAB WORK -

<https://go.yourlabwork.com/bcc>

lab special and lab masterclass

COACHING AND RETREAT SPECIALS WITH BCC -

breastcancerconqueror.com/special- coaching and retreat specials!

contact GINGER for any questions or for support!

770-893-9635

support@breastcancerconqueror.com

MY BREAST FRIEND MODEL - www.mybreastfriend.com

code: CCT22 for \$30 off

Cancer Profile test -

Measures HGC, PHI, DHEA and TSH

<https://www.americanmetaboliclaboratories.net/ca-profile.html>

\$50 off the Cancer Profile test

Use code: DRV50

Purchase on the site or by phone: 954-929-4814

Any questions about the test contact: sam@americanmetaboliclaboratories.net

SELF CODE: DNA Testing with Wellness reports for each genetic weakness

https://selfdecode.com/?a_aid=5f85d10d00c69

Screening -

Mammography Information- <https://breastcancerconqueror.com/mammogram-risk-update-2017-word-spreading/>

For information on the **MRI contrast dye - Gadolinium** - <https://bcmj.org/articles/breast-magnetic-resonance-imaging>

Calcium-D- glucarate info

<https://breastcancerconqueror.com/calcium-d-glucarate-breast-cancer-protection-and-liver-support-in-one/>

Alternative Tests -

Dr. Nasha Winter's Trifecta blood test to see if there is the likelihood of cancer activity. Any walk in lab or medical doctor can order these.

- ESR – erythrocyte sedimentation rate
- Hs CRP – highly sensitive C Reactive Protein
- LDH – Lactase Dehydrogenase
- Homocysteine

<https://breastcancerconqueror.com/its-bham-month-are-you-ready-to-take-your-healing-journey-breast-cancer-tests/>

You can order these labs here with the Inflammatory lab package or have your doctor draw them:

<https://go.yourlabwork.com/bcc>

Here is a link to Dr. Nasha Winter's book "The Metabolic Approach to Cancer" if you are interested:

https://www.amazon.com/Metabolic-Approach-Cancer-Integrating-Bio-Individualized/dp/1603586865/ref=sr_1_1?ie=UTF8&qid=1550010510&sr=8-1&keywords=nasha+winters

The RGCC Greece test

It tests over 50 natural extracts as well as 50 chemotherapy agents to see which ones target the cancer more effectively.

<https://breastcancerconqueror.com/the-rgcc-greece-test/>

Ask your physician if he can order a test for you or you can contact RGCC USA and they will assist you in finding a physician who can order it for you.

Here is the info to the US Branch:

Email: info@rgccusa.com Web address: www.rgccusa.com

Galleri-

This test tests for the DNA methylation signals associated with cancer in the blood. They screen for 50 different cancers

<https://www.galleri.com>

For those with questions about lymph nodes -

<https://breastcancerconqueror.com/why-you-should-think-twice-before-considering-lymph-node-removal/>