

Cheapskate anticancer protocol...raw plant based diet, no meat no sugar, no dairy, no gluten...

- 1) Large amounts of fruit (Zinc family)
- 2) Large amounts of Nuts (Manganese)
- 3) Large amounts of Hulled hemp seeds (Titanium)
- 4) Potassium
- 5) Baking soda (Carbon)
- 6) chopped Raw garlic cloves (swallow) (selenium)
- 7) Dandelion root & greens (Oxygen)
- 8) eat sea vegetables like Arame, seaweed, kelp (iodine)
- 9) Eat Coriander seeds & Cilantro leaves & drink strong coffee & strong tea, & do coffee enemas (yes, caffeine!) (Copper)
- 10) Soak in Epsom Salts & exercise for a long time outdoors like walking very far daily (magnesium)
- 11) Eat Parsley, Black Cumin (Fluorine)
- 12) 2 Mule team Borax (for Boron)

