

Simple Smoothies

My father-in-law is 94 and in very good health. We credit his good health to Breakfast Smoothies, and range of motion exercise.

Here is how we make his smoothie (You will need a blender):

Start with a base of liquid 1.5 Cups of water / milk / juice. If the consistency of the smoothie is too thick add more liquid. All produce should be live. Avoid processed produce (dead / bottled / caned / boxed / etc). I peel and freeze bananas, pineapple, berries to avoid spoilage. Here is a list of fruits and vegetables we use. Feel free to add or remove anything you have no taste for.

Banana

Naval Orange

Fiji Apple

Pineapple (I have not seen a live pineapple since 2010, complain to your grosser)

Strawberry

Blackberry

Raspberry

Carrot

Cauliflower

Broccoli

Celery

Cucumber

Spinach

Purple Cabbage

Kale (very beneficial, but bitter, so go easy)

Add whatever you like! (Must be LIVE)

Some other recipes I like:

Apple – 2 to 3 Fiji Apples refrigerated, cored, and blended. The Apple Pectin is good for cleansing your liver.

Orange – 2 to 4 Navel Oranges refrigerated, peeled, add some ice, and blended. The pulp is good for your intestines.

Pineapple / Banana – 32 oz Pineapple juice, 1 Banana peeled and froze, 1/6th (wedge) of Pineapple pre-frozen, 1oz coconut (milk, cream, creamer)

Apple / Carrot (Liquid Juicer required) – 1 large carrot, 1 large Fiji Apple

Occasionally I make Berry Milkshakes:

Pick one: (Strawberry / Blackberry / Raspberry) pre-frozen, add sugar, and milk to taste

You might want to pickup a copy of Dr. Max Gerson's book The Gerson Therapy.

<https://www.amazon.com/dp/1496729323> It has been in print since the 1930's

Charlotte is Max's 90+ year old daughter (Broke her pelvis at 90 and healed in 5 weeks)

Curing Cancer in America is a Felony:

Cancer Act 1939 (Curing Cancer is a Felony.) - https://en.wikipedia.org/wiki/Cancer_Act_1939

Stealing from people funding a cure for cancer is not a Felony. (It's called; Charity Fund Raising.)

Cancer laced vaccines -- Rachel Celler, RN
<https://www.youtube.com/watch?v=Loj15d6vQ2g>

What's your favorite Charity? A bunch of psychopaths who poison people to make a living (Doctors)?

The "Solution" for cancer has been reported since 1931 (I know 8 "solutions" for Cancer):

1. Oxygen - Otto H. Warburg - Nobel Prize for Cancer - https://en.wikipedia.org/wiki/Otto_Heinrich_Warburg
2. Gerson Therapy - Max Gerson - <https://www.amazon.com/dp/1496729323>
3. Laetrile (Vitamin B-17) - https://www.ebay.com/sch/i.html?_nkw=vitamin+b-17
4. MMS (Cl O₂) - <https://www.youtube.com/watch?v=HO6atLYmnTg>
 - a. Where to buy: <https://www.mmshealthy4life.com/purchase-mms.html>
5. GcMAF (hard to come by) - <https://www.youtube.com/watch?v=jnFATCqIZi8>
 - a. Possible source: <https://naturalsolutions.nz/bravo-probiotic-suppositories>
6. Prostate Cancer - <https://www.youtube.com/watch?v=Vknmenba7Jo>
 - a. [Natural News Article](#) (3 Supplements: Ursolic acid, Curcumin, Resveratrol)
7. THE BURZYNSKI CLINIC - <https://www.burzynskiclinic.com>
8. Spirits of Turpentine - <https://endalldisease.com/turopentine-kerosene-cancer-treatment>
9. Apple Cider Vinegar for Cancer - <https://www.beautyepic.com/apple-cider-vinegar-for-cancer>
10. Monatomic Gold / Ormus (If you can find a trustworthy source.)

GcMAF is reported to be neutralized by stomach acid; so injection or suppositories are recommended. Be aware that over 30 alternative medicine doctors have died under suspicious circumstances over GcMAF.

After I told an Oncologist about Otto Heinrich Warburg the page on Wikipedia was changed. Otto Warburg discovered that healthy cells deprived of oxygen became cancerous Distilling sugar rather than Metabolizing sugar. If Oxygen Deprivation causes cancer, then it is logical that more oxygen will halt and reverse the cancer. MMS (Cl O₂) is a safe source of oxygen! You need a Doctors prescription to obtain a bottle of Oxygen. Now why do you suppose that requirement exists? (The Cancer Act of 1939)

Dr. Burzynski and his cancer "solution" were attacked for years by the AMA and FDA. Eventually his discovery was stolen and diluted to the point of ineffectiveness. Here are two documentaries:
Cancer Is Serious Business - <https://www.youtube.com/watch?v=rBUGVkmmwbk>
The Cancer Cure Cover-Up - <https://www.youtube.com/watch?v=qQKaCTdrmJc>

YOU and only YOU are your Primary Care Physician (never surrender your power to anyone):

Please do not hold me responsible for your results; I'm just trying to inform you that Western Medicine has no interest in curing you of anything. At the time of your birth you were given a massive injection of mercury called Hepatitis Vaccination. Since when has mercury not been known as a neurotoxin? MSG is also a neurotoxin. The claim is they don't want the baby to get hepatitis from the mother, but they don't test the mother for hepatitis, and mercury is not part of the prevention. Hepatitis is only transferable threw sex or IV drug use. (Are Doctors protecting babies from Human Traffickers?)

Peace, love, and blessings,

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