

CANCER DAILY SCHEDULE

RESCUE PLAN



This is a guideline and must be adapted according to your lifestyle.

7:00 am

Iodine (nascent) supplement (on empty stomach): Start with 1 to 2 drops per day and increase gradually to 15 drops (twice daily). Consume 15 minutes prior to consuming anything else. Also, need to be sure to use selenium daily (200mcg).

BARLEYMAX® (1 tsp) mixed with 4 oz water (or taken dry)
Liposomal Vitamin C (1 tsp)
Selenium/Glutathione Promoter (1)

8:00 am

Juice (8 oz): carrot (70%) and vegetables (30%)
Digestive Enzyme capsule (1)

8:30 am

FiberCleanse (up to the first 90 days of The Hallelujah Recovery Diet; some people will require more cleansing than others) or B-Flax-D as directed

9:00 am

BARLEYMAX® (1 tsp) mixed with 4 oz. water (or taken dry)

9:30 am

Mid-Morning snack – Cut veggies or green smoothie with ¼ cup ground flax seed (minimal fruit)
Digestive Enzyme capsule(1)
Vitamin D3/K2 capsule – 5,000 IU (1)
BioCurcumin capsule (1)
Exercise, Sunshine, Rest, Deep Breathing

10:00 am

Juice (8 oz): carrot (70%) and vegetables (30%)
Digestive Enzyme capsule (1)

11:00 am

Iodine (nascent) supplement (on empty stomach): Start with 1 to 2 drops per day and increase gradually to 15 drops (twice daily). Consume 15 minutes prior to consuming anything else.
BARLEYMAX® (1 tsp) mixed with 4 oz water (or taken dry)
Liposomal Vitamin C (1 tsp)

12:00 noon – Lunch meal

Professional Strength Probiotics capsule (1)
Whole or blended (Blended is ideal)
Digestive Enzyme capsules (2)

1:00 pm

Juice (8 oz): carrot (70%) and vegetables (30%)
Digestive Enzyme capsule (1)

2:00 pm

BARLEYMAX® (1 tsp) mixed with 4 oz water (or taken dry)

2:30 pm

Mid-Afternoon Snack (Cut veggies, or green smoothie)
Digestive Enzyme capsule (1)
Exercise, Sunshine, Rest, Deep Breathing

3:00 pm

Juice (8 oz): carrot (70%) and vegetables (30%)
Digestive Enzyme capsule (1)

4:00 pm

BARLEYMAX® (1 tsp) mixed with 4 oz water (or taken dry)
Liposomal Vitamin C (1 tsp)

5:00 pm – Supper meal

Digestive Enzyme capsules (2)
Professional Strength Probiotics capsule (1)
BioCurcumin capsule (1)
Prayer
Salad – Whole or blended
Cooked food

6:00 pm

Juice (8 oz): carrot (70%) and vegetables (30%)
Digestive Enzyme capsule (1)

7:00 pm

BARLEYMAX® (1 tsp) mixed with 4 oz water (or taken dry)

8:00 pm

Juice (8 oz): carrot (70%) and vegetables (30%)
Digestive Enzyme capsule (1)

10:00 pm

Sleep



HALLELUJAH DIET®

*The statements and products referred to have not been evaluated by the FDA. They are not intended to diagnose, treat, cure or prevent any disease or condition. If you have a health condition or concern, consult a physician or your alternative health care provider. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or beginning new exercises.