

## PureDCA.com

### Things to Remember

#### PureDCA Capsules:

1. Store bottles of PureDCA in freezer.
2. Dosage is based on **weight**
3. Dosage is based on **type of cancer being treated**
4. Split daily dose into two servings and take 12 hours apart. If you are taking an odd number of PureDCA capsules (ie. 3 or 5) – take first PureDCA capsule(s) and thiamin capsule in morning upon rising. Take next PureDCA capsule in the middle of the day. Take other PureDCA capsule(s) and thiamin capsule just before returning to bed. Contact us for specific directions if you need help. Note that we only assist our customers as we do not know what is in other products - but know they do NOT get the same results as patients using PureDCA..
5. Supplement with Thiamine. Recommended minimum Daily Dose is 750mg (2 capsules).  
<http://www.PureDCA.com/store/>  
Patients are advised to take more if they already have neuropathy.
6. PureDCA can be taken alone or with other cancer treatments (conventional treatments or alternative treatments). PureDCA has been shown to improve the success of Chemotherapy Treatments. PureDCA does not adversely affect healthy cells and is only looking for “sick cells” so it does not interfere with any other treatments.
7. Once cancer is in remission, begin Maintenance Dosing. This is half the PureDCA and thiamine taken during your initial healing treatment. (10mg/kg body weight, generally).
8. The Healing Treatment Dosage is generally 20mg/kg body weight.
9. Healing Brain Cancers is reduced to 15mg/kg body weight.
10. Blood Cancers and other System-wide ailments are 15mg/kg. Preventative Dosing is 4mg/kg body weight.
11. Patients prefer to take thiamine WITH FOOD; PureDCA can be taken with food or alone (however NEVER take with anything HOT as heat destroys PureDCA)
12. Order again when PureDCA is received - you do not want to interrupt your treatment by running out of PureDCA capsules. <http://www.PureDCA.com/store/>

## **PureDCA Powder:**

1. Store bottles of PureDCA in freezer.
2. Keep the special desiccant package in the bottle after opening - it is designed to eat the oxygen to maintain PureDCA potency after you have opened it and begun using it.
3. Dosage is by weight not volume. Get a medicinal dosing scale if you are using PureDCA powder. This VERY sensitive scale includes batteries and is sensitive to 0.1 grams. Available for \$29.95 from:  
<http://puredca.com/store/>
4. Watch this video to learn how to measure puredca powder with your Medicinal Scale:  
<http://puredca.com/how-to-measure-dca-with-a-scale/>
5. Dosage is based on **weight**.
6. Dosage is based on **type of cancer being treated**
7. Split daily dose into two servings and take 12 hours apart.
8. Take in room temperature water - NEVER hot water.
9. Supplement with Thiamine. Recommended minimum Daily Dose is 750mg (2 capsules).  
<http://www.PureDCA.com/store/>  
Patients are advised to take more if they already have neuropathy.
10. PureDCA can be taken alone or with other cancer treatments (conventional treatments or alternative treatments).
11. PureDCA has been shown to improve the success of Chemotherapy Treatments. PureDCA does not adversely affect healthy cells and is only looking for "sick cells" so does not interfere with any other treatments.
12. Once cancer is in remission, begin Maintenance Dosing. This is half the puredca and thiamine taken during your initial healing treatment. (10mg/kg body weight, generally).
13. The Healing Treatment Dosage is generally 20mg/kg body weight.
14. Healing Brain Cancers is reduced to 15mg/kg body weight. Blood Cancers and other System-wide ailments are 15mg/kg. Preventative Dosing is 4mg/kg body weight.
15. Patients prefer to take thiamin WITH FOOD; PureDCA can be taken with food or alone (but never with anything HOT as heat destroys PureDCA)
16. Order again when PureDCA is received - you do not want to interrupt your treatment by running out of PureDCA powder.  
<http://www.puredca.com/store/>

## Other Thoughts For Healing

1. **Make your body ALKALINE** (versus acidic) - avoid sugar - cancer cells feed on sugar
2. Remember all white rice, white bread, white pasta, crackers, etc. convert to sugar during the digestion process). Visit <http://TipsForHealthyEating.com/alkaline-diet-tips/> to get a list of alkaline-producing foods to add to your diet and learn more about healthy eating, in general.
3. Your body needs OXYGEN to heal. Slow down and **consciously take Long, Deep Breaths** (filling your stomach and lungs completely and holding your breath as long as possible). Do this at least three times a day for at least 5 minutes.
4. Exhale each breath completely before inhaling again. Ideally you will do the **One Minute Breath – inhale deep and slow for 15 seconds; HOLD the breath for 15 seconds; exhale slowly for 15 seconds; Hold the lungs emptied of air for the final 15 seconds.** You can begin with 5 seconds, increase to 10, and eventually reach 15 (or longer) for each phase.
5. **Be in NATURE** as much as possible. This grounds you in healing energy.
6. **REDUCE STRESS.** Increase the joy and laughter in your life in whichever way is natural and fun for you.
7. Have **POSITIVE THOUGHTS towards Healing.**
8. Verbalize your thoughts of healing and full health. **Intend to be well and vital.** You have to be Healthy in the mind before your body will respond.
9. Everything your body does originates with a thought – both **conscious and unconscious thoughts.** When you are hungry your mind tells you you are hungry so you reach for food. When you want to pick up something – the thought precedes the action. Each breath and each illness originates in the unconscious mind.
10. **Become conscious in your thoughts** – don't let doctors and others continually talk about “being sick” or you will not be well. YOU have to turn this thought around...
11. Every time you take a dose of PureDCA THINK (even say aloud): **“I am healing”** or **“I am healthy!”** When others ask you about the cancer... tell them **“I am getting stronger every day!”**
12. **DRINK LOTS OF WATER - PURE SOURCES without Fluoride or Chlorine**
13. **Check your municipal water** and do not drink directly from your tap if these chemicals have been added. Also watch as these chemicals are now being added to bottled drinking water.

14. **DO NOT CONSUME ASPARTAME, SUCROSE, or any ARTIFICIAL SWEETENERS** - these cause cancer, this has been known for a LONG time.

15. **Natural Sources of Thiamine (VITAMIN B1):** oatmeal, brown rice, flax, sunflower seeds, asparagus, kale, cauliflower, potatoes, oranges, liver, eggs, pork, and marmite.

16. **DO NOT take any VACCINES or BOOSTER SHOTS** (these are full of deadly toxins).

17. **NEVER USE A MICROWAVE** – it changes the chemistry of the food, kills the nutrients, and makes food unrecognizable by the body.

18. **THROW OUT ALL PLASTICS** – they leach poisons into your food when you freeze with them and use them in microwaves.

19. **REDUCE / ELIMINATE MILK CONSUMPTION** – our bodies were not designed to consume milk after infancy (no mammal drinks milk after that); processed milk has lost its nutrients; cow's milk has large molecules that is hard for humans to digest; milk creates mucus that feeds cancer cells. **Instead drink rice milk or almond milk. Avoid soy milk** as it affects your hormones (ie. Estrogen levels).

20. We highly suggest you add NAC (N Acetyl Cystine B6) to your Healing Protocol.

21. Watch the doctor's video on this webpage for more valuable information :

**<http://cystineb6.com/>**

Remember to add it to your next PureDCA order.

Let us know if you have any questions, concerns, or comments.

We would also be happy to have any testimonials (anonymous) to share with others.

We published this free e-book about this ground-breaking therapy in 2014

**<http://conquercancer.net/>**

Yours in Health and Healing,

Harneet

email: [info@completehealthimprovements.com](mailto:info@completehealthimprovements.com)