

1 Curcumin capsule, Essiac Tea twice a day 2 oz for a long period, now she is doing 2 oz before bedtime, 1 100 mg of Ubiquinol, Iodine 800 mcg about 3-5 drops, Cottage Cheese and Barleans Flax Seed Oil Combination (sometimes add 3 apricot kernels), Raw Code Multivitamin, Lemon juice whenever possible, Carrot and Spinach Juice about 16 oz daily, 1 capsule of Reishi Mushroom with Astragalus and Aloe. 1-3 drops or 4000 UI for Vit D3. She totally changed her diet as well-eliminated dairy milk, cheese (except cottage cheese) and beef and pork. (She told me that she doesn't sneak the odd piece of this), She eliminated white sugar, also she is now cooking more with cold press organic oils. She was diagnosed with a grade 1-2 Endometrium. She was intending to have the surgery until she found out it was in Remission. Basically, detoxify, build the immune system, and rebuild cells. She gets a large injection of Vit D3 bimonthly which literally put it into remission by stopping the bleeding. Also, getting in touch with some issues that plagued her for so long. I'm very proud of her!!!!

Also, forgot to add a probiotic from mercola.com. She was taking a really high dose of zinc 75 mg for about a month or two so to help with another condition. I have come to realize that zinc is a super immunity mineral. I think that this really helped. Norman Walker recommends zinc as well.