

Things to Remember

DCA Capsules

1. Store bottles of DCA in freezer.
2. Dosage is **weight**-dependent – see Dosage Chart using DCA Capsules.
3. 3 Dosage is **condition**-dependent – see Dosage Chart using DCA Capsules.
4. Split daily dose into two servings and take 12 hours apart. If you are taking an odd number of DCA capsules (ie. 3) - take DCA capsule and thiamin capsule in morning upon rising, take another DCA capsule and thiamin capsule just before returning to bed, take lone DCA capsule in the middle of the day.
5. Supplement with Thiamine. Recommended Daily Dose is 750mg (2 capsules). Pure Thiamine is available in both Capsules and Powder here:
<http://dcacancer.org/shop/>
6. DCA can be taken alone or with other cancer treatments (conventional treatments or alternative treatments). DCA has been shown to improve the success of Chemotherapy Treatments. DCA does not affect healthy cells and is only looking for “sick cells” so does not interfere with any other treatments.
7. Once cancer is in remission, begin Maintenance Dosing. This is half the dca and half the thiamine taken during your initial healing treatment. (10mg/kg body weight, generally).
8. The Maximum Healing Treatment Dosage is 20mg/kg body weight. Healing Brain Cancers is reduced to 15mg/kg body weight. Blood Cancers and other System-wide ailments are 10mg/kg. Preventative Dosing is 4mg/kg body weight. See Attached Dosing Chart.
9. Patients generally prefer to take their dosages WITH FOOD.
10. Order again when DCA is received - you do not want to interrupt your treatment by running out of DCA capsules. <http://dcacancer.org/shop/>

DCA Powder

1. Store bottles of DCA in freezer.
2. Keep the special desiccant package in the bottle after opening - it is designed to eat the oxygen to maintain DCA 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 DCA powder (or thiamine powder). Our scales are VERY sensitive (to 0.1 grams) and includes batteries. Available for \$29.95 (shipping included) from:
<http://dcacancer.org/shop/>
Watch this video to learn how to measure dca with your Medicinal Scale:
<http://dcacancer.org/measuring-dca-with-a-scale/>
4. Dosage is **weight**-dependent – see Dosage Chart using DCA Powder.

5. Dosage is **condition**-dependent – see Dosage Chart using DCA Powder.
6. Split daily dose into two servings and take 12 hours apart.
7. Take in room temperature water - NEVER hot water.
8. Supplement with Thiamine. Recommended Daily Dose is 750mg (2 capsules). Pure Thiamine is available in both Capsules and Powder here: <http://dcacancer.org/shop/>
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10. Once cancer is in remission, begin Maintenance Dosing. This is half the dca and half the thiamine taken during your initial healing treatment. (10mg/kg body weight, generally).
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12. Patients generally prefer to take their dosages WITH FOOD.
13. Order again when DCA is received - you do not want to interrupt your treatment by running out of PureDCA powder. <http://dcacancer.org/shop/>

Other Thoughts For Healing

1. **Make your body ALKALINE** (versus acidic) - avoid sugar - cancer cells feed on sugar (remember all white rice, white bread, white pasta, crackers, etc. convert to sugar during the digestion process).
2. 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. Exhale each breath completely before inhaling again. Ideally you will do the **One Minute Breath – inhale deep and slow for 20 seconds; HOLD the breath for 20 seconds; exhale slowly for the final 20 seconds**. You can begin with 5 seconds, increase to 10, then 15 until you reach 20 for each phase.
3. **Be in NATURE** as much as possible. This grounds you in healing energy.
4. **REDUCE STRESS**. Increase the joy and laughter in your life in whichever way is natural and fun for you.
5. Have **POSITIVE THOUGHTS** towards Healing. 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. Everything your body does originates with a thought – both conscious and unconscious thoughts. When you are hungry your mind tells you that 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. 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... Every time you take a

- dose of DCA 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!”**
6. **DRINK LOTS OF WATER - PURE SOURCES without Fluoride and Chlorine** – 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.
 7. **DO NOT CONSUME ASPARTAME, SUCROSE, or any ARTIFICIAL SWEETENERS** - these cause cancer.
 8. **Natural Sources of Thiamine (VITAMIN B1):** oatmeal, brown rice, flax, sunflower seeds, asparagus, kale, cauliflower, potatoes, oranges, liver, eggs, pork, and marmite.
 9. **DO NOT take any VACCINES or BOOSTER SHOTS** (these are full of deadly toxins).
 10. **NEVER USE A MICROWAVE** – it changes the chemistry of the food, kills the nutrients, and makes food unrecognizable by the body.
 11. **THROW OUT ALL PLASTICS** – they leach poisons into your food when you freeze with them and use them in microwaves.
 12. **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 such large molecules it 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).
 13. Recent research supports adding the **CLA (Conjugated Linoleic Acid)** supplement to your Healing Protocol. It reduces inflammation and cancer cells, naturally. This supplement is known to assist weight loss but has many other health benefits.

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.

Email Contact: info@dcacancer.org