

The following is an in depth description of the 5 things I do daily that in my opinion, make it impossible for cancer to start, grow or survive in the human body. And in my opinion, these same 5 steps will slow down the aging process externally and internally!

I will support my beliefs with sources for published clinical studies, Nobel Prize winning literature, book references and testimonies of Medical Doctors that support and recommend what I practice.

Then I will recommend the easiest and most economical way to incorporate each step into your lifestyle.

The 5 steps are:

1. Provide more oxygen to your cells
2. Alkalize your body
3. Provide your body with complete protein each meal and 9 to 13 servings of fruits and vegetables daily.
4. Protect your body from the weakening effects of the man made frequencies and the electromagnetic radiation that power our high tech society
5. Exercise 6 days a week but no more than 10 minutes a day

If we analyze the list logically it's a matter of getting back to basics.

Steps 1, 2, and 3, would be: good air, good water and good food, common sense but until now, not so easy to come buy.

To implement all 5 steps costs less than one fast food restaurant meal a day.

Step 4 isn't as obvious and I refer to this radiation as silent, invisible muggers that are mugging us 24-7. Eliminating there weakening effect on our body is unbelievably simple and inexpensive.

My 5 step program has put me into the American and World Power lifting record books and enabled me to break records I set at age 50 when I turned 60.

Step One

Dealing with man made electromagnetic radiation

The benefits of providing our body with Good air, good water, and good food are easy to understand, but if the next step is ignored they may not be enough.

London (Routers) = British Physicists said they may have found out how electromagnetic fields generated by power lines and even small electrical appliances, can cause cancer. There are more research findings at www.johncarleo.com/silent_muggers.htm

To illustrate the problem, please try the following test. You will need an assistant.

1. Stand within arms reach of your computer, facing your assistant.
2. Hold your right arm out to your side parallel to the ground, palm down. Do not bend your elbow.
3. Have your assistant put their right hand on your left shoulder and the four fingers of their left hand on your right wrist.
4. Tell them to press down on your wrist gently, gradually increasing the pressure while you resist until your arm begins to lower. Make a mental note of how much pressure it took to push your arm down.
5. Now touch your computer screen with your left hand and repeat the same test.

Do the same test holding a cell phone to your ear and then without holding the cell phone, touching your car hood while the engine is running, holding your vacuum cleaner or hair dryer with the power on, touching your microwave while its on, standing close to your breaker box.

These are only a few examples of how you can run but you can't hide from the harmful effects of electromagnetic radiation.

When your shoulder muscle is weakened, so is every muscle and every cell in your body, including your bodies natural defense system. During the time that you are being exposed to these electro-magnetic frequencies your body

is creating hundreds of thousands of new cells which, in my opinion, are weaker cells due to the exposure to the electro-magnetic radiation. I believe that this will cause degenerative diseases to appear years before they would normally occur by the natural aging process. It is also my belief that this could be the reason why people who never drink are getting psoriasis of the liver and people who never smoked or were exposed to smokers on a regular basis are getting lung cancer.

Believe me when I say you can't get away from these silent muggers, but you can neutralize their weakening effects, instantly.

To overcome the weakening effects of these silent muggers I use the Aulterra Neutralizer, which is a 24/7 guardian of our wellness. For more information and pricing go to www.johncarleo.com/silent_muggers.htm

Step Two

Provide more oxygen to your cells

Stop breathing, that's right hold your breath right now, hold it, don't breath common hold it, hold it don't breath, you can do it, don't breath just a little longer, hold it just a little longer, one more minute you can do it, What happened?

Your body in a sense started screaming at you, "Breath you nut, have you lost your mind?" Oxygen is the most important element for life and health and that is why we should put it first.

In his book "Flood Your Body with Oxygen" Ed McCabe explains that almost all disease in man and animal are caused by anaerobic microbes. Anaerobic means they cannot live in the presence of oxygen and thrive in oxygen deprived acidic environment. His 547 page book explains the importance of this taken for granted element. He also helps you understand why he believes most of us are oxygen deprived. I recommend reading Ed's book.

In his Nobel Prize winning research Otto Warburg determined the prime cause and prevention of cancer. Most experts agree that nearly 80% of cancers could be prevented, if all contact with the known exogenous carcinogens could be avoided. But how can the remaining 20%, the endogenous or so-called spontaneous cancers, be prevented?

It cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact.

To prevent cancer it is therefore proposed first to keep the speed of the blood stream so high that the venous blood still contains sufficient oxygen; second, to keep high the concentration of hemoglobin in the blood; third to add always to the food, even of healthy people, the active groups of the respiratory enzymes; and to increase the doses of these groups, if a precancerous state has already developed. If at the same time exogenous carcinogens are excluded rigorously, then most cancers may be prevented today.

These proposals are in no way utopian. On the contrary, they may be realized by everybody, everywhere, at any hour. Unlike the prevention of many other diseases the prevention of cancer requires no government help, and no extra money.

Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation.

This information convinced me that I needed to increase the oxygen level in my body, the bodies of my loved ones and anyone else that would listen.

The most economical way I have found to increase the oxygen level of my body is with Hydrogen Peroxide. To learn all the benefits and how to use it, type, Hydrogen Peroxide Curse or Cure, into your search engine and click on the article by Dr. Williams.

I personally use Hydrogen Peroxide everyday. The product that I use and recommend is provided by Guardian of Eden at a cost of about \$35 a year. To order, go to <http://www.dfwx.com/h2o2.html>

Step Three Alkalize your body

Reduced oxygen = increased acidity.

Increased acidity = reduced oxygen

Disease and Illness thrive in an acidic oxygen deprived environment but can't survive in an **alkaline, oxygen rich environment**

“Alkalinity” = more oxygen and more oxygen = good health

The two are so inter-related that it's hard to decide which one occurs first. Lack of oxygen will cause an increase in acidity. The increase in acidity will cause a decrease in oxygen, which in turn causes an increase in acidity and so on.

The important thing to understand is, diseases of all kinds including cancer need an oxygen deprived, acidic environment to start, grow or survive.

I recommend reading “Alkalize or die” by DR. Theodore A. Baroody to learn more about the importance of alkalizing your body.

We are 70% water and water is a part of and surrounds every cell of our body. To neutralize acids I drink Ionized Alkaline water daily. It's the most doable way in our present day society to alkalize our bodies and neutralize the disease causing acids.

When you own an alkaline water ionizer you can make a gallon of ionized alkaline water in less than 2minutes at the cost of less than a penny a gallon. When you make your own you can use alkaline water for cooking and drinking.

To order your alkaline water ionizer/filter, go to www.johncarleo.com/water.htm

Step Four **Good Food**

Plain and simple step 3 is good food and good food is Non-existent, unless you buy organic or grow you own. Both are not always doable.

Experts now recommended 9 to 13 servings of fruits and vegetables a day. They recommend organic, because of the cancer causing dangers of insecticides and pesticides. Over the last 20 years the number of recommended serving has gone from 3 to 5, to 5 to 7, to 7 to 9, to 9 to 13. Few of us eat 3 to 5 servings a day on a regular basis. Who is going to eat 9 to 13 servings? It's just not doable.

My solution to the problem is to provide my body with whole food supplements that deliver the equivalent of 9 to 13 servings of fruits & vegetables daily.

To get the required servings daily I use the two products listed on my web site. To learn more about these products, visit www.johncarleo.com and click on "Try Fruta Vida" and "Try Fruits-n-Veggies".

Since protein is the only macronutrient our body uses to fix or repair itself you need to understand the following.

In my opinion, Women need to eat 25 to 30 grams of complete protein **each meal** and men should aim for 30 to 40 grams. More will do more harm than good.

Less will not cover all the bases that need to be covered for the body to fix and repair itself. If enough protein is not eaten daily, your body will actually break down its muscle tissue to get what it needs.

It's really easy to get the protein needed when you understand that one ounce of poultry, meat, fish or cheese contains 5-6 grams of complete protein. One egg 6 grams, an 8 ounce glass of milk has 8 grams.

Note

6 ounces of animal protein can be eaten every 3 hours for strength and muscle growth. Remember more is not better.

Step Five

Exercise no more than 10 minutes a day, 6 days a week

Before you start pass judgment on step five, think about this: Over the last 40 years new diets, new, improved state of the art exercise machines and new improved exercise programs, have not improved the fitness level of the American population. We are fatter and in worse shape than we have ever been. Worse yet our children are fatter and in worse shape than ever before in history. **Obviously there is a problem.**

I believe the problem is two fold:

First we have become a get in shape for a special occasion society. This has occurred because most people find it difficult to take the time necessary to do a conventional exercise program on a continuous basis. We push ourselves to get in shape for our special occasion, then after the occasion we're right back out of shape again.

Second The no pain no gain mentally is wrong and does more harm than good. Longer, harder, further, faster is good for the drug companies, sports medicine and therapy industries, but not good for you and I. We over do it, thinking more is better, injure ourselves then get out of shape again. It's a waste of our time, effort and money.

My 6 to 8 minute system of increasing intensity not time spent exercising solves both problems. We can stay consistent, never inflame joints or injure ourselves from over training. We get in shape, stay in shape and keep getting better. Being consistent and my progression system are the secrets, and who doesn't have 6 to 8 minutes a day.

If you miss a day, 12 to 16 minutes the next day makes up for it without overtraining. You can also make up the missed workout on your off day. The program is flexible so we can stay consistent. You do different exercises every day so you never get board and you won't burn out or over train.

The best part is all you need is a wash cloth and a chair to get in the best shape of your life, for the rest of your life, using my no equipment video.

My progression system can be used with the equipment you presently own or at your favorite gym.

Go to www.johncarleo.com try my no equipment program for 3 months you may never go back to conventional training again.

If you want to use your equipment and my system, do each days exercise with your equipment but use my progression system.

In addition to the previously mentioned benefits of my 6 to 8 minute 6 day a week exercise system, exercise induced free radical damage and oxidative stress are reduced.

To say the same thing in lay mans terms, acid waste and cell damage are reduced allowing us to get better results

In Conclusion

My 5 steps have come out of 35 years experience in the fitness and wellness profession, an open and inquisitive mind, faith and luck.

I believe they can prevent disease restore wellness, provide optimum mental and physical performance and God willing increase functional longevity.

Thank you for the opportunity to share my beliefs with you, best wishes and have a God day everyday.

John

www.JohnCarleo.com