Vernon’s Dance with Cancer
After the Jolt

Vernon “Vito” Johnston
author of phkills cancer.com
with Gyroseol “Taji” Johnston
PREFACE

Over the past five years I have learned a lot about myself, especially my health beliefs. I went from listening to doctors telling me I only had months, to at the very most, three years to live. Here I am, over five and a half years later, still alive. My story has been read by many and I have read many cancer stories from others, many of whom were told by doctors that there are no options for them other than to let death come. I feel like one of my major roles has been as a collector of stories and questions through the thousands of emails and hundreds of phone calls I have fielded over the years.

My experience has told me that my health is due to much more than just taking a magic pill in the form of the Baking Soda Molasses Protocol. Even though that was first ‘Jolt’ that led to extending my life, I soon realized that there were a few other Jolts that moved me to continued health. My beliefs and visualization skills were powerful in allowing positive and transformative thoughts; deep, comfortable breathing focused my body into a powerfully healthy state; relaxation allowed my body and mind the freedom to let it ‘do its thing’ without tension getting in the way; my alkaline diet changed my body to a more healthy, cancer-supressing, alkaline body.

What this book does is build upon and move deeper into my understanding about health issues and myself that I related on the PHkillscancer.com website. You will find much greater detail with the main Jolt, the Baking Soda Molasses Protocol (which has been updated for clarity and simplicity). Included are three day-by-day detailed protocols of three others who adjusted the original protocol to suit their needs - you will see the flexibility allowed within the protocol. Other chapters explain my son’s and my experiences with the benefits of the other less obvious, but none the less important, Jolts of deep breathing, relaxation, and visualization. I have included Success Stories from Others, a collection of emails sent to me over years, so you can experience the inspiration that I have felt in learning how others have had improvements in their lives. Also, reading the Frequently Ask Questions chapter will answer your questions and offer you insights and ideas by allowing you to see the answers to questions from those who have needed clarification on various topics that my website does not address.

Best wishes. . . Vj

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INTRODUCTION

It has been over five years since receiving the devastating ‘you-have-cancer’ diagnosis from two sets of doctors. The first doctors, after intensive testing, determined that I had aggressive prostate cancer that has spread to the bones. The second doctor’s opinion not only agreed with but actually informed me that not only was there indeed cancer but more than what the first doctors found.

“Ancillary Studies: These are largely mentioned in the history of present illness. The pathology confirms the presence of prostate carcinoma of high grade. The T stage would appear to be stage III but without obvious invasion into the seminal vesicles on CT scan. The radionuclide bone scan and plain films confirm the presence of skeletal metastasis in the sacrum and the left ilium. In addition, on my review of the CT scan of the pelvis, a number of other small sclerotic lesions are noted within the pelvis. TNM classification, T#NXM1. AJCC stage IV.”

“Now what? It has been over 5 years, so something must have happened that kept you alive? How did you do it? What did you do? Do you still have cancer? Where did that cancer come from? What are you doing now and what did you learn?”... These are but just a few of the questions I get on a daily basis from the website I started almost five years ago to tell my story - Vernon’s Dance With Cancer at www.phkillscancer.com

The purpose of this book (which we thought would only be a 20 page pamphlet) is five fold: 1) To share all the knowledge and insights I have gained over the past five years. 2) To organize the story of my successful health, the successes of others who use the protocol, and other alternative healing methods in an easy to follow manner. 3) To expand on the original protocol by making it clearer and including very detailed alternative takes on the protocol. 4) To share with you important email questions that I have answered from those with “incurable” cancer and other levels of cancer. 5) To answer your questions that I have tried to answer personally, but over the years, due to a substantial increase in the email questions and comments, I have not been able to answer in a timely manner. Sometimes I have been over three months out in answering those emails and that is not ‘timely’. All questions received via the Website and the YouTube Video are important and need to be answered as quickly as possible.

You may have noticed that I said “we” when referring to the 20 page pamphlet we
mistakenly thought would be adequate in answering all those questions (it is now a 198 page book). Well, the “we” is me and my son, Gy “Jai” Johnston. For those who read my story, you will recall that Gy is the one who first introduced me to hope. He told me,

“Dad, have a look at adjusting the pH of your body to a more alkaline state. This sometimes can turn things around in a body that is under attack by disease”.

This, at the time did not mean much because not only did I not know anything about cancer, I knew even less about pH and alkalinity. I am very glad I decided to follow Gy’s life-saving suggestion, and equally as happy that Gy is a major contributor and author to this book. Thanks Gy!

Disclaimer:

Please understand that I am not a doctor, I am not providing medical advice, nor am I prescribing any sort of therapy. I am just telling my story and relaying the questions, answers, and stories of those who have gotten better while using the protocol and other healing techniques. You are free to make your own choices.
VERNON’S DANCE WITH CANCER

This is just the beginning of this dance. When it is over it is not over. The music still calls me to do more ‘things’ and to continue to right my body to its natural state of Health and Well-Being.

“Everybody else has a ‘battle with cancer’ or at least ‘a fight’ – you choose to dance with the crab which has a dark yet optimistic elegance.”…Bryan

The Dance Begins

Dear Son…”I am coming to Hawaii. Shall I bring a tent or buy one there?”
Dear Dad…”Don’t bother with a tent. I am caretaking a place and there is a vacant cabin just for you.”
Well, I went to Hawaii and had one adventure after another. Including camping, fire dancing, getting in between a battle between growers and rippers, announcing a couple man and wife at a gathering, learning Hawaiian fruits and hunting them, living in cabins, house sitting, trip to India, two visits from my wife, getting to know my son, and much much more.

One adventure I was not prepared for was a devastating visit to a doctor after my return from a trip to India. Previously, I was struggling with some other health news concerning my heart, but this one…this one was the ‘killer’. It put me to the test.

I had passed the test in India where I made a $30.00 symbolic gesture for life by deciding to have a tooth filled instead of continuing the attitude “I am dead anyway, so why fix anything”. That was huge! And I needed it to carry me through what was waiting for me. I am crying now just thinking about what happened.

A PSA test which registered 22.3 raised some huge flags. The doctors made appointments for a biopsy. Which, if you never had one make sure they numb your prostate. Because I swear after the 8th bite from that jaw-headed needle springing into my prostate to grab a bit of flesh it was not my prostate that was numbed. It was someone else’s. When I yelled out “the F word!” on the ninth hit the ‘torture team’ decided they had enough samples. They had wanted 12.

The biopsy report indicated that I did indeed have prostate cancer. This called for the next step – a bone scan. That scan was like a trip into space. I laid myself onto this bedded slab which guided my ‘bones’ into that picture-taking-oversized-donut. The report from this scan as well as a Pelvic Cat Scan is where the doctors decided I was afflicted with aggressive prostate cancer. In their technical terms they described it on the report dated 17Mar 2008: “Reviewed CT and bone scan. Bone scan showed metastatic disease at R sacrum and L iliac wing”.

So…they patted me on the back and told me I had aggressive prostate cancer that has
spread to the bone. I felt bad for the young doctor who was from North Carolina. He felt bad for me and did not know how to express it.

Me…I didn’t know how to express it either. This was a whole new gig. On my walk away from the doctors, I felt my eyes welling up. On my return flight to Hilo from Honolulu I wish I had sun glasses.

My primary care physician (bless her heart) decided to get a second opinion even though a team of doctors already diagnosed me. She sent me to an Oncologist. This is what he said on the report:

“Ancillary Studies: These are largely mentioned in the history of present illness. The pathology confirms the presence of prostate carcinoma of high grade. The T stage would appear to be stage III but without obvious invasion into the seminal vesicles on CT scan. The radionuclide bone scan and plain films confirm the presence of skeletal metastasis in the sacrum and the left ilium. In addition, on my review of the CT scan of the pelvis, a number of other small sclerotic lesions are noted within the pelvis. Pre-treatment PSA was 22 but has decreased to 5.88 after institution of Finasteride and Casodex. TNM classification, T#NXM1. AJCC stage IV.”

(What? Stage IV? Is that what I think it says? There is no Stage V)

He went on to discuss with me possible and improbable treatments. What he basically said is that there are none. In fact, he mentioned that he even found a few more spots that the first team of doctors missed.

Lucky me! At least he told me that I shouldn’t be buying my coffin just yet. You see…I had no idea what bone cancer was suppose to mean to me. When the first set of doctors informed me that I had prostate cancer that had spread to the bones, I didn’t know if that meant my bones were going to melt away or what.
In any event, I left this doctor feeling better. Not because I was happy with the diagnosis’s. But because he, at least, explained a few things to me that the other doctor did not. Plus I was becoming used to the fact that I was a dead man walking. Hahaha!

Well….I found out that my muscles weren’t going to fall off my bones. I did get a lot of warnings about pain. Never the less, this story continues.

Even though I was feeling better with this new information, I was still devastated. The Dance had begun, and I don’t know if I was a willing partner or not. I was just too numb! Numb as in “I felt like my Soul was sucked out of me.”

Now I am going to fast forward here a little bit. You don’t need to know or experience how empty I felt. So I am jumping ahead to Oregon.

Somehow through some miracle, my son, who lives in Las Vegas, mentioned to me something about pH and how pH affects the body. Now this grateful information I got from my son did not get to me as I was leaving the doctor’s office. It came to me after I left Hawaii.

Even though it seemed incidental at the time, having my tooth filled in India planted a seed in me that, unbeknownst to me, would carry in it a desire to live.

I let the pH info I got from my son incubate for a few days before I did any pH research. The research lead to Cesium Therapy. Cesium is a mineral, that according to internet studies, likes to eat up cancer. It attacks the tumor from the inside out. And of course, it is highly alkaline.

I was anxious to become friends with cesium. I had nothing to lose. I do not and did not care what the naysayers say. I wanted to do something. So Cesium it was! But wait…the
cesium got lost in the mail. Oh crap, now what do I do? Wait for a reshipment? No…Can’t do that. I am on a roll; need to do something quickly. The next allopathic test is around the corner.

That is when I decided to try baking soda. It was something that I ran across on the internet that suggested that it too would raise my body’s pH. Now both of these pH raising substances did not indicate they would be successful in killing bone cancer. Quite the contrary! The research indicated neither would help get rid of bone cancer. So, I decided to add a twist. I added Black Strap Molasses as the carrier.

Long story short. I did it. I drank a baking soda solution I started 2 June 2008 and quit 12 June 2008. I quit because I was scheduled for another bone scan on 13 June 2008. They wanted to see how far that doctors’ thing spread or if what they were doing has slowed it down.

I have to mention here that at this ‘baking soda’ point in this adventure I am not in Hawaii. My sibling family in Oregon rallied around me and invited me to come ‘home’ to them. They wanted to keep an eye on me; be there for me; and give me love. My real thoughts were, “I am going home to die.”

Plus, the VA Hospital in Portland was close by. At least I wouldn’t have to make that Hawaiian Island to Island jump to get more bad news.

My son in Hawaii, who I was having the absolute most fun with was crushed that I would leave. He brought me to tears when he said, “Dad, stay with me. I will do what it takes to take care of you. I will get another job. Two if I have to”. Believe me that took me over the edge. Again, this cry baby, is crying while I write this.

But I thought it best to go to Oregon. Especially when my brother promised me that he would play Backgammon with me (I love that game). I felt I was soon to be a burden and did not want my son to be part of that. It is more complicated than that, but I did what I
thought best.

So back to the follow-up bone scan (I am in Oregon now)…. I went through another space ride through a fat donut once more. This time, however, I was hoping for hope. I don’t know why I was hoping, because all my research indicated that once cancer got into the bones you are toast. Anyway, I got bone scanned and waited for the report. The report arrived in the mail a few days later. I was nervous and did not want to open it. As a matter of fact I am crying right now just thinking about it. I finally opened it to these words:

“NO CONVINCING EVIDENCE OF AN OSSEOUS METASTATIC PROCESS.”

…I bawled like a baby.

Two days later I got another report in the mail about my blood tests: PSA is now 0.1…. That is zero point one!

Do I have a conclusion? No I don’t. I just told you some of my story……Vernon

PS: Where is the Cesium? It finally showed up around 11 June 2008. Will I take it? Yes, in a heartbeat. When? When I decide! And I decided to a few weeks later, but that is just a part of this continuing story.

Sometimes I describe this adventure as “Being Hit by a Rainbow.” You may ask what does this have to do with being hit by a rainbow. Well…I describe any thing good or miraculous as being hit by a rainbow. My son turning me onto adjusting the body’s pH from acidic to alkaline as a possible way to create some hope was a good hit. I did not act right away on the pH factor, but within a few days I was busy on my Asus laptop googling away.

My sibling family bribing me out of Hawaii to come to Oregon was another rainbow hit. By
the way, my brother promising to play backgammon with me – that was a ruse. He just said
that because I was not initially excited about leaving Hawaii. In fact, I was not excited
about anything. He wanted me to be close by, so he lied to me about playing backgammon.
He hates backgammon. His goal (thank you brother) was to get me to his house.

One of my sister’s sending me a good chunk of travel money was definitely rainbow
material. Probably more like a pot of gold hitting me. She also corresponded or called me
almost daily. How nice is that!

In any case, those were just a few of the getting-smacked-around-by-a-rainbow things. But
the Baking Soda was a big one. Arm and Hammer to the rescue! I later found out that Arm
and Hammer is shunned by some baking soda users because of the idea that it has
aluminum in it. Well, at the time, I could have cared less. Hey man, my body is hanging on
to some pretty corrupt bones. What would you do?

As I later found out from research and a visit to a natural food store, aluminum is not in
baking soda, It is in baking powder. The employee specializing in the vitamin and mineral
department said that Bob’s Red Mill Baking Powder is aluminum free and so is, as far as
she knows, all baking soda brands. Oh crap! I am sure there will be discussion on that.

Speaking of baking soda I am sure many people are interested to know what proportions of
baking soda I used with the molasses. As a matter of fact I am sure of it, because invariably
that questions pops up when I speak about baking soda and my dance with cancer.

Thank all the gods that I took notes. Larry of Stocko fame (and a true Rainbow) on one of
the Yahoo Cesium groups drilled into me the necessity of good notes. He told me that it is
for my good and for the good of others. Good for me especially if I live. Larry, by the way,
was instrumental in providing me with information. You see he and his wife have had some
of their own experiences with cancer. It is quite a story.

I met Larry while researching cesium. He was very helpful. I was lucky to have his
experience. He was definitely rainbow material and cesium at the time was my focus. Larry
sent me website after website loaded with natural cures. I cannot pretend that I read them
all, but I did cruise through a few of them while waiting for my cesium to arrive.

Well, like I mentioned earlier, the cesium got lost in the mail. Most people would think that
sucked, but not me. It was another rainbow miracle because it opened the door for baking
soda to get itself busy alkalizing my body.
Chapter 2

UPDATED PROTOCOL

This is the updated story of what I took. I am writing this to make the protocol clearer. That first protocol writing some five years ago was my first attempt at writing. I have learned since how to be clearer so that others can understand it without playing the decipher game. The rest of the story remains much the same. I did take out a few things and will add some more things I gained from experience and feedback from others. What is new is the addition of three versions of the original protocol graciously shared by successful users of that original protocol - one dealt with lung cancer; another prostate cancer metastasized to the bone, and the third did his own dance with stage IV melanoma cancer.

So, here it is: How I took it, and how much I took. Bear in mind, this is what I did. You will have to decide for yourself what is Best for You! Best for YOU! BEST for YOU! In my experience it is interesting to note that, “A lot of people do not want to tailor a protocol. They want things laid out for them. However, I have found that those who move from "the one size fits all" approach seem to be the most successful.”
Vernon’s Baking Soda Protocol: Updated and Clearer

Day One:

I started out with 1 teaspoon of baking soda with 1 teaspoon of Brer’ Rabbit Black Strap molasses and one cup of water. Not warmed or heated water. Just room temperature. Why Brer’ Rabbit molasses? Is it something special? No! It is what I found in the cupboard (hahaha).

Day Two:

Same thing

Day Three:

Same thing

Day Four:

Same thing. I am feeling fine and decide to up the dose. Bear in mind, I am new at this and everything I am doing is shooting from the hip. Hips, by the way, that are packing cancer (grin)! My pH measured 7.0 on the fourth day when I did a saliva pH test, and 7.5 when I did a urine pH test. Now I didn’t really know how to measure or when to measure pH. I just did it randomly.

pH is short for potential or power of hydrogen. The exact meaning of the "p" in "pH" is disputed, but according to the Carlsberg Foundation pH stands for "power of hydrogen". It is a measure to determine the acidity or alkalinity of a solution or a substance. A scale ranging from 0 to 14 pH units, reflecting the concentration of hydrogen ions in solution. A solution with a pH of 7.0 is neutral. Solutions with a
lower pH value (< 7.0) are increasingly acidic, and those with a higher pH value (>0.7) are increasingly alkaline.

Day Five:

I started taking the solution twice a day. I also started taking better notes and finally got some pH paper and sticks (stix) so I could measure my pH. My goal was to get to 8.0 to 8.5 pH and hold it for four to five days. I read in several places that cancer cells become dormant between pH 7.0 and 7.5 plus or minus a few tenths (this is not an exact science and I am no scientist anyway) and kills them dead at 8.0 to 8.5. That was my goal - kill them dead and hope that bone cancer was a willing victim - especially with the help of molasses to sweeten the deal (groan). (For those that wonder whether it is ok to use honey, maple syrup, or agave in place of molasses, I say, “Sure, others have reported success with honey or maple syrup”). I started recording the times on the sixth day.

Day Six:

Upped it to 2 teaspoons of baking soda with 2 teaspoon of molasses and 1 cup of water twice a day. The pH measured 7.25. Am I getting symptoms? Yes. I am feeling a little nauseous. For me I interpreted it as a good sign. That means the something is coming out. Of course, I am hoping it is cancer. Speaking of nausea, others have written me that by drinking lots of water really helps to mute the nauseous feeling, as well as helping curb the headache that comes later. Now on this day six I really started tracking. I am checking pH with Stix and Paper. I discovered that all pH papers or stix are not alike. I test saliva and the urine, but did not track which one all the time. Sometimes I only used Stix pH and sometimes 2 or more types of paper pH papers. (Stix are Phion Diagnostic pH Test Strips different in that the reagent is affixed to a plastic strip. I used them besides the regular paper strips)

Here are the times and dosages for Day 6:
6:45am: Measured my pH. I checked it more than once with two different styles of pH papers in this time frame.

- Stix Urine – 7.12 & 7.75
- Paper Urine – 7.5
- Stix Saliva – 7.5
- Paper Saliva – 6.75

2:00pm: 2 teaspoons (tsp.) Baking Soda and 2 teaspoons (tsp.) Molasses 1 cup Water – stir and drink

4:00pm: Stix Urine – 7.75
- Paper Urine – n/a
- Stix Saliva – 7.125
- Paper Saliva – n/a

10:30pm: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

11:45pm: Felt a little Nausea
- Stix Urine – 8.0

Day Seven:

Getting excited now. My lips tingle a bit and I feel the beginning of oxygen euphoria. I was worried a little about the lips, but then recall someone talking about that as being part of the cesium therapy. Now the oxygenation feeling - that is really something else. It felt like I was hooked up to a pure oxygen machine and my nostrils were as big as wheel barrows.

I am really hopeful now because I am under the impression that oxygen is what really kills cancer. I am hoping that it likes killing bone cancer too!
Also on day seven, I got aggressive and upped the baking soda dosage to 3 teaspoons. I started this action even though I was getting the slight headachy feeling at 2 teaspoons. As you can see, I backed down to 2 teaspoons of baking soda frankly because I was getting a little nervous. Also, my headache was getting stronger. I vacillated between continuing with the higher dose or not. I really wanted to kill it. But I went with my feeling and reduced it.

12:00pm: Stix Urine – 7.375
Paper Urine – 7.5 +

12:05pm: Decided to up to 3 tsp. Baking Soda and stay at 2 tsp. Molasses 1 cup Water – stir and drink for this session

6:00pm: Stix Urine – 7.75

6:05pm: Got a little nervous about 3 teaspoons so I backed off to 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

Day Eight:

I moved to doing the double dose three times a day. I want that pH to get up there. There could be some health issues with all this baking soda. But I already have health issues. I really don’t know what I am doing. I am going by feel. The pH is doing well. Note: you may notice that I almost exclusively use Stix pH sticks from this day forward. Why? They are more versatile, not messy, and measure from 4.5 pH to 9.0 pH – that’s plenty)

6:00am: Stix Urine – 7.7

10:00am: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and
drink

7:00pm: Stix Urine – 8.25

7:05pm: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

11:45pm: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink. With going to 3 times a day, I am measuring the pH with only the Stix, and measuring only the urine.

Day Nine:

A little diarrhea but not much. I am feeling a little weak, but again, not much. Later as I thought back, it would have been a good idea to up my potassium intake. I will add more potassium and/or eat potassium rich fruits and vegetable. That may help up my energy. Later I will let you know what vitamins and minerals I took while on this protocol. I sure like the oxygen feeling.

8:00am: Stix Urine – 7.75

9:00am: Stix Urine – 8.25

9:05am: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

2:00pm: Stix Urine – 8.5

note: a little diarrhea, but not much
4:00pm: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water stir and drink

5:50pm: Stix Urine – 8.75

10:00pm: Stix Urine – 8.5

11:45 pm: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

note: Felt oxygenation euphoria throughout the day. Like my body was breathing pure oxygen. Nostrils are at least a mile wide.

Day Ten:

My headache is more persistent and I am having body sweats at night. Again - the sweats duplicating cesium symptoms. I cut back this day to a solution twice a day; not three times.

8:00am: Stix Urine – 8.5

8:30am: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

12:30pm: Stix Urine – 8.5

6:30pm: Stix Urine – 8.5
note: Headache

11:30pm: Stix Urine – 8.725

11:31pm: 2 tsp. Baking Soda and 2 tsp. Molasses 1 cup Water – stir and drink

note: Headache most of the day and part of yesterday. Sweaty late at night. Cut back to 2 tsp. baking soda and 2 tsp. molasses only twice today.

Day Eleven:

My last day before I am scheduled for the big test - The Body Scan. The scan is to check on the condition of my bones to see what is going on with the cancer.

8:00am: Stix Urine – 8.0
Paper Urine – 7.5
Going down to 2 times a day

9:10am: Stix Urine – 7.25


note: dropped to 1.5 teaspoons to see if it would help control headache. Loose stool and slight headache. Sweaty last night.
10:20am:  More diarrhea with slight yellow tinge. Note: cutting back because I felt like it. I felt like I was getting overloaded. I probably would not have dropped back if I was not going to have Body Scan at hospital tomorrow.

1:00pm:  Stix Urine – 8.35

So there you have it. That was my last day before the scan. I was hoping that I had reached my goal of maintaining pH 8.0 or above for 4 to 5 days. It may have been a stretch, but I think I reached it. Because of the differences in the pH papers and pH stixs, I was not 100% confident that I did enough. If I was not going to hospital the next day I would have continued for a few more days….Why did I quit? I really don’t know. Sometimes I just do things. Believe me I was nervous.

Now remember….my dosage of Baking Soda is what I used – each person is different. When I took the BS, I did not use anything to figure out what to take. I just did it!

When I did the protocol I did not take into consideration whether or not bicarbonate of soda would interfere with my digestion process. So if I were someone taking BS to change my pH I would take the baking soda solution one to two hours before or one to two hours after eating. It has been suggested that this extra time gives those stomach acids time to digest food, or as some say, “don’t want the baking soda interfering with the digestion”. I really don’t know. I did not have any problem with digestion when I did the protocol.

Other Baking Soda Protocol Versions:
Lung Cancer by Walter F.

I had cancer in my right lung, the following protocol worked for me. I
don’t claim that it’ll work for anyone else.

ABBREVIATIONS:

BSM = Black Strap Molasses
BS = Arm & Hammer Baking Soda
ts = Teaspoon

To measure the pH of my urine I used a Milwaukee pH Meter 600, Range 0.0/14.0 $30 cost.

Stir in one teaspoon of baking soda and one teaspoon of Black Strap Molasses in 4 ounces purified water until completely dissolved. (Black Strap Molasses acts as Trojan horse, cancer cells open up to absorb sugar in BSM. Baking Soda mixed with BSM is drawn into the cancer cells.)

Cancer thrives in an acid environment 6.5 or lower, the lower the body pH the faster cancer grows. Cancer becomes dormant at 7 pH and dies in an 8 to 8.5 pH environment. Caution should be exercised not to exceed 8.5 pH for an extended time.

My goal is to maintain a urine pH of 8 to 8.5 24 hours a day for 4 to 8 days. Used 4 days to build up BS tolerance then 8 days at 8 to 8.5 pH. Total 12 days. My saliva pH stayed at 6.5ph so I decided saliva pH test wasn’t needed. Stopped taking BSBSM 3 days before biopsy.

Take BS + BSM on an empty stomach either 1 hour before meals or 2-3 hours after meals. (I waited 3 hours after meals except in morning). I believe dosage amounts of BS needed to reach and maintain a higher body pH may vary
based on age and body weight.

I kept a daily chart below showing dates, dose times, dose amounts and multiple daily pH readings.

<table>
<thead>
<tr>
<th>Date</th>
<th>1st Dose</th>
<th>2nd Dose</th>
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<td>8.1 pH - 8am</td>
<td>8.4 pH - noon</td>
<td>8.3 pH - 4pm</td>
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Wuesthoff Hospital performed Biopsy on 2-4-2013 confirmed no cancer inlung!!!!

Thank you Lord! Walter F.

**Cancer Story with Protocol - Don Porter Success**

Don, when asked about Vito’s protocol, “I found you & chose to follow your suggestions. I had read Dr. Otto Warburg's material & you were on his studies almost exactly. Dr. Warburg's high Alkalinity was fatal to cancer cell, and acidic cell environment was what cancer required to thrive. Vito's high alkaline Baking Soda protocol was what "in effect" what Dr. Warburg was suggesting! So I copied Vito's protocol after communication with him. I agreed to be on Vito's Blog & have recommended Vito MANY times.”

**Don’s Story: My Beating Stage IV Metastasized Prostate Cancer**

I was diagnosed, in April 2007 with a 39.6 PSA & related tests (including a biopsy) that clearly identified metastasized Stage 4 Prostate Cancer to my left pelvic bone & received a 3-6 year death sentence from an MD. I have had many people contact me saying that they wanted to hear how I did it and Ty Bollinger asked me to share my success story with his
After the rather significant overdose of medical negativeness, I concentrated on what is possible, having studied Deepak Chopra, Wayne Dyer, David Williams, Tony Robbins, Dr. Caldwell Esselstyn, Marianne Williamson, Dr. Andrew Weil, T. Colin Campbell, Ph.D., Dr. Julian Whitaker, Verne Varona and reread my version of the bible - Confession of a Kamikaze Cowboy by Dirk Benedict. I determined that we all enjoy a body that is a miraculous machine that must be aligned properly with a quality diet, exercise, quality liquids, deep breathing, organic foods, & minimum stress in a FAST paced society along with some occasional “TLC”.

I went on a strict macrobiotic/organic plant based diet. I embarked on a mission of wellness immune system enhancement, engaged in/on a strict macrobiotic-organic diet, and in 8+ weeks dropped from 154 pounds,(@ 5’9”), to 132, a 22 pound loss. I also discovered that it takes about 4 months to fully change our blood. Therefore, I remained on a modified organic/macrobiotic diet. As my investigations (due diligence) indicated that my immune system was restored to a positive state, I kept searching for additional enhancement methods, protocols, herbs, nutrients, etc.

I finally found the baking soda and/or cesium chloride experts that had experienced success in beating cancers. A good one was Vern (Vito) Johnston and his “common sense” protocol found on his internet site. My results were almost identical to Vern’s. I have no residual effects from the April 2007 debilitating diagnosis! I now am able to eat some “regular” meals & dinners from a menu at a normal American restaurant. I still concentrate on organic foods, brown rice, beans, various green veggies, and whole oats at breakfast, filtered water, deep breathing, walking 30+ minutes a day, 8 hours of sleep, fruits, apricot seeds, chia seeds, goji berries, some herbs, a few special vitamins, & occasional baking soda. All of my efforts diet wise, breathing, water, green teas, etc. are to maintain a slight alkalinity.

My success was in large part due to the considerable assistance & contributions of my wife Liz, Verne Varona (the world’s top macrobiotic counselor & author of several diet books including his latest – Macrobiotics for Dummies), Michio Kushi’s books, Chinese Dr. Zhao
& many others.

What I accomplished is not mine – It is gathered from many sources & is for all to benefit from. Whatever I have done ANYONE CAN DO!

### Don’s Baking Soda Protocol aka. DJP Protocol

DJP Baking Soda Protocol – This creates a high pH (8+) thereby kills Cancer Cells, & has worked for me, 6+ yrs., after following a modified “Plant Based ALKALINE Diet (Macrobiotic)” to restore/re-build immune system, as Anyone Can! Get Alkaline - Change Acidic Cell Environment

I am not providing medical advice, simply “revealing my experiences & protocol”, resulting in eliminating Stage IV metastasized cancer.

I did “NO” chemotherapy, NO radiation, a few drugs. This protocol takes 4 months. To change our blood we MUST EAT AN ORGANIC plant based Alkaline-Rebuild Immune System diet. The 1st CAUSE of Cancer is an OVERWORKED Immune Function. TOO MANY un-natural Chemicals are in Foods!

AVOID any forms of SUGAR. Eat Organic food for about 1 month then initiate as follows:

1st day:

1 Teaspoon of BS with 2 Teaspoons of Black Strap Molasses (BSM) in 1 cup room temp water 2x day (away from meals). Heat at “LOW” temp in pan for 5 min. STIR a lot to fully combine your sugar & BSM into “YOUR own Trojan Horse” to benefit your body and immune system. The molasses (or maple syrup) targets cancer cells (which consume 15X more glucose than normal cells) and the baking soda,
(which isdragged into the cancer cell by the BSM/maple syrup), being very alkaline, causes a rapid shift in pH, thereby killing the cancer cells in hours). We have 100 Trillion cells.

2nd day:

Repeat, also “DEEP breathing – 30 deep breaths 3 to10 times a day”. OXYGEN KILLS cancer cells

3rd day:

Same. Cancer cells thrive on sugar so when you use sugar it’s like sending in “your own Trojan horse”. The sugar is “not” going to encourage the growth of the cancer colonies as the alkaline baking soda (9 pH) is going to kill the cells before they have a chance to grow.

4th day:

Same, but now two times a day. The goal is to get to 8.0 - 8.5 pH & hold for 4-5 days. Cancer cells go dormant at pH 7.5+ and kills cancer cells at 7.8-8.6. My pH was 8.53 on the 3rd day with a blood and urine tests.

5th day:

Increased the mix to - 2 Tsp. of BS and 2 Tsp. of BSM, two times a day.

6th day:
Repeat 2 Tsp. BS and 2 Tsp. of BSM in 1 cup of water 2 times a day. My pH measured 8.35. That is what happens with cesium chloride/BS done by Italian Dr. Simoncini, mild nausea is good as it means the dead cancer cells are being discarded by your body. BREATHE DEEPLY!

7th day:

All ok - lips tingled - an Oxygen Euphoria from a lot deep breathing. Oxygen assists in killing ALL cancer cells! Also on day 7, increased BS to 2+ Tsp. and got a slight headache, backed off to 2 Tsp. BS. I was a bit uncomfortable/nervous and had a slight headache, so I reduced it. I had slight confusion.

Do 30+ DEEP breaths MANY times per day - VERY IMPORTANT - Oxygen kills cancer cells.

8th day:

Double dose 3 times a day to get pH high - could be some health issues with too much BS.

Potassium 200+ mg intake is IMPORTANT. Filtered water also and exercise/walk 30 min. daily.

9th day:

A little diarrhea, a little weak feeling, really began to up my potassium intake. All experts said that high dosage of potassium (also with cesium chloride) is very important. Oxygenation euphoria all day from deep breathing. KILLING cancer cells most important! Walk Barefoot on ground.
10th day:

Headache more persistent, Had body sweats so I cut back to a solution 2x a day; not 3x.

11th day:

Down to 1.5 Tsp. to control headache, bit of loose stools, slight headache and night sweats. I cut back because I felt overloaded - 8.35 goal achieved and I wanted to maintain pH 8.0+ for 4-5 days.

Key Points:

Take BS solution 2 hrs. before or 2 hrs. after eating to give stomach acids time to digest food.

Eat HIGH potassium organic foods and watch blood pressure.

Take the following supplements:

- Calcium 1,200 mg
- Vit. D/D3 10,000 iu's
- Astralagus
- Tumeric
- Celery Seed
- Maitake d-fraction
- Potassium 200 mg,
- Astaxanthin
Seek to maintain ORGANIC Alkaline Diet to let your Immune System rebuild from MANY years of harmful chemicals, etc, in Pkgd/Fast foods! Eat brown rice, oats, beans and lots of GREEN veggies, some fruits, and NO fruit w/cancer. Pay for Organic now or pay Doctors later.

Walk 30 min. daily... Some Raw Food ok also.

Room temp filtered water & Green teas- Kukicha, Bancha-Hojicha, Dandelion Root, Pu-erh, Essiac.

Human blood pH should be slightly alkaline (7.2 - 7.45). A pH below 7.0 is acidic. A pH above 7.4 is alkaline. NO Beer/Wine/Liquor, Drugs, Dairy/Butter, Sugars, Sodas, Table Salt, Pork/Bacon/ Poultry/Beef, Easy or NO fish and related-clams-muscles-lobster, etc. Be good to your immune system - It WILL be good to you with - ORGANIC Alkaline Food WASH ALL FOOD! NO Overcooking!

Acidic creates Cancer environment - Alkaline Environment KILLS cancer cells!

Disclaimer: I am not a doctor; thus, I have not been formally “miseducated.” I am not certified in medicine; therefore, there is no certificate or diploma disgracing the interior of my home or office and no monument to the biggest revenue generating fraud ever
perpetrated on human kind. This Blog/website/Protocol is for educational purposes only. It is not intended as a substitute for the diagnosis, treatment, or advice of a qualified, licensed medical professional. The facts presented are offered as information only, my experiences in beating Stage IV cancer, not medical advice, and in no way should anyone infer that I am practicing medicine. A conscious effort has been made to present information on my experiences that are both accurate and truthful. Much is based on Dr. Otto Warburg. My statements regarding alternative treatments for cancer have not been evaluated by the FDA.

**Stage IV Melanoma Cancer – Frank Burdett’s Protocol**

Cancer survivors all know this – You just don’t know how strong you are until you walk away from a death sentence! . . . Frank Burdett from his book “I Survived Metastasized Melanoma Cancer! Hope for Melanoma Sufferers”

Here is what I initially used against my cancer:

From your supplier, purchase a container of Diagnostic pH strips. There are approximately 90 strips in the package. Mine cost just short of $21.00. Then, first thing in the morning, by the process of what is called midstream sample, urinate on the strip. Shake the residue off and wait a few seconds. This is the more reliable method, rather than using the saliva test as that process is not as consistent as the midstream urine method. Once you have found your pH level, say 5.5 for example, this means your body is acidic and at a degree that cancer loves. The pH level for killing the cancer is pH 8.5.

To begin, take one level teaspoon of Bicarbonate of Soda (NOT Baking Powder!) and place it in a, say, medium-sized glass. Add one teaspoon of blackstrap molasses, mixing the two ingredients together in warm water. Drink this two hours before, or two hours after a meal – twice a day. Don’t take more than 3 teaspoons of the bicarbonate of soda (Baking Soda).

The next morning, when you have taken your urination sample, if the reading has not
reached 8.5, then increase the Bicarbonate of Soda by one half, or another complete teaspoon, taking a total of two teaspoons for the bicarbonate of soda, but . . . do NOT increase the dosage of molasses. Keep it always at one teaspoonful.

Continue adding the bicarbonate of soda until the pH reading is pH 8.5, then from that point on, return to one teaspoon of both the bicarbonate of soda and the molasses. But, don’t forget the deep breathing strategy! I drank this recipe for ten days.

After ten days of taking the Bicarbonate of Soda recipe, I thought . . . what next? Surely, this isn’t all there is to it!

I (Vito) emailed Frank to ask a few questions:

Frank went on to do a few more things like juicing, adding herbs, diet, Reiki, miso, meditation therapies, Violet Light, and long-distance healing. He said “I accepted all treatments without the slightest negative thought . . . what did I have to lose, as according to the medical professionals, death was already knocking at my door? Of course, I was placed on prayer treatments, as well. I had to have the courage to accept whatever was offered in the way of treatment, help, call it what you will. I accepted willingly!”

Frank. . . You don't say when you peaked on the amount of baking soda you took (or I couldn't find it) when you spoke of the 10 day baking soda regiment. I am trying to eliminate as many questions as possible for the readers. I do like your warning about not going over 3 teaspoons (I am assuming that is for one session?). I especially like your “I accepted all treatments without the slightest negative thought . . . " What beautiful words!

Another question: How do you think the baking soda protocol factored into your reclaiming your health? Can you say a few words about that? I get the feeling that it was an important cog in the wheel towards recovery, but could
Vernon's Dancer with Cancer – After the Jolt

not quite pin point it. Do you mind elaborating or pointing me to that section in your book? Also. . . Can people buy the book directly from you? I will put in an Amazon link.

Thanks for the help. Vj

And Frank’s answer:

Hi Vernon, "Don’t take more than 3 teaspoons of the bicarbonate of soda (Baking Soda).”.... YES at one session, especially if the patient is elderly.

I took my bicarbonate of soda and molasses as directed by Vernon, taking things easily and letting the process work through my system. Within two weeks, if my memory serves me correctly, I reached pH 8.5. I reduced the intake of bicarbonate of soda to ONE teaspoon together with the ONE teaspoon of molasses. I wanted to be doubly sure and continued taking the mixture for TEN days with this dosage. During this period I drank a mixture of, 1 tablespoon of aloe vera, a small slice of ginger, 1 tablespoon of Green Barley Powder, all hand mixed. I also drank miso, a Japanese ingredient, excellent for stopping radiation damage. And I drank an herbal mixture separately away from food twice a day........

See page supplied for details in Vernon’s book.

Look up these pages in my book, they may help....

p44; pp47-49; p57 last paragraph to the end.

The baking soda/molasses mixture was instrumental in the initial process of healing as I feel the other ingredients help strengthen my immune system, perhaps. I must emphasize that deep breathing of FRESH air was also a plus in
the process.

My book is on sale thru Amazon.com as a softcover book and also as an e-book... The advertising of this book is in at least 15 different languages but the text is in English.

Frank suggested that if you have any questions to use the email in the book or email me and I will forward them to Frank. Here is the email in Frank’s book – larfagain@gmail.com

Vernon’s Summation of Protocols

The idea of having more than just my original protocol is so that it is easier to see that people do adjust the dosages, times, and duration to fit their own special circumstances. Duration may not be pointed out in the above protocols. All three were close in the number of days used. However, another had written me saying that he did their version of the protocol almost every 3 months for 2 years. Yet others did their version of the protocol more than 14 days. Sometimes up to 30 days or more. I have no opinion because I did not know or experience their circumstances. An important aspect, as you have read above, is that I listened to my body. It let me know when I went to 3 teaspoons twice a day that that was too much for me.

I have also learned from others and my own experience that by adding lemon juice after mixing the solution can make the ‘cocktail’ more palatable. For example: If you were doing 1 teaspoon of baking soda and one or 2 teaspoons of molasses into 1 cup of water, then simply reduce the water to ¾ cup, stir and then add ¼ cup of lemon juice or more. This equals a very tolerable taste. The side benefit is that lemon juice is highly alkaline.

You will notice the DJP’s (Don’s) protocol advocates deep breathing. YES! He also mentions walking barefoot. I never would have thought of that, but have noticed in the last 6 months since I have taken to walking barefoot more, that my Spirit seems livelier. So
how difficult would it be to add a little “take your shoes off” as part of the protocol.

Speaking of Duration…

I did my protocol for 11 days followed up by a shortened version of the protocol 2 weeks later because I was nervous and wanted to make sure. Two years later I did the ‘show and tell’ video for YouTube. That is it! I did the protocol 3 times in 5 years. Now remember, that is just me. As mentioned above others had different ideas and experiences.
SUCCESS STORIES FROM OTHERS

After a period of time people who have used the protocol or tinkered with it to fit who they are and their particular circumstances started sending me their own success stories. A lot of times I welled up or just burst out crying when I read them; much like when I first got diagnosed back in early 2008 it didn’t take much for me to burst into tears.

I cried when I was diagnosed, but what had the most emotional and physical impact on me were the words in the letter from the hospital and the doctor that read, “NO CONVINCING EVIDENCE OF AN OSSEOUS METASTATIC PROCESS!” Receiving this letter after being diagnosed with terminal class 4 prostate cancer that metastasized to the bones from two different sets of oncologists really set me off.

I didn’t cry however, when hearing these words directed at me from a nurse in oncology, “First it was there, and then it was gone.” You know what I did: I Smiled!

Here are some of those success stories:
DID TWO WEEKS OF PROTOCOL AND THE DOCTOR CANCELED BIOPSY

Message:

Vernon,

Thanks for the reply. I have great news too, my PSA the day the urologist scheduled my biopsy came back as normalized at 2.7 ng/l. I did the baking soda protocol for two weeks prior to that appointment, increasing to 2 tbs twice a day for the last four days. The urologist really thought I was bad off, and could tell he was alarmed and concerned. The urologist's nurse called a week later and cancelled the biopsy appointment and was unsure how a "trending upward" PSA came down so quickly. She stated the urologist had no real answer as he had already ruled out prostatitis or BPH. Even with BPH, my PSA would not have gone to 13.7. If I had cancer, the protocol worked, and thus don't have to go through western medical processes and procedures.

Thanks for the links too, The sea salt and lemon drop protocol looks very interesting. They will test again in six months and I will update you again. I will try out the sea salt and lemon protocol as I never felt better than when I was doing the bp protocol. The mental acuity on it was astounding.

Thanks again Vernon

Blessings to you, your family and your health!

AFTER TWO DAYS ON PROTOCOL HER PH RAISED TO 8.0

Message:

Hi Vito! I was diagnosed last March with malignant lymphoma and malignant tumor of the parotid gland (think Mumps!). I am so excited to find your website I might have missed it but "When do I stop the
Vernon's Dancer with Cancer – After the Jolt

treatment?" I began the treatment 2 days ago and I'm already up to 8.0ph! No nausea or any other symptoms yet. Should I expect something for sure or do some never exhibit symptoms? My parotid glan measures about 4-5 cm and it is visible. My lymph glands are swollen but only those that were biopsied. Thanks for the opportunity to live again.

D

PAIN IN PROSTATE STOPPED

Message:
Vernon, Hi. It's me again. I tried using the baking soda, molassed mix and it worked for me. I don't have cancer, but I had a nagging uncomfortable feeling by my prostate area, and it bugged me for months. The day after I started using the mix, the uncomfortable feeling was gone! That was 16 days ago, and it has not returned so far. I am guessing that my body was probably acidic, and so it had inflammation problems that I was not aware of. I am spreading the word around to my co-workers and friends. If they have inflammation problems, try the mix, it may work for them as well.

AFTER TWO DAYS ON PROTOCOL I FEEL DIFFERENT

Message:
I watched your video and was amaze at the results,i been somewhat sick since 2009 diagnose, and surgery after surgery isnt guranteed. I know all about ph in soil , but not realize for the body, i been using the baking soda for two days and i do feel, much different hard to explain, and to top it off, i also been eattting fresh goji berries too., and that supposed to bring up the ph..........ts funny as a kid
when i had an upset stomache, my mother used to make me drink, baking soda with water. so two day is day two, happy thoughts going your way, Thanks

S. . . thanks for the happy thoughts. Sounds like you are doing good - remember to do the breathing. Here are a few success stories from others, as well as some links. Vj

AFTER FIVE DAYS MY DOGS SWOLLEN LYMPH NODES HAVE SHRUNK

Message:
Dear Vito, first of all please receive all my admiration and gratitude for sharing your experience. I had heard in the past of the miraculous benefit of sodium bicarbonate, but last week, asking for an answer, I suddenly remember it and searched in the internet. The first article that appeared, was yours. I immediately knew, that God had answered me. I began the treatment, not for me but for a very loved one, my little dog, who has been diagnosed with lymphoma a year ago and since then, treated with chemo therapy until last week, when lymph nodes increase again very much and I decided, it was time to change things. I stopped every medicine and began with sodium bicarbonate. Thanks to your testimony, I knew how to do it. The day after, lymph nodes decreased 10 %. Second day another 10 % and so on. Today is the 5th day treatment and the lymph nodes have already decreased 40-50 %. I am just grateful and my soul is in peace. I hope my dog will get well, but for me, we have already won the battle in every sense of life. It would be an honor, receiving your feedback and knowing how you are doing.

By the way, I’m also a cancer survivor and although I receive chemo therapy, I know because I experience it, that something supernatural
happened in my cure.

Thanking in advance for your support and looking forward to hearing from you soon, I remain with kind regards,

SHOWED A NEGATIVE

Message:
I live in T, How could you leave this area ? ALSO, HAD DESCENDING COLON CANCER STAGE 2, OPERATED ON 11/18/10. I REFUSED CHEMO & RADIATION, WHEN I GOT HOME I STARTED MY SEARCH AND JOURNEY, I HAVE A OSTOMY POUCH, WILL NOT REHOOK UP, DID THE BUDWIG PROTOCOL FOR 3 MONTHS, DID MAPLE SYRUP AND BAKING SODA FOR A COUPLE OF MONTHS, ALSO ESIAC PROTOCOL FOR 3-4 MONTHS. SINCE THEN I GO BACK ON BUDWIG FOR A COUPLE OF WEEKS OR SO AND NOW I WILL GO BACK ON YOUR PROTOCOL. LAST CAT-SCAN AND BLOOD TEST (CEA) SHOWED NEGATIVE, BUT WILL KEEP GOING.. I AM 81+ HOPE YOU ARE WELL....THANKS AND BEST REGARDS.....

Hi H.  thanks for the email, and yes I did leave the Temecula area. I am enjoying living in a fixer-upper cottage I bought and fixed up. It has a beautiful bay view.

I like the Budwig diet also. Nowadays. . . I primarily focus on a decent diet, exercise, focused or unfocused deep breathing, and my style of meditation. Toss in appreciating and enjoying life - and that is me! I will be 68 this month. Love to you and all your adventures, Vernon
NO CANCER IN CORE SAMPLES

Message:
Greetings Vernon---I have to thank you for the website and your protocol. Today I received my results from my biopsy. First a little background. One year ago I received the dreaded cancer diagnosis. I was graded as a gleason 6 with less then 5% found out of 18 core samples. Since then I struggled with diet changes but did manage to improve in that area. I've added many supplements that I felt would bring about apoptosis. Then 15 days before my biopsy I did your protocol to the letter. Today I was told that there was no cancer detected in the core samples. I have to believe that the protocol and the oxygen intake (i'm a long distance cyclist) eliminated the pc. Doctor states that it's great news but it only means that he may have missed the cancerous core. I'm stay7ing on active surveillance. Dr. never asked if i did anything different ie supplements etc. In my heart i believe it was the protocol. I too had drenching sweats, nausious stomach, and diarhea. Oh yah my psa scores during the year dropped to 1.8, 1.1,to .08 afterBSBM from 3.4 originally. Now what do I do to stay cancer free any thoughts. Big Thanks!

B. . . You must feel like a billion plus dollars. . . Oxygen is excellent. I have been doing focused deep breathing as part of my life and I love it. It brings more than oxygen to my body. Congratulations!

You ask what else to do to keep your reclaimed health. You probably already know, but I certainly would start or continue deep focused breathing. And if you haven't started a meditation program, then I would highly recommend something along that path. You will find that the meditation by itself is powerful. And you have discovered in a round about way that deep breathing is powerful. When you put those together you have "Freedom". . . I loved receiving your email. It is very emotional for me when someone writes about their successes. . . Vernon
THE PROTOCOL SAVED MY LIFE

Message:

You have a candidate that has survived the impossible. Further more: it's me. I have documentation and medical reports to convince the stupid. As a T4 N1 cancer patient for the past two years I've taken ten rounds of BSMS and my last two TESTS WHICH WERE DONE ON THE VERY TOP OF THE LINE PET SCAN (whole Body) and Tesla 3 pelvic and prostate MRI have all my doctors in amazement.

I've been thur 2 years of hormone therapy and a very high dosage of radiation (79.2 RADS) on the best machine made. My initial prognosis was death within two years.

A change in diet, exercise, and ten rounds of Sodium bicarbonate over the last two years each lasting from 8 days to 14 days may have made the difference. I'm off the hormone therapy as of this week and will really know the out come within the next two years. A careful watch on my PSA will tell the tale. Other unrelated medical problems exist but are NOT cancer related.

Vern my wife has spent a great deal of time talking to you but now we have documentation that should make the stupid get the message. At this time I can't suggest abandoning traditional medical care but can tell you we firmly believe without sodium bicarbonate I would be dead. Anyone in my situation would be foolish NOT TO ADD THIS ALTERNATIVE THERAPY TO EVERYTHING ELSE.

You've made a difference but you need more help getting out the word and I'm going to give you indisputable ammo to get people to understand this IS VERY REAL.
BREAST CANCER VANISHED

Message:
I live in Edmonton Canada, i have a story about a woman who had a lump in her breast. My wife and i attend home church on sat nights, this one sat we notice something was bothering a friend of ours, we could see it in her face, so after bible study we hung around and she told us she had discovered a large lump in her left breast and was going to be going to the doctor, i had just heard about maple syrup and baking soda so i asked her if i could stop by the next day and test her PH, the next morning we went and tested her PH and it was below 7 (dont remember what it was), we talked to her about your protocol and she said she would start it, she went to the doctor that day and was set up with test for may 19 (10 days from seeing and starting baking soda) before may 19 and on baking soda that large lump began to leak white smelly puss and dissapeared in those 10 days, she went for the mamogram and scan only to find out nothing as there was no trace of any lumps or cancer, and the doctor cant explain what it was or why it left. Hope this gives some hope to women with a lump or lumps in the breast!
God Bless!!

Thanks for the email M. . . It is heart warming. I appreciate you writing. Here are a few things I do to help mySelf: eat more alkaline, deep focused breathing, meditation, and the continual movement towards better feeling thoughts and emotions. I also put lots of carrots in front of me to help stimulate my passion for life. Vj

SENT HOME FROM HOSPITAL
Message:

Hi there,

I want to thank you for the information on your site. I had never heard of this treatment until my boyfriend found your video on YouTube. I have been treating my father (who has stage four bladder cancer) with the protocol for about 7 days. On day 8 he had a sudden aversion to taking the mixture, and I had not yet received the pH strips to objectively test him, so I stopped, out of fear. I got the strips yesterday, and his pH has been 8.5 for two full days, even without receiving ANY PROTOCOL MIX for those two days. I am concerned that I gave him too much, and don't want to cause dangerous alkalosis. He has no emergency symptoms like shortness of breath, etc, but I still worry that I don't know what to do next. I don't know unfortunately how long he has been at the Target range. Incidentally, and perhaps more importantly, He has improved in his pain symptoms in the past 4 days beyond what I could imagine- from terrible pain with every movement, to zero pain. He has not had morphine or ANY other pain medicines for three days!! And his strength is slightly better.

He was sent home the hospital a week ago to die peacefully with Hospice care, but things may be changing. I no longer feel that his death is imminent. I am sorry this is so long, but if you have any information on the length of time he will be so alkaline without further baking soda, or if there is something I should do to acidify him (?), I would very much appreciate it Very Sincerely,

C

Thanks for the email C. . . you know of course that I am not a doctor. I am a human who told my story. It is good that you listen to what the body says. It has its own wisdom and we are all wonderfully different. So . . . I cannot really answer any specific questions. I do know that when I took the baking soda the second time, my body spoke to me and
said know more. I then turned to more of an alkaline diet, meditation, and deep focused breathing. If you would like, I can give you a call. Vj

MY PSA WENT BACK TO NORMAL LEVELS

Message:

Hi Vernon

I just wanted to say thanks a million for your protocol. I think it's saved my life.

I'm 52 and was suspected of having prostate cancer with PSA over 5 and a free-PSA-to-total-PSA ratio of less than 10. I had a rectal examination and ultrasound last Thursday. I had pain in the prostate when the urologist touched it and, although the gland was small, he saw a few shadows in the ultrasound. So it looked pretty bad.

I was due for a biopsy tomorrow (Thursday) and on Sunday night I discovered your YouTube video while Googling on how to prepare the bicarb solution. It was to be the happiest discovery I've made in many years. One of the happiest of my life!

I immediately took 2 teaspoons of sodium bicarbonate and 2 of honey (no molasses in the shops here) dissolved in a cup of warm water and cooled twice a day.

On Tuesday (after 2 days on the protocol) I had a blood test and have just had the results today (Wednesday). My PSA was back in the normal range at 2.5 and the free-to-total PSA ratio up to 22% (25% being normal apparently).

You can imagine how elated I felt. I'm not afraid of death (I'm a Christian), but I'm only 52 and had all sorts of plans for the future. I'm so grateful to God who led me to your site and to you for being so active and concerned for others to post your testimony on the web with YouTube video and everything! Thank you very very much for savin my
life!

I would like to make a donation, but don't have a PayPal account. Please let me have your address.

Thanks again and may God bless you abundantly!

HELPED TO CURE BREAST CANCER

Message:

Just wanted to tell you that I have successfully cured my breast cancer (ILC) with baking soda and maple syrup. I refused the chemo, radiation and surgery. It only took 5 mos. to shrink a 4 centimeter tumor down to 1.4 centimeters and render it "inactive" This is a true "cure".

Thanks for the email S... I honor you and I honor what you went through, including the courage to self empower yourSelf. I get many emails from women dancing with breast cancer, and I know they would appreciate knowing in greater detail what and how you did it. If you like, I would be happy to post your courageous success story on the website.

Love, Vernon Vito Johnston

SMALL IMPROVEMENT ON A TUMOR

Message:

Hi Vernon from New Zealand. Great to read your story. I have been taking bicarbonate for 2 years now and keep the pH up as tested by a digital pH meter with the urine. I have not had one cold, flu or any blocked nose sickness in that time!

My friend in my Freemasons Lodge was scheduled for surgery to remove a large tumor on his kidney; this is just two weeks ago. I told him about the maple syrup bicarb mix. He took it, and took a bit more than two
teaspoons a day!! Well, I met him in lodge last week. He had had the op and the kidney removed! But, he reported that on the second day of taking the mix his tumor felt like it was in a microwave oven. The medical people told him the mass had reduced by about 30%. But as he was scheduled for surgery that would go ahead anyway. Not a 100 success story, but one to taken heed of. Stay well

P

62 YEAR OLD WOMAN – PANCREATIC CANCER

Mr. Johnston, I am a 62 year old woman who was told two months ago that I had pancreatic cancer with 6 months to live, and that surgery, Chemo, and radiation was all the chance I had to live maybe another 2 years. Along with that prize, I would be in pain and sick till my death....I hate this doctor....anyway.....I tried your protocol when I came home from the hospital. I was in unbelievable pain in my back and stomach, and really did want to die!!! On the third morning of the protocol, I awoke not sleeping hardly at all for two weeks), jumped up and used the bathroom, when it hit me....I HAD NO PAIN ANYWHERE!!!

Haven't had any since either!!! When my doctor at Sanford Hospital in Fargo called to schedule my surgery, I told him not to bother....I was NOT having it, and he would NOT see me again! I am having a scan done again soon, and I bet a dollor to a donut there is no cancer!! Will let you know....God Bless you Sir....without you and your protocol, I would be dead soon, instead of packing up my husband and 4 year old adopted daughter, and heading back to Virginia!

Hugssssssssssss

TRANSITIONAL CARCINOMA IN LEFT KIDNEY

Thanks Vito for making this video. A year ago, my dad was diagnosed
with transitional carcinoma in his left kidney. They ended up removing his left kidney. Recent PetScan results showed some stuff growing in his renal area. Oncologist thinks its cancer growing but she can’t confirm it without biopsy. I started giving him your solution (half spoon baking soda, one spoon molasses) nightly since 2 weeks ago. I have noticed huge improvements. He now can walk, eat, think better than before. Thanks!

MUM WITH GIST CANCER FOR 5 YEARS IN AUSTRALIA

Hello all.
And a very, very big thank you to Vito.
My story:
My mum (as we spell it in Australia) has had Cancer for around 5 years. Diagnosed back in 2006. Gastrointestinal tract cancer or GIST. The belief is that the primary site was at the stomach. Metastases ultimately followed to other numerous organs in the body. Too many to list. The liver, being the “body’s filter” therefore all blood passing through it, was probably the first organ of metastasis. Her liver currently has around 7-8 masses with the largest, at last measure, measuring around 11 cm in length. Her reported prognosis at the time – “you have weeks, maybe months to live”

Ok, moving along. Back in 2006, I researched alternative medicines and stumbled across something which helped and evidently gave mum life for a further five years. I say it helped because of various reasons of which I will not go into great detail in this post. At the same time, mum was also prescribed medication, by her oncologist, which she took alongside her natural treatment. But recently mums cancer returned, and it was established her prescription drugs were no longer effective against her cancer. Apparently, cancer can build resistance against drugs over time. So mum once again was hit with the grim reality to start packing
for the after life.

In a desperate attempt for further treatment, I was referred to Vito’s web site by a friend. I started mum on the Soda and molasses treatment and within 5 days, she reported improvement, and by the 11th day, she reports of feeling great. She is just absolutely amazed (we all are) at the unbelievably remarkable rapid recovery rate of this lethal cancer cocktail. To the medical profession I say this- You do indeed perform some amazing life saving procedures on people. But you have your head buried in the sand with cancer. Your time of ignorance towards proven alternative treatments is fast approaching at its end. You cannot argue or otherwise DISPUTE PROOF. What I have seen is what I have truthfully reported.

C… ,
Australia

MOTHER’S BATTLE WITH 3B GRADE NON HIDGKINSONS LYMPHOMA

Dear Vernon

Firstly may I say a very big thank you to you. Your story I stumbled upon about 2 and a half years ago when I was looking for alternative therapies for my mothers battle with cancer and how glad am I that I did. She had Grade 3B Non Hodgkinsons Lymphoma, was undergoing Chemo and had a tumour 4 inches across and 10 inches long which had already punctured her lungs not once but twice, both times drawing off 2 litres of fluid (about 4 pints). The doctors told me that she probably wouldn't live past the chemo (three months).

3 months later she was given the all clear. The oncologist told her that if he hadnt seen her records he would not have believed she had cancer at
all. So a very big thank you you from a grateful son

PROSTATE CANCER

JUST GOT BACK FROM MY FAMILY DR. IT LOOKS LIKE TODAY IS MY NEW BIRTHDAY!!!DOC TOLD ME THAT THE CANCER IN MY BODY WAS GONE.HE EXPLAINED TO US THAT IN THE MEDICAL CANCER WORLD THEY DONT USE THE WORDS GONE OR CURED.THEY USE THE WORDS REMITITION OR IN A BOX WITH THE LID ON IT.(WHATEVER) WE ARE IN A DAZE ALMOST AFRAID TO SAY GONE.I STILL PLAN ON DOING THE BAKING SODA PROTOCOL (JUST BECAUSE).I THANK GOD FOR SHOWING STACEY THE WAY TO THE WEB SITE PHKILLSANCER.COM ...I DO NEED A LITTLE MORE HELP.AS I USUALLY DO WHEN IM IN TROUBLE I MADE A DEAL WITH GOD....I TOLD HIM IF HE WOULD HELP ME THROUGH THIS THAT I WOULD QUIT SMOKING...CRAP!!!!KILLING CANCER WAS EASY COMPARED TO ME QUITING SMOKING...IT HAS BEEN 50 YEARS SINCE I STARTED.OH WELL A DEAL IS A DEAL....THANK YOU ALL FOR THE SUPPORT YOU HAVE SHOWN US.THANK YOU VERNON FOR YOUR WEB SITE AND FRIENDSHIP.THANKS TO STACEY MY LOVING WIFE THAT REALLY DID PULL ME FROM THE GRAVE.(PUSHY WOMAN)AND TO MY MAKER FOR BELEAVING I AM DOING GOOD THINGS FOR HIM...EVERYONE HAVE A WONDERFUL DAY.AND KNOW YOU HAVE SEEN GOD AT WORK.

(A note from his daughter):

Months ago we got news my dad had stage 4 cancer and doctors told dad that he had months to live... Doc said now dad is almost cancer free he has a little activity in his knee but almost completly gone! I would like to think everybody for there prayers you all have been amazing... Thank
you mostly to the wonderfull man that put up his protocol on line and gave us the strenth to be strong and stay together you sir have saved my dads life for many more years to come and i will contunue to tell your story and now my dads! #STILL KICKIN CANCERS ASS!

I love you

BUSTER THE PET DOG – and RITA THE MOM DOG

Busters PH (note from Vj - Buster is a pet dog) is up to 6.6 -7 regularly and we will get it over 8 soon – The Mom Dog, Rita has one on her hind quarter and it just started bleeding and getting big and ugly – so I made some straight Baking Soda and Molasses- and it is shrinking about half it’s size in three treatments – now they both have the big collars on so they are equal and she cannot lick this stuff off of her – I have now added some Cannabis oil I made from sticks and leaves and some oregano oil Comfrey and a homeopathic wax that was recommended to me at the Vitamin store –we have also found links to Minerals and Ph increase and Cancer removal – There is a guy who says he coughed up 38 lung tumors and has been cancer free with mineral supplements, I think it is the same treatment – raising the PH … which would account for the alkalinity of green leafy vegetables with high mineral content – Buster loves the stir fried veggies with chicken to flavor and an avocado – so I think he will live out his normal life expectancy from this point and I do not see it reoccurring for him with the diet changes we are all going to make – we are treating this as a warning shot for us all and I know he took a bullet for me this time… but I will not let him continue to be my guardian as I am his… we are changing our diet and our supplement habits and will report in occasionally- following your site – God Bless you and may people with the ears to hear, hear your message as it travels around the world -

PS - The Molasses, aside from the Trojan horse effect, also has healing
benefits on its own – as well as having enough potassium to counter the sodium in the BS – Ironically it is western medicine that is full of BS and being full of BS is the cure, not their poisonous toxic insanity. I am Glad you’re still here – Buster and Rita would also love your Cat- but I am afraid that they would only love him for dinner

LOL Good times

You have given us a gift that cannot be compared- aside from the dogs living the freedom to not worry about Cancer and the western medical ghouls entering my life - – they are an insane and deadly posse of near do well barbers putting leeches on people – which would still work better than their Chemo-ther-crap-py – May the truth be known in our life times – Tear down that wall AMA!

UNCLE PANCREATIC CANCER – DEATH BED

Hi Vernon,

I just wanted to thank you. My uncle was diagnosed with pancreatic cancer last year and only given a year to leave. He was on his death bed six days ago, at age 59. He was in a coma and screamed out in pain if touched. The cancer had spread to his stomach. Hospice nurses were there. I gave him a dose of the mix and within 45 minutes he was talking. Not making much sense due to all of the morphine, but talking just the same. Six days later he is sitting up now. He can get out of bed on his own. He can feed himself again. His color has come back. He looks better than he has since November. It is a miracle. He had the Whipple procedure in August 2011. He had also been through the chemo and radiation... leaving him horribly sick and thin. That seemed to shorten his life and left him in constant pain. Now he only complains of to what my guess would be scar tissue. Other than that he is basically hardly in any pain. His hunger has come back. He's already gaining weight again. Your youtube video has at the very least eased the time he
does have left. But as far as I can tell he is steadily getting better every day. We actually talked politics today. It is amazing. His eyes are bluer than I've ever seen them.

Thank you again - you are a blessing.

CANCER ON RIGHT HIP NOT SHOWING UP

good morning V...i finished the protocol on may fifth.while on it i did a no acidic and high alk.diet.i felt very good while doing it,partly HOPE i think. S… and i went to the cancer treatment center of america on the 13th of may;i was given bloodwork/a CT scan/ a full body bone scan and a MRI on the15th.i met with the doctors on wednesday the 16th about the test results. a cancer spot in my right hip was not showing up in any test. the cancer in 5 or 6 ribs that was intence uptake on the last test in march, was barely detectable and another rib was ,essentially resolved . other areas there were words like decreased, markedly improved and unremarkable---a new word for me!!!! my PSA had droped to 0.08 also.they sent us home on the 16th 3 days early because there wasnt anything to do with me or to me. the next day the 17th i started the bakingsoda protocol again.i am increasing my dosage thinking i am larger than you ,i am 6 ft. 260 lbs.thank you so much for taking the time to do your web site and ancer my e-mail.we are friends that just havent met yet.......your friends bill and stacey i now call myself (unremarkable) ha ha have a wonderful day and life vito.if you get a chance E-me and feel free to use this to help others. dancin with cancer and kikin its butt.

(Here is a follow-up note from the above person dtd  11 June 2012): i went to my oncoligist today...PSA was 0.1 yea!!!! he did a prostate exam (fun) and said it was back to normal in size and texture.and said this was prob. y i am now able to pee with out all the problems. i talked him into
doing a CT scan and a full body bone scan in aug. chicago was going to make me wait untill nov. stacey and i really feel like the cancer is gone now. i am on day 9 doing the dance. ph is at 9.0 and i feel great. this is all like a bad dream, and i keep waiting to wake up. STOCK UP ON BAKING SODA AND MOLLASSIS BECAUSE WHEN I GET DONE KIKING CANCERS ASS IM SURE THE PRICE IS GOING TO GO UP....

BONE SCAN AND ABDOMEN AND PELVIS

Hi Vito,

Until this morning I was dreading the email I was thinking you were going to get from me. L has had a PET scan of his abdomen and pelvis a few weeks ago. Negative.

The reason for the test was pain in his lower back area. Yesterday he had a very sensitive bone scan. This one is sodium fluoride and based on what I read picks up cancer spreading to the bones better than the standard scans. I just got the report back. Negative!

He still has pain in that area, but it isn't from cancer!

The stress of this disease is incredible. But, we are baking soda believers! I will always hold a special place in my heart for you for posting your experience with baking soda a few years ago.

I hope you are still in good health.

Warmest regards,

HELPED WITH SKIN CANCER

Hi Vernon, I love the info on your site. I have been doing the baking soda for quite sometime and it has really helped me. I like the way your
are doing it, so much better than trying to heat the baking soda with the honey or molasses as a think paste. It doesn't stay together and is a real pain in the ass to work with.

Your story is fantastic on how you did it from the hip and you are still alive, proof it works!

It's been helping me too! I have skin cancer and it was spreading throughout my body. I am doing a lot better but still have a ways to go.

Thank God for people like you who put it out there so other people can find out too!

I really appreciate what you are doing here!

I looked into that cesium treatment too and I feel this is much better, safer and way cheaper. . . B

PSA LOWERED

Greetings Vernon---I have to thank you for the website and your protocol. Today I received my results from my biopsy. First a little background. One year ago I received the dreaded cancer diagnosis. I was graded as a gleason 6 with less then 5% found out of 18 core samples. Since then I struggled with diet changes but did manage to improve in that area. I've added many supplements that I felt would bring about apoptosis. Then 15 days before my biopsy I did your protocol to the letter. Today I was told that there was no cancer detected in the core samples. I have to believe that the protocol and the oxygen intake (i'm a long distance cyclist) eliminated the pc. Doctor states that it's great news but it only means that he may have missed the cancerous core. I'm stay7ing on active surveillance. Dr. never asked if i did anything different ie supplements etc. In my
heart i believe it was the protocol. I too had drenching sweats, 
ausious stomach, and diarhea. Oh yah my psa scores during the year 
dropped to 1.8, 1.1,to .08 after BSBM from 3.4 originally. Now what do 
I do to stay cancer free any thoughts. Big Thanks!

Here is a note that I recently wrote another when asking for other info 
besides baking soda:

"Focused or unfocused smooth deep breathing, meditation, a constant 
reaching for better feeling thoughts and emotions, and a smiling desire 
for Self-discovery. There are a lot of unconscious unknowns in my life 
that I am having great fun in making conscious. . . Thanks for the email 
Ernest, and it sounds like you are doing good, Vernon

PS: If you do the breathing, also keep a notebook - you will be amazed at 
what you learn and where you go."

LUMPS ON BREAST - GONE

Message:

Hi Vernon,

I wanted to thank you for your help a couple of months ago. In early 
November I found an alarmingly large and hard lump in my breast. 
Within a couple of days I started taking baking soda. A couple of days 
later I added maple syrup, after cooking the two together over low 
heat for 5 minutes. The ratio was one part baking soda to three parts 
maple syrup. 
For two weeks I took this three times a day. Then I skipped a week and 
took one teaspoon a day for six days.
During this time I switched to a more alkaline diet, which consisted of organic fruit, vegetables, nuts, seeds, brown rice, chicken, turkey and fish. I also quit drinking milk or eating dairy of any sort, because of the links between milk and breast cancer. In addition, I tried to breathe through my nose for a time every day, maybe totally up to 45 minutes to an hour a day.
The big lump in my breast, which was about the size of a golf ball is gone.
But you are very correct when you say baking soda is not the entire answer. There has to be a whole lifestyle change.
I also used, and am still using, transdermal magnesium and starting to get more exercise and more exposure to the sun (without glasses). I did something known as EFT (tapping) to relieve stress. And I greatly increased my water intake.
The lump was totally gone in about three to four weeks, but I still wasn't feeling totally healthy and I had little energy.
After the baking soda/maple syrup, I also did a week-long protocol developed by a man named Kelley Eidem that involves taking fresh ginger, habanero peppers and garlic, as well as monitoring your urine ph to make sure it is neither too alkaline or too acidic, because, apparently, either imbalance can result in cancer. Because my ph showed I had an alkaline imbalance (too high a ph level when I tested my urine several times a day)I need to bring it back into balance. I'm taking evening primrose oil and trying to eat more foods to correct this. Trying to correct this will probably take awhile. My energy is returning since I started taking the evening primrose oil.
And I prayed a lot, giving thanks to God that He has given us so many means to heal ourselves, and kind people to help us along the way.
I hope this can help someone. Please feel free to post this on your
SURVIVED THE IMPOSSIBLE

You have a candidate that has survived the impossible. Further more: it's me. I have documentation and medical reports to convince the stupid. As a T4 N1 cancer patient for the past two years I've taken ten rounds of BSMS and my last two TESTS WHICH WERE DONE ON THE VERY TOP OF THE LINE PET SCAN (whole Body) and Tesla 3 pelvic an prostate MRI have all my doctors in amazement.

I've been thur 2 years of hormone therapy and a very high dosage of radiation (79.2 RADS) on the best machine made. My initial prognosis was death within two years.

A change in diet, exercise, and ten rounds of Sodium bicarbonate over the last two years each lasting from 8 days to 14 days may have made the difference. I'm off the hormone therapy as of this week and will really know the out come within the next two years. A careful watch on my PSA will tell the tale. Other unrelated medical problems exist but are NOT cancer related.

Vern my wife has spent a great deal of time talking to you but now we have documentation that should make the stupid get the message. At this time I can't suggest abandoning traditional medical care but can tell you we firmly believe without sodium bicarbonate I would be dead.

Anyone in my situation would be foolish NOT TO ADD THI ALTERNATIVE THERAPY TO EVERYTHING ELSE.

Currently a detached retina has me down and since this is the second time and now has occurred in both eyes I must finish this gruesome surgery and recovery.

Once this is done I will be devoting my life to helping others AT NO CHARGE AND MY EXPENSE TO HELP SPREAD THE WORD. I GIVING YOU MY EMAIL RESERVED FOR IMPORTANT MATTE
AND I BELIEVE MY WIFE HAS YOUR PHONE ETC.
You've made a difference but you need more help getting out the word and I'm going to give you indisputable ammo to get people to understand this IS VERY REAL.

PROSTATE CANCER II

My dad had prostrate cancer and 2 years to live. He did this (baking soda protocol) and NO cancer. His doctor was shocked no cancer. My dad's friend pancreas cancer told would be dead in 3 months, he did this soda and no cancer in days. My friend told friends and similar results. $25 cure, cannot have a $25 cure, no profit for doctors and insurance. R W. . . .

LUNG CANCER

Vernon I spoke with you by phone in late october or early november 2012 in regards to my lung cancer. A CT Scan in late October confirmed right lung cancer. I began a modification of your protocol using Black Strap Molasses and Baking soda.
I started on 1-21-2013 and stopped on 2-1-2013. On 2-3-2013 I had a biopsy at a hospital and when the lab results came in I was cancer free.

THE PROTOCOL CURED A SECOND DISEASE

Vito, BREAKING NEWS and thank you so much, please post this so others can benefit, your information is free so I pass this along free also. I am happy to report that your protocol in a smaller dose has cured a
second disease, it not only can cure (put in remission) cancer but it can cure (put in remission) system yeast infections which is also a type of fungus disease, many people have this disease and there is no cure from the medical field, I took one flat tsp of baking soda with 1/4 tsp of molasses in 5 oz of water already warmed in a microwave, added the 2 ingredients after warming the water. Did this 2-3 times a day, after 3 days 98% better and a week 100% for me. As with cancer and systemic yeast infection high quality diet is so important also.
BREATHING PART 1 by Vernon “Vito” Johnston

Yes. . . Breathing is very important! How important? It is of key importance for those dancing their way through the shock of receiving a devastating cancer diagnosis; and then, the breathing importance continues regardless of what modalities you choose in your efforts to reclaim your health. You may choose allopathic Western medicine, Gerson therapy, Budwig diet, Herbal and Chinese remedies, alkaline diet, the baking soda protocol, a myriad of other therapies, or like many you may reach into the barrel and choose different combinations. Some may jump from one to the other. I got lucky. I started with the allopathics (which I truly appreciate) and was fortunate enough to be pointed toward the possibility that by increasing my body’s alkalinity, sometimes good things happen. Again, I am grateful to my son, Jai, for raising my spirit with his suggestion. I am very grateful for the baking soda raising my body’s pH. It gave me the jolt I needed to discover more about myself to right my ship.
How I discovered the importance of Breathing

It wasn’t a hit of knowledge all at once. What cracked the breathing door open for me was the feeling Jai alluded to at the beginning of this Breathing chapter when on Day Seven of the protocol I started feeling the Oxygen Euphoria:

“Getting excited now. My lips tingle a bit and I feel the beginning of oxygen euphoria. I was worried a little about the lips, but then recall others talking about that as being part of the cesium and other oxygen therapies. Now the oxygenation feeling is really something else. It felt like I was hooked up to a pure oxygen machine and my nostrils were as big as wheel barrows. It also felt like my cells in my body also had nostrils as big as wheelbarrows breathing in oxygen. I am really hopeful now because I am under the impression that oxygen is what really kills cancer.”

The next discovery time was just a few weeks after completing the baking soda protocol. I actually wrote about it in an answer to a lady inquiring about the process. Here is what I wrote:

“Since you read my story on www.phkillscancer.com, you know that the website story ended when I took my second ride through the bone scanner donut. Well, most of the doctors were not convinced that the bone cancer somehow disappeared from my pelvis. Some insisted it was hiding. One of the doctors even equated it to little dandelion seeds that will eventually push through the soil. It was just sitting there waiting to ‘sprout’ into what was there before.

So . . . the doctors took pictures of my liver, kidneys, and lungs. On each and every x ray, the doctors pointed out that there were very suspicious looking lesions, dark spots, and other things that I have no clue about. They ordered an intense look at each of these organs. The lungs were the most suspect because I
guess prostate cancer likes to move into the lungs. Or at least that is what one of them told me.

Of course, I was not too excited about that situation. But my success with baking soda pumped up my confidence. I had 8 days to do something. I turned to PTR breathing, which I will talk more about in the My Introduction to PTR Breathing section.

The short story is that I put myself on a schedule of at least 3 hours a day of nose breathing for the next 8 days. I did not do 3 hours continuously. I totaled my sessions until I reached 3 hours.

Well, it sure felt good. And more importantly, after those 8 days when the lungs, kidneys, and liver were put under a bigger microscope, so to speak, the results were not what the doctors were expecting to find. They told me on each one that, “Well, I guess it wasn’t as bad as we first thought”.

That was my second mind opening positive breathing adventure. Here are a few excerpts of my notes from August 12, 2008 to August 20th 2008:

- 48 min session – itch, mild scratching, massaged legs, face, ears, calves, ear drums, scalp, sometimes with feet, hands, and heels. Twisting and mild shaking.
- 07 min session – disjointed feeling; focused on nothing.
- 57 min session – lightly shaking legs.
- 40 min session – new feeling today; deeper/smooother feeling in bladder muscles; big toe oxygenated; left shoulder, too; feeling the pain point and breathe into it; started imagining breathing through noses of others.
- 72 min session – deep breathing quickly relaxed; itching heels and feet; nice feeling.
- 26 min session – breathing into heart.
- 26 min session – breathing into the essence of lungwort.
Oh, what a treat! Breathe it in. . . . I am excited. Male/Female energy. Breathe in my youth = I cried. I relaxed and I cried more when I breathed for myself as an adolescent. It felt good & bad; mostly good; and then I reclaimed the power of that era of my life . . . oh, what a great 26 minutes.

Overall the sessions at times were dreamlike - except for the itching feelings. The squirming and twisting motion I believe was my body’s reaction to breaking away from tension. The itching to me is healing. What struck me the most was this fuzzy feeling of a movement into another aspect or dimension of the me of who I was or who I was becoming. It, the “other dimensional thing” really didn’t strike home until several months later when I did another breathing session. This email to my family describes that adventure:

“As some of you know I have been actively involved in a Focused Breathing Process. The Process involves breathing through the nose – inhale & exhale – for extended periods of time. The most I have gone is 70 minutes. I have learned that there is no one way to attend to this Process. Sometimes I breathe with a goal in mind; sometimes nothing in mind. It does not matter anyway, because once I breathe for any amount of time, things change.

I have experienced several layers while breathing. My first was a profound itching over my entire body. It was Scratch! Scratch! Scratch! I thought it strange, but Peter, the gentleman who introduced me/us to this process said that it was one of the levels. My goal at that particular time was to overcome some potential negative news the doctors discovered with some x-rays. That has been washed away.

Other levels that I have experienced have been gyrations, relaxations, and breathing as though I was breathing through another’s nose. That is fun! It is one of most relaxing moments I have ever experienced.

Now…what happened on one of my breathing episodes just a few days ago was an emotional turning point for me. A few days before this session happened, I had decided that I would breathe through my own nose, but with a twist. I would breathe inhaling and
exhaling through myself as a child, adolescent, or baby. I figured with my heart appointment coming up that I wanted to step up the pressure on myself to whip my heart into shape. It has already improved, but why not some more. By tapping into myself at different ages I figured my heart’s memory in earlier ages would be healthier.

Because I had been diagnosed with heart murmurs in my childhood, I spent more time directing breathing through my nose when I was a baby, or even when I was in the womb. I was searching for a strong healthy heart Vernon Time Period. I knew I was on to something when after these sessions I noticed that my walking stamina improved. This is good! However, I was not prepared for what happened on my next breathing session.

I blissfully was breathing along feeling very very good about breathing again through me-as-a-baby’s-nose. I was only into it for about 10 minutes when my Dad showed up. He said, “Vernon, breathe through me now, I have a strong heart.” OMG – I was emotionally stunned. I did not know anything about Pop except that he basically ignored me as a child and as an adult. Granted, I knew a few things, but I have never felt his touch except in anger, and I have never felt his love.

I was stunned! I discovered right then and there that I had it wrong all these 64 years of my life. Even with all the presumed negative things I witnessed or heard about Pop, he did love me and still does. For the first time in my life I felt a Father’s Love. And believe me, it felt and still feels very good. More than that – it feels exquisite. My heart opened up!”

I spoke to my oldest sister a couple days later and she told me that she knew for a fact that Pop had a really strong heart.

I continued off and on over the next couple of years with the breathing, but not in such depth as I did when I really needed it. Occasionally, like when I would feel a gout attack coming on, I would breathe into that troubled spot. More often than not that would do the trick. (Gout is another story where I have controlled it with diet and breathing). I remember one time when I was awaken by this throbbing pain in my right big toe. “Crap, I am thinking, not another gout attack” . . . So, I breathed into that toe for about 1 hour – the
swelling and the pain went away.

A Meditation CD Booklet combination that I found very helpful is – Meditation Breathing CD. This has an excellent introduction into breathing along with written words. I found it very relaxing and full of in depth information about health and well-being. It also kept me breathing.

And BTW . . . it had been a requirement on my driver’s license for decades to wear corrective lenses. That changed when I passed my eye exam February 2013. – No glasses required and I did not have laser surgery. I attribute a lot of that with doing the breathing.

My Introduction to PTR Breathing

This is the short version of how I was introduced to Nose Breathing from the knowledge Peter passed on to me and written about in the PTR Breathing section on the website. You can probably guess were the name PTR came from. I have heard things about breathing for health for many years, but shined it off, frankly because I didn’t know its value or its power. Of course I didn’t know I needed it until I needed it. It started with my brother.

My brother had never been to a high school reunion. He finally went on his 40th. He meet an old school buddy who hadn’t been to one either. He was instrumental while in HS to help my brother establish a new name.

My brother told me that his friend had always been ‘special’ and when he asked his friend if any new philosophy going on, his friend pulled him off to the side and said, “My family, when I was 11 years old, nicknamed me ‘The Breather’. I always had a connection with breath. My family saw deeper than I did because this recently happened. I broke my ankle really bad. The Emergency Room told me that it would be at least a 3 month heal. But, because it was so badly swollen the ER could not do much but wrap it up. Which…they did; and then told me to see my Primary Care Physician when the swelling goes down.
Well ok, I have always been a breather and this was a golden opportunity for me to apply my skill. I nose breathed for 3 and 1/2 days with my broken ankle as part of the focus. At the end of that time I went to my PC Doctor to take care of business. The swelling had gone down. The doctor un-wrapped my ankle and said – What break?”

So (this is me talking). That is the story that got from my brother; and then a few days later I had the good fortune of hearing it directly from his friend firsthand. He is a very private person so I did not feel comfortable pressing him for anything else. Besides, I was in awe and did not know what to ask anyway. I hadn’t tried it and nose breathing was foreign to me.

Here is a little more that I learned. It is focused nose breathing – either relaxed or with intent. Breathe to the area that you want the attention to go – or not. It won’t matter because the breathing takes over. Breathe through the nose on both the inhale and the exhale. Of course, considering the diagnoses I have had I was definitely willing to try it. No…I was excited about trying it.

I found that deep breathing is good as well as medium breathing. I also found out there are different levels involved. It took me several sessions before I got the itch. And…I mean literally. After breathing for 48 minutes I started itching all over. Scratch! Scratch!

I wasn’t worried about the itching because it felt good. According to ‘The Breather’ I had just experienced one of the levels. I have experienced other interesting sensations also. One such sensation was when my Dad showed up. He has been dead for over 10 years. During that time with my Dad, it was the first time I have ever felt fatherly love – ever.

This is very exciting for me – even more exciting than the Baking Soda and Alkalizing my body. Well…no! How can I say that! BS was instrumental in changing my dance with bone cancer. Anyway, I am playing with breathing in the ‘Essence’ of something. Something like an herb, or a thing, or a concept. Not the smell, but the embodiment of it. It may be another level. I believe it is. I can smell it (ha-ha). Probably doesn’t matter though, because breathing has its own life and in my experience it gives life . . . The Gift of Life is no longer
Vernon's Dancer with Cancer – After the Jolt

Here is some correspondence that I received and transmitted about PTR Breathing with some of my suggestions at the end.

“Hi Vernon,

This so good to hear…that not only did you oxygenate your body with other means but with your breathing. I believe we often forget that it is through breathing that we oxygenate our bodies. IMO, breathing exercises is one of the best things we can do to flood our bodies with life giving oxygen thereby fighting disease.

You are a true winner against the medical establishment. ..You were unwilling to just sit back and let them make your decisions for you about your health. I cannot commend you enough.

I am not a big proponent of taking baking soda every day but you can bet I would take it until I got the all clear in whatever illness was dogging me…I know from personal experience baking soda does kill cancer cells.

Thank you for sharing your healing journey with us and may you stay forever healthy . . . Sandy”

I wrote:

Sandy… I bumped this for you. It provides you with another option, especially since it is your lungs in question. I have an add-on since I posted this in September of 2008. Since you read my story on www.phkillscancer.com, you know that the website story ended when I took my second ride through the bone scanner donut. Well, most of the doctors were not convinced that the bone cancer somehow disappeared from my pelvis. Some insisted it was hiding. One of the doctors even equated it to little dandelion seeds that will eventually push through the soil. It was just sitting there waiting to ‘sprout’ into what was there before.
So . . . the doctors took pictures of my liver, kidneys, and lungs. On each and every x ray, the doctors pointed out that there were very suspicious looking lesions, dark spots, and other things that I have no clue about. They ordered an intense look at each of these organs. The lungs were the most suspect because I guess prostate cancer likes to move into the lungs. Or at least that is what one of them told me.

Of course, I was not too excited about that situation. But my success with baking soda pumped up my confidence. I had 8 days to do something. I turned to PTR breathing. I put myself on a schedule of at least 3 hours a day of nose breathing for the next 8 days. I did not do 3 hours continuously. I totaled my sessions until I reached 3 hours.

Well, it sure felt good. And more importantly, when the lungs, kidneys, and liver were put under a bigger microscope, so to speak, the results were not what the doctors were expecting to find. They told me on each one that, “Well, I guess it wasn’t as bad as we first thought.” . . . Vernon

I suggest that a person who is not used to Breathing deeply, that they start out slow. Maybe 20 minutes a day, and even if those 20 minutes are tough, then do it in segments – say, 5 minutes here, 5 minutes there. If one is serious though, then I would do an hour a day – as much time in a segment as possible. I did 3 hours a day for 8 days in a row. It was a struggle in the beginning, but wonderful adventure that I would not give up for the world. Interesting things happen when the Breath takes over. Record the times, what is happening to you, and your feelings. . . . Vj

Learning How to Breathe for Health

It was not an automatic endeavor for me to move from being a shallow breather to the much deeper breather that I am now. Of course, doing deep comfortable breathing for 3 hours a day when I was in big trouble with cancer did influence how I breathe today. Still. . . I
found myself falling back into those old habits. This put me on the lookout for something to help me move into becoming a regular deep comfortable breather. For me, my goal is to make 6 to 8 breaths per minute my norm. The Meditation Breathing CD mentioned earlier helped me get a deeper understanding about myself and my relationship with breath. It was a much needed and useful step allowing me the knowledge necessary at the time. However, I wanted something to ‘force’ myself, so to speak, to move as close as possible to my goal of inhaling through my nose for approximately 4 seconds; hold for 1 second; and exhale slowly through my mouth or nose for 5 seconds or so.

Enter the breathing device called BreathSlim, which Dr. Mark Sircus asked me to review. Dr. Sircus knew about my passion and belief in the power of breathing to be a natural self-empowering tool used to reclaim health. And he is right – I do believe that! The BreathSlim to me is a knockoff of the Frolov Breathing Device introduced by the Russian doctor to improve health by improving the power of breathing. You can get an idea from this article http://americanbluetipcigs.com/blu/2012/11/18/frolov-breathing-device-against-chronic-diseases/ in the well written blog by a smoker who is quitting how powerful the Frolov and the BreathSlim when it comes to health. The article goes on to say that “2,000,000 of these devices were bought in Russia and that 500 doctors recommended them”.

**BreathSlim Review**

Here is my review of the BreathSlim. You will also see at the end instructions for the DIY person on how to make one of these simple breathing devices. My experience tells me that the ones I have made are of equal if not better quality than the ones sold on the internet. I did not review the Frolov. However, as far as I can tell, the Frolov and the BreathSlim are basically the same. I also am including a video not only how to make your own breathing device, but I am including a video on how to use it. First, however, is the review:

Breathing hit me hard and in the right places about 4 and ½ years ago. What happened was that I was diagnosed with terminal stage IV prostate cancer that metastasized to the bones. The doctors told me that they couldn’t do surgery, chemo, or radiation. I’m thinking “toast”, of course, and didn’t know what to do other than cry. (the whole story is on
www.phkillscancer.com). Long story short my son suggested I look into alkalizing my body, and I did – and that worked out well for me.

**BREATH SLIM**

The adventure using baking soda to alkalize my body is what moved me to understand the role that breathing or oxygenation played in reclaiming my body’s health. The first indication happened during my baking soda protocol – there were a couple of times when I felt like every cell in my body had nostrils as large as wheel barrows. I was being flooded with oxygen and I liked it. I really liked it. It was a euphoric feeling and it was the first time that I felt that there was hope in recovering from that deadly bone cancer diagnosis.

I continued off on and over the next couple of years continuing with the breathing, but not in such depth or time as I did when I really needed it. Occasionally, like when I would feel a
gout attack coming on, I would breathe into that troubled spot. More often than not that would do the trick. (gout is a another story which I have controlled with diet and breathing). I remember one time when I was awaken by this throbbing pain in my right big toe. “Crap, I am thinking, not another gout attack” . . So, I breathed into that toe for about 1 hour – the swelling and the pain went away.

A Meditation Cd Booklet combination that I found very helpful is this one – Meditation Breathing Cd. This one was an excellent introduction into breathing along with words. I found it very relaxing and full of in depth information about health and well-being. It also kept me breathing. And BTW, it had been a requirement on my driver’s license for decades to wear corrective lenses, that was until this February when I passed my eye exam. – No glasses required and I did not have laser surgery. I attribute a lot of that to doing the breathing.

Recently, I have been introduced to a method which retrain my breathing by going from being a shallow breather into a deep breather by focusing not only on improving the inhale, but really focusing on maximizing the exhale – nice and slow exhale. Mark Sircus, Ac, OMD, Director of IMVA is the author of the powerful book “Sodium Bicarbonate: Rich Man’s Poor Man’s Cancer Treatment” and the one who introduced me to this new method that I am more than willing to experience. It is by using an inexpensive breathing machine as the trainer. It was designed for weight loss, but Mark saw through that and was excited about trying it and then letting me know about it. Once I get the machine and start working with it, I will post my thoughts and experiences. My initial thoughts are that it is an ideal way for a person to move from being a shallow breather to being a healthy full breath breather. Here is link to that book by Dr Sircus. One can also get it through Amazon.com via BreathSlim or you can make you own. Video on how to use the BreathSlim or DIY Breathing device follows this 22 day run. After that will be the instructions on how to make your own.

Funny isn’t it. . . a simple breathing machine used for weight loss has the strong potential to move mountains.
The review continues with a 22 day run using the BreathSlim (Frolov knockoff):

The BreathSlim machine: ready to move forward and breathe more oxygen into my body.

Day 1:

It is a simple machine much like a small lidded plastic cup with holes in it, inside another stiff plastic cup with a breathing tube extending out the top. I read all the directions and will follow them (mostly). The idea is to breathe through the nose and then exhale slowly through the breathing tube which extends down into the smaller interior cup which is partially submerged in water. Of course, the exhale is via through the mouth which is gently gripping the mouthpiece.

The idea is to inhale through the nose, hold the breath, and then slowly exhale through the mouth. The machine does its job: it is training me to exhale slowly. This is the reason for the water. It took several breaths to get used to this method of exhaling. Just a little bit of panic on those initial exhales. Nothing big – just getting used to exhaling through water; or ‘blowing bubbles’ as Dr. Mark Sircus likes to say.

I like that the BreathSlim is training me to incorporate a slow steady exhale into my breathing habits. I am the type of guy who generally, except when doing a breathing meditation, just lets the air out quickly. Here is what I did the first day: Breathe in for about 5 seconds; hold for about 5 seconds; and then a slow gentle release for about 20 seconds. The pamphlet recommends starting with 5 seconds in; 5 seconds hold; and 10 seconds slow release. I have been a deep breather for a couple of years so my lung capacity is fairly large.

Dr. Sircus asked me to do this preliminary measurements before I start doing the BreathSlim:

“Please additionally have the following tests, with 5 minutes break between them;
please use seconds to write down the results of the test.

Stange’s Test, or breath-holding at the stage of a calm inhalation. Breathe in and out normally, then take another inhale (about 80% of your maximum inhale) and hold your breath. Note the start time. You may shut your nostrils and close your eyes. Do not breathe as long as you can. When it gets too tough, this means the test is over. Open your nostrils and start breathing. Write down: “Stange’s Test: x seconds”.

Quiet your breath, keep reading, and take the last test in 5 minutes.

Hench’s Test, or breath-holding at the stage of a calm exhalation. After a calm exhalation hold your breath and note the start time. Keep holding your breath as long as you can. Again, you can sit with your eyes and nostrils shut, as if you were under water. As soon as you feel it becomes difficult to hold your breath, open your nose, start breathing, and notice the time. Write down: “Hench’s Test: x seconds”.

My results:

Strange’s Inhalation test – 49 seconds
Hench’s Exhalation test – 37 seconds

Not sure what I am going to do with these numbers yet. I suppose it is going to be some sort of ”Before and After” thing. I can generally hold my breath a fair amount of seconds – probably due to my last 3 years or so of doing deep comfortable focused/unfocused breathing. Anyway, those were my current results. BTW, here is a link to an internet computer stopwatch – [http://www.online-stopwatch.com/](http://www.online-stopwatch.com/) – It comes in handy and is the one I use.

Like I said, the BreathSlim does its job when it comes to training the slow exhale. And it did indeed take me several breaths to get used to this method of exhale. I got a little nervous on those first exhales. Exhaling through the water without over bubbling definitely slowed me down. I blew water out the cup a couple times before I established a sense of confidence that I was going to be alright (grin) with the machine and the slow exhale.

I went 20 minutes the first time. It is a bit tedious, but with more experience I believe that that will smooth out. I am hoping to meditate while doing this, but not sure that
will happen – this appears that it is going to be a physical exercise.

Day 2:

Missed this day. I did my regular meditative deep comfortable focused/unfocused breathing, but could not get it together enough to do the 20 minutes with the BreathSlim. Now, a lot of that may have to do with me being in the beginning stages of the flu and cold. I wasn’t quite sure what to do because my lungs were starting to fill up with congestion.

Something I learned from yesterday’s breathing was that I noticed that I was more cognizant of my normal breathing; and when I breathed I actually thought about breathing more deeply and exhaling more slowly. In some of my breaths I actually did just that.

Day 3:

I decided to continue with the BreathSlim regardless of some silly old flu/cold. Did my 20 minutes. I am so used to breathing in a prone or laying down position due to my several years of meditation breathing. That is why this method, which recommends sitting up in an upright position with your back straight, is very good for me. It is not only training my breathing, but my posture as well.

Day 4:

Yes. . . I am doing my 20 minutes again. It seems that I have to make the special effort to hold my breath for the five seconds recommended by BreathSlim after the deep inhale. It just doesn’t seem right, but I am starting to get used to it. Apparently the idea of holding the breath is to allow the deep inhale of air to the lungs to utilize more of the oxygen that goes into the lungs. Same with the slow exhale – allows more time for the lungs to absorb the oxygen.
And one more thing – this time I “breathed into” the flu/cold, so to speak, much like the times I have breathed successfully into gout attacks. Not sure if it proves anything, but I did start feeling better.

Day 5:

What is the serendipity of me doing this? First of all, I am doing it to help in the continual reclamation of my health. Besides the diagnosis of bone cancer almost 5 years ago, I was also hit with congestive heart failure 21 months ago. So for me the stakes are high. I want more oxygen. Now the serendipity of it is actually the purported and reported possible weight loss. So with that in mind I weighed myself today on my daughter’s new digital scale (I don’t own one, so had to go to her house).

I weighed in at 202.6 pounds. I would like to get to where I feel the most comfortable which is 185 pounds. Will this breathing really help in that direction? BTW, I am just ¼ inch shy of 6 feet tall. K

Day 6:

Speaking of serendipity, the beneficial elements that I know I am receiving from breathing with the BreathSlim for 20 minutes a day are an improved posture and the little reminder voice I hear during the day to, “Breathe deeply and exhale slower.” The big one being, “Breathe deeply” because if I breathe deeply I cannot help but to take more time exhaling. The other thing that I have noticed is that I have more energy. Dr Mark Sircus mentioned that he too was experiencing an increase in energy.

Day 7:

I usually do the BreathSlim exercise late at night sometime before I go to bed, which
is a lot of times ‘early morning’. Today I was feeling better (Flu) and just for the heck of it I did an extra session.

I figured something out. Since this is not really a meditative exercise and is mostly physical then why not do the BreathSlim breathing while doing something else – like watching a movie I am streaming from online, or a football game, or news, or reading, or walking, or anything. So... I did. And I like it. It sure helps! Make sure that if you do do it while doing another activity that you are alone. Blowing bubbles might be disturbing to others (grin)... 

Day 8:

Enjoying my new BreathSlim freedom. I feel good being able to do the breathing while watching my latest movie. Of course, it helps to have a head set or ear phones so you can hear what is going on. Sometimes I just turn on the subtitles.

Day 9:

By the way, I have not changed my diet. I have been enjoying a plant based for close to 8 months now. It is not unlike the diet promoted on the inspirational movie Forks Over Knives.

I weighed myself today. 201.1 pounds on my daughter’s new digital scale. That means a loss of 1.5 pounds. Don’t know if it means much, but it is something.

Day 10:

Still doing 20 minutes a day, generally late at night or early morning. I close the door to the bedroom so as not to disturb Alice. I think about doing it more than 20 minutes a day, but I will stay with the once a day mode for 21 days.
Day 11:

Did the breathing. . .

Day 12:

I think I already mentioned it, but just to make sure I want it known that besides the BreathSlim exercise/experiment I am also doing what I have been doing for 4 years – namely doing some sort of deep comfortable focused/unfocused meditative breathing, not unlike PTR Breathing that I started shortly after the baking soda protocol. I really enjoy it. It relaxes me; brings more oxygen into my system, and most important it empowers me. I am doing it. . .

Day 13:

Yes . . . day thirteen and I am still doing 20 minutes. I experimented with slouching a bit while doing the breathing. Also, I will lean to the right or the left on a pillow or chair arm, but my thoughts are that for the first 21 days that I want to stay as ‘clean’ as possible for this experiment. I keep talking ’21 Days’. There is a reason for that; my ears have heard or eyes have read for many years that it takes 21 days of doing something for a habit to be changed or a new habit to become part of one’s life. I shall see, but early ‘returns’ are suggesting it is becoming a habit. Or . . . at the very least I think about it more as I go about my daily life. Of course when I think about it, I do it.

Day 14:

Did it again . . . breathed 20 minutes with the machine.
Day 15:

20 more minutes today.

Day 16:

Weighed myself today on my daughter’s new digital scale. I was taken back with the read out. I even called my daughter to see if I have been using the scale correctly, or whether she was having trouble with it. “No”, she said. “It is a new digital scale and works perfect”. My weight came in at 197.5 pounds. I weighed myself 4 times and it came up the same each time. 197.5 means that I have lost 5.1 pounds since Day 5. That could be significant. . .

BTW, I got mine from Amazon Breathslim BS-2008 Weight Loss Device

Day 17:

It is tough to do – a full 20 minute shift, especially when striving for a full 20 minutes of deep breaths. I inhale between 5 and 10 seconds, hold for 5 seconds, and then slowly release for about 30 seconds. After about 12 minutes of this workout that is when it starts getting tougher to keep that rhythm. As I get deeper into the minutes my tendency is to inhale a little less and hold less. After a couple minutes of this ‘relaxed’ mode, then I can do the deeper hold longer repetitions again.

Saliva is generated during this process, so there is a bit of swallowing going on – which is no big deal. It is just a matter of releasing the lip hold on the mouthpiece for a moment and do what has to be done.

If one is new to breathing then it is wise to stay within ones’ comfort zone. Some would probably start at a 3 second inhale, hold a bit, and then slowly exhale for 10 seconds.
The muscle that gets tired for me is the diaphragm. It is not the inhale – I am good at extending my stomach. It is the exhale where my strength needs to be built. That will come in time, and I look forward to it. I suspect that all this diaphragm work helps shape the abs area (grin).

One of the benefits claimed by many ‘breathers’ is that the internal organs get to be massaged. I in particular like the idea of my heart being massaged. Of course, my lungs are getting a good workout too.

Day 18:

What a difference a day makes. I was breathing away on the Breathslim while watching some news of interest that I was streaming from the net when I noticed that I had been breathing for 30 minutes. Why is that? Is day 18 some sort of plateau breaking day; or is the fact that the cold/flu that I had been managing was on its last leg the answer. I don’t know, but regardless, I was pleased.

Someone turned me onto a similarity with the Frolov or Buteyko breathing method device and the BreathSlim. Here is a video of how to use the Frolov: [http://www.youtube.com/watch?v=D_fFkUq4jBw](http://www.youtube.com/watch?v=D_fFkUq4jBw). The technique is a gentler than the breathing technique for the BreathSlim. BreathSlim likes to have the breath held for 5 seconds after the inhale, whereas Frolov doesn’t hold the breath. (I don’t hold my breath either – except for about 1 second, then on to the next inhale).

My plan is to look at the Frolov Buteyko method to see if I will experiment with it after I complete the BreathSlim experience. I suspect that the breathing will end up being a blend between the two methods. However . . . I cannot complain about the results I am feeling with the BreathSlim. I feel more energetic and surprisingly it seems as though I am not eating as much prior to the breathing. The other thing is that according to the scales, I have lost weight.
Day 19:

Did the BreathSlim for 27 minutes last night. I have noticed that from day 3 of this exercise that one of the side effects of the breathing was similar to one of the side effects of doing the baking soda protocol. That being (there is not a genteel way of saying this) yellow poop or at the very least – a lighter color. I don’t know what any of this means, but someone did write to me saying, “I’ve noticed a correlation between the breathing and the yellow poop too.” Is it because of more oxygen in the system? Is it a cleansing taking place? I don’t know. . .

Day 20:

Before I get into this day I want to let you know about my double/triple check of my daughter’s scale. I weighed yesterday. The digital window jumped between 93.4 and 99.6. I figured it out – the scale was sitting on a flat surface all right, but the flat surface was covered with an indoor outdoor carpet. When I moved the scale to a ‘solid’ flat surface I got a steady reading. So . . . yesterday’s reading was 199.5, which means since day five when I started weighing myself, I lost 3.1 pounds – not the 5.1 I was jumping up and down about. Still . . . 3.1 is very good.

Because of the scale issue I have ordered a scale. The best one I found for the price and the reviews was this one EatSmart Precision Digital Bathroom Scale w/ Extra Large Backlit 3.5” Display and “Step-On” Technology, and I ordered it. In the meantime, I did 20 BreathSlim minutes and of course about 20 minutes of meditative breathing for this day. See you tomorrow. . .

Day 21:

This is supposed to be my last day, but since I missed Day 2 one more day will be added. Breathed the BreathSlim way for 24 minutes while watching some foreign
move with subtitles. At weigh-in time my weight was 198.2 pounds. That is with the scale on a nice hard flat surface (ha-ha). So ... that means that my weight (Day 21) 198.2 subtracted from Day 5’s weight of 202.6 equals loss of 4.4 pounds. Tomorrow I will do my thoughts on these 21 (22) days.

Day 22:

How does this breathing through a tube work and what does it have to do with health and weight loss? I am not a scientist; I am a person writing down his experiences with using the BreathSlim for 3 weeks at 20 plus minutes a day. In the beginning and a few times during the 21 days I was glad the 20 minutes came to an end. However, there were more times that I happily went over the 20 minutes.

I don’t know the science of this type of breathing. I do know that I felt more energy and that I felt like doing more – that includes going for walks even in the rain. Was it the oxygen? I don’t know.

I think that it actually curbed my appetite somewhat which may explain in part why I lost around 4 pounds. My mind seemed to become sharper.

I like that several times during the day I would find myself reminding myself to remember to breathe deeply, hold a little, and then release slowly. It was becoming a habit.

I am going to do another 21 days. There are things I want to work on. My body took a big hit 5 years ago with that cancer thing – namely my prostate, my bones (pelvic), and threats to my lungs, kidneys, and liver. My heart was not so good then as well, and it really almost tanked on me in February 2011 (congestive heart failure). I am quite active (walking, some running, jump rope, and stretch bands), but there was damage done to those areas. Obviously, I have made great strides in reclaiming my health. I especially like that my eyesight improved after decades of having to wear glasses to drive. I give a lot of credit for that improvement to deep comfortable focused/unfocused breathing. I want more and I expect more.
BTW, my last weigh-in was 198.7 pounds. . . Vj

Day Post 22:

I forgot to do the after part of the before-and-after concerning the Strange/Henches breathing test. These were the before results followed by the after results:

Stange Before – 49 seconds; Strange After – 66 seconds
Hench Before – 37 seconds; Hench After – 41 seconds

There certainly was improvement in my ability to hold my breath on the inhale, and a little improvement after the exhale. Not sure what all that means except that my capacity is improving.

I do want to mention that the last couple of days I have noticeably been aware of frequently breathing in deeper breaths during the day. Just out of the blue I will take a nice big breath followed by a slow exhale. It feels good. . . And feeling good means that my body is relaxing, and when my body relaxes that means that the cells in my body are getting “permission”, so to speak, from me for them to do what is natural for them – namely give me a healthy body. A person could say, “I am getting out of the way (leaving tension behind) so that my body and its organs can become what they are meant to be.”

Been doing the BreathSlim breathing for 20 minutes every day since I finished that first 21 days. I am glad I am doing it. At times my mind tells me, “Aw, forget it. Don’t do it today. There is always tomorrow.” However, my body says, “This is good for you Vernon. Oxygen is a precious key for you.” – And it is! I have found that I am more energized, I feel more like walking (which I do), I meditate more, and I find myself less hungry than I was before starting this particular breathing thing.
And BTW. . . I weighed 196.0 on my digital scale this morning. Considering I started at 202.6 pounds, I like this serendipity. . .

**Why Use the Breathing Advice**

A friend asked me, “Why use the breathing device? What does it do? Can’t you just breathe normally but do it quicker? I had to think about this because I was one of the lucky ones when it came to learning to breathe deeper. It was from necessity that I weaved along the breathing learning path. First of all, I was a fearful, sad youngster when I was a kid. It was no wonder I was such a shallow breather. I didn’t jump at my own shadow, but things like people in uniform or people of authority (like parents, priests, and policemen) always kept me on my toes. Which means I was tense most of the time. And most of the time, it was for no reason at all, except for the fact that I was so unsure of myself as an entity or human. Breathing deeply, if I had known it, would have begun to unravel those knots. So, breathing deeper is a way to bring relaxation into a tense situation. You have all heard at one time or another, “Take a deep breath. Breathe”, when a tense situation had presented itself. And . . . usually a deep breath would help.

However, it would be nice to have that relaxation feeling most of the time. It begins with relaxation; and the road to getting there means deep comfortable breathing. Some of us need a little assistance – the breathing devices help create the habit for deeper breathing. But don’t wait for a machine to do your work for you. Inhale slowly through your nose for a count of ‘one thousand one, one thousand two, one thousand three, one thousand four’ pause for a second and then release through your nose or mouth ‘one thousand six, one thousand seven, one thousand eight, one thousand nine, one thousand ten’, pause for a second and then start over. Do this for ten minutes. Sometimes you will find yourself breathing in longer and exhaling longer; or just the opposite – shorter. Ten minutes is a good start. Work up to 20 minutes. If you are in trouble with a health issue then do it longer. You decide. I did mine accumulatively for 3 hours, but that was big deep trouble. For relatively minor things like a gout, headaches, soreness, pain, or dilemmas of a non-physical nature – breathe into those trouble spots for an hour – plus or minus. You will love it.
The body responds much better to a relaxed mind. Breathing will get you there! . . . Vj

Another reason for breathing deeply and consistently is to bring oxygen into the system. Oxygen cleans things out – sort of acting like a detergent. And when things get cleaned out it sets the stage for rebuilding. That is what we want – rebuild that body the way it wants. The relaxation will help the tense you to step aside so that the body can use the now flooded oxygen as building blocks for its healthy vibrant future. Of course, the other reason for breathing so nice and deep is that it moves the spirit of you into being directly in touch with yourself without all the noise. In other words, it is a natural way to move into a meditative state.

Some things, physical maladies, will vanish almost as quickly as a thought. Some will take more time, more processing, more breathing, more releasing of feelings, more relaxations. Energy will increase and so will hope. Medicines (yes, even the allopathic's) will start to work better, foods will not only taste better – more nutritional value will be drawn from your foods, thoughts and thinking will be clearer, life will have more meaning. All this from breathing you ask? Yes!
BREATHING PART 2 by Jai

“There were a couple of times when I felt like every cell in my body had nostrils as large as wheel barrows. I was being flooded with oxygen and I liked it. I really liked it. It was a euphoric feeling and it was the first time that I felt that there was hope in recovering from that deadly bone cancer diagnosis”. . . EXCERPT FROM ONE OF VITO'S BREATHING BLOGS

Why is breathing so important? You do it all the time. You have done it since birth. But are you breathing correctly? Most people don’t ask themselves that question. You probably assume that there is not much to breathing; you suck air in, then you let it out, and that’s it. But there are complicated mechanics involved with breathing which I will be addressing.

I am going to assume that the reader understands why, or at least accepts, that you should avoid shallow breathing, so I will not spend much energy in trying to explain the pitfalls of
shallow breathing. Rather, my goals in this section of the manual are to and explain the benefits (based on mine and Vito’s experience) of deep, comfortable breathing, and to help the reader develop an awareness of what deep, comfortable breathing feels like.

My Quest for the Perfect Breath

Sustained, deep, comfortable breathing created a more enhanced version of me. I’m pretty sure it is the state that I am supposed to be in all the time

Ever since high school, about twenty years ago, I began a quest for the perfect breath. It was from my interest in the writings of Eastern martial arts and meditation that would convey wonderful and powerful breathing techniques that, once learned, would begin to manifest the incredible benefits of a body saturated with life sustaining oxygen. They would always say to breathe slow and deep, and breathe into the belly. As I began to try out these deep breathing techniques I began to realize that my average, everyday breathing habits were weak and stifled. So I practiced their techniques for many hours throughout many years, but I never felt the wonderful and powerful breathing state that they were describing.

Years had passed and I still persisted with the same old unsuccessful breathing techniques I had learned in my books and other studies from the Eastern cultures. But it wasn’t until around the time of my father’s dance with cancer, that I took another approach to the whole breathing thing. Instead of just trying to replicate the techniques of the Eastern masters and gurus, I began to experiment with my own techniques.

Rather than just breathing into my belly with deep slow breaths, I tried incredibly deep torso stretches which brought me hints of the wonderful breath I was looking for. After that partially successful experiment I stretched my torso even more by sucking in as much air as I possibly could in hopes of stretching myself from the inside-out. It acted how a balloon inside a small bag would expand the bag as the balloon got bigger.
I would combine these stretching techniques with all sorts of different breathing rhythms, tempos, and speeds. Gradually I began to feel some significant changes in my body and within my mind. A delightful yet subtle euphoria would overcome my entire body and my mind became more focused. It was if my entire being was in an enhanced state of aliveness. I felt more grounded and more capable of dealing with and enjoying the present moment. My body was more balanced and my senses seemed sharper. But it bothered me that soon after my breathing session had ended, and I would unconsciously return to my shallow breathing habits, I would fall right back into the less enhanced version of me.

I felt as though I had found my temporary perfect breath, but only due to an overly lengthy and strenuous effort. The short amount of sensation I received from my efforts was enough to know that I wanted more of this state, but it was my father’s experiences that taught me that there was another, even more powerful reason to learn to have this powerful breath that we began to call: Deep, Comfortable Breathing.

**Another Vito Experience with Healing Breath**

Well, it sure felt good. And more importantly, when the lungs, kidneys, and liver were put under a bigger microscope, so to speak, the results were not what the doctors were expecting to find. . . Vj

Shortly after my father’s bone cancer moved off the medical radar, his doctors begin taking some X-rays of his body to search out other health issues. The X-rays revealed very suspicious looking lesions, dark spots, and other uncertain medical issues on his lungs as well as his kidneys, and liver. So the doctors scheduled an MRI scan in eight days to have a closer look.

My father, realizing that he had eight days to do something about these dark spots, got the idea that since his lungs like to consume oxygen that he would simply give his lungs lots of
oxygen. And so he began his highly focused deep breathing work.

His breathing work was simple, but very intense. It consisted of breathing deeply for three hours a day (broken up into seven to ten smaller sessions a day) for the eight days until his scheduled MRI.

Besides releasing some profound emotional revelations and euphoric physical sensations, his deep breathing seems to have had an effect on his body: when he went back to the doctors for the MRI scan, the scan revealed that the suspicious spots had disappeared! All the doctors could say was, “Well, I guess it wasn’t as bad as we first thought”.

Of course, we can’t know for sure what caused the spots to disappear, but it is important to note that at the time of this second “cancer scare” my father had not been doing the Baking Soda/Molasses protocol or any other form of medication. The only health technique he was utilizing at that time was the intense, daily, deep breathing.

If the eight days of deep breathing my father developed acted like a medicine, could developing a comfortable, deep breathing pattern for every single breath for the rest of your life also offer similar health benefits?

**What Others Say About Deep Breathing**

Throughout my breathing studies I have come across various takes from doctors, gurus, and other people with their individual insights into breathing. Their various opinions are that deep breathing stimulates Human Growth Hormones, it gets more oxygen into the body, it balances out the Oxygen/Carbon Dioxide ratio, it massages the organs, it makes the body more alkaline, it stimulates the lymphatic drainage; maybe it does all this, maybe in does some, maybe it does none; all I know for sure is that if you stop breathing you will die within minutes and when I breath in certain patterns I feel amazing, and it has been wonderful for my father’s health.
What Does It Really Mean To Breathe Deep?

Throughout most of my life I have been a shallow breather, which was okay with me until I began to feel the benefits of my deep breathing work...

On occasion, when a stressful situation happens, I am sure that you have probably heard these words at least a few times in your life - “Breathe Deep! Breathe Deep!” It seems like a simple thing to do - just inhale a lot, and exhale a lot. But if you ask most people to breathe deep, most likely they would start by sucking in a massive rush of air; shoving their chest and shoulders up, while unconsciously tensing many muscles in the entire torso and back.

Now that I have practiced deep breathing for many hours, I have developed the awareness to realize that big, tensed, and forced breathing is quite inefficient and is not something that can easily be maintained for any significant length of time. Even though it might feel like you are taking a big, deep breath, what it actually happening is that by unconsciously squeezing all those muscles in your ribs, back, side, and front you are actually making a less efficient shape for your lungs to expand into. It is as if your muscles are fighting against your lungs.

Rather than fighting against our muscles it is best to find a balance between tensing and relaxing the muscles of our rib cage, back, stomach, chest, and diaphragm so that maximum breathing space and efficient motion is created. Once we have a good idea how a single, deep, comfortable breath feels, we can then easily repeat this breathing sensation/pattern indefinitely, resulting in the release of wonderful healing energy.

Deep, Comfortable Breathing

Over the past few years I have taken tens of thousands of consciously controlled breaths so
that I can find a deep, comfortable breathing pattern that I can make a habit of. . . Jai

The easiest way to achieve deep, comfortable breathing is to do it lying down. While lying down, your body does not need to use your muscles for balance, so they are relatively relaxed, and give the lungs less resistance (Unless you squeeze your muscles while lying down: which is not uncommon).

Start out either on your back or side; feel free to try various positions to find different shapes or more space within your torso. Find a comfortable position but feel free to move as much as you like.

Our first goal is to try to mentally and physically relax as much as possible while gradually slowing down the pace of our breath and taking progressively deeper and deeper inhalations. Take five relaxed, deep breaths; slowing your breathing on each successive breath.

Now, for five breaths focus your attention on your entire torso. Feel the motion of the inhales and exhales. Feel the sensations. Don’t judge it. Just feel. Don’t try to mentally describe yet.

Now that you have had a few minutes to relax you are going to focus on the five basic principles of deep, comfortable, breathing: The diaphragm, location of breath, duration of breath, pace of breath, and the pauses.

**Guided Exercises in Breath Awareness**

*The key to breathing is awareness. . . Jai*

The main goal of the following exercises is to develop an awareness of your breathing
patterns, and to gradually find new ways of releasing tension, creating space, and gradually allowing full expansion of the breathing cavity. It is best to avoid judging your patterns as good or bad, and simply allow your awareness to guide you as you gradually feel the subtle breathing movements within your body.

The Diaphragm – The Engine from Within

Using your diaphragm to its fullest potential will be the most powerful thing you can do to improve the quality and effectiveness of your breathing. Though there are many separate motions and qualities that can be adjusted and improved with your breathing, a smooth and powerful diaphragm motion is the key to finding a deep, comfortable breath.

The diaphragm is the muscle that sits immediately under the lungs. It moves down toward your stomach and organs when you take in a deep comfortable breath and then relaxes back upwards on your exhale. Most of don’t use our diaphragm to its potential, but when your diaphragm is fully engaged you will feel a smooth and powerful motion from deep within your body.

Notice the diaphragm’s range of motion between inhale and exhale.
Take five minutes trying to feel the movement of the diaphragm within your torso. Search for a motion that gives you the feeling of a deep and comfortable breathing. Try to find ways of moving the diaphragm in different and full patterns. This motion is very subtle, and requires absolute concentrate to feel.

Location of Breath

The concept of location of breath is, more or less, the movement of the diaphragm and supporting muscles broken down into its smaller, individual motions. The importance of
seeking out the feelings of each individual motion is to help find and release specific restrictions within motion of the diaphragm.

There are four main areas that the breath can be focused into that you can see and feel moving: your belly, your ribs and sides, your lower back, and your chest.

Belly:

Take three or more breaths, and on each breath notice the feeling in your belly. What is the motion like? Relaxed? Tight? Smooth? Jerky? If it feels too tight try to let go of the tension.

Ribs and sides:

Focus on your ribs and sides for three or more breaths. Notice the expansion of the ribs, if any (the two lower most ribs are the floating ribs and are quite elastic). Are there any tight spots? Place your hands on your sides and ribs and feel the expansion. Try to see if there is any way to let this area of you torso expand more.

Back:

Take three or more breaths into your back. Can you feel the expansion there? If not, what do you need to move or try differently to feel that expansion? If you are lying on your back, feel the expansion as your back spreads out into the surface. Try to let your back melt out and cover more area. Try to wiggle slightly to loosen up more. Imagine your spine gently stretching up out of your head, and down out your feet. Make yourself as tall as possible. Try small adjustment to find more space, or try to make a different form or shape with your back.

Chest:
Take three or more breaths into your chest. Your chest will have a slight expansion as you breathe in. Try to let it expand as easy as possible. Give a few little wiggles to find a feeling of space and relaxation. Feel your chest where it attaches to your ribs. They both expand in an easy elastic motion. (Hint – although your chest does expand somewhat, I find it much easier to breathe into my chest when it is naturally and gently expanded, even while on the exhale)

And your entire breathing cavity:

Now that you have spent significant time feeling your breath expanding in the four basic areas individually, try to think of filling all the basic areas at the same time with air. Try to feel as if your breath starts around the middle of your solar plexus, and expands in all directions outwards. Play with this sensation for at least five minutes. With each breath try to find more space within which you are able to expand. Notice how this feels. Notice which area feel tighter than others. Is your stomach tighter than your back? Use each area as a reference to the others. If your sides and ribs are easier to expand, try to let your chest expand more easily than your sides and ribs. Try wiggling to find more expansion and space. Gently stretch your spine upwards and downwards. Really search for the feeling of deep and comfortable breathing.

**Nose or Mouth? Where do you Breath from?**

There are only two places you can let air in and out from: your nose or you mouth. Some practitioners suggest you breathe in from your mouth, and out through your nose. Others suggest only mouth breathing. Still others suggest you breathe only through your nose. Personally, I don’t much concern into what holes my air travel through. I naturally breathe in and out through my nose so that’s what I stay with – although, when I am exercising I usually breathe through both my mouth and nose. On a logical level; our noses have fine hairs in them that act as air filters, so in that regard I prefer to nose breathe, but others may have other preferences.
Spend a few minutes breathing while experimenting with various air inlets. Try nose in, then mouth out. Mouth in, nose out. Nose in, nose out. And Mouth in, mouth out.

**Duration of Breath**

Duration of breath refers to the length of time of the inhale and exhale. You can have long inhales or exhales, short ones, medium length ones, or you have no length by holding your breath.

One technique that helps to guide the duration of your breath is to count in seconds, how long you inhale, then how long you exhale, while ensuring to exhale a big longer than your inhale. For example: Breathe in for 1, 2, 3, 4, 5, and breathe out for 1, 2, 3, 4, 5, 6, 7. Try it three times. You may only be able to start out breathing in for 3, and exhaling for 4, but the more your practice the more your breathes will take longer.

Another technique to experiment with is to simply try to take longer on your next breath. For example: Take in your first breath slow and easy, and then let it out slow and easy. Then try to make your second inhalation and exhalation last just a little bit longer. Then try to make your third inhalation and exhalation last just a little bit longer than your second breath. And so on, and so on.

Here are some other breathing techniques to play around with: Breathe in to your favorite lyrical phrase, poem, or saying and exhale to it a bit longer. Try breathing to the alphabet. In for a, b, c, d, and out for a, b, c, d, e.

After you have tried these techniques try coming up with your own ways of playing with the duration of your breath. Experiment with duration of breath for another five minutes while taking note of patterns that help you feel a deep and comfortable breath.
Pace of Breath

The difference between duration and pace can be a bit confusing: Whereas duration is the length of time that you inhale or exhale, pace is how much air you inhale or exhale in a given time, i.e., you can breathe a lot of air in two seconds, or you can breathe in the same amount of air for ten seconds. While in a relatively rested state we want to try to slow our breathing pace down, but if we are sprinting we want to suck in massive amounts of air quite quickly.

Assuming you are in a rested state, take three breaths while paying attention to the how quickly or slowly your fill up your lungs. On your fourth breath try to slow the pace - try to slow the amount of air you breathe in, at the same time try to breathe in longer. Take a nice smooth, slow breath, and then let it out in the same nice smooth, slow pace. Try this for five minutes, and with each successive breath try to slow your breath until your find a pace that you feel is deep and comfortable.

The Pauses

It is important to be aware that we aren’t always inhaling and exhaling. There are two instances when our flow of air briefly stops: at the pause between inhale and exhale, and the pause between exhale and inhale.

Take three breaths and pay attention to your pauses. Do feel any pause at all? Do they feel rushed? Are you taking your time?

Take three more breaths. This time make your pauses twice as long.

Take five minutes to experiment on your own with the pauses. See how long you can
comfortably hold the pauses. Can you find an ideal pause that helps make your breath feel deep and comfortable?

**Free Breathing**

Take the last five minutes to breathe while letting your awareness reach out into all the various aspects of breathing. Explore how location of breath, duration, pace and pauses feel and how they can change. Feel your belly. Notice your pauses. How slow are you breathing? What is your diaphragm doing? Do you feel a smooth and powerful movement emanating from within the solar plexus? How long are your exhalations? Can you feel more space, elasticity, smoothness, and depth of breath? What little adjustments can you make to allow deep comfortable breathing?

Congratulations! If you have followed along with the basic exercises you have just had a nice, healing session of deep, comfortable breathing. As you practice more and more you will be able to recall subtle sensations from previous sessions that will lead you to finding a more powerful and more healing breath. After you have gone through this guided exercise a few times you will be bored with it and just want to breathe freely and explore what your awareness has revealed to you, which is where the best lessons are held.

**Other Teachers**

Since breathing is such a subtle activity, learning from many different teachers who can show and explain in their terms, can be beneficial. . . Jai

In no way do I feel that my lessons will be clear for everyone. I highly recommend watching the YouTube videos that many wonderful breathing teachers post online. Their insights and way of explaining techniques and sensations can be quite revealing as well as inspirational if you need further teachings.
Tips and Ideas for Breathing on Your Own

- Stretching is amazing for breathing; especially stretching the ribcage, back muscles, and stomach muscles. Tight muscles creates a smaller space for your lungs to fill up in, so stretching out your breathing cavity gives you a nice, full space with which your lungs can stretch out into.

- When standing, I have found that tucking slightly my hips and lowering my shoulders, while feeling my spine gently stretching to the sky gives me the greatest space for my lungs to easily expand into.

- The trick is to try not to control it too much, because too much control will cause you to force a pattern that your body doesn’t agree with. Try to allow your awareness to guide your breathing.

- Learning more efficient breathing can be tedious. Break up the monotony by practicing your breathing while watching TV or some other casual activity.

- Get a massage – a good massage therapist can help release muscular tension that squeezes in on your breathing space.

- I have found that my ideal breathing rate while resting, driving watching TV, or writing this manual is a nice, smooth inhale of about three to four seconds, with a subtle one second pause, then a gradual exhale of about four to five seconds, with another subtle pause of about two seconds; then repeat. (Even though I have said to try to allow your awareness guide your breathing, I think it is important to measure it from time to time).
When sitting at a desk, sitting on a yoga/exercise ball encourages me to sit more upright. I have noticed that my breath is less collapsed and my back does not get sore and tight. It is still a good idea to get up every 15 minutes or so and take a quick stretch and a few standing breaths.

I have noticed that as I stretch out my breathing cavity, my running and cardiovascular endurance increases.

Think of your torso as taking up lots of space. This will tend to expand your ribcage, which makes men’s chests look bigger and giving women more shape to their bosom. It also improves posture.

Try to make deep, comfortable breathing an every-second-of-your-life habit.

Explore many of the helpful breathing YouTube videos by various instructors.

Try to dedicate at least twenty minutes a day – either all at once, or break it up into four, five minute sessions of deep, comfortable breathing. Doing this will help encourage the habit for the rest of your life.

One of the easiest ways to slow down the pace of your breath is to linger on the pauses.

**Making Deep Comfortable Breathing a Continuous Habit**

*There is nothing as satisfying as a continuous string of perfect breaths . . . Jai*

Practicing deep, comfortable breathing during a single session while lying down is one
thing, but making it a continuous habit for the rest of your life requires a bit more attention. Because standing up and sitting down is a big part of your daily life, you will have to become aware of any overly tensed muscles and bad habits that squeeze into your lung’s expansion space while in an upright position. To accomplish this, repeat the lessons from this chapter while sitting down and standing up. The challenge is similar to that of lying down: try to let your muscles give you the space for your lungs to expand into, and allow your diaphragm a smooth, powerful motion. The major difference is that while lying down your balance muscles are relaxed, but while standing they must be slightly tensed. With practice you will develop the healthy habit of deep, comfortable breath for the rest of your life.
A JOLT OF RELAXATION by Jai

Relaxation - a bringer of bliss and health

A person free of muscular tension goes through life with a certain ease. They move with grace and fluidity. They have somehow overcome the restraints of a tight lower back in constant dull ache, or tensed raised shoulders, or a stiff neck. They are relaxed in all of life. Finding muscular relaxation not only feels wonderful, but it frees up wasted energy for your body and your consciousness to use to help keep you healthy. Removing excess tension is like removing excess weight from your car; with less weight you need less energy to move the vehicle, so you have more energy to travel longer distances, or to go faster. Instead of burning wasted energy in your muscles by unnecessarily tensing them, your body can use that energy to help heal itself.

The goal in this section is to learn how to become aware of the obvious and not so obvious tensions that you hold in your body, and then apply various techniques which help release those tensions, giving your body an over-all more pleasant feeling, as well as freeing up wasted energy to help allow healing to take place.
Common and Not So Common Tense Areas

_Tension can be anywhere_

Most people hold some amount of tension in their bodies. The most common tension areas are the shoulders and neck, butt muscles, and lower back. These areas are pretty obviously felt in most people, but if you took a few minutes to observe and really become aware how your body feels, you might find other areas of tension that you were not aware of. You might find that you have tight legs, especially the calves and hamstrings. Other more subtle tension is often found in the fingers, jaw, eye lids and feet. Even the muscles surrounding your head can hold unnecessary tension.

_Awareness_

_You can’t let go of tension if you don’t know it is there_

Your first step is to find which areas in your body you hold your tension. Rather than looking for tension by looking at the body as a whole, a good technique is to break your body down into smaller, more manageable areas that you can place your focus on. For example: instead of trying to feel for tension in the entire foot, try to place all your attention on just the toes of your left foot. You can feel all the toes at once, or for better results you can feel each toe, searching for hidden tension. As you feel you will find that some areas in your toes are more or less relaxed than others. Use the feeling in one area to compare to another. Take note of which areas hold the most tension.

Take around fifteen minutes to become aware of your body, breaking it down into the following areas:
• Toes
• Feet
• Ankles
• Lower Legs
• Upper Legs
• Hips and butt
• Stomach
• Chest
• Lower Back
• Middle Back
• Upper Back
• Shoulders
• Upper Arms
• Lower Arms
• Hands
• Fingers
• Back of neck
• Front of neck
• Jaw and face
• Top of head

Note: The smaller the area you can focus on, the more tension you can find.
Physical Remedies

Shake it loose and stretch it long:

Now that you have taken some time to become aware of your body’s tension, the next step is to release that tension. The following techniques are physical remedies that require a certain amount of motion in order to implement.

Jiggle and Shake:

This can be done laying down or standing up. All you do is shake your body loose. Imagine you are jelly fish and let your arms and shoulders go limp while you jiggle back and forth. Start out gentle, then work up to more vigorously. Let you neck gently shake back and forth. Jiggle your entire spine. With each shake feel your body getting looser and looser. Shake one leg, then another. Shake your hands loose. Don’t forget to shake your fingers too.

Stretching:

For some, stretching your tight muscles does not seem like it would be relaxing. But, if done properly, gentle stretching on a daily basis is one of the best things you can do to release muscular tension. A tight muscle tends to be a shorter muscle. Gentle stretching will gradually release and lengthen that tight muscle, giving it a better quality of motion and a softer, more relaxed and supple quality. There are plenty of instructors who can help guide your stretching on a level that best suits your needs.

Massage:

Who doesn’t like a massage? Having a therapist or a friend work their hands into tight muscles offers immediate, blissful release. There are relaxation massages which
are obviously meant to relax your body, but there are also deep tissue massages which sound painful - and often times are - but getting deep into the tissues of the muscles is often necessary to release built up tension and injury that has manifested. The down side of professional massage is the cost, but by massaging your own muscles throughout the week will certainly help deal with tension, especially self massaging the neck and shoulder muscles.

Hot Water Soak:

Having a ten minute soak in Epsom Salt once or twice a week allows your body to absorb the relaxing and healing benefits of this amazing product. Try adding green tea bags and your favorite essential oil to absorb even more healing benefits.

Mental Remedies

*Physical relaxation feeds mental relaxation, and vise versa*

Mental remedies utilize the power of mental focus, visualization, and sensation to help let the tension dissipate.

Melt Away:

One of the most effect way of physically relaxing is use your imagination. Mentally go through your body areas again, but this time, instead of only looking for tension, imagine what it feels like to have the tension in your areas melting away. Imagine your muscles melting away like goo. Let your mind/body feel the delightful sensation of a tight muscle letting go. You can start anywhere you like: if you have back tightness you can start there, then move up to your neck, or down to your buttocks. Or you can jump around randomly from body part to body part. Keep in mind that some muscles will melt away instantly, giving you a very pleasing feeling
in that muscle, but some muscles can be stubborn and more attention is needed to help melt it.

Releasing Breath:

This technique makes your entire body melt into the surface beneath you. While lying down, take a deep, comfortable breath in, then as you let it out imagine your entire body becoming heavier and sinking down into the ground. As you repeat the exhale imagine yourself sinking deeper and deeper, and becoming heavier and heavier. This technique is wonderful to help you quickly relax and for helping you unwind before you go to sleep. I suggest doing five to ten releasing breaths before you go to sleep, or anytime you need a quick fix of relaxation.

No Mind:

I find that if I take a few moments throughout the day to clear my mind, and think of nothing at all; just be still in the moment, that my thinking becomes relaxed, and my body follows suit. I have found that if I go into No Mind before I begin the Mental Remedies that the relaxation comes more quickly.

Laying Down Versus Sitting and Standing

_If only sitting and standing were as easy as laying down._

It is relatively easy to maintain a relaxed body while laying down, but while standing, if you have developed poor postural habits, you will have to learn to overcome your postural impediments, which is beyond the scope of this book. If you are really committed to having a relaxed body you will need to spend many hours studying good sitting and standing posture. But here are a few basic hints to help get you started.
Drop those shoulders down – shoulders up to the ears starts a chain reaction of tension throughout the entire back, neck, and shoulder areas.

Stretch and massage the neck and shoulders – doing this periodically helps to keep the tension chain reaction at bay.

Release the buttocks – don’t clench.

Throughout your day, imagine the feeling of relaxation – your body tends to follow the mind.

Sit on a yoga ball while at the desk – sitting on the ball encourages good posture and allows you to easily stretch the spine.

For further ideas on standing and sitting posture the are many and exercises on YouTube that demonstrate useful techniques.

Injuries

*If an injured muscle does not heal properly it can cause a chain reaction of tension throughout related and adjacent muscles.*

Some tension will not go away by relaxation exercise. This stubborn tension is often caused by an injury and needs the attention of a professional physical or massage therapist.

As a kid I used to run a lot, jump of roofs, wrestle; in high school I played football – I still have a tight neck from massive head first collisions – I ran cross county, and I was a
reckless, daredevil skier. My body has taken a pounding. I discovered that from all the running and jumping my legs, from the soles of my feet up into my knees, had developed a good amount of tightness. The muscles and tendons in the soles of my feet were so tight that I had to have a professional physical therapist massage out the injuries and stretch out the tissues. This was money well spent. After the first physical therapy session I immediately felt my feet more able to relax into the ground as I walked, whereas before my steps felt sloppy and out of balance.

Relaxing Activities

For me, as strange as it sounds, if I don’t watch at least two good movies a week, I tend to feel a bit more tension in my body. Perhaps this is because watching a movie puts me in a state of mind that is similar to a relaxing mediation. For some, giving their full attention to good music helps them relax. What activities help you to relax? Painting, golf, knitting, sailing, car maintenance, playing an instrument, writing, reading, board or online games, soaking in a hot tub, riding a bike, going for a walk, mediation, deep breathing, socializing, being around your favorite pets? My favorite is going for a long drive out in the county.

Keep in mind that activities that are relaxing for some are stressful for others. I know some people who get incredibly stressed out with socialization and others who find shooting guns for target practice incredibly calming. Experiment with various types of activities because traditionally relaxing activities may not be relaxing to you.

The Tension Cycle Versus the Relaxation Cycle

For every ounce of tension, add two ounces of relaxation.

I have noticed that there is a certain inertia to my level of relaxation. If I can maintain the habit of consciously releasing tension throughout my day, then my body rewards me with
the feeling of relaxation, but if stressful events occur throughout my day and I don’t deal with the tension those events cause, then that tension builds upon itself and I find myself in a perpetual state of stress.

If I maintain a regular daily cycle of relaxation exercises, then I can keep the tension away. I start my cycle at night just before I go to sleep. While lying in bed before I go to sleep I will choose two of the physical or mental remedy techniques. When I awake in the morning I find that I have a much more powerful sleep than if I did not do the techniques. If I still need more tension to melt away in the morning, I will spend a few minutes with another physical or mental remedy technique; usually the Releasing Breath. Throughout my day, if tension starts to sneak in, I will find a private place to jiggle and shake or give myself a quick self massage on my shoulders and neck. I usually have a couple No Mind moments, to clear my brain, especially if something very stressful just occurred. And of course I maintain a constant flow of deep, comfortable breathing, which does wonders to help combat tension. After my work day, I try to find the time to watch a good movie.

If I neglect my daily relaxation exercises, my body and mind tend to become a terrible tangled mess of uncomfortable and annoying tension, but if I can maintain at least half of my daily relaxation exercises, I find that my body and my mind operate much more smoothly which frees up extra energy to help supply a jolt to my health.
ALKALINE DIET: WHAT ABOUT IT?

I get many emails asking the question:

“Vito, what did you eat when you did the baking soda protocol?”

Most people think I knew a whole lot about alkaline food and diet when I started this adventure. However, that is not the case. I knew absolutely nothing about eating alkaline foods. In fact, when I did the protocol the first time my focus and hope was pinned only to the baking soda. I ate whatever my diet was at the time, which included chicken, fish, potatoes, salads, vegetables, fruits, some red meat, breads, and of course desserts.

My pH still went up, which of course was the goal. When I did the protocol the second time, which was a few weeks later, I knew more about alkaline foods and moved to an 80/20 Alkaline diet. That means that I focused on making alkaline foods 80% of my diet. I
was careful to stay away from acidic forming foods.

Well… what does that mean? And how did you determine what was alkaline or acidic? Internet research and charts are the answer. I chose several charts that I felt met my criteria and satisfied my nutritional and taste needs. I had to keep in mind not only foods that were considered alkaline for accomplishing my goal of reaching a high urine or saliva pH, but also I had to be aware of foods that effect gout. Gout has been a nemesis in my life for 15 years. Some of the foods that were alkaline ok for diet were not ok for keeping gout away.

What I am saying here is that everyone is unique with their own criteria to fill. Do the best you can with your research and then adjust it to fit you. That is much like the baking soda protocol. One size does not fit all.

**Food I Was Definitely ‘Supposed’ to Avoid**

This list contains foods considered to be very high acidic forming foods. I had no problem eliminating beer and the fake sugars. I didn’t and still don’t use them. However, I like my chocolate, and at the time I liked cheese in any form. I ended up dancing around those two items. Which means sometimes I ate them and sometimes not. Take a look at the following and see what you think.

- tabletop sweeteners like (NutraSweet, Sweet ‘N Low, Equal or Aspartame)
- pudding
- jam
- jelly
- table salt (NaCl) - some say sea salt leans to the alkaline side
- beer
- yeast
hops
malt
sugar
cocoa
white (acetic acid) vinegar
processed cheese
ice cream
beef
lobster
pheasant
barley
cottonseed oil
hazelnuts
walnuts
brazil nuts
fried foods
soybean
soft drinks, especially the cola type

By the way: "To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10."

No-No Foods of the Moderate Acidic Forming Nature

I like pork, but did without. Coffee I don’t drink, so that was easy. I love cottage cheese and suffered through that elimination. Soy products and some legumes are considered by some
to exacerbate gout, so I had no problem not eating those. Although, not eating meat caused me to look towards tofu, which is a soy product, I had to do a gout balancing act with tofu. These following foods may be a challenge for some:

- nutmeg
- coffee
- casein
- milk protein
- cottage cheese
- soy milk
- pork
- veal
- beef
- mussels
- squid
- chicken
- maize
- barley groats
- corn
- rye
- oat bran
- pistachios
- chestnut oil
- lard
- pecans
- palm kernel oil
- green peas
peanuts
• snow peas
• other legumes
• garbanzo beans
• cranberry
• pomegranate

Alkaline Foods I Was Encouraged To Eat

The first list are the extremely alkaline foods, and funny as it may seem were are only two -

• watermelon
• lemon

I was not discouraged one bit with this short list selection. I love watermelon and have learned to appreciate lemons.

Now you may wonder how lemons can be alkaline when they appear so acidic. Lemons are acidic when tested by themselves, but when ingested they turn (or form) very alkaline. Therefore the term alkaline forming. Beef is the opposite. It tests alkaline before eating, but is acid forming after ingestion.

Highly Alkaline Forming Foods

I don’t know how baking soda is considered a food, but I am very happy it is. Some charts put baking soda at 12.0 pH, which is very strong especially when you consider coca cola is
2.5 pH. And like I said, "It would take 32 glasses of alkalized water to neutralize that one coke." So… I don’t drink coke, but do enjoy a root beer every couple of months or so. The list below has a couple of foods I had neither heard of or had not considered eating before:

- baking soda
- sea salt
- mineral water
- pumpkin seed
- lentils
- seaweed
- onion
- taro root
- sea vegetables
- lotus root
- sweet potato
- lime
- lemons
- nectarine
- persimmon
- raspberry
- watermelon
- tangerine
- pineapple

Those are a few samples of what I used to determine my 80/20 alkaline diet when I did the protocol the second time.
Now I Have a Question For You

“If I did not do an alkaline diet when I did the first baking soda protocol and my pH happily went up, then how important is it to be considering and alkaline diet when doing the protocol?”… Vj

My answer is:

If I were in a critical situation (which I was) and I believed that doing an alkaline diet would be beneficial then I would be eating a whole lot of vegetables and fruits”. What's your answer?

Note of warning:

Baking soda is not a substitute for good quality fresh alkaline foods. However, my body needed a jolt at the time and baking soda provided that jolt. I have only done the protocol 3 times. The first time for 12 days. The shorter version the second time a few weeks because I was nervous and wanted to do whatever I could to ‘make sure’. And then the third time for the show and tell video on YouTube. I did that one about 3 years ago.

The alkaline charts and information that I chose to use came from the [angelfire.com](http://www.angelfire.com/sc2/DrGary123/Acid_Alkaline.html) website and my own experience. To find out even more about alkaline diets and the breakdown of foods into other categories, go ahead and poke around at angelfire and some of the other alkaline food sights.

http://www.angelfire.com/sc2/DrGary123/Acid_Alkaline.html

It is important that you choose for yourself as much as possible when it comes to your
health. We will talk more about that ‘choosing and empowerment stuff’ in the segment entitled “Attitude: What the Heck is a Good Attitude?”
MY CURRENT DIET: HOW IT EVOLVED

Oh Boy! . . . Has my diet seen many changes in the last 5 years. Like I mentioned in the Alkaline Diet segment, at the time I knew nothing about food other than how it tasted and appealed to my palette. Alkaline was an unknown word to me. . . And like I have told many, if I had known about the effects of food upon my body, then I certainly would have incorporated some sort of alkaline diet while on the baking soda protocol. Those were my beliefs at the time.

My first belief, when deciding what to do about the cancer diagnosis, told me, “Do the baking soda, it doesn’t matter. You have been given the ‘you’re toast’ anyway diagnosis. What the heck!” So I did, and that was without changing my diet at all. It was basically fish, chicken, some red meat, dairy, rice, potatoes, veggies, fruits, and desserts.
After studying alkaline diets, my belief moved into: “If you want to maintain your health then it is important to eat more alkaline foods like vegetables and fruits than acidic foods like red meat, chicken, most sweets, etc. If you are in a critical state or fighting some disease then do at least an 80/20 ratio of alkaline food to acidic food”. So I did.

The 80% alkaline food and 20% acidic food lasted about 6 months. Over the next 2 years it gradually changed until I stabilized my diet out to be about 50:50 alkaline to acidic ratio. Then along came dairy and my changing beliefs about cheeses. Sometimes I would eat cheese; sometimes not. I totally cut out dairy when experimenting with snoring. It seems that when I did not eat cheeses snoring and waking to phlegm in my nasal throat was minimized. Eventually, when I went vegetarian, I cut out dairy. Not snoring was a plus.

Of course, all this time I am thinking how do I maintain my health and control any cancer that may or may not be in my body. Many of the food pundits preach that it is important to stay as alkaline as possible - which means eating ‘healthy’ and organic with a lean to veganism or raw foods. I have done all that, but when I started to examine my beliefs about food, I discovered that my food beliefs were mostly influenced by the pundits, and not MY BODY.

I Knew Deep Down That I Wanted To Trust My Body, But Did Not Know How.

Then I discovered the book with 2 names – “Reborn at the End of the Road: Dr. Hsu’s Spiritual Prescriptions of Healing Cancer” and “The Secret to Healing Cancer: A Chinese Psychiatrist and family Doctor presents his Amazing Method for Curing Cancer through Psychological and Spiritual Growth”.

The first book is the Chinese edition that can be had in Chinese or English. The second is the English version. Both are by Dr. Tien-Sheng Hsu, who was trained in Western medicine and then chose the field of Psychiatry as his passion. Thank all the Gods for that! He is truly a gift to mankind.

Dr. Tien-Sheng Hsu and Diet Chapter 7 of the book “Erroneous Fears about Food, the Carcinogenic Psychological Atmosphere and the Importance of Trusting Your Body” captured my attention and says it all. Dr. Hsu hit it on the head when he said, “. . . many people assume that an unhealthy diet led to their cancer. The first thing they want to do is
change their diet, for example, taking vitamins in large amounts, organic food, wheat sprouts, herb juice, clover sprouts, or creating their own healthy soup, and avoiding vegetables from regular food markets, deep-fried foods, and meat products, because meat might carry the toxin that animals release prior to their death. To stay healthy they all first turn toward diet adjustments and proper food selection.”

Not counting the baking soda . . . that is exactly how it happened with me. Of course, I would never kick baking soda out of my bed, because that was the jolt I needed. But Dr. Hsu put into words my thoughts and feelings that I had been having about food and diet.

Dr. Hsu goes on to explain that we spend way too much time “pursuing pure and sterile foods”. Not that moving towards a healthy diet is a bad thing; it is choosing foods based on fear that adds to the cancer. The cancer victims who believe that “their cancer” was caused by carcinogenic foods and pollution have a tendency to put all foods under a microscope. This is how they fight their cancer – it mostly revolves around the foods they consume. Dr. Hsu noted that people, “They no longer have trust and joy in choosing their food”.

This mistrust alone creates more harm than the ‘polluted’ foods themselves. This state of fear is always attached to any food shopping or food preparation. Does this sound familiar?

“Their every method of cooking than has to contain less salt, less sugar, less oil, less flavor”

“The tastelessness alone is enough to kill a person”

Dr. Hsu grins and goes on,

“A person who has such thoughts and beliefs must endure a boring, tasteless and strict diet plan, and behind this diet plan is fear. This single factor alone is enough to hurt the body.”

Where Does This Lead: Mistrust of the Body
Dr. Hsu goes on to explain that these people do not trust that their body can transform consumed foods into needed nutrients. They also don’t trust that their body is equipped with a normal detoxification function. These beliefs really slow down the recovery process, or even stops the body’s natural repair ability cold. I don’t want that to happen – now or ever.

What we are saying to our body with this mindset is, “Sorry Charlie, I don’t trust you, and further I don’t believe you have the ability to fight against agricultural chemical pollution or any pollution for that matter.” You can imagine what rubbing up against these beliefs will do to the natural healing nature of the body. Dr. Hsu says, “It is not the body that is unable to fight, it is the beliefs, negative thoughts and fears that constantly hold the body back and make the body lose its innate immunity and healing capabilities”.

Earlier in the book, Dr. Hsu speaks of the human body and how it will follow and reflect each individual’s own beliefs, and heart expectations (see Attitude chapter for more heart talk). The body mirrors those inner beliefs and attitudes. So what are you going to do: change your diet or change your beliefs? I vote for beliefs.

**Fight Cancer in the Heart; Not The Diet**

Even though I used baking soda and then later diet as the first two steps to continue living, it was tucked away in my mind somewhere that it was important to find the cause from where the cancer came. I never associated ‘my’ cancer with my diet or pollution or some carcinogenic mishap in my life. For the most part, I felt that the cancer sprouted in my body because of my thoughts, feelings, or emotions that I had left wanting. Either I never addressed those festering emotions enough, or because of the daily routine of my life I forgot about them or ignored them. I was too busy going through life as I thought I was supposed to; listening to others and not really taking the time to find my own thoughts or to hear my own voice. So when it came to cancer and my diet, I was really on the fence as to what to eat – not totally convinced diet was the way to go, but still caught up enough with the latest pundit food noise to go alkaline and vegetarian.
Don’t get me wrong. I loved eating vegetables and still do. While preparing this chapter I had a bowl of my white rice brown rice quinoa mixture topped with some mixed vegetable from a frozen package and a few fresh vegetable greens from the garden. This served with melted Earth Balance Buttery Spread sprinkled with sea salt and fresh ground pepper. I love it!

I am not a vegetarian, but I do enjoy vegetables as well as fruits. I eat meat when I want. Sometimes that can be zero meat a week; sometimes 2 or 3 times a week – maybe even more. I prefer fish to chicken, and chicken to pork, and pork to beef. I am blessed to have a garden which I harvest year around. I love winter gardening. It is late spring and I just got done harvesting the last of the broccoli I planted in the fall. Last fall’s chard, kale, and lettuce is still going. Of those garden veggies mentioned, lettuce is the only one that I grew protected in my hoop house greenhouse.

Back to the ‘heart’ of the matter. But first just so you don’t think Dr. Hsu is completely complacent on diet, pollution, and cancer here is what he says,

“I do not deny the relationship between diet, pollution and cancer. However, they are definitely not the factors. At most they are only the piggyback factors. The real factors that switch on cancer are an unhappy life, habitual negative thoughts repressed emotion and hopelessness within. When these real factors solidify, and combine with for example, a polluted environment or unhealthy diet, they allow the inner problems to develop into cancer through these external factors.”

Also, some people think that cancer is caused by karma. This is based on a religious dogma that promotes being a vegetarian to possibly release them from past karmas. There are also many people who have led a healthy and balanced life food-wise and exercise-wise, yet cancer still knocked on their door. This puts them psychologically at odds with themselves when it comes to diet. As I see it, the bottom line food-wise is to start trusting that the physical body will do its natural job, and start trusting food.
How Do You Start Trusting Your Body?

Dr. Hsu to the rescue again,

1. “Believe that the body can detoxify consumed foods, even get rid of trivial amounts of harmful materials, or change them into beneficial matter for the body to utilize. The physical body really has this potential power, and it works this way every day. It is just people that don’t know it.”

2. Start believing in your food. We have to trust the foods we consume, have a positive attitude about them and not treat every piece of food passing through our mouth as suspect. If you need to scrutinize every bit of food that passes through your mouth, to cook with extreme care and fear, to consume only organic foods with no polluted material, then you will spend a great deal of time in eating. Is eating the most important thing in life?

3. Eat a balanced, fresh diet, but the most important thing is still to adjust the quality of life. Each day, do you live a life full of love, self-fulfillment, and happiness, or a life that is cloudy, foggy, worrisome, sorrowful, or fearful, in which you dare not face the present, and dare not have dreams and hopes for the future. Please remember: You are what you think, not what you eat.”

4. There is more to it, of course. I just scratched the surface. However, as much as I would enjoy writing out the entire Dr. Hsu chapter for you, it would be most beneficial if you bought the book and studied it yourself. You will find things that I missed and like my sister told me recently, “Dr. Hsu’s book really speaks to me”. And her issue is with her heart, not cancer. Me personally, I am really impressed how Dr. Hsu, who is a medical doctor as well as a psychiatrist, puts himself right out there to get his knowledge and experience to us.
Key for Me and My Current Diet

Assuming and working on keeping a trust-loving attitude that my body has the innate ability to do its job, and that I will intuitively be led to the best foods for my situation are key to me for my current diet. I focus on eating as fresh as possible, but do not worry about eating canned or frozen foods. If organic is part of my diet; that is ok. If foods not labeled organic is part of my diet; that is ok. If I eat fish, chicken, pork, beef; that is ok.

I have also learned that attitude is also a special ingredient when eating and/or preparing the food. I am working on that aspect. It doesn’t’ take much. Just a simple nod of gratitude for the deliciousness and nutrition that comes with the food. When I cook I am more conscious of the beauty and the power of the preparation. Likewise, when I eat food that has been prepared by others I take a moment or two to acknowledge their work as a gift.

The serendipity of learning to trust my body on issues of diet is that I get the benefit of learning to trust my body when it comes to health and its ability to heal. And of course, you may have guessed; Dr. Hsu has a few things to say about that (grin). . .
A JOLT FROM YOUR IMAGINATION by Jai

*Your imagination, my dear fellow, is worth more than you imagine* - Louis Aragon

Imagination is the beginning of creation. You imagine what you desire; you will what you imagine; and at last you create what you will - George Bernard Shaw

How does imagination heal? That is a difficult question to answer. The effects of the imagination on the mind and body can only be measured in rather vague degrees at this moment in time. The point of using imagination is to supply a jolt to allow the healing to take place.

The jolt comes from creating a world within your mind that highlights the changes you want to occur. Rather than allowing the present situation in your life to consume your mind, allow the worlds your imagination has created to guide you. This concept is quite unorthodox and requires a leap of faith.
On the most basic level, imagination for health is simple. All you have to do is the following:

- Imagine yourself feeling good.
- Imagine your skin looking good.
- Imagine taking deep, comfortable breaths with ease.
- Imagine looking in the mirror and seeing a healthy you.
- Imagine seeing health in your eyes, your smile, your hair, any and everywhere.
- Be as vivid as possible.

To get the most out of imagination, there are a few concepts and techniques that can help create a powerful, healing, imagination. It is good to get all the senses involved.

**More than Just Visualization – Use All the Senses**

*See it. Hear it. Feel it. Smell it. Taste it. Then become it.* - Unknown

One of the most common terms used in imagination is the word “visualize”. “Visualize” or “visualization” implies using the visual part of imagination to see images of the world within your mind. But there is a short coming with that implication, because we as humans have more than just the visual sense; we also have sound, feeling, smell, and taste.

If you want to develop a powerful world of change within your mind, it is extremely helpful to learn to develop a world that allows all your senses to interact within that world. Rather than just seeing an object in front of you, such as a lovely yellow daffodil, involve as many senses as you can; even smell, and taste.
Here is an example of using more of the senses to imagine a daffodil:

- Imagine seeing the brilliant yellow petals. Can you see nature’s tiny patterns of wrinkles and growth structures on the petal’s surface? Does the sun shine bright against certain petals and cast a shadow upon others? How many petals are there? (Hint – sometimes it is useful to look the real object, or at least a photo, before you make the imaginary one)

- Have a sniff in the center. Any smell? Take a bigger sniff. Put your nose right into the center so you can feel the smooth petals and soft, tingly stamen and pistil tickling your nose. Now inhale. Maybe you sneeze. What does your sneeze sound like? What does it feel like?

- Pinch off a petal then put it in your mouth. How does it feel in your mouth? How does it taste? It tastes bitter so you spit it out. Press the daffodil up against your ear.

  • Hear the flower rubbing against your hair and skin making that soft crunching sound.

Practice using all the senses to imagine another object of your choice: a pen, a rock, a blanket, a car, a snickers bar, anything. See it. Hear it. Feel it. Taste it. Smell it.

**Discover and Jumpstart Your Imagination Using Your Strongest Sense**

*Reality can be beaten with enough imagination* - Unknown

Some people have a very strong sense of visual imagination. They can close their eyes and their imagination paints an incredibly vivid imaginary world. Some have a very physical imaginary sense. Their imagination is fueled by moving through an environment or doing a physical activity, or feeling how an object feels. Others traverse the imaginary world
through sound; either by hearing sounds and words and phrases or by hearing a story in their mind. Where is your imagining strength?

Personally I have a very weak visual imagination, but an incredibly strong physical imagination. I struggle to imagine seeing a beautiful tropical beach with all its colors and sights, but I can easily imagine the feeling of the hot sand under my feet or the feeling of the cool ocean crashing into my body. My most effective means of bringing myself into an imaginary world is to imagine holding or touching something, such as feeling what a palm tree feels like, or grabbing a handful of sand.

One of the best ways of focusing your imagination is to use your strongest imaginary sense to bring yourself into your imaginary world then gradually let your other senses heighten your experience there. Experiment with this by starting out imagining your health with your strongest imaginary sense:

- If you are visual, imagine seeing yourself in the mirror and seeing a beaming and healthy you.

- If you are physical, imagine your body feeling healthy, or imagine yourself doing something physical that healthy people do.

- If you are aural (sound/words), repeat in your mind what it is to be a healthy person, or tell yourself a story in which you are a healthy person. (Hint: telling yourself a story out loud, rather than internally, tends to be easier to grasp on to)

- Taste and smell are great at adding details to an imaginary experience, but these two senses aren’t as effective at creating a basic imaginary framework to interact within. (Exception - sometimes a powerful smell or taste can help bring you into an imaginary world such as imagining the smell of a lover, or the taste of a fine chocolate)
Once you have the impression from your strongest imaginary sense, try to expand your imaginary experience by imagining what sensations your less developed senses can bring. When you are able to imagine the details, your imagination becomes truly powerful.

**Take Imagination to the Next Level**

*Get your imagination boots on - it is time for a mission.*

After a while I get bored just imagining looking at myself in the mirror, or touching or feeling things in my imaginary healthy world. The mind does not like boredom. Change things up, just like I would in the real world. Imagining relatively simple things is a great tool at first, but the novelty wears out. So rather than just being a passive observer in your imaginary world, give yourself a mission. Give yourself a goal - something you need to accomplish to keep yourself interested, and enthralled within your imaginary world.

With health issues, for example, give yourself a mission where you get to experience having a healthy body. Give yourself a simple mission like climbing to the roof of your house to see a gorgeous sunset. If you choose, this is how it could play out:

Imagine yourself opening up your door and walking outside. Feel the spring in your step. Smell the air with healthy lungs. You see a ladder. With confidence, you grab the rungs. You feel the grip, a healthy grip with your healthy hands. You climb up and stop half way. You hear dogs, or cars, or kids playing. You take a big healthy breath and continue up the roof. Take a moment to feel the sensations within your body. There is no pain. Your body feels good. Your body feels healthy. You find a nice spot to sit and look out over the brilliant setting sun in the sky.

Other suggestions:

- Instead of climbing to your roof you can imagine hiking up a mountain to see a view.
Imagine yourself in a scenario that a star athlete, astronaut, sailor, CIA agent, etc, would be in. Whatever your mission/goal make it physical and exciting. And most importantly imagine doing it with a healthy body.

Imagine being the main character in scenes from one of your favorite movies, then re-enact those scenes. Just make sure you are healthy and are the winner.

The type mission/goal or scene you end up creating is only as important as it keeps you interested. The point is to experience a world within which you are healthy.

Those who are more sound/audio oriented might benefit by describing their mission/goal out loud while they experience it in their mind. Speaking out loud what your mind is experiencing helps to keep track of and guide your imaginary experience, and in my opinion, helps to enhance the experience greatly. Retelling an experience is yet another way to bring out the gift of your imagination.

Retell an Experience the Way You Wanted It to Turn Out

To regard the imagination as metaphysics is to think of it as part of life, and to think of it as part of life is to realize the extent of artifice. We live in the mind - Wallace Stevens

Rather than remembering having a specific bad experience, you have a chance of altering your take on that memory by retelling your bad experience in a way that makes that memory a good memory. For example: I remembering ending a relationship in a terrible and disgracefully manner. Rather than reliving the images and feelings from that bad memory, I go into my mind and imagine seeing the two of us go our separate ways in a respectful and happy manner.
Obviously this doesn’t change the event, but it offers a touch of positive emotion over an extremely negative experience. Think of this technique as adding a layer of perfume over a bad memory.

(A note from Vern: How can we be so sure that it doesn’t change the event? My thinking is that after so many trips down imagination lane that the event will and does change.)

**Discover Imagination through Your Memory**

*Imagination relies on memory.*

One of the most effective ways of enlivening your imagination is to simply tell yourself a story. A story that you personally experienced, and tell out loud. By recalling an experience that you went through and telling it out loud to yourself, you are forcing yourself to relive, in your mind, the experience. The images and sensations from the memory of your experiences will be drawn into your mind and you will be carried forward into that world. Tell it again! The more you practice this technique the stronger your imaginary senses will become. That is good news for your goal to reclaim your health.

One summer I spent many hours practicing this technique by telling myself all the major and some of the minor experiences that I have lived through. As I progressed through the stories of my life, I began to notice that the images and sensations of my memory became much more vivid, and the vividness of my imagination greatly improved. An added bonus was that my mind seemed to sharpen, and my ability to tell stories improved.

**How Far Can You Take It?**

*What is now proved was once imagined - William Blake*
Using imagination to create a health jolt attempts to override the real world by overpowering it with an imagery one. The level of change you can experience relies on the level of belief in your mental creations. The more “real” you can make your imaginary world the more you can “live” the imagined experience and the more your body and mind can react to that imagined experience. If you want to give your life and your body a real jolt, spend your hours applying the techniques in this chapter. It will bring about that positive jolt.

Believe it and it will come.
FREQUENTLY ASKED QUESTIONS

Over the years I have been emailed thousands of concerns and questions. I get back to as many people as possible, but as I mentioned earlier I find it difficult to answer in a timely fashion. The following section is made up of hundreds of emails with answers from me that are the most re-occurring. Each email is titled with a specific topic as well as placed within its general topic to help you find the answers to your areas of concern. It is suggested that you not just read the specific topic, but read all the topic. You may be able to glean insights from other people’s questions.

The email questions were separated under the following headings:

- PROTOCOL QUESTIONS
- MOLASSES
- WHAT/HOW IS VITO DOING NOW?
Many people come to me with specific questions about their specific problems, but many times I don’t have a direct answer. I know what has worked for me and have heard many success stories from others who have tried my approach. The following emails are some of the more common questions with answers.

Even though I used the protocol specifically for prostate and bone cancer, the protocol has had success for others regardless of their type of cancer.

The following protocol section is to help you find some answers based on specific problems and questions that others have come to me with. Though I may not have direct experience to give a direct answer, you may gain some insight into your situation through the questions that others have come to me with. Other than editing out the names, emails, and phone numbers, the emails are unedited.

**PROTOCOL QUESTIONS**

**Message:**

Hello -

I have a few questions that I hope you can answer.
As far as I understand it the following protocol would work:

First 3 days:
1 tsp BS w 1 tsp M
1 x per day

Next 3 days:
2 tsp BS w 1 tsp M
1 x per day

Last 3 days:
2 tsp BS w 1 tsp M
2 x per day

Supplementing with Vitamin K and a High dose of Potassium to assist with the fatigue.

Questions:
1) Is the above protocol correct?
2) Was the nausea really bad and could I use a natural gravol that's on the market to help with the nausea?
3) What happened right after you stopped the protocol did you stop feeling "oxygenated"?
4) Do you currently practice this protocol as part of your regular routine, and if so how often throughout the year?
5) Can you do this protocol if you don't have cancer as a preventative measure?
I know you are not a doctor, I just had a few questions I was hoping you could assist soley based upon your own personal experience.

Cheers,
R...

Thanks for the email R. . . You got the protocol pretty close. It has been about 5 years, so I don't review it often. I do remember that I tried to go to a tablespoon 2 or 3 times a day and my body said, "No". However, each person is a unique individual who gets to choose what and how much we put into our bodies and that includes baking soda. Considering the alternative (death), I didn't have that much nausea. You must have read the protocol and my symptoms.

As a preventative . . . eat the freshest foods possible and get to know and love yourself. . . Vj

PROTOCOL – HOW TO DRINK IT

Message:
I have reocurrant ovarian cancer . I did not understand do I drink the entire cup of baking soda solution or take a few teaspoons at a time?
K

K…I drank mine all at once. I wanted to get it over with. Molasses and bs are not at the top of my taste list. Sipping is fine. Some have told me that they keep a bottle of baking soda water handy and drink draw from it when they want. Vj
PROTOCOL TECHNIQUE – HOW MUCH MOLASSES?

Message:
Hi Vernon,
Just wanted clarification on the amount of molasses in your protocol
Your original protocol (number one) refers to BSMBS2 on day 6 which you say means two teaspoons of each of molasses and baking soda.
However your Youtube video for day 6 refers to two teaspoons of baking soda and only ONE teaspoon of molasses.
Have you intentionally reduced the amount of molasses per dose to one teaspoon?
Best regards,
M

M… I reduced the molasses. . . anyone can put in what he or she thinks is best. Some don't even put in any. Some use honey, agave, maple syrup, etc. This is a soft science as well of a science of choices. Vernon.

PROTOCOL – ALUMINIUM IN BAKING SODA?

Message:
Bob's Red Mills baking soda is the only one available that doesn't have aluminum in it...yes, Arm and Hammer baking soda has aluminum in it.
Blessings, S

Thanks for the email S…No. . . that is a big myth. I used Arm and Hammer Baking Soda. I called the company and talked to them about it. It is Baking POWDER that has aluminum in it. This is one of those rumors started inadvertently or by ignorance. In any case., if one believes it is better to use Bobs Red Mills, then it is truly better to use it. . . . thanks for the email, Vernon

PROTOCOL TECHNIQUE – PH PAPER CHANING COLOR

Message:
hi Vito i looked at your video on youtube with interest.i would be interested to know how you measured your ph.litmus paper is the only thing i can find here in ireland.did you have something that actually measured your ph with a value.how did you know your ph was 7.5 etc .hope your still well.J.

Thanks for the email J. . . the pH paper or strips I used would change color. Then that color was listed on the box, container, or receptacle that dispensed the pH papers or strips, and by the color was a reading in numbers which would best represent what the color change indicated. Hope that was clear enough. Try you litmus paper in different things, like baking soda water, vinegar, etc to see how the colors change. There must me some sort of documentation that comes with it or it is on line. VJ

PROTOCOL - HOW MUCH TO TAKE?
Message:
hi Vernon, i just started with the maple syrup+baking soda and i mix it 3to1 baking soda..but my question is HOW MUCH SHOULD I TAKE ON A DAILY BASIS?
thanks, C.

Thanks for the email C. . . I only used a teaspoon or so of molasses per pint of water. You get to choose what you do. Maple syrup, agave, molasses, and honey are all fine. Some even go straight water and baking soda. What I did is listed on the protocol page of the website. Vernon

PROTOCOL – HOW DO YOU MEASURE YOUR PH?

Message:
Hi, I am doing your Protocol and I am following the pH of the urine. Is this correct? For more than 5 days I am between pH 8.2 and pH 8.5. But today when I mesured my saliva there was a big difference...the pH was just 7.1! I wonder if I have been doing the right thing? Which pH, urine or saliva, were you checking until the end of the protocol? Am I doing well just following the Urine pH? And for how long should I do your protocol? Can I do it for 15 days just for the safe side?
Thank you sooo much and God bless you for looong time!
C.

Thanks for the email C. . . Some use saliva; some urine. I did both and at times averaged em out. Everyone chooses the length and dosages to fit who they are.
PROTOCOL – PH LEVELS

Message:
Well, I tried your protocol. I took two teaspoons of baking soda twice a day. I did this for about ten days. I did not get up to 8.0 but to 7.5, so according to what you have said I may not have gotten to the killing stage of killing the cancer cells. I stopped as I did not know whether to go further plus I was going, yesterday 4-17 for chemo. I am wondering if by Friday this Friday, today is Wednesday and yesterday I had the chemo if I could go back on the protocol for say up to April 5 and then stop as I would have a cat scan on the 7th of April. I know that you have said we have to use our own judgement and there are warning so they say of PH toxicity or poisoning which I don't think that I got close ot is plus I know you can't do this for a long period of time. I just felt that I wanted to do it one more time before the cat scan to really give this a good shot. You may not want to answer this question or just leave it up to me judgement but I thought that maybe you would have some sort of opinion on this. Thanks for your time.

B. . .

B . . thanks for the email. Yes, you are right - it is ultimately up to you. The fact that you recognize that is a giant step forward. 7.5 pH is not bad! It sure is better that 5.9 or so. Have you switched your diet to an alkaline diet, say about an 80/20 percent alkaline vs acidic food? Hows your attitude? Are you beginning to feel good about your direction? Anyway, here are a few stories from others as well as a few links that you may find helpful. . Vernon
**PROTOCOL – HEATING THE FORMULA**

Message:

Hi

I am M….. from England I am trying to do the Maple syrup and bicarb protocol on the [www.cancertutor.com](http://www.cancertutor.com) but you have to use 4 teaspoons of maple syrup to 1 teaspoon of bicarb and heat it slowly and have one teaspoon 4 times a day which of course = 1 teaspoon of bicarb daily. When I heat it it reduces so if i use 8 maype syrup and 2 bicarb im lucky if I get 3 teaspoons out of it as it loses all its volume. So I assume I am doing something wrong. Can you help me please

Kind regards

Thanks for the email M….. I don't know about the cancer tutor. What I did was 1 teaspoon of molasses (or honey, maple syrup) to whatever amount of baking soda in one cup of water. I did not boil it are heat it. I heated it in a video for show and tell, but it is was not necessary for me. I am sending you some links. Vj

**PROTOCOL TECHNIQUE – WHAT DOES BSMBS2 MEAN?**

Message:

Hi,

I checked your protocol and i can't understand what is "BSMBS2" Could you
explain me what it is. I am french canadian and i Can't understand this expression.

Thank you,

J

Thanks for the email J . . BSM is Black Strap Molasses. BS is Baking Soda. The number is the unit of measurement. 2 in this case, I do believe was 2 teaspoons. It was 4 years ago that I did that protocol (grin). Vernon

PROTOCOL – WHERE TO GET PROTOCOL SUPPLIES

Message:

Dear sir, My wife has been diagnosed with a breast cancer, and started chemo this week. I discovered your story, did read a case of success on your blog on breast cancer and want to propose her the protocol. She has new chemo into weeks. What's the adequate moment to start? Are there difficulties of obtain any of the products you recommend in europe?

Thanks for your time and for sharing this information.

Best regards,

E

Thanks for the email E . . I found everything easy to obtain locally in the US except for the pH paper which I ordered from Amazon. You can go my website an type in pH papers in the search engine. That should take you there. Honey or maple syrup can be substituted for molasses. I believe some places in Europe refer to molasses as black treacle.

HOW LONG TO TAKE IT/WHEN TO TAKE IT
Vernon's Dancer with Cancer – After the Jolt

PROTOCOL – HOW LONG?

Message:
Hi there! I get to heal from ovarian c! I have have been using your baking soda/molasses for 1 week. My test strips show the prettiest blue green! Right up to 8.0 and 8.5!! At what point do I normalize my diet? I understand alkalosi can be as dangerous as too much acid!?

Thanks for the email. . . As mentioned on the website I quit after 12 or 13 days. I held it at about the range you achieved (congratulations!) for 4 or five days. Others have actually ingested the solution longer than I did. You are your best judge. BTW, here are a few stories from others as well as some links that you may find interesting. The first one I just rcvd today. . . Vernon who loves your 'singforyoursoul'

PROTOCOL – HOW LONG TO DO IT?

Message:
Hi Vernon,
My father in law is diagnosed with Stage 4 lung cancer this January. He has tumours on the bone which makes it a bit painful. He just had 1 chemo and stop it because it will do anything at this point. We are trying our best with the diet and supplements on what we could afford. I was doing a research and stumbl on your website. I read your protocol but I might not understand it fully. Basically, I want to know the interval. Meaning, does the protocol need to for a span of 12 days or two weeks or 3 weeks? So, you have to stop it to have a rest and when are you supposed to go back to the protocol again? I am basically trying to understand the interval in between and duration. So when you begin the
protocol again, do you need to start the least amt of baking soda again or you just put in whatever you put in last? What is the maintenance dose after? What is the best way to see if you have to stop the protocol or start it again? God bless. J

Thanks for the email J. . . all of us are different and we get to choose. I am enclosing some links. Check out the Don Porter link. He used the bs protocol following what I did with great success. By reading his it may help to gain a better understanding. Vj

Reply from J:
I appreciate it. I will try read the articles. Is there any commonality in terms of what day or situation they would stop and begin again the protocol? Or What do usually say would be the maintenance amount for baking soda and molasses in a day? I read something about maintaining the 4-5 days of 7.5 at least of ph then you could stop the protocol. I want to know about your experience as well as reading the experience of others in general which days they have to really be in that condition of alkaline state where you need to stop the protocol to give your body a rest or prevent any complication of too much baking soda intake. Some say, it should be no longer than 2 weeks and others day 3 weeks for the protocol then you have to stop it. Then when do you need to start again? Is it after 1 week or few days? Then, when you repeat the protocol again, do you begin with the same protocol again (less to increasing amount) or you have to begin with the amount where you left of? After sometime, do you just go then with the maintenance amount on continual basis? If yes, what amount they usually do for maintenance.
regards, J. . .

Thanks for the email J. . . one of the best ways to determine what to do protocol-wise is to thoroughly read the protocol that I did http://phkillscancer.com/protocol and Don's protocol http://phkillscancer.com/baking-soda/djps-cancer-baking-soda-protocol-
and then read all the success stories. Why? Because everyone has their own unique way of putting this process in THEIR order. Of course, pH strips are important. Did you get some? I repeated the protocol a few weeks after the first. . . and that was basically it except for a show and tell youtube video. My maintenance has been deep focused/unfocused comfortable breathing, reaching for positive aspects of my life, and clearing out as many negative emotions and feelings that I may have picked up since birth to present time. Vj

PROTOCOL – HOW LONG SHOULD I DO IT FOR?

Message:
Thank you for your dedication and for sharing your experience. I am also suffering a similar problem as yours except the primary cancer was not possible to find. I am doing the protocol but I don't know when to stop. For how long should I do it? what was the result of your tests? When should I get test?

MRI?

I will be in debt for your support.

M

Thanks for the email M. . . I stopped after 12 days. Others have gone on longer. Some even did it 3 or four times a year for 2 years. We are all unique and react differently to many things.

PROTOCOL – WHEN TO BACK OFF AND HEAD ACHES

Message:
My only question is where do you get the PH sticks or strips and how do you use them? I am assuming that you test your urine, just assuming. How do you know when to safely stop doing the protocol as I understand that you can end up with alkaline poisoning, maybe not poisoning but you can go too far with this. Should I only go eight or nine days with the protocol, I am taking 2 teaspoons of baking soda, one teaspoon of molasses, and one glass of water once a day. I only feel safe doing this once a day. Any feedback would be appreciated.

Thanks, W

Thanks for the email W. . . I ordered mine from Amazon. I have a couple that I recommend on the website. When it comes to how much or how much is too much, what I did is listen to my body. I made reference to that on the website. In the state that I was, I wasn't focused on alkaline poisoning, but like I said my body 'told' me when to back off.

Also. . . others have written to say that by drinking a lot of water it helped to lessen the headache effect. Wish I knew that then. But whose complaining (grin). VJ

PROTOCOL – HOW LONG?

Message:
Hi vernon,
So nice to read your story and your progress! you are a hero!!
My question is, you did the protocol for 10 days the first time, and your scans were negative. When did you start to do the protocol again and for how long?
Do you keep a running ph reading? everyday? and if you drop low start the protocol over or do you do it continuous, every day to keep it above 8? if so how much do you do to maintain your levels.I am a 6.6 and would love to do this to get my ph in the right place

thank you, D

Thanks for the email D . . . The first time I did the protocol I did it for 12 days. I did a follow up a few weeks later and then another one about 2 years after that for a 'show and tell'. I do not do the protocol continuously as you can see from my previous words. I rarely do baking soda. 6.6 isn't to too bad. I have seen others who were at 5.2. Baking soda was and is only a 'jolt' so to speak. By maintaining an alkaline diet (plant based) a good balance can be reached. Here are a few stories from others as well as some links. Vj

PROTOCOL – WHEN WILL I SEE RESULTS?

Message:
Good health to you!
I saw your vid on youtube and read some info on this web, so, how soon did you really see the cure results? After 12 days of soda intake? What about the cesium intake? What if it was a major input into the healing process? Anyways, how soon did you recover? Can this method help anybody with any form of cancer?
Best regards, D

Thanks for the email D . . . all the info about the times are on the website. That was over 4 years ago and coming up on five. I did the baking soda before the cesium and had the "happy findings' before cesium. Some have success with cesium. I consider myself lucky that it got lost in the mail. I cannot answer the
what if questions. The biggest thing I had and still have going for me is my attitude and my continual growing knowledge about the power of the Self. Here are a few stories from others as well as some links. Vernon

Thanks for the email K. . . Others have used maple syrup, agave, or honey as well as no sweetner. Each of us is uniquely different, so times and amounts will have to be decided by each individual (thank all the Gods). My guess is that I started out close to 6.0 (I did not have pH papers to start with) and it took me 12 to 14 days. Others have gone longer.

PROTOCOL – HOW LONG?

Message:
Hi Vito. Your story was very encouraging. I was just wondering how long you kept the protocol up and how often you did it? I read on one web site that you should take 2 teaspoon a day for one week, and one teaspoon a day for 3 weeks. But what about after that? How often do you do this protocol? I monitor with the pH strips, but Im not sure how long to keep it up. Any advice would be very beneficial. Best of luck with your health and God bless you.

Thanks for the email M. . . we are all unique individuals with different body types and belief systems. We get to choose for ourselves what will work the best. Here are some success stories from others as well as some links. You will notice that almost all adjusted the amounts and times to themselves. Vj

PROTOCOL – HOW LONG TO CONTINUE

Message:
Hi Vito, we have taken Baking Soda with Molasses for past 2 weeks (1 TO 2 Teaspoons). We noticed our bones (leg, wrist & backbone) have "click" sound when move/turn. Why like that? Do we need to take "Coral Calcium" or Calcium Magnesium 3,000 mg per day? How long is recommended for taking Baking Soda? 1 or 2 months? What are the food we should not take during this therapy (Baking Soda)? Please advise. Thank you, A.

A... Clicking sound? Never experienced it myself, nor have others written to me about that. I did the protocol for 13 days. Others have done it longer. I cannot judge nor decide what is good for others. We are all individuals blessed to make our own or discover our own choices. The food I ate during the protocol was a Western diet. I wasn't that big on meat because I liked my vegetables and fruits. If I had known about alkaline diet at that time, then I certainly would have put myself on an 80/20 alkaline diet.

PROTOCOL – HOW DO I FIND OUT IT THE CANCER IS GONE?

Message:
Dear Vernon, thank you for being so helpful and putting all the info reg your dance with cancer on the internet. As soon as I found out that I do have breast cancer, I started with your Protocol of Baking Soda and Molasses. I am doing it now for 2 weeks. I got some pH Test strips and so far I am doing O.K. I just like to know how do I find out if the cancer is gone or it is still there? What will be my next step? I do not know how I got to your side on the computer. I do pray a lot and in my opinion it was the intervention of our loving Lord. Thanks again and my GOD bless you for all you do and did.
Sincerely M

Hi M... some people go to the doctor to check, some people send a dry urine sample off to the Phillippines for a cancer check, some don't worry about, and some don't do a thing. We are all individuals and must choose what is best for
ourSelves at the time.

Personally, I do a lot of deep focused breathing, drink plenty of water, meditate, and am constantly looking for ways to improve my thoughts, emotions, and life. Vernon

PROTOCOL – DO YOU DO IT UNTIL THE TUMOR IS GONE?

Message:
Vernon, Are people supposed to take the baking soda mixture until a tumor is gone, or are they only supposed to take it for a short time (2-3 weeks)? Thanks so much for your help and for sharing your story.

K

K…Some have taken it for two weeks, some more. One wrote me that he did the protocol 5 or 6 times in a period of a year. He was happy with the results. I took it for 13 days. Don’t have a ‘suppose to answer’ for the tumor question.

PROTOCOL – WHEN TO STOP

Message:
Hi Vito, I hope you can help us a bit with this process. Frank is very determined to beat this cancer. My husband has written to you about the baking soda/molasses protocol he is doing. He is on day 10 now. Been doing 1 1/2 tsp. of BS and 1 tsp. molasses 2 times a day now. The pH level has been consistent at 8.5 for about 9 days. He has been having lots of sweating for the last 3 or 4 days during the night which we expected because of what you shared. But has been very constipated. He has no more pain from the surgery
or cancer so he is going to stop the pain meds. Thinking that the pain meds are causing the constipation. He is very weak and sleeps almost all morning as well as a restless night and an afternoon nap of at least 2-3 hours. Our question is what did you do about food during this time and after and did you just stop cold with the baking soda protocol? He has gone on to a strict alkaline diet with fresh veggie juice 2 times a day. Just tofu and a little fish for protein. He asked me to write to you today. He is very tired. So I am wondering if it is time to stop. Thank you, thank you!! Warm wishes,

J

J…Sounds to me J… that he is ready to stop. I did stop cold turkey. Was the pH measurement Saliva or Urine? Sleep is good. It looks like his diet has taken him there quickly.

(BTW – this person later wrote a book on his ‘miraculous’ recovery)

PROTOCOL – WHEN TO TAKE IT?

Hi Vernon, I have been following your baking soda protocol lately though I have been taking baking soda for almost 6 months now. I was taken aback with the last PSA results of mine it jumps from 3 to 6, was there any problem in the way I take the baking soda? I hope you could revert to me with the right procedure. Is it after 3 hours after meals and how many times do I need to take it? Hope to hear from you.

Regards,…A

Thanks for the email A…. pH measuring advice is all over the board on the internet. What I did is written on the Protocol page of the website. Others created their own protocol to suit themselves. I am enclosing some links.
PROTOCOL – WHEN DO I TAKE IT?

Message:
Hi, I am writing you from Austria. I have a friend, who would be happy to loose his cancer. My question is right now: There was no special time, where you took it. Did you take it before, after or to the meals ? Or does't it matter.
God bless you
B

Thanks for the email B . . at the time I knew nothing of alkaline diet or timing of ingesting the baking soda solution. Once I found out about alkaline diet I moved to an 80/20 alkaline diet. Currently I am doing mostly a 60/40 alkaline diet. I love fruits and vegetable. And if I were to do the protocol again, I would take it 2 hours before or 2 hours after so as not to interfere with the digestive juices. Does it make a difference? It depends on which way my beliefs lean. . .
Vernon

PROTOCOL - WHEN TO TAKE IT?

Message:
Thank you for sharing your experience.I am 51 and just recently told I had stage 4 prostrate cancer that spread to my lower lymph nodes.They gave me the 6 month hormone shot-(that's very expensive)I am going to try the molasses n BKS mixture.Should I take it on a empty stomach or food to be more effective?
Thank you, L. . .

Thanks for the email L . . I did mine anytime I felt like it. I was not aware of a time waiting period, but many have suggested doing at least an hour after
PROTOCOL – HOW LONG BETWEEN MEALS?

Message:
Discovered your story and have sent to parts known and unknown! Thank you for sharing your success story. One question: You said the stomach needs to use its acidic juices to digest the food and you should wait on the soda for 2 hrs. So, if you get up at 7:30, say, and eat, you cannot drink the soda water until 10 a.m.? Then you eat at high noon and have to wait until 2:30 for another swig of soda water? You eat dinner at 5 and have to wait until 7 for another swig? Is this what you mean?

Thanks, J

That is right J . . . That is not what I did when I did the protocol - I just went for it! It is what others have suggested so as not to clash with the digestion system when it is at work. So . . . it seems logical to me to do a 2 hour before or after eating. Of course, we are individuals and choose what works or seems best for the Self.

PROTOCOL - HOW MANY TIMES HAS VITO DONE THE BS PROTOCOL?

Message:

Hi, did you take more soda treatments besides the first one? If so, how long did you wait in between rounds?
My husband was recently diagnosed with invasive bladder cancer following a
surgery to remove tumors in his bladder. He took the soda treatment for 10 days and since then have found and are using test strips for urine PH. It is about 7 to 7.5 and is staying steady. He is taking Vaxa brand ph balancer and antioxidants. He is feeling much better but doesn't have his full strength back yet. I would really appreciate any information you can help me with for bladder cancer and I certainly do want to thank you for your story.

D

Thanks for the email D . . . yes I did another session 3 weeks after because I wanted to make sure. It was a shorter version because my body was still alkalized from the first one. I did another about 2 years after for a show and tell video.

REPEATING THE PROTOCOL

PROTOCOL – HOW MANY TIMES HAS VITO DONE THE PROTOCOL?

Message:

Your website doesn't state if you ever continued Baking Soda after the scan in June'08? You also don't show your diet. Did you lose interest?

As a Stage IV survivor, I much appreciate reading of any personal experience with alternative treatments. F

Thanks for the email F . . . I did the protocol 3 times. The first was the first one which was almost 4 years ago. The second was a few weeks later just to make sure. And the third was about a year and a half ago for a 'show and tell' video. My diet was a regular diet. If I had known about alkaline food, then I would have put myself on and 80/20 alkaline diet. I did not lose interest (grin). . . I am very much into living. I very seldom focus on the past. Good and continued health to you! Vernon
PROTOCOL – HOW MANY TIMES TO DO IT?

Message:

Mr. Vernon:

Good day! How many cycles of 11 days have you taken with this therapy? what is the interval between cycles? Today, February 4, 2011, is my fourth day taking this therapy. I am praying that this protocol will work for me as well.

Thank you!

L

Thanks for the email L…I did two cycles. The second was a few weeks after the first. I wanted to make sure. It was interesting in that I cut off the second cycle at about 7 or 8 days - I was still plenty Alkalinized from the first. VJ

PROTOCOL - CAN I REPEAT THE PROTOCOL?

Message:

Greetings Vito,

I tried the protocol and it works in my case as I am suffering from breast cyst but my breast surgeon told me that my case is hormonal imbalance. My sister is a breast cancer survivor too. He advised me to do again my mammogram but I did not do and did not go back to my Dr. instead I tried the baking soda protocol.

I did the 3 weeks baking soda treatment as you did and it helps me.

My question is, can I take another 3 weeks of baking Soda? Because I can feel
that the cyst of my breast returned again.

C.

I did C . . . I did the protocol about 3 weeks after the first time. I did it to make sure. It was a shorter version (I think only 6 days) because my body was still alkalized. You might consider breathing and meditation as a means to right your ship.

PROTOCOL – TAKE IT MORNING OR NIGHT?

Message:

Thanks for your protocol you have posted. I started this morning on the BSM1B1 and will increase to BSMBS2 in a few days Question, Is it better to take at certain times of the day or night?

Thanks J

J . . . thanks for the email. When I did my protocol I didn't know a thing about anything (grin). I took it whenever I felt. However, I did try to keep on a schedule. When doing it once a day I would try to be consistent - meaning same time each day. When I did it twice a day - same thing (every 12 hours). Three times a day would be 8 hours apart.

With my new knowledge I would factor in taking the baking soda solution one hour to two hours before or after each meal.

Make sure you do the Breathing however, and start that now – either my PTR Breathing, Don’s Breathing or a combination of the two. If you have a different way to do it that is ok. The important thing to do is to get that oxygenation working for you. The wonderful side benefit is relaxation. As far as I am concerned disease cannot survive in an oxygenated and a relaxed body. I use it as part of my ‘maintenance’ so to speak. Do the Breathing - there are gifts there for you! Vernon "Vito" Johnston
VITO'S DIET DURING PROTOCOL

PROTOCOL – WHAT WAS VITO’S DIET DURING THE PROTOCOL?

Message:
I have been taking 2 teaspoons of BiCarb mixed with 2 teaspoons of Blackstrap Molasses twice a day for over a month now and will continue for another week until I get an MRI. It comes a bit late to ask this question I know but during your time did you follow any particular stringent eating regime or has it been OK to just eat healthy. The reason for my question arises from following the Budwig Diet which I have had to put aside during my Asian travels.

Thanking you
M

Thanks for the email M . . . I did not follow any particular diet at the time. If I had known more about Alkaline diet, I would have done that also. I wouldn't worry about 'those occasional interruptions'. Traveling and adventure is good also. Here are a few stories from others as well as some links. Vernon

PROTOCOL – WHAT DO YOU EAT WILL ON PROTOCOL?

Message:
I started this treatment thanks to finding your site yesterday. I must say, trying to get the mixture down is quite an adventure in itself, lol! I tried the molasssis, today, I bought honey, still not the same as a good ole burger, lol.
Either way, what was your diet while taking the soda mix? I as you have 4th stage prostate cancer, been to 3 different hospitals, and each said the same, just a waiting game, not good enough for me! Therefore I am now doing the soda mixture, I am going to beat this thing, as my kids and grang kids need this ole man, just 56 and not ready to go yet!!! When Cancer Treatment Center of America said there isn't a cure or hope for one, I said bologna, and found your site!

Thank You and may God Bless!

D

Haha haha. . . thanks for the laugh Grandpa D. I am 68 and have no grandchildren - you are the lucky one indeed. I may get the feeling of being a Grandpa, but I am very happy with my life as it is and as it is becoming. Honey is fine. So is agave and maple syrup. People with sugar issues try it plain.

My diet was regular Western diet, and if I had known about alkaline diet then, then I would have certainly incorporated in with the protocol. As much as a joy and a treasure your grandchildren and children are to you, I highly recommend putting other jeweled carrots in front of you as well. For instance learning a new song or instrument, discovering or cooking a new dish, building a courtyard, or greenhouse, or maybe even learning to dance. And never stop there. Here are a few stories from others as well as some links that you may find interesting. I can't help it when I receive some of these - like the first one - which I just got today - I cried. . . Vernon

PREVENTION AND MAINTENANCE

PROTOCOL – PROTOCOL FOR PREVENTION

Message:
What are your thoughts as using the formula once a day as a preventative form cancer?
M.

M. . . some take a teaspoon a day with water for general health. Those that do seem to believe in it and that is what works for them. My general maintenance for Well-Being is deep focused or unfocused breathing and at least 15 minutes a day of my style of meditation. I lean towards an alkaline diet. I reach for the beauty in this world - discovered and undiscovered. Vernon

PROTOCOL – ANY SORT OF MAINTENANCE SCHEDULE?

Message:
Hi Vito! Thanks a lot for all the information. I got my supplies last night and started this morning with 1 tsp of baking soda and 1 tsp of maple syrup heated with one cup of water. I'm going to do your protocol for the 11 - 12 days.
I just had a question on what you do for maintenance in between the tune up protocols? And how often you do the tune ups?
Thanks again for sharing this great info. I hope all is well, D

D. . . the only maintenance I do is deep focused or unfocused breathing, mediation, exercise, and a constant reaching for joy in my life. . . Vernon

PROTOCOL – BAKING SODA/MOLASSES AS A MAINTENANCE

Message:
Hi! I saw your video the other day and I thought it was brilliant. I wanted to
know how this would work for me since I am cancer free. Is there a preventative way of taking the baking soda in smaller doses?

I recommended your blog to my dad who has battled with hodgkins also called lymphoma as a preventative measure, but he is so taken by the medical system. I would not be surprised if he ignored what you have to share. Your feedback would be of great value.

Best Regards,

A

P.S I took a dose of two teaspoons plus one of molasses, and I turned pale and went into diarrhea labour for a couple of hours, then I felt better, that is why I need your advice.

A. . . some take a teaspoon of baking soda in water a day for general maintenance, and they swear by it. It works for them! Others put that teaspoon or so in a container of water and sip out of it all day. I used it as a 'jolt' so to speak, and would not recommend what I did as a daily habit. I would move to a more alkaline diet (which I did).

I also do daily deep focused or unfocused breathing as well as meditation. Separate they are powerful; together they are freedom. As far as you Dad. . . happily we all choose what we believe and what we do. Love to you and your family, Vernon

**MISCELLANEOUS PROTOCOL QUESTIONS**

**PROTOCOL – BAKING SODA HELPS SOME WITH PAIN DURING CHEMO**

Message:

Hi, I read your dance and was quite impressed. I am a 74 yr old female
diagnosed in Nov 2012 with Stage IV lung cancer, that has metastasized to the bones. I elected to not do radiation or chemo because of my age, stage, and a gloomy 8% survival rate. Am currently in a lot of pain from the lower back (pelvis) and am on Rxs Hydrocodone 325 mg, and mild, 25 Mcg Fentanyl patches. Both these meds give some nausea and horrible constipation, I go once every 4 days, even whilst taking stool softeners and laxatives daily. I have been thinking about doing your protocol, or even the sea salt one but am leery because of the pain meds I have to take. Without them and my faith I would be climbing the walls with pain. Because my cancer is so different than yours I hesitate to start. What do you think?

Thank you for your time. Sincerely

K

Thanks for the email K. . . only you can answer your questions. I have had, however, others who reported that the baking soda decreased the pain or in some cases eliminated it. But that was them.

PROTOCOL – PAIN REDUCTION

Message:

Hi Vernon! I had heard of your story a few months ago and am so happy you are spreading the word. I am contacting you regarding my good friends mother who just entered hospice care in their own home. She is suffering from terminal breast cancer and is in a great deal of pain. I have some hope for her yet after hearing of your success. What I wanted to ask specifically however is pain reduction following starting your protocol. I feel that if she can get the morphine levels down and her PH up she may have a chance but with these morphine levels she will starve to death it seems. Can you please tell me what others have reported to you regarding pain reduction how much and how quickly does it occur? THANK YOU FOR ALL THAT YOU DO!
Also as a side note I tried your formula for myself in the hopes to eliminate my systemic candida but I had to stop do to heart palpitations. I understand this is due to potassium. I was eating a banana a day for the 4 days I was on it. I am thinking maybe my potassium was too high or too low? Any ideas on how to regulate this?
Sincerely, -V

Hi V . . . I cannot say what is good for all others. Yet others have written me saying that when they took baking soda and water that their pain decreased or went away. For those that happened to, that is wonderful.

As far as potassium, again I am not a doctor. I took the potassium supplement as part of the baking soda protocol because it is what was recommended for cesium. Actually, it was a requirement for anyone who sells cesium that they must sell potassium with it. At least that is what I experience almost 4 years ago.

If I was dancing with candida I would move to an alkaline diet, do deep focused or unfocused breathing, and meditate at least 15 minutes a day. Vernon

PROTOCOL – DOCOTORS HAVE GIVEN UP ON MY HUSBAND

Message:
Hi, my name is Cyndi, Ny husband was diagnosed with cancer. The doctors have given up on him. They said there is nothing more they can do for him. They said he has 2 days to 4 months and sent him home. I refuse to accept that and would like help ASAP.
Thank you for listening
C
Thanks for the email C... I was lucky. The doctors more or less gave up on me also. They said they can't do radiation or chemo for bone cancer. When they said that I had a much more feeling of happiness than of abandonment. Doom, however, still was a feeling I had to work my way out of. Vernon

PROTOCOL – DIARRHEA

Message:
Good evening Vernon, I had diarrhea 3 of the 4 days I was on BSMBS1. I have now been on BSMBS2 for 2 days and it is a lot worse. In 70 minutes after taking it this morning, I had to run to the bath 5 times and 2 times I did make it in time. Do many people have this problem?
Thanks, J

Yes J... most people do the running to the bathroom, including me. In my case, the bathroom running settled down somewhat as I got further into it. The good news is that you are certainly cleaning out. Breathing seems to help. What is your pH?

Always listen to your body. I don't know how those taking chemo do it... Vernon "Vito" Johnston

PROTOCOL – HEADACHE AND NAUSEA

Message:
Hi, I have been doing the protocol now for 19 days
1. baking soda with honey (5 days)
2. baking soda with maple sirup (14 days)

I have had on and of headaches and diarrhea but since yesterday I really feel nausea, severe headache and severe diarrhea.

By the way I am R….., 55 years of age, in great shape except one thing I have prostate cancer metastasized in the lymphnotes in the stomach area. My PSA is 120 measured in Holland.

What should I do? Hold back for a little bit?

Love to hear from you.

R

Thanks for the email R. . . I looked at the headaches (some say that drinking a lot of water will lessen those headaches) and the nausea as 'stuff' coming out. Have you had night sweats? How about a feeling of oxygenation? Are you doing the deep comfortable breathing? As far as holding back, I listened to my body. When I went to 3 teaspoons twice a day, my body told me, "No".

PROTOCOL – NAUSEA

Message:

Hi and thank you so much for what you are doing. Maybe you are doing it to help the lives of people you don't even know people like me with two great young kids and a wonderful wife and job, I'm a high school spanish teacher with stage 2-3 gastric / stomach cancer with a mouse sized tumor. Two days ago I began the protocol, I haven't even seen an oncologist yet. My appointment is in two weeks. I am experiencing some nausea but otherwise, I feel great. I really believe that I'm going to dance my way out of this thing with 2$ worth of baking soda I bought(on sale) from Walgreens. My PH is increasing every day, so is my optimism but I still have fleeting moments of doubt. Thats when I re read your site and I always feel better. Thank you so much,
Very nice J. . . and remember to take a look at incorporating a focused deep breathing program and some sort of meditation. Separate they are powerful. Doing both is Freedom!

If you experience nausea and headaches, drinking more water has a way of minimizing those effects. Especially the headaches. . . Long live Jonathan. . .

Sincerely, Vernon Vito Johnston

PROTOCOL – DO SOME PEOPLE GET WORSE BEFORE THEY GET BETTER?

Message:
Hi Vernon V, My endoscopy today revealed tumor growth and expansion into the esophagus and stomach. This is after amost a month on the protocol mand a ph way above 7.0. I'm a bit discouraged and frightned but still fundamentally optimistic. Do people sometimes get worse before they get better on the bi carb protocol? Dr. Simoncini emailed me and suggested I do another month before taking a break. I am especially open to your suggestions and insights.

Thank you so much for being in touch. By the way, Curtis John Mitchell's post was so inspiring- I have had fleeting moments of enjoying the experience of cancer and can really relate to what he's talking about.

J

Thanks for the email J… Some do get worse before they get better no matter what modality they choose. Interesting what Simoncini suggested. One actually did the protocol 4 or 5 times in a year before he got better. He was dieing and his recovery took the doctors by surprise. I thought I had sent you that note.

I am sure you are doing the breathing and meditating. I am recommending this book, "Kinship With All Life" by J Allen Boone. Vj
PROTOCOL - ITCHING

Message:
Hi Vernon, great to read your story. In a nutshell have something in my hip bone that was eating away the bone & doctors putting C word on me, am trying the breathing,working well, good nutrition, vitamins etc. & bi-carb. got itchy spots coming up all over that leg & wondered if a side effect to bicarb? Does it also give u loose bowel? Also wondering what u took 4 pain. At moment I need 8-10 panadol over 24 hrs. Cesium chloride expensive to try. Thankyou L

Thanks for the email L. . . the itching I experienced was from the baking soda which for me opened up my system for more oxygen. I have always equated itching to healing! I got the same itching when I did the deep breathing for an accumulative time of 3 hours per day.

Bicarb does give loose stool. Some, including me, got headaches. A few have written me to say that drinking lots of water lessens the headaches. Love to you, Vernon

PROTOCOL – EIGHTH DAY IN AND ITCHING

Message:
Hi Vernon, my wife has stage four cancer. She started your protocol of baking soda, and molasses. She's on her eighth day, and is starting to have side effects such as nausea, itching, and not feeling well. If you could offer any advise, would appreciate that.

E
Hi E. . . thank you for the email. What is your wife's pH? I also had side effects of nausea, diarrhea, and a feeling of slight weakness. The 'itching' is very interesting. That came from the breathing. So, I am guessing that your wife is also feeling like her whole body is 'breathing'. Much like I described as one of my side effects.

Remember, though that a person must listen to their body. If she feels she must cut back on the amount, or quit the protocol, then do so. I cut back when my body 'spoke' to me. I had upped my baking soda intake to . Is she doing the PTR Breathing?

Here is a quote from the protocol:
A note: Felt oxygenation euphoria throughout the day. Like my body was breathing pure oxygen. Nostrils are at least a mile wide.

Day ten – My headache is more persistent and I am having body sweats at night. Again, the sweats duplicating cesium symptoms. I cut back this day to a solution twice a day; not three times.

VJ

PROTOCOL – DID IT ELEVATE VITO’S BLOOD PRESSURE?

Message:
Hi Vernon. Your baking soda protocol sounds very interesting. My question is: did the sodium in baking soda elevate your blood pressure? Kind regards
A

Thanks for the email A. . . No it did not elevate my blood pressure. Vj
PROTOCOL – DOES THE PROTOCOL AFFECT DIABETES?

Message:
Hello there,
I have looked at your protocol.
You said to increase K levels. How much is that? Is that 200mg as you said or more.
If someone has colon cancer, do you do the same supplementation for what you did for your cancer.
If someone has diabetes and has cancer, should I still progress with the therapy?
Who should I contact for help in this kind of therapy, if I want to personalize it for some loved one.
Kind Regards, B

Thanks for the email B . . . I wish I could give you the magic dosages that will work for you or your loved one. We are fortunately individuals who are blessed to make and discover our choices. if someone has diabetes and cancer both? I don't know, but others have written with diabetes who were concerned about the 'sweetner'. Some use agave or less sweetner or went just with the water and baking soda. One who wrote me told me that he tried the baking soda and that it lowered his blood sugar. He did not have cancer, but he wanted to go alkaline. He only tried it for a week or less then went with an alkaline diet (80/20). That really brought his blood sugar down. But . . . he just could not stay on that diet, and his blood sugar went back up. We all get to choose.

PROTOCOL – DOES THE PROTOCOL WORK FOR ALL CANCERS?

Message:
do you think the molasses/baking soda is good for all cancers? Also did you do
ph testing or urine or saliva, before and after?

thanks,

S

Thanks for the email S... wish I could answer that by saying 'yes', but there is no way that I would know that. I did pH shortly after starting the protocol (I did not have papers). It has been over 4 years now, and I seldom measure my pH.

Vernon

PROTOCOL – CAN IT BE COMBINED WITH CHEMOTHERAPY I

Message:

Hello, my mother has lungs cancer with six metastatics in brain – doctor revealed that information last Sunday. We are shattered. Can your method help her? How to start? Can we use it simultaneously with radiotherapy and chemotherapy? Our doctor press on us to use only traditional method in hospital. I am from Warsaw, Poland, Europe

Thank you for your help. K

K...Some have used it simultaneously with chemo and radiation. I have never had chem or radiation, so I cannot answer from experience. Each of us has the ability to choose what, how and with what we want to utilize with our personal challenging dances.

I always recommend some sort of deep focused breathing program and meditation. These two together will work wonders in relaxing the body and the mind, which in turn help with clearer answers.

How are those traditional hospital methods working in Poland? I hope they have a better track record than here in the USA. Good health to you and to your
loved ones. . . Vj

PROTOCOL – CAN IT BE COMBINED WITH CHEMOTHERAPY II

Message:
Hi, Your story is amazing, but very hard to believe. I am asking if you had confirmed stage 1V prostate cancer that spread to bones. Also, was this the only treatment or you had chemo therapy as well? Did doctors even offered you chemotherapy and if yes, why you did not take a chance of chemotherapy? You are giving me a hope. I am 47 years old, stage IV colon cancer patient that spread to my liver and lungs. I would like to follow your steps. I am currently taking chemo therapy. Please give me your opinion if you think your treatment can be combined with chemotherapy. Please tell me what you know. We understand this is not officially proven treatment, but since we don't have a lot of choices and your story is so amazing, I would like to follow your journey. Also, is this necessary to take something sweet with the solution? I am trying not to use any sugar right now. Also, who recommended you this treatment? Thanks in advance for your help. Please give me a hope. Please reply. God bless you. N.

N. . . thanks for the email. The doctors did not offer chemo or radiation. Because of the mets to the bones they said it would do no good. Others have combined it with chemo.

Some with diabetes have chosen to not use a sweetener, or have chosen to use agave.

PROTOCOL – IT DIDN’T WORK FOR ME

Message:
Vernon, I am a 50 year old man who was diagnosed almost 2 years ago with non-small cell lung cancer stage IV. Since then I have gone through radiation and chemotherapy. I thought is this the way it was going to be the rest of my life, chemotherapy, with no real cure in sight? I ran into a friend, I haven't seen in years which seemed to be a sign in the right direction. We spoke about cancer and he mentioned the word baking soda. I began researching on the web about baking soda and cancer and that’s how I became to know your 'Dance with Cancer' story. I understand that you had prostate cancer. I followed your protocol to the 'T.' What did I do wrong? Because of the type of cancer I have, would you know dos it take a different protocol to kill this cancer using baking soda? I am very happy for you that you came away from your dance the winner. God Bless you.

J

J…We are all unique individuals. . . different things work for different people. One of the things that I discovered about me was that deep focused breathing and meditation enhance whatever I do. . . Vj

PROTOCOL – ONE PERSON’S EXPERIENCE

Message:
Hello Vernon,

I've been reading your site, as well as I bought the soda bicarbonate book from Dr Sircus. I started the soda treatment last week because I have an overgrowth with candida in intestins, mouth, throat.. have Epstein Barr but in the meantime they also found out I have lyme disease. I've been walking around with this for years, so it seems Before this, autumn 2010 I collapsed with a burn out, in the meantime I started pyschosomatic therapy where I'm gratefull of and I'm
studying this therapy myself now. Because of all this I got into a very nasty divorce case what gave me a lot of stress the past few months. I first started the treatment with lemon and soda, PH 5,5 / 6. Got this oxygen euphoria, started having headaches (PH around 7,5 / 8) and this shocks (which I have had since last year, before that I had spasme, ....problems with the central nervous system but now it very much would be the lyme). Anyway, I got very hungry in the weekend, not knowing what so I started with the black molasses. Monday morning my PH dropped back to 5,5 ( was trembling) and yesterday too, but didn't have this hungry feeling anymore. yesterday I started feeling ill, I'm having this shocks again, trembling, throat ache, ears blocked, very tired, also cleaves in my fingers since I started SB, all the symptoms I had the past years are coming back. My PH this morning was 7,5 (urine) and saliva 6,5. Do you think these reactions are normal? and need to keep doing the black straps molasses or go back to the lemon? I started SB 3 times a day 1/2 teaspoons, now twice 1 teaspoon and 1 teaspoon molasses. Do you think I need to take more, having these reactions? I started one week ago. Beside that I take twice Magnesium Chloride 1/2 teaspoon and, 1 tab of potassium and 90 drops echinacea and am starting with an alkaline diet and the budwig diet. I'm not taking iodine at the moment. I'm a classical singer, haven't been able to sing for 1,5 year now and I'm very determent to start again because it makes me breath and it's my life. I'm certain breathing, as well as grounding is very important. When I take the soda, my hands and arms are getting really cold, after about one hour my cheeks start to glow, amazing. Do you think this treatment will help besides the candida, for the lyme or do you perhaps know somebody who has experience in the lyme desease and soda treatment? I read this bacteria loves sugar and in another side they recommend taking it with lemon and no sugar, because it could lead to an overgrowt...they also think you should take it with hydrogen peroxide 3%, but I don't know. Do you have any other advice what could be important? My GP wants to assist me but it's all new to her, she knows the Simoncini IV treatment but hasn't done it orally.

I hope this mail isn't too long, I very much like your site and think it's wonderfull you've done your dance with cancer! Kind regards,

D.
Thanks for the email D. . . your plate is full. I am in no position to give medical advice. We are all wonderfully unique individuals and we get to make choices about ourselves. You mentioned the oxygen euphoria. Not many experience that. You are lucky, because you got a feel for that. I was lucky too! And yes breathing is very important. I do a lot of deep focused or unfocused breathing as well as at least 15 minutes a day of my style of meditation. Reaching for thoughts and feelings that bring me joy is also important for me. VJ

PROTOCOL – A MUST READ

Message:

Hi, Vern. I have been reading your blog and your website in general since my husband was diagnosed with stage IV colon cancer on May 25th and my mother (who lives with me) was diagnosed with stage IIc ovarian cancer exactly one month later, June 25th.

I must admit when I first came across your website I thought it was some sort of cruel hoax. To think that cancer could be cured with something as simple as a change in diet, nutritional supplements, oxygenation and sodium bicarbonate solution was a little far-fetched,

to say the least. I remember when I first came across it, before my mom was diagnosed, and I was still in the throes of depression at my husband's diagnosis, I laughed. But then as I got deeper and deeper into my research as to how to fight this thing, and in my correspondence with several pHD doctors and alternative therapy doctors, they all came back to pH. So then I found your website again. I also have a "guardian angel" out in Arizona, who has cured his own cancer using a very similar protocol, that I have grown very close to. Between reading about your experiences and talking to him, I came up with a protocol for my husband and mom that they've been using for almost a month now.

I recently went back to your website to make sure that things are progressing
the way they should. I have them taking three teaspoons of 100% pure organic maple syrup mixed with one teaspoon of aluminum-free baking soda (Bob's Red Mill, to be specific). They are taking this mixture three times a day and have been since almost a month now. My mom reports that she is feeling the "oxygen euphoria" sensation you write about. She's not getting the headaches but has had some bouts of diarrhea and stomach pain, which we feel is a good sign. My husband, however, doesn't report any of that. He has had a headache or two which we're not sure this is an effect of, but because he had 2 feet of his colon removed upon diagnosis, his stool will be loose from this point on. It may be that he's not as in touch with his body as my mother, nothing new for him, and is just not noticing the changes, but we're not sure.

Also, we just bought the pH strips but noticed that the range goes from 4.0 to 7.5 so I'm thinking we'll need to buy some that go to 8.5.

Based on this info, is there anything else you can suggest? I was reading about the breathing exercises that you do and I think we will research and incorporate that into our regimen. Any other ideas?

Please know that what you're doing is such a selfless, wonderful act of kindness that you will be rewarded for in the kingdom of God. You and many other people that share their experiences and information so freely are truly special people and I look at all of them as "guardian angels" for those of us that are lost after a diagnosis like this. I can't wait for our own personal nightmare to be over so we can also "pay it forward". God bless you.

D

Thanks for the email D. . . you have been on quite a ride! Yes indeed, get some pH strips or sticks that measure above 7.5. The ones I used measured 9.0, but 8.5 would be fine. And another yes, is yes - do the breathing. Breathing that I used and continue to use is PTR Breathing. I have borrowed some other breathing techniques from Don, which also work. In fact, I mix the two. However, PTR Breathing is my primary way of oxygenating my body. I highly recommend it.
Stress is even more acidic than any food or drink one can ingest. The Breathing will lower stress by bringing in some much needed relaxation. With relaxation comes health. The body cannot help but to return to its natural state (health) when it is relaxed. So, do the breathing. And I recommend that you do it also. Things have to kind of rough for you now. At one point I did and accumulative 3 hours of PTR Breathing a day. It works! . . . Vernon "Vito" Johnston

**PROTOCOL - NOT ABLE TO RAISE PH ANY FURTHER**

Message:

Now, I know you don't give advice and I don't blame you but I have a situation that I'm wondering if you've come across in some of your success stories — this story may well end up being one too. I'll keep it as short as possible.

My friend, J..., had bladder cancer over a year ago. His surgeon removed his bladder and was sure he got all the disease and subsequent scans proved him right. About a month and a half ago he was rushed to the ER with what I thought was an oncoming stroke. Turns out the cancer found his brain a suitable home — three bleeding tumors glared at us from the MRI. After a two week hospital stay coupled with 10 days of radiation, lots of steroids and a week at rehab, they released Jim under 24 supervision, months of 3 out-patient therapies and prepared his caregivers for life with a semi-turnip. :-(

Meanwhile another friend of mine told me about this protocol and my research which led me to you and several others who genuinely piqued my interest. Three days after Jim got home and I was able to tell him about this we started in addition to eliminating sugar and engaging a more alkaline diet. That was a Saturday. He was better than he'd been a few weeks ago but still slow moving and a good bit distracted on Sunday. I was getting discouraged because it looked like his recovery had tanked.

Monday, three days into the BS/BSM protocol, I started to see a marked improvement. Thinking this was way too soon I dismissed it, however, I was
pleased and the improvements continued. The next Friday was his first outpatient physical, occupational and speech therapies. All three AMAZED therapists concluded that he didn't need further therapy. They released him and lifted the 24 hour supervision requirement. A week or so later he had a follow up visit with his bladder surgeon — an equally AMAZED as well, bladder surgeon. He said that after reading the report of recent events he didn't expect to see J.. again and if he did he'd be in rough shape. He called it a "miracle." J..told him about the protocol (to which I cringed) but instead his doc concurred that the bladder cancer was a product of high acidity, encouraged him to maintain his quest for a 7.5 and gave him some catheters to help test his pH. (Urine testing from an ostomy bag was giving false readings 8.0+ while saliva was 6.5 +/-)

Last week his doctors lifted his restriction to drive. In a month he goes for a brain scan and visits the oncologist to see what's what.

Well that's the story . . . so far and now here's our question. Ji.. hasn't seen a significant rise in his pH even though he's at 2+ BS/BSM drink 2 times a day. pH hovers +/- around 6.5. Urine once was at 7.5 but still stays low most of the time. He is however taking a handful of Rx drugs that he soon weans off of which are probably mudding the waters, literally. He is also taking a potassium supplement and a multivitamin. He is just today starting to feel nausea and fatigued. Is it possible that the protocol is working even though his pH is still low? Your thoughts?

Thanks, D & J

Thanks for the email D & J. . .  Thanks for the email and the heartwarming story. . . You are correct in that I don't give advice. One of the reasons is that we are happily all unique individuals who respond to all things in our own way. pH is a funny thing - with the internet "jury" all over the board on how to measure and what to measure. Your bottom line sounds like whatever you are doing is working well. My guess is that Jim has a huge heart and a capacity to understand more from this life. This little dance of his has woken up aspects of
himself that have been dormant. Congratulations to both of you. Vj

MOLASSES

MOLASSES – CAN I USE HONEY?

Message:
Hi there, I am writing to you about my elder brother who lives in India, is having stage 3 stomach (esophagus) cancer. Last week, he finished 3rd round of chemo. He is diabetic and I am trying to find out if BS protocol can be used at this stage (after 3 chemos)? Also, here in India, we do not get maple syrup or molasses. Is there any alternative we can use, such as Honey?
Waiting eagerly for your help . . . M

Thanks for the email M . . . Honey is just fine. Some who are diabetic didn't even use a sweetner. The choice is yours and your brother's. (Love to you Brother of . . . ) . . . My philosophy is that, "It is never too late". Make sure you/he reads the book by Dr. Hsu. I am enclosing some links. Vj

MOLASSES ALTERNATIVE

Message:
Dear Mr. Johnston,

I hope this email finds you well. My name is Natalia, I am from Entre Rios, a province ceter-east in Argentina. My boyfriend was diagnosed with Stage 4 Malignant Melanoma and we have decided to "fill" ourselves with hope and possibilities, regardless what doctors said. We first change our diet and some habits, he is taking homeopathic medicine indicated by Dr. Barenji and while he is still receiving chemo we decided to give a try to baking soda. Actually, he
was taking a teaspoon a day but now we decided to "make it count" by measuring the ph and adjusting the dose (now it seems quite obvious to do this way and not just taking the BS). Unfortunately in our country ph strips are not easily found, neither blackstrap molasses so my question is that if you think that honey can be use as substitute in your protocol. I cannot thank you enough for telling your story, I hope you understand the scope of your inspiration.

Warm regards,

N….

Thanks for the email N…. . . others have used maple syrup, honey, or agave with success. The pH paper or strips can be ordered from Amazon.com.

MOLASSES – HONEY OR MAPLE SYRUP?

Message:

Hello Vernon, Love yr website full of info. My hubby (60 yrs old) was diagnosed with aggressive/advanced prostate cancer, metastasized into bones & liver approx 1 mnth ago. He was instantly put onto Hormone Deprivation therapy, which seems to be giving him aches/pains all over. Hav read all I can on the Bicarb-molasses therapy. Questions: 1. Do we have to use molasses or will golden syrup or honey do the same trick. We live in australia & not sure if I can 100% pure molasses.

Also hubby is due for his 2nd 3mnthly hormone inject approx 2.5 mtnths time. When would be best to start the Bi-carb therapy? His orig PSA was 21, Gleason 9, with 5 metastases in bones & 1 x in liver. Any help will be greatly appreciated. Many thanks in advance.

P

Thanks for the email P…Honey is fine, a well as maple syrup - taste better too. However, molasses is what I used. Thank for the email. And you get to choose
when you start and what you do and how you do it. That is the joy of being an individual. I am enclosing some success stories from others as well as some links. Please get the book from Dr. Hsu. Vj

MOLASSES – DOESN’T SUGAR FEED CANCER?

Message:
Dear Vernon,
I have been diagnosed with prostate cancer. With regard to using black strap molasses, I have read a lot of information that indicates you should not take sugar because cancer uses sugar as a food. Can you say why the molasses is not harmful when trying to kill the cancer cells? I know you mentioned that you believe it (sugar) takes the baking soda to the area of the cancer. Are you saying that it is better to use the molasses in conjunction with the baking soda and that it out weighs any concerns that taking the sugar would have.

Thanks, K…..

Thanks for the email K... and for me at the time who had no clue about pH, body alkalinity, and cancer for that matter, it seemed the right thing to do. I would suspect that most people in my situation would do it. I might add that others have used bs with honey, molasses, and/or maple syrup. Others who were dancing with diabetes chose to not use any sweetners. I have no definitive followup to these experiments. We must all choose for our selves; which btw, is very empowering. I am enclosing some success stories from others as well as some links. Vj…..

MOLASSES – ISN”T IT SUGAR?
Message:
First I want to congratulate you for fighting your prostate cancer. What also helped was your full support of your family being there for you.

I was diagnosed of having breast cancer and my tumor is enlarging as two year went by. I am most worried now than ever. I am not doing chemo or radiation nor surgery. I have chosen alternative medicine. I was active for about a year and a half but now I am most at lost. I need to bring my tumor(s) down in my breast. I have tried almost everything. Also bringing my PH level up to alkalinity. I need something to boost it. My only problem is that I became vegan and sugar is my most enemy because cancer feeds off of sugar. Isn't molasses sugar?

My main question is can you give me more info regarding cesium?

Thank you so much for your time. I look forward to hearing from you.

God bless.

M

Thanks for the email M. . . sugar is indeed in molasses. Other options are honey (which is probably also on your Vegan do-not list), maple syrup, and agave. Another option yet is the lemon/sea salt protocol. Know little about Cesium. Since it did get lost in the mail and I turned to Baking Soda. . . Vj

MOLLASSES – HOW ABOUT COCONUT MILK?

Message:
Dear Vern,

I was diagnosed in March '08 the same time as you. I have been doing everything to stay alive. Unfortunately, this has included conventional treatments as well. I just saw your youtube video for making baking soda and maple syrup recipe. I was wondering if instead of molasses, coconut nectar
would be a better substitute? It has many vitamins and minerals like molasses. Please let me know your thoughts.

I am starting on this today! God bless you.

-K

Thanks for the email K . . don't see any reason that coconut nectar wouldn't work, especially since others have found success using maple syrup, agave, or honey. I enclose some success stories from others. Thanks for the blessing. I particularly like it when people bless me themselves - it is special and it is empowering.

MOLASSES – WHAT DOES IT DO?

Message:

I understand the baking soda part of your protocal but what does the molasses do?

Some think that it acts like a trojan horse, so to speak, because cancer loves sugar and by taking the molasses, maple syrup, honey, or agave the baking soda will make its way to the afflicted part quicker. I went along with that belief. It worked for me. Some with diabetes just took the bs only with water.

WHAT/HOW IS VITO DOING NOW?

ARE YOU STILL ALIVE?

Message:
Date of your diagnosis, are you still with us, short description of your status
Respectfully G

Thanks for the email G. . . That devastating diagnosis was 5 years ago. I will let you know when I die. I worked out today (9.27.13) at the local senior center gym. I continue to learn more about myself and the worlds that I live in. Here are those links for you. Diagnosed in March or April of 2008.

HOW IS VITO DOING NOW? – ARE YOU STILL ON BAKING SODA/MOLASSES?

Message:
Hello I would like to know if you are still on the baking soda, my husband was diagnosed with stage 4 maxillary sinus cancer and the doctors say there isn't anything else they can do. I am very interested in doing the baking soda for my husband.
D

Thanks for the email D…No. . . I am not doing the baking soda. That was a very welcome one time shot with a follow up a couple of years later for show and tell video. It has been almost 4 years since that diagnosis. I am very much alive and living with my wife in a fixer upper cottage we purchased earlier this year. We did a lot of the work ourSelves and in particular love the view of the bay and the southern sloping exposure for our respective vegetable and flower gardens.

I find focused deep breathing and meditation to be very powerful in the pursuit of reclaiming ones' health and Well Being. I do not know if the baking soda protocol will help you, but it helped me as well as others. . . Vj
HOW IS VITO DOING NOW? - WHAT DID THE SCAN SHOW AFTER 11 DAYS?

Message:
Did I miss something? What did the scan show after 11 days of protocol?

Hi S. . . I am not the best writer/editor in the world (haha). The conclusion you were looking for is on the page called http://phkillscancer.com/vernons_dance_with_cancer and towards the end this was written:

"So back to the follow-up bone scan (I am in Oregon now)…. I went through another space ride through a fat donut once more. This time, however, I was hoping for hope. I don’t know why I was hoping, because all my research indicated that once cancer got into the bones you are toast. Anyway, I got bone scanned and waited for the report. The report arrived in the mail a few days later. I was nervous and did not want to open it. As a matter of fact I am crying right now just thinking about it. I finally opened it to these words:

“NO CONVINCING EVIDENCE OF AN OSSEOUS METASTATIC PROCESS” I bawled like a baby.

Two days later I got another report in the mail about my blood tests: PSA is now 0.1…. That is zero point one!

Do I have a conclusion? No I don’t. I just told you some of my story…… Vernon"

Eventually I will put a redirect on the protocol page. Thanks for bringing it to my attention

HOW IS VITO DOING? – HOW LONG UNTIL YOUR CANCER DISSAPEARED?
Message:
Hi Vermon, Hope all is well. If i may ask, after how long of taking the Baking Soda did the cancer disapeared?

The "no convincing evidence of metastasized cancer to the bones" message from the doctors was about 2 weeks after the protocol. Is it gone totally? I hope so. . . although I understand that we all have cancer in us. It is just a matter of creating a mental, spiritual, and physical body to keep it at bay and bring our natural health to the forefront. . . Vj

ALKALINE DIET

ALKALINE DIET – WHAT DID YOU EAT DURING THE BS PROTOCOL?

Message:
Dear Vito, my dad was diagnosed with lung cancer stage 4 that metastasized to his intestine and lymph node. They refused to treat him! I had him started on the baking soda three days ago with vegetarian diet and some brown rice and whole grain wheat bread. Could you tell me what do you used to have for breakfast and dinner? and could you point me to any good website that give tips on food that is good for cancer patients?

What kind of pain medication you used if you used one before?
Regards,
F.

Thanks for the email F. . . I ate a normal Western Diet breakfast and lunch during the protocol. At the time, I knew nothing about alkaline. I currently enjoy a mix of food and am conscious of obtaining the freshest food possible. I have a garden so that makes things pretty fresh
ALKALINE DIET – SHOULD I AVOID SUGAR?

Message:
Dear Vernon,

at first i want to say sorry for my not just commendable english! But i hope you will understand my problem or rather my question :)

I'm 24 years old and in April 2009 i was diagnosed with a so called mycosis fungoides, it is a rare skin-cancer characterized by mutation of white blood cells.

Now i want to start "your" therapy and of course the alkaline diet. My question is now - "Is it important to avoid sugar-containing food like figs(alkaline), bananas (alkaline) or raisins(also alkaline) or should i take the focus on all food which is alcaline and simultaneously avoid acid-forming foods? M

Thanks for the email M... i wish i could answer your questions about your dance, but I am not familiar with it. And even if I was I wouldn't be able to answer. Because - we are fortunately all different with different beliefs, attitudes, weight, ideas, etc, and we each get to choose or find out what to choose is best for us. The alkaline diet sounds good. You will have to do research on the fruit. I know that watermelon is very alkaline or at least alkaline forming.

ALKALINE DIET – WHAT WAS VITO EATING/WHAT IS HE EATING NOW?

Message:
Hi vernon, love your storey I believe you had that fight in you to do what you had to do. I have had none hodgins for 4half years I take good exercise and eat healthy 98percent of the time. Will not go on to much"I am trying to keep my
body alkalined, but could you tell me what you were eating during your time of doing the bsmw.

Thank you

God bless

R

R... thanks for the email. I ate a regular diet. If I had known about an alkaline diet I would have put myself on an 80/20 Alkaline diet. I am generally on a loose 60/20 Alkaline diet now. Like you, I exercise. Did do water aerobics 3 times a week, but recently switched to a bit of running and working out at the gym.

ALKALINE DIET – BREATHE FOR AN ALKALINE BODY

Message:

Vernon, I like your story. I am going to try using baking soda and water, just to get my body more alkaline. I am 64 years old and will be going in for a cat scan tomorrow. My uro, wanted to make sure nothing was going on in my bladder, because I urinated blood for two days about two months ago. Blood in the urine could mean bladder cancer. Much Mahalo, again for your website.

Thanks for the email D... a more permanent way to move the body alkaline is adjusting the diet. I currently enjoy a plant based diet not unlike the one suggested in the movie "Forks Over Knives". That, and doing deep comfortable focused/unfocused breathing helps me a lot. Good luck and good health to you. I am sending you some success stories from others as well as some links. Vj

ALKALINE DIET – CAN ONLY EAT SOFT FOODS

185
Message:
Hi Vito, I am so happy that you conquered your cancer! My dad has been diagnosed with terminal gastric and esophageal cancer and I am trying to make his body less acidic. Unfortunately, he can only eat soft foods so this makes everything more difficult..... I was wondering if you followed a special diet besides the protocol? Did you avoid all sugars, whites (i.e. potatoes, pasta, etc), did you avoid dairy products, were you following a vegan diet? Also, did you take any supplements? And what supplements do you recommend taking with the baking soda protocol to ensure that mineral deficiencies do not occur?

C

Thanks for the email C. . . before I learned about diet, I ate the normal diet I was eating at the time. Once I learned about alkaline and acidic food, then I switched. A lot of people have success with a mostly veggie or vegan diet. I currently have a Blendtec blender and do a lot of smoothies. But. . . I am not a vegetarian, but could make that transition easily if I wanted. Here are a few links and success stories I am sending you.

VITAMINS, MINERALS, AND HERBS

VITAMINS

Message:
hi Vernon
I greatly appreciate your homepage und your sharing of your "dance with the crab". I have to do a similar kind of dance these days, having been diagnosed with cancer of the spine no certain primary tumor, but some strange lymph metastases at ma neck of digestive tract cancer.... I’m absolutely thrilled by the trasure of expereience you are sharing. I’ve apllied quite a lot of what you helped yourself with. Could you please help me by answering the following
question:
Is it really 10000 i.U of Vit D3 you took a day, while you took coral calcium? in our country the tablets are 500mg, recommended dose 1000mg daily. This means, did you take as much as 20 Tabs a day? It would be very helpful to hear from you. When I did pulse testing, 1000mg were recommended for me.

lots of love
H

Thanks for the email H. . . yes, dancing with that silly ol' crab was interesting (grin). We are all uniquely different, so you will have to figure out what will be best for you. What I took vitamin and mineral wise is listed on the website. There certainly is a lot of flexibility in the protocol. Here are a few stories from others as well as some links. . . Vernon

**PROTOCOL FOR PETS**

**MY DOG HAS FIBROSARCOMA**

Hello

My dog has fibrosarcoma and I was wondering if you know anyone who has used this protocol on there dog?

If so were the measurements the same, and supplementing potassium? Would be greatful for your response.

Aloha

BH

Thanks for the email B. . . others have tried the bs protocol on their pets. Some have had success. I am enclosing some success stories from others. One or two are about pets. . . Here are those links for you. Vj
MISCELLANEOUS

MISCELLANEOUS - LIMPOMA

Message:
Hi, I see your video and the trick with soda and I like to know if you have any lipoma or if you know someone that has and did your trick.?
Also you put melasa inside is important to take it together?
Thanks in advance, P

Thanks for the email P….. (great name). . . I know nothing about lipoma. Others have used maple syrup, honey, or agave with success. I am sending you some links that will be helpful, Vj

Reply from P:
Thanks for the reply,
fyi Im in 3rd week on your protocol and I see my 2nd lipoma almost gone :-)is already 1/2 and the 1st is softer and 1/4 smaller, but I get in the morning goji berry 1 tea spoon, Cod Liver Oil with garlic 1 tablet and some days I eat also Hippophae 1t.s. with the others together. My thing is that when I take the soda usually at evening after 2 hours when I eat at the night keep me up and I use it with blackstrup molasses and I think for my use must be at night before I sleep. Thanks again for the info u share in youtube and open my eyes that the body need oxygen to cure everything.
I wish you good continue and good health to you.
Best Regards P……

MISCELLANEOUS - HELP WITH BELIEF
Message:
Hello Vito!

I came across your website, and I was completely mesmerized by your story. I have been following the ph strategy for about a year now, and recently someone close to me was diagnosed with stage III prostate cancer. He is very wary of the big pharma approach, so I have been helping him to look at other approaches. To be honest, after I came across the cesium protocol, I continued to follow the research, and eventually came across information that the doctor I was following who did this protocol, was being pursued by legal authorities because he was luring cancer victims to his off shore facility, and they were just dying. So, at that point, I thought the cesium approach was a hoax, but I KNEW that ph as a health strategy was valid as I had used it for stomach problems last year.

So, here is what I am asking, and please believe that I only want to increase my own BELIEF in the power of ph against cancer. I'm sure when you were going through your dance, you were given documentation on your diagnoses, both early on when it was aggressive, and later after your ph protocol when it had subsided. Would you PLEASE share that documentation with me??!! It is important for me, and I also want to convince this person who is so close to me that there are paths to health. I've read on your site comments from doctors, obviously calling you a criminal, but they have been programmed to be this way. But, I also read from one person who followed your protocol and was saying there was no change in his cancer. Of course, he may have been eating acidic foods and minimizing the affect of his BS protocol, but there could have been many reasons.

I just need some real information, in the way of doctors diagnoses, or hospital data sheets that showed your progress from having aggressive cancer to NOT. Please help me in the respect, and if there is a cost for your time, just tell me what you need, and I'm happy to reimburse you. Your story is a RAINBOW, and I pray you might help me to be a true believer.
Thank you, S

ps- I fully realize that everyone is different, and that your protocol won't necessarily work for everyone. But, I just want to convince myself that it worked for YOU!

Hi S. . . thanks for the email. First of all I received that deadly diagnosis 5 years ago - and I am still alive. That should be enough to be able to "stick your fingers in the holes". If that is not enough then read some of the success stories from others that I am enclosing. It really does come down to YOU and your beliefs. So you are right about that, but I cannot jump into your mind and examine your beliefs for you. You must do that. You might start with examining your beliefs about health in general, then yourself as deeply as you can go, then examine your future. . .Vj

MISCELLANEOUS – WAS VITO DOING CONVENTIONAL TREATMENTS?

Message:
Loved your story! Happened to stumble on a youtube video and led me to your site.
I wanted to ask you if at the time you were doing the baking soda, were you on or had done any conventional treatments? And if so, do you think that may have helped in your cure?
I don't have cancer, but have had Hepatitis C for over 35 years from a blood transfusion. I was thinking maybe this would be a good thing to try to see how it works against a virus.
Your thoughts?
D
Thanks for the email D. . . yes, there was some conventional treatment going on. That is written on the website. Did it help? I don't know. Bear in mind, I was given a death sentence. That was over 4 years ago.

I figure that the baking soda protocol gave my body a jolt. Did you read the entire website? There is a lot of info there including the blog. I am enclosing a few stories from others as well as a few links. You may find them interesting. . .

Vernon

MISCELLANEOUS – DID VITO TALK TO DOCTORS ABOUT THE PROTOCOL?

Message:

Hi, I would like to know if you talk to the Dr. about Bicarbonate of Soda. Would they know about this treatment? Last year my dad's prostate cancer came back. He was on hormonal treatments since 1993 and about 2010 it started failing. I would love your feedback.

Thank You,

Z

Thanks for the email Z. . . no, I did not talk to the doctors about baking soda or alkaline treatment. That would be like talking religion or politics (grin). I tried a few times. Sort of feeling out the receptive climate, but I knew. Others have written me about their negative experience talking not only baking soda but alternative to their doctors. Still, once in a while a doctor listen outside of their box. Vj

MISCELLANEOUS – DOCTOR’S REACTIONS

Message:
Hi Vern. It was uplifting to read about your success with the PH remedy. What I want to know is what your doctors' response to this was --astonishment, disbelief, denial? Did any of them express interest in using it for their patients?

Thanks, T

Thanks for the email T. . . There is no way I was going to tell them. I tried a couple of times, but my particular doctors had no ears for it. However, they were utterly amazed. One of the nurses said, "First it was there, and then it was gone". VJ

MISCELLANEOUS – MORE THAN JUST THE PROTOCOL

Message:
Ok you took baking soda for several days and then went to the doctor. what were the rsults? Maybe I'm overlooking the answer, result etc. Can you give me a straight forward answer with no fluff? Did this baking soda thing work for you? if so how well did it work, and how long did it take?

Thanks for the email R…No Fluff huh!!! That got me laughing. The results are on the website under the 'vernon's dance' part. Did it work for me. . . I sure hope so. It has been over 4 years - almost 5. It certainly was not the baking soda alone. It has a lot to do with attitude and beliefs. Focused/unfocussed comfortable breathing, meditation, and a general curiousity about myself and the world I live in played huge roles.

MISCELLANEOUS - VARIOUS ALTERNATIVE METHODS

Message:
Hey, Thank you for what you are doing here. We found in early Oct that she has a 2.7byxbyx lump on her thyroid... and FNA declared that it was cancerous. I did a lot of research on multiple ways and came to your site too. We have been doing a lots of different supplements, vegan diet, regular sauna, chakra breathing meditation, huge amounts of reshi mushroom, alkaline water, oxygenated water, juicing vegies/fruits, juicing canabis leaves and applying canabis cream topically including doing baking soda. We did it for one month in November and then gave a month break, started couple weeks back again. Today, we found that it's down to 1.7byxbyx... A rough volume calculation revealed 57% reduction, not very accurate way to do it but we are certain that things are working... I felt thankful for all the resources and people who helped me device this treatment/immune system buildup idea. I thank you again... Pappilary is a very slow growing cancer so probably it will take longer to go away too... but we are on the path for sure.

G

Congratulations to you G and thanks for the email. You are throwing the whole loaded boxcar at it (grin). . . Glad you are doing the breathing and meditation. Remember the emotions. They play a huge role.

MISCELLANEOUS – HOW TO CONVICE SOMEONE TO TRY THE PROTOCOL

Message:
I have a friend that has a grandmother with cancer and I told her about this treatment that I found on the internet but her mother which is the daughter of my friend's grandmother doesn't want to believe and is too stubborn to even try it. Can you do anything to help convince her that it really works? B

Thanks for the email B. . . each of us chooses our own beliefs and our own
actions. Sometimes some of us are ready to move on. . . Vj

MISCELLANEOUS – DID YOU TELL YOUR DOCTORS?

Message:
What has your doctor said since you have been on this regime? Thanks. J

Are you kidding. . . (grin). I did not tell my doctors. I almost did several times, but learned that most are not interested in much outside of the mainstream cancer box. Thanks for the email J, Vernon

BREATHING

BREATHING – NOSE OR MOUTH BREATHING?

Message:
Hi Vernon, I have one quick question. Is nose breathing just as it sounds? You just breathe through your nose as much as possible? Do you still make a point of doing this every day?
Thanks so much for your help.
P
Thanks for the email P. . . yes I do. It is now foreign for me to breathe though by mouth - unless of course I am working out or running, then I use any possible way to get more oxygen into my system. Vj
BREATHING – GENERAL RESPONSE

Message:
Hi. I recently passed about a pint of blood in my urine. was scared and went to the emergency room. was referred to a urologist who found that I had invasive cancer in my bladder and prostate. He recommended major surgery (removal of my bladder and prostate and taking a piece of my small intestine and form a pouch on the outside of my stomach for my urine. I am 84 years old and walk a brisk 2 miles every day and feel great. I have opt to have no surgery or chemo or radiation. Looking for more quality time instead of more time. Have been on baking soda and molasses for 4 days (2 tsp bs 2 tsp M 1 cup w) 3 times a day. My PH has gotten up to 8.2 (urine test). I am keeping a note book of the exact time I take the BS mixture and Ph level. I would like you to e mail me any more recommendations or comments that I can do to help give me some more quality time. Thank You Sincerely, E.

Thanks for the email E…Focused or unfocused smooth deep breathing, meditation, a constant reaching for better feeling thoughts and emotions, and a smiling desire for Self-discovery. There are a lot of unconscious unknowns in my life that I am having great fun in making conscious. . . Tanks for the email Ernest, and it sounds like you are doing good, Vernon

PS: If you do the breathing, also keep a notebook - you will be amazed at what you learn and where you go.

BREATHING - QUESITONS

Message:
Vernon, hi ! I admire so much what you have done and I am preparing myself ASAP for the same... Hope so.
But I have one question and badly need an answer ASAP. PLEASE !?? PTR
Breathing. From your description it is not clear to me whether your goal was to
alkalize blood with real deep breathing (that means to LOW CO2 and get higher
Ph in blood) or did you want to oxygenate cells - that's like not so deep
breathing - like Buteyko "normal" breathing- to make CO2 amd oxigene
balanced). Was your breathing slow or quick?

I'd like to do the same AS YOU did but am not quite sure how to do breathing.
Would you be so kind to explain a bit more about it to me? PLEASE.

Kind regards, M.

Thanks for the email M. . . I knew breathing and oxygen were important parts
of the formula when (I am sure you read that part) my body felt like it was
breathing on its own. I was as if every cell in my body had nostrils as big as
wheelbarrows and they were each breathing in mass amounts of oxygen. This
all occurred when I did the protocol.

What it did for me besides bring in oxygen was to relax me more and more. The
body can reclaim itSelf much quicker when it is relaxed. I breathed - inhale and
exhale - though my nose. It took a while to get used to that. Now it is foreign to
me to breathe through my mouth.

I also do meditations: my meditations are done in conjunction with breathing
depthly. My breathing is not so exaggerated that it hurts to breathe, but rather a
nice deep flow. When thoughts come into my mind I allow them. Over the last
few years negative thoughts have become less dominant, and when one comes
along I play with it, glean from it, and then let it go or pivot to a better feeling
thought. For me. . . this works! VJ
CONTINUING THOUGHTS

Due to a heart issue I have been dealing with: I have an enlarged heart, Atrial Fibrillation, Congestive Heart failure symptoms, and irregular heart beat, I had a pretty good scare when my heart wasn’t pumping so good (much better now). My son and I were having a conversation about what this book and my website are all about. My son said, “Dad, it’s all about you and your story. So what happens when you are gone? It seems like it all goes with you.” I thought for a moment and said, “No, it isn’t just about me, it’s about all the others who have been apart of it too. All their questions, their stories, all the other experimenters are just as important.”

Everyone who has come to me and my website in some form or fashion has contributed. Questions from one person help me to answer questions so all the others can benefit. The successes that former cancer patients tell me about inspire me to contribute more, and help make me realize that what I do has value to the world. The people who have shared their versions of the protocol offer more options and help others see how they can tailor the protocol to suit their needs.
The protocol and the jolts are not ‘one size fits all’. Just because I did it my way, doesn’t mean everyone should do it my way. My way is only a reference. You MUST listen to YOUR body and yourSelf. Some people try the protocol only once, but who’s to say trying it a second time, or a third time, or more wouldn’t offer some benefit. One man, whom I have had extensive discussion with had gone through the protocol once every two months for almost 3 years to gain to a cancer free body. He did it 19 times! How does that work? I wish I knew. All I really know is I tried something and it worked for me and it has worked for others

Thank you to all of those who have been apart of this.