



SUPPLEMENTS



**INCLUDES OUR PERSONAL ANTI-CANCER
SUPPLEMENT ROUTINE**

THANK YOU FOR JOINING US!

Like many families who are rocked by a life-threatening diagnosis, we quickly went from “Wellness Enthusiasts” to “Wellness Warriors”. And our integrative/holistic approach to wellness taught us one thing for sure: we have all been blessed with an amazing body that has a remarkable capacity to self-heal (when kept in balance; nutrition, rest, etc.).

After our diagnosis ([click here for full story](#)), the stakes were high and I often felt overwhelmed (and exhausted) when trying to find a healthy existence in a toxic world.

I'm sure many of you can relate to my story, which is why I want to share what we learned while taking every logical step to save the life of someone we love. Find Your Strong is committed to providing the guidance we wish we had the day we were diagnosed (educational info, products, events, etc. that support holistic wellness) to help you to fast-track your wellness plan.

It has taken a lot of man-hours for us to figure out this “wellness thing”—and we are still a work in progress! Health & Wellness is a very private journey and there is not one right path (there's no pressure to incorporate our practices)--always do what feels aligned for you.

It is our hope that wherever you stand on your path, you are able to dig deep & “Find Your Strong”.



May this book speak to you! Enjoy!

Wishing You
Peace + Health
❤️ Kelly

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DISCLAIMER

We have designed our materials (website, ebooks, courses, etc.) to provide the guidance we wish we had the day we were diagnosed. It is our hope that this information helps you to fast-track your wellness plan.

But before we give you the lowdown, we first like to begin all of our books/trainings/articles/etc. with a brief disclaimer. So don't say you weren't warned. Ha!

The information that we provide is not medical advice and is not intended to take the place of advice from a qualified medical professional. This information is not intended to diagnose, treat, cure, or prevent any illness. The contents of this publication are for informational purposes only and are not intended to be a substitute for medical advice, diagnosis, or treatment. Any action you take with regards to your personal health is solely at your own risk and expense. Always check with your doctor before changing things like diet/exercise/supplement routines/or anything else that may impact your health.

That said, at no time will we apologize for the content of our material, as it contains the reality of what we learned while taking every logical step to save the life of someone we love. Our materials are influenced by some of the world's leading researchers, authors, naturopaths, alternative medicine experts, etc.

Our materials focus on integrative/holistic care and outlines what worked for us. This information was gathered during a time in our lives when the stakes couldn't have been any higher. There is no pressure to incorporate the practices outlined, as we understand and respect the fact that health/wellness is a very private journey.

Wishing you Peace & Health,

The Find Your Strong Team



HOLISTIC WELLNESS

We have all been blessed with an amazing body that has an innate ability to heal itself when kept in balance. Disease is merely a sign that the body is out of balance.

Holistic Wellness focuses on fixing the body's terrain. In other words, give your body what it needs and it knows what to do. This process all comes down to what we call "The Big Six", (Yes, this is a sports reference and a play on the "Big Ten"—which is easy for my kids to remember).

Memorize the **BIG SIX**, live the **BIG SIX**, ❤️ it, teach it to your kids, your friends...you get the picture.



1. **DIET; FOOD IS MEDICINE**
2. **SUPPLEMENTS** (VITAMINS, HERBS, ESSENTIAL OILS, ETC.)
3. **EXERCISE**
4. **REST**
5. **RID TOXINS**
6. **HAPPINESS** (SPIRITUALITY, STRESS REDUCTION, LOVE, ETC.)

OUR BOOKS, WEBSITE, ETC.

Trying to find a healthy existence in a toxic world can be overwhelming.

People often ask:

- Who is your doctor? (we have a "dream team" by the way)
- What brand of vitamins do you use? (we rotate a few high quality brands)
- Where do you buy your herbs?
- What juicer do you use?
- Etc. Etc.

So we decided to address **BIG SIX** questions by designing a few interactive resources (with clickable links—how convenient!). We designed our website, ebooks, etc. to provide the guidance we wish we had the day we were diagnosed—so you can fast-track your wellness plan.

FOR MORE ON THE THE **BIG SIX**
CHECK OUT OUR OTHER EBOOKS

WHAT SUPPLEMENTS DO YOU TAKE?

After our diagnosis, we were on a very focused wellness mission—quite frankly, nothing else mattered at that time. We soon realized that we would need to properly address the **BIG SIX** (Diet, Supplements, Exercise, Rest, Toxins, Happiness) in order to create balance and give the body what it needed to heal.

As we set out to design a supplement regimen, it was both exciting and overwhelming. There was so much literature about the healing power of supplements (which was exciting!), but much of it was conflicting and the sheer volume of research made me crazy. There was also critical information that was hard (or impossible) to find.... What brand should we use? Could some supplements cause harm or interfere with our treatment? Could some assist our treatment? What about helping to prevent recurrence? What dosage should we take? Omg!

And with a fresh diagnosis, there was a constant (frantic) sense that time was ticking and we needed the right answers RIGHT NOW! And so with myself (& my family) in the driver's seat, led by God and a team of diverse medical professionals (conventional doctors, integrative doctors, naturopaths, dieticians, etc.), we came up with a sound, practical, research-based supplement regimen.

Given the complexity of the topic, it's no surprise that we often get asked about supplements. Hence, we designed this book to provide the information we wish we had the day we were diagnosed. We will explain & share our personal supplement regimen with you—hopefully empowering you to fast-track your wellness plan.

Please remember, I am NOT a doctor, and I am NOT providing you with medical advice. Rather, I am doing for you—what I wish someone had done for me. We are simply sharing what worked for us during a time in our life when the stakes couldn't have been higher. Use this information as a “crash course” to get the education you need about supplements and to accelerate your wellness plan. Before implementing, it's best to consult a trained medical professional ([click here for a list of some of our favorite docs](#)).

Alright!—Now it's time to dig in!

WHY SUPPLEMENTS?

A “supplement” by definition is something that completes or enhances something else when added to it. That said, the best way to get the nutrients you need is by eating organic whole foods from Mother Earth. There isn't a supplement in the world that can replicate the nutrition provided by God's food. (For the lowdown on diet, download our most popular eBook entitled “[Food is Medicine](#)”). The bottom line is that supplements will not make up for a poor diet.

SUPPLEMENTS DURING TREATMENT

During treatment, we used supplements to:

1. Increase the efficacy of conventional treatment (chemo/radiation).
2. Speed surgical recovery.
3. Decrease/counter-act the side effects of modern treatments (prevent nausea, increase immune function, improve blood counts, etc.).
4. Prevent recurrence.

SUPPLEMENTS AFTER TREATMENT/PREVENTION

Currently, we (personally) use supplements to fill nutritional gaps & specifically for their anti-tumor properties (prevent recurrence). Many people take supplements as part of a healthy lifestyle and to prevent a disease from ever occurring in the first place (so smart!).

TARGETED SUPPLEMENTS

Our personal supplement regimen includes many targeted (anti-cancer) supplements, which tend to be:

1. **Anti-inflammatory.** Inflammation is the root cause of disease. I'm not talking about the helpful kind of inflammation that occurs to help your body heal after a sprained ankle. I'm talking about chronic inflammation (caused by poor diet, allergens, stress, etc.) that silently wreaks havoc on the body. Therefore it's logical to use the **BI G SIX** (which includes supplements) to quell inflammation.
2. **Antioxidant.** Antioxidants are critical nutrients (vitamins, minerals, enzymes) that counteract oxidation, thereby preventing diseases such as cancer, heart disease, stroke, auto immune diseases, etc. So again, using **BI G SIX** strategies (like diet & supplements) to increase antioxidants makes good sense.
3. **Immune Enhancing.** Diseases (including cancer) occur because our immune system is not properly functioning. In order to prevent disease, we must focus on the **BI G SIX** (diet, supplements, reducing stress, etc.) to assure our immune system is in tip top shape. Gut health is critically important because much of our immune system is located in the digestive tract/gut (so probiotics are important). There also needs to be an intake of supplements/herbs (like mushrooms) that improve overall immune function and are known to increase **Natural Killer** (NK) cells, which are an aggressive part of the immune system that plays an important role in eliminating cancer cells and viral-infected cells from the body.

BUY RAW WHOLE FOOD SUPPLEMENTS (NOT SYNTHETIC)

As we said before, nutrients are best when obtained from real foods. So when it comes to supplements, "Raw" products made from organic whole food sources are naturally recognized and absorbed by the body. Because synthetic/man-made supplements that are constructed in a laboratory are not recognized by the body, they are treated as a toxic intruder--which can be harmful to health. RAW means these supplements are uncooked (kept below 115°F) and contain no synthetics--just like real raw foods! What a novel concept. [Click here to watch a nifty 3 minute video](#) that further explains the importance of raw supplements. We also only use organic plant-based **protein powder** ([click here to see brand we use](#)).

ABSORPTION

Many years ago I listened to a doctor lecture on the topic of "nutrition". The presenter illustrated the difficulty with absorption by telling us that when they siphon and strain the waste from porta-potties, they find thousands of whole vitamin tablets (colorful Centrum's to be exact). In other words, they exit in the same fashion that they entered, completely useless to the body.

HIGH QUALITY SUPPLEMENTS

So rather than throwing all that \$\$\$\$ down the crapper, there are some little tricks to get those nutrients absorbed! And when you buy high quality supplements, like those [listed on our site](#), these companies take the guess-work out of it for you. For example, Vitamin Code RAW D3 is “delivered in a whole food lipid base of cracked-wall chlorella to promote absorption”. So no need to go out and crack your own chlorella walls to get the absorption you need—it’s already done for you! Ha!

CURCUMIN ABSORPTION

Although you can generally increase bioavailability of your supplements by purchasing high quality products, I want to specifically address curcumin. Technically speaking, curcumin is the active/healing compound found in the spice turmeric, but people often use the terms (turmeric & curcumin) interchangeably. And these days just about everyone is trying to get more curcumin/turmeric in their diet, as it’s proven to be one of the most powerful disease-fighting herbs on the planet. In fact, many studies indicate that its benefits (anti-inflammatory, antioxidant, anti-tumor, antiviral, antibacterial, antifungal, etc.) may be better than some pharmaceutical medications (anti-inflammatory drugs, chemotherapy drugs, arthritis medications, etc.).

Cook with turmeric every chance you get and you may also want to consider taking a quality curcumin supplement with good bioavailability ([see supplement chart below](#)). To increase absorption of curcumin:

- Consume turmeric as a whole food (fresh or dried as a powder—we [use this product](#))
- Mix it with black pepper (also called piperine). Many supplements mix curcumin with piperine, as it can increase bioavailability by as much as 2000%.
- Mix it with some healthy fat, like Extra Virgin Olive Oil (EVOO), so it can be more directly absorbed into the bloodstream.

PUT ALL 3 TRICKS TO WORK IN 1 MEAL: For a tremendous disease-fighting meal, make some homemade spaghetti. Dissolve some turmeric & black pepper in a few tablespoons of EVOO and add to your lycopene loaded sauce. Your body will thank you! [Recipe here](#).

PLANTS, HERBS, TEAS, ETC.

In addition to eating a plant-based diet (which should include daily juicing), try to cook with medicinal herbs as much as possible.

- turmeric (always mix with black pepper)
- ginger
- garlic
- cinnamon



Also consume organic teas; green tea (Sencha, Matcha), mushroom tea, flax tea, etc. For information on our favorite brands (spices, teas, etc.) and where to buy—check our [“Favorites” page](#).

HOW/WHEN TO TAKE, SPREADING OUT DOSAGES, ETC.

There is literature that says you should only take certain supplements at certain times of the day....some with food....some without food....some with fat....some with other supplements....some twice a day....some 3 times a day...etc. And, if you have the energy for all that—I say “go for it”! But, the bottom line for me (and my family) is that this process cannot become too complicated—or we likely won’t do it at all. So I simply try to stay organized and employ logical strategies to address the **BIG SIX**.

We take most of our supplements twice a day (morning & evening for simplicity). Spreading out dosages, rather than taking a mega dose, helps with absorption and is easy for most schedules.

BASKET SYSTEM/ROTATING SCHEDULE

We have a color-coded “Basket System” that keeps us organized, making it easy to take the right supplement, on the right day, at the right time! Our vitamins/herbs are separated into 4 baskets:

1. **DAILY**-for those supplements that are taken twice daily.
2. **Monday, Wednesday, Friday, Sunday**
3. **Tuesday, Thursday, Saturday**
4. **EXTRAS**-these supplements are taken at a higher dosage for 10 days prior to scans ([see graph below](#)), as they reportedly help to clear out lungs for accurate results.

ROTATING SUPPLEMENTS

Not only do we rotate our supplement schedule (what we take on specific days), we also rotate certain supplements in and out of our regimen. Very specifically, we rotate mushrooms because the body has a tendency to become “used to them” and they can lose their effectiveness. We strategically rotate ours on the first of every month, making sure that we always have one that has been shown to work on cancers similar to our diagnosis (smart?-right!). I send myself a text reminder so we don’t forget to swap them out! The [supplement chart](#) below contains more details.

DOSAGE

As you look at the “supplement chart”, you may be wondering why I have not included a lot of dosage information (especially since I promised to give you the whole lowdown on supplements). For starters, our personal dosages have continually changed over time and I didn’t want to add any confusion to the mix. Likewise, dosages often need individualized for your specific needs (age, weight, medical concerns, etc.). That said, it’s not total rocket science. In fact, most all supplement containers include recommended dosages to get you started. Once you get yourself situated, I recommend having a qualified doctor (naturopath or integrative) review your regimen so they can help you tweak it for maximum benefit. [For a list of medical professionals click here.](#)



COLOR-CODED BASKET SYSTEM

ANTIOXIDANTS & CANCER TREATMENT

Do antioxidants interfere with cancer treatment?

This question tends to feed a lot of anxiety for people who want to use a complimentary (integrative) approach to wellness. I was warned (loud & clear) by many conventional doctors about the danger of using antioxidants, while receiving conventional cancer treatments. I was often told that I was implementing alternative practices “at my own risk”. This warning naturally made me fearful and I often questioned my alternative/natural strategies. I did encounter conventional doctors who acknowledged that supplements can reduce side effects of conventional treatment, but they theorized that this is due to the antioxidants “blocking” the effectiveness of the conventional medications. In fact, one doctor told me that I had likely done harm with supplementation/diet and that we could consequently need extra rounds of chemo. In that moment, I was terrified to think I could have been doing (my child) harm.

I am so happy (and blessed!) to report that my son:

- Maintained his weight during treatment
- Exercised (cardio/weights) every day during treatment
- Had no unplanned hospital visits (despite being told to expect unplanned visits after 50-75% of the treatments)
- Had 100% necrosis; or normal cells at the time of his surgery (our doctors had never seen this before)
- Finished his treatments early (yes, I said he finished EARLY).
- Is back to living life! Baseball, basketball, swimming, golf, etc.

Needless to say, that doctor was grossly mistaken (not malicious—just mistaken).

Perhaps our biggest “take-away” from this conversation about antioxidants and conventional medicine should be about the incredible power of God’s food. In other words, if antioxidants can in fact interfere with the work of highly potent chemo drugs---then things like blueberries must be some really powerful sh%t ! So if you are choosing a totally natural route to wellness, or trying to prevent disease—this is great news—rock on!

THE 72 HOUR RULE

However, if you are choosing to utilize an integrative approach to wellness (the best of both modern & alternative medicine), the last thing you want to do is interfere with the efficacy of the treatment. This topic is one that absolutely requires a consultation with a skilled integrative (or naturopathic) doctor who specializes in cancer treatment.

To combat the potential of interference from antioxidants, we were advised by our doctor NOT to take supplements 72 hours before/after chemo. We were very careful to always follow this medical advice. Although the “72 hour rule” may be a good rule of thumb, as integrative medicine has evolved, there are much more precise ways to make certain that your regimen is safe and complimentary. All conventional treatment methods are different; so check with an integrative/holistic health care professional to get the best advice for your specific medical needs. See our website for a [list of doctors/clinics](#) to get you started.

HONEYMOON/VACATION

Everyone needs a vacation now and then. Likewise, your body needs a break from supplements. So, give your body a one week break at least twice a year. During this vacation, do not take any supplements—but make sure you are still eating healthy whole foods (plant-based)! We often try to schedule our “supplement vacation” at the same time as our “actual vacation”, so we don’t have to pack all our vitamins, etc.

SUPPLEMENT CHARTS TO GUIDE YOU!

WHERE TO BUY:

EMERSON ECOLOGICS
NATURAL PARTNERS
VITACOST
WHOLE FOODS

BRANDS:

AMAZING GRASS
HOST DEFENSE
INTEGRATIVE THERAPEUTICS
SUNWARRIOR
THORNE
VITAMIN CODE (GARDEN OF LIFE)

*For more about quality brands/products; check our [favorites page on our website](#).

CURRENT SUPPLEMENT REGIMEN

ADVEMAR	AMERICAN BIOSCIENCES	I recommend researching the studies surrounding this powerful anti-cancer that also helps increase efficacy of conventional treatments.
ASHWAGANDHA (& Astragalus-see below)	HERB PHARM	We never missed a dose of this herb during treatment & we still take it (although at a lessor dosage). This anti-cancer & immune booster can be helpful in reducing some of the most dangerous side effects of chemo. Ashwagandha helps to reduce myelosuppression associated with chemo/radiation. In other words, it improves blood count issues, helping to maintain healthy red & white blood cell counts during chemo, preventing risk of infection and minimizing the need for transfusions, etc. It also improves mood, reduces fatigue, resets hormones, etc. Chemo patients often need transfusions or incur infections (and in-patient hospitalizations) because of low counts. These complications prolong treatment times and reduce outcome success (the more you stick to your treatment schedule--the better). We had a blood count issue (one time only) right at the onset of our treatment--so I knew we had to do something quickly. Additionally, our doctor said we could plan for an "unplanned" hospital visit after 50-75% of our treatments because of these complications. After we started taking Ashwagandha & Astragalus, we never had another blood count issue. In fact, we had no infections, no unplanned hospital visits, and we finished treatment early! #blessed
ASTRAGALUS	GAIA HERBS	Again, we never missed a dose of this amazing herb during treatment & we still take it today (at a reduced dose). Astragalus has been clinically shown to increase the efficacy of chemo, while decreasing the side effects (nausea, vomiting, diarrhea, fatigue). And like Ashwagandha it improves blood count issues, helping to maintain healthy red & white blood cell counts during chemo, preventing risk of infection and minimizing the need for transfusions, etc. This herb is a powerful tumor fighter, reduces cortisol level (stress hormone), heals wounds, & is a powerful anti-inflammatory.
B COMPLEX RAW	GARDEN OF LIFE	B Vitamins & cancer are controversial. Some studies suggest that taking B-Vitamins can stimulate cancer growth. That said, the most common nutrient deficiency is B-12. We have taken a raw B-complex (every other day) at times. We currently do not take any B-vitamins, but may rotate them back into our regimen periodically (raw, whole food form only).

BERBERINE	VITAL NUTRIENTS	Lowers blood glucose, resets hormones, antimicrobial, anti-tumor, anti-inflammatory, etc.
BROMELAIN	PURE ENCAPSULATIONS	Found in pineapple (stems/core) treats cancer, anti-inflammatory, surgical recover, joint pain, etc. Research indicates it is a powerful anti-tumor and more effective than some chemo meds.
CHLORELLA PLUS	DOUGLAS LABS	World's most perfect food! Detoxifies radiation/chemo, detoxifies heavy metals, supports the immune system, prevents/treats cancer, lowers blood sugar, etc.
CITRUS PECTIN (PECTASOL)	ECONUGENICS-PRODUCT MUST CONTAIN PECTASOL	Anti-cancer, prevents spreading of tumor cells. To help prevent recurrence take 3-5 years after cancer treatment.
CRUCERA	THORNE	Antioxidant (cruciferous veggies). 1 capsule is equivalent to eating 2 lbs. cooked broccoli. Chemoprotective properties & long-lasting protection from free radicals.
D3 VITAMIN RAW	GARDEN OF LIFE VITAMIN CODE	Protects against cancer, increases NK cells & immune function, & helps manage blood sugar level. Known correlation between the development of cancer & low vitamin D levels. Difficult for many people to get enough Vitamin D; Supplement is often needed. Check your Vitamin D blood level regularly & aim to be above 50. Get 20 mins of sunlight a day with no sunscreen. Our Vitamin D level at diagnosis was 16; currently it is 73. Levels take time to increase-be patient & check proper dosage with your doctor. We currently take 5000 IU daily.
GRAPE SEED EXTRACT	INTEGRATIVE THERAPEUTICS	Synergetic anti-cancer effects when combined with green tea & curcumin. To help prevent recurrence take 3-5 years after cancer treatment.
GREEN TEA EXTRACT (ORGANIC)	HERB PHARM	Synergetic anti-cancer effects when combined with grape seed extract & curcumin. To help prevent recurrence take 3-5 years after cancer treatment. *Also, drink organic green tea daily.
HESPERIDIN	THORNE	Bio-flavonoids, antioxidant, anti-inflammatory, vasodilator.
LYCOPENE	PURE ENCAPSULATIONS	Powerful phytonutrient/antioxidant. Prevents & slows cancer growth.
MULTI	GARDEN OF LIFE VITAMIN CODE	Take for good health & to fill nutritional gaps. Take a raw vitamin that is derived from organic whole foods (not synthetic/manmade products).
MUSHROOMS ORGANIC CHAGA	HOST DEFENSE	One of best sources of antioxidants. Can prevent/treat cancer. Stimulates immune system & is anti-inflammatory. Contains Betulinic Acid demonstrated to have high activity against neuroectodermal tumors.
MUSHROOMS ORGANIC MAI TAKE	HOST DEFENSE	Increases immunity & NK cells. Prevents/treats cancer, stimulates immune system, anti-viral, reduces inflammation.
MUSHROOMS ORGANIC REISHI	HOST DEFENSE	Touted as one of the best cancer-fighting foods available. Shown to increase efficacy of conventional treatment, while decreasing side-effects (nausea, vomiting, fatigue, etc.).
MUSHROOMS ORGANIC SHITAKE	HOST DEFENSE	Destroys cancer cells, inhibits tumor growth, & induces apoptosis. Helps heal chromosome damage caused by cancer treatments. Boosts immune system. Anti-microbial. Boosts energy & is good source of Vitamin D.
MUSHROOMS ORGANIC TURKEY TAIL	HOST DEFENSE	Increases NK cells, anti-cancer, boosts immune system, supports chemo patients (immune support), etc.
PERFECT FOOD RAW GREEN	GARDEN OF LIFE	We use this powder in shakes or as a green juice substitute in a pinch. We also will pop a couple of the tablets for the same purpose.
PRO OMEGA/COQ10	NORDIC NATURALS	COQ10 is antioxidant/anti-inflammatory, effects body at a cellular level; heart/lungs. Can protect against damage to the heart caused by conventional treatments. Omega 3's are anti-cancer & anti-inflammatory. We like this combination pill, but some prefer to take separately.
PROBIOTIC RAW	GARDEN OF LIFE VITAMIN CODE	Much of the immune system is located in digestive tract/gut. Probiotics improve gut health & strengthen immune system. Very important during/after treatment.

QUERCETIN	PURE ENCAPSULATIONS	Flavonoid in green tea, apples, berries, etc. Prevents cancer, anti-inflammatory, detoxifies.
RESVERATROL RAW	GARDEN OF LIFE	Found in grapes & red wine. This powerful anti-oxidant is believed by some to be "fountain of youth". Anti-cancer, anti-ageing, etc.
THERACURMIN (TURMERIC/CURCUMIN)	INTEGRATIVE THERAPEUTICS	Naturally treats/prevents cancer, helps with diabetic management & conditions like arthritis. Anti-cancer, antioxidant, anti-inflammatory, anticoagulant, etc. *Also, cook with organic turmeric every chance you get (mix with black pepper for absorption).
WHEATGRASS (ORGANIC)	AMAZING GRASS	We use this powder in shakes or as a green juice substitute in a pinch.

MORE SECRET WEAPONS

ALGAE (FROZEN)	E3LIVE	Increase immune function & prevent disease. More than 65 vitamins, minerals, amino acids, & essential fatty acids. Use in smoothies or drink in place of a fresh juice in a pinch.
PROTEIN POWDER	SUNWARRIOR	We luv adding this organic plant-based protein to smoothies!

MUSHROOM ROTATION

CHAGA & TURKEY TAIL	JAN/MARCH/MAY/JULY/SEPT/NOV
MAITAKE, SHITAKE, & REISHI	FEB/APRIL/JUNE/AUG/OCT/DEC

EXTRAS-WE TAKE I INCREASED DOSE 10 DAYS BEFORE SCANS

BERBERINE	VITAL NUTRIENTS	Lowers blood glucose, resets hormones, antimicrobial, anti-tumor, anti-inflammatory, etc.
HESPERIDIN	THORNE	Bio-flavonoids, antioxidant, anti-inflammatory, vasodilator.
QUERCETIN	PURE ENCAPSULATIONS	Flavonoid in green tea, apples, berries, etc. Prevents cancer, anti-inflammatory, detoxifies.
BROMELAIN	PURE ENCAPSULATIONS	Found in pineapple (stems/core) treats cancer, anti-inflammatory, surgical recover, joint pain, etc. Research indicates it is a powerful anti-tumor and more effective than some chemo meds.

SURGICAL HEALING

ARNICA	1 dose right after or as directed by doctor.
BROMELAIN	500 2x day 4 weeks before/after surgery.
BRYONIA	pain/prevent infection as directed by doctor.
COQ10	150-200mg 4 weeks before/after surgery.
VITAMIN C	500-1000mg 2x day for 1 month before & 2 wks. after surgery. Then, resume 500-1000 day or discontinue.
ZINC	30 mg daily 2 weeks before/after.

*STOP BEFORE SURGERY

Garlic, Vitamin E, fish oil, ginkgo biloba, st johns wort, ginger; stop 1 week before/after or as directed by doctor

DURING CONVENTIONAL TREATMENT

ALOE VERA	Used synergistically with Melatonin.
ASHWAGANDHA	SEE ABOVE
ASTRAGALUS	SEE ABOVE
AVEMAR (fermented wheat germ)	SEE ABOVE
B-6	We took this during treatment to prevent blisters on the feet. We had blisters at the onset of treatment (1x) and then never again after starting the B6.
BERBERINE	SEE ABOVE
BUDWIG SHAKE	If you have been researching natural treatments, you have probably read about Budwig. We drank this daily during treatment & still occasionally whip one up. There are lots of rules for making the original Budwig , which is why I like this modern recipe that makes good sense from Dr. Josh Axe . Budwig can be controversial, as it does contain organic dairy. If your completely eliminating dairy--then Budwig will not fit into your regimen. For more about dairy and diet; download our ebook entitled " Food is Medicine ".
CITRUS PECTIN (MODIFIED) MUST BE PECTASOL	SEE ABOVE
COQ10	SEE ABOVE
CRUCERA	SEE ABOVE
L-GLUTAMINE	We took this during treatment, as it prevents side effects of chemo/radiation (mouth sores, damage to the heart, immune function, etc.). It's also been shown to have anti-cancer capabilities. This amino acid does come with some caution, especially for people with liver conditions, crohns disease, etc. That said, we had mouth sores after our first treatment. We started taking the L-glutamine and never had another issue.
MELATONIN	This hormone is a potent anti-cancer & immune enhancer. Research indicates that it increases efficacy of conventional treatments. Additionally, it will help you get a good night's sleep. Dosages vary tremendously; check with an integrative or naturopathic doctor for guidance.
MUSHROOMS	SEE ABOVE
OXYGEN	Increase Oxygen level to increase efficacy of radiation treatment. Consider hyperbaric treatment or exercise (cardio) for 1 hour right before treatment.
QUERCETIN	SEE ABOVE
THERACURMIN (TURMERIC/CURCUMIN)	SEE ABOVE

ESSENTIAL OILS

Essential oils are extracted from the bark, leaves, roots, fruits, & flowers of plants. Therapeutic oils are created through distillation/steaming, which produces highly concentrated medicinal oils with powerful healing properties.

HOW TO USE

There are 4 basic ways to use essential oils

1. **Topically**-Due to their small molecular size, essential oils are absorbed by the skin and pass into the bloodstream for healing benefit.
2. **Diffuse/Direct Inhalation** (aroma-therapy)-Essential oils can promote healing when absorbed by the body through inhalation.
3. **Internally**-Some essential oils can be ingested to harness their powerful medicinal properties. Mix with water or fill capsules to ingest.
4. **Externally** (Personal Care/Around the House)-Oils can be used to clean the house, to make personal care products, etc.

HOW WE (PERSONALLY) USE

There are a ton of essential oils out there and a million & one ways to use them. We personally do not ingest/take internally (although, many people do). We tend to diffuse oils and use topically (with great success I might add). [See charts below for use details.](#)

BRANDS; OILS ARE NOT CREATED EQUAL

Like vitamins & herbs, all essential oils are not created equally. Avoid “fragrance” or “perfume” oils, as these synthetics do not provide the desired health benefits. Instead, use therapeutic grade oils that say “pure” or “100% essential oil”.



We luv these organic oils, but (at least for now) they offer a limited variety.

We also love these quality brands:



CARRIER OILS

Essential oils are potent. Therefore, carrier oils are often used to dilute essential oils so they can be (safely) applied to the skin. Carrier oils reduce the concentration of the essential oil without changing the therapeutic value. Although not all essential oils need to be diluted—I generally dilute mine if using topically. A common ratio is 15-30 drops of essential oil to 1 ounce (6 TSP) of carrier oil, which is about 2 ½ -5% oil.

How much you need to dilute may depend on your level of sensitivity. So apply a little logic based on your body (skin type, medical needs, age, etc.) and know that this chart is meant as a simple guide to help get you started.

HOW TO DILUTE	
ESSENTIAL OIL	CARRIER OIL
2.5-5 DROPS	1 TSP (OR 100 DROPS)
5-10 DROPS	2 TSP
14-25 DROPS	5 TSP
15-30 DROPS	6 TSP

Always test oils on a small patch of skin first. If you have any adverse reaction to an oil, stop using and consult your doctor.

Popular carrier oils include;

- Grapeseed Oil
- Almond Oil
- Olive Oil
- Coconut Oil

Here is the [COCONUT OIL](#) that we use



THE RIGHT DIFFUSER

Now that you've purchased a quality oil, and researched its healing properties—you're likely ready to start your aromatherapy session.

CHOOSE THE RIGHT DIFFUSER:

1. NEBULIZING



- screw a bottle of essential oil directly into the diffuser (no mixing with water necessary)
- disperses tiny droplets of pure oil
- makes room smell awesome!
- good for large spaces
- has timer to control how often & long it runs
- can use a lot of oil (which is pricey)
- these diffusers can be pricey

2. ULTRASONIC



- diffuses a mist of water/essential oils into the air
- add 3-5 drops (or if you're like me it more like 15) of essential oils then fill basin with water
- adds humidity to the room

3. EVAPORATIVE



- put oil on filament & a fan disperses into air
- not as therapeutic

4. SPONGE

- use an ordinary (kitchen type) sponge—you can actually find some cute ones
- pour 15-20 drops of oil onto sponge
- sponge prevents the oils from leaking onto surfaces, while allowing the scent to flow into the room
- super cheap!

5. HEAT DIFFUSERS

- not recommended because heat can compromise the oil

THE RIGHT PRODUCTS

Here's a few of my favorite "must have" essential oil products that will help get you off to a good start.

[OIL STORAGE BOX](#)



[ROLLER BOTTLES](#)



[SPRAY BOTTLES](#)



[DR. AXE'S FREE ESSENTIAL OIL GUIDE](#) to further assist you.



ESSENTIAL OIL CHARTS TO GUIDE YOU!

FAVORITE BRANDS

NUMA (ORGANIC)-Awesome & organic, but they have limited products.
DOTERRA
ROCKY MOUNTAIN
YOUNG LIVING

OILS	USES	MORE INFO!
EUCALYPTUS/BREATH (DOTERRA)	RELAX, IMPROVE BREATHING ISSUES, SINUSITIS, COLDS, ALLERGIES, ETC.	GREAT FOR COLDS & CONGESTION. WE DIFFUSE IT OFTEN IN BEDROOMS. TO EASE COLD SYMPTOMS, WE ALSO MAKE "LUV RUB" (SEE BELOW).
FRANKINCENSE (NUMA)	ANTI-CANCER, IMMUNE ENHANCER, ANTI-INFLAMMATORY, ETC.	THERE IS LOTS OF INFO ABOUT FRANKINCENSE AS AN ANTI-CANCER. THERE ARE MANY FORMS OF FRANKINCENSE & NOT ALL PRODUCTS ARE CREATED EQUAL. WE USE NUMA BECAUSE IT'S AN ORGANIC PRODUCT & CONTAINS 3 TYPES OF FRANKINCENSE. PUT ON NECK AND/OR BOTTOM OF FEET FOR ABSORPTION. - WE SIMPLY DILUTE (SEE CHART) TRINITY OIL WITH COCONUT OIL & PUT IN A ROLLER BOTTLE TO BE ROLLED ON NECK (& BOTTOMS OF FEET IF YOU DESIRE) BEFORE BED. PURCHASE ROLLER BOTTLES HERE & COCONUT OIL . WE JUST LEAVE IT ON THE NIGHT STAND SO WE DON'T FORGET TO APPLY! WE ALSO USE IN OUR PILLOW MIST (SEE BELOW)
LAVENDER -WE ROTATE THE BRANDS LISTED ABOVE	INCREASE RELAXATION, IMPROVE SLEEP, INCREASE IMMUNITY, IMPROVE MOOD, ETC.	WE DIFFUSE IN BEDROOMS FOR A GOOD NIGHT SLEEP. WE OFTEN MIX LAVENDER WITH OTHER OILS TO MAKE A RELAXING BEDROOM CONCOCTION (SEE BELOW UNDER "BEDROOM").
LEMON	NAUSEA DURING CANCER TREATMENT	SPRITZ PILLOW, NECK, WRISTS WITH DILUTED LEMON ESSENTIAL OILS. DIFFUSE INTO THE ROOM. (ALSO, SUCK ON LEMONHEADS)!
PEPPERMINT--NUMA OR DOTERRA (SO GOOD!)	RELAXATION, REDUCE MUSCLE PAIN, REDUCES NAUSEA, IMPROVE FOCUS, IMPROVE DIGESTION, BOOST ENERGY, RID HEADACHES, ETC.	PEPPERMINT IS MY FAVORITE ESSENTIAL OIL--IT INSTANTLY CALMS ME. IT HAS A WARM, COZY SCENT THAT INSTANTLY REMINDS ME OF CHRISTMAS. I POUR A LITTLE ONTO A SPONGE THAT SITS IN MY OFFICE EVERY MORNING---AHHH, THEN I'M READY TO TACKLE MY EMAILS! I ALSO HAVE A SPONGE IN MY YOGA ROOM. I HAVE FOUND THAT ORDINARY KITCHEN SPONGES (I TRY TO CHOOSE ONE THAT LOOKS NICE) WORK GREAT, AS THEY PREVENT THE OILS FROM LEAKING ONTO SURFACES, WHILE ALLOWING THE SCENT TO FLOW INTO THE ROOM. A WORD OF CAUTION, PEPPERMINT OIL CAN CAUSE BURNING SENSATION ON SKIN & IF IT GETS IN EYES. ALWAYS DILUTE & KEEP AWAY FROM SENSITIVE AREAS.
THIEVES (YOUNG LIVING) OR ON GUARD (DOTERRA)	CLEANING/DISINFECTING/PURIFY AIR/ENHANCE IMMUNE SYSTEM	WE MOSTLY DIFFUSE THIS TO PURIFY THE AIR & FOR IMMUNE SUPPORT. WE ALSO DILUTE & USE ON HANDS AS A SANITIZER. CAN ALSO MIX WITH WATER TO CLEAN THE HOUSE. CLICK HERE FOR FURTHER DIRECTIONS ON HOW TO USE THIEVES & ON GUARD.

DIY NIFTY PRODUCTS	WHY USE?	DETAILS
EAR ACHE/CLOGGED EARS	TO SOOTH EARS. FOR CLOGGED EARS, WATER IN EARS, SWIMMERS EAR, ETC.	USE EQUAL PARTS ALCOHOL/VINEGAR. DROP A FEW DROPS INTO EARS AS NEEDED. - MIX 1/2 TSP COCONUT OIL & 2 DROPS TEA TREE OIL. USE COTTON BALL TO RUB ON EARS AS NEEDED--DO NOT DROP INTO THE EAR--EXTERNAL USE ONLY.
LAUNDRY SHEETS	SOFT, AWESOME-SMELLING LAUNDRY (WITHOUT TOXIC CHEMICALS)	DESIGNATE AN OLD KITCHEN TOWEL AS YOUR OFFICIAL "DRYER SHEET". THEN, MIX 1 CUP VINEGAR & 1 CUP WATER IN A SPRAY BOTTLE. SPRAY YOUR DRYER SHEET WITH VINEGAR MIXTURE & ADD A FEW DROPS OF YOUR FAVORITE ESSENTIAL OILS. TOSS IN THE DRYER WITH YOUR CLOTHES & DRY AS USUAL. THE VINEGAR SMELL WILL TOTALLY EVAPORATE & YOUR CLOTHES WILL COME OUT SMELLING TERRIFIC! I USE LAVENDER FOR SHEETS/BLANKETS & CITRUS FOR CLOTHING. I KEEP MY SPRAY BOTTLE, ESSENTIAL OILS, & DRYER SHEET IN MY LAUNDRY CUPBOARD SO ITS READY TO GO!
LUV RUB	TO EASE COLD, CONGESTION, ALLERGIES, ETC.	TO EASE COLD SYMPTOMS, WE MAKE "LUV RUB" BY DILUTING EUCALYPTUS OR BREATHE WITH COCONUT OIL & RUBBING ON CHEST, NECK, & WRISTS (A VICKS VAPORUB SUBSTITUTE). PUT ON BEFORE BED TO IMPROVE SLEEP.
NAUSEA MIST	TO EASE NAUSEA DURING CANCER TREATMENT	DILUTE LEMON OIL WITH A LITTLE COCONUT OIL & PUT IN A SPRAY BOTTLE. SPRITZ PILLOWS, BLANKETS, WRISTS, BEHIND EARS, ETC. ALSO, SUCK ON LEMONHEADS (OR PEPPERMINTS)!
PILLOW MIST	A RELAXING GOOD NIGHT'S SLEEP!	THIS SMELL INSTANTLY CALMS ME. FILL A SPRAY BOTTLE WITH 20 DROPS EACH; PEPPERMINT, FRANKINCENSE, LAVENDER, & EUCALYPTUS. ADD 5 TBS COCONUT OIL. SPRAY ON BLANKETS/PILLOWS/WRISTS/BEHIND EARS AT BEDTIME. BE CAUTIONED THAT SOME OILS (LIKE PEPPERMINT) CAN BURN EYES/SKIN-SO BE CAREFUL WHEN APPLYING ON PILLOWS OR CLOSE TO FACE.
WART REMEDY	RID WARTS, SKIN RASHES ETC.	40 DROPS TEA TREE, 30 DROPS FRANKINCENSE TRINITY (I OFTEN ADD AN ADDITIONAL 20 DROPS BOSWELLIA SERRATA), 30 DROPS LEMON, 20 DROPS THYME, 4 TBS TSP ORGANIC APPLE CIDER VINEGAR, 4 TBS COCONUT OIL. MIX IN A SPRAY BOTTLE. SPRAY DIRECTLY ON AFFECTED SKIN AREA OR TAPE A SOAKED COTTON BALL TO THE AREA OVERNIGHT TIL RESOLVED.
WRINKLE/SKIN MAGIC	RID WRINKLES, SCARS, BLEMISHES, ETC.	FILL ROLLER WITH EQUAL PARTS FRANKINCENSE (TRINITY), ROSE HIP, TEA TREE, & LEMON (VITAMIN C). DILUTE WITH COCONUT OIL. YOU'LL BE LOOKING GORGEOUS BEFORE YA KNOW IT!

HOW WE USE OILS IN EVERY ROOM OF THE HOUSE

ROOM	WHY?	DETAILS
BEDROOM	RELAX & GET GOOD NIGHT SLEEP!	WE HAVE ULTRASONIC DIFFUSERS IN OUR BEDROOMS & OFTEN CHOOSE LAVENDER OIL FOR ITS SLEEP INDUCING QUALITIES. WE OFTEN MIX WITH PEPPERMINT, EUCALYPTUS, BREATHE, AND/OR THIEVES OR ON GUARD. PLAY AROUND & SEE WHAT YOU LIKE!
LIVING ROOM	KILL GERMS, IMMUNE SUPPORT, PURIFY AIR, & MAKE ROOM SMELL GOOD!	I OFTEN USE THIEVES, ON GUARD, ORANGE, ETC. IN MAIN LIVING AREAS. I USE A NEBULIZING DIFFUSER TO MIST OIL DIRECTLY INTO THE ROOM (NO WATER/HUMIDITY).
OFFICE	RELAX, FOCUS, MAKE GOOD DECISIONS.	I USE PEPPERMINT FOR MY OFFICE USING THE SPONGE METHOD .
YOGA ROOM	RELAX & CONNECT TO SELF/SPIRIT.	PEPPERMINT, EUCALYPTUS, & FRANKINCENSE ARE MY FAVORITES FOR THE YOGA ROOM. I DIFFUSE BY USING ULTRASONIC DIFFUSER & THE SPONGE METHOD .



A NOTE ABOUT THE AUTHOR

CAREER: Kelly McClintock is a licensed counselor, who has spent the better part of the last 20 years within the walls of the jail/prison system and has (oddly enough) loved every moment of it! Kelly says “it’s easy to enjoy being institutionalized-when you have the keys to the joint”! [So true].

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides clinical counseling (rehab) services to a criminal population. Kelly has authored numerous professional training manuals and is a sought after speaker/presenter.

FAMILY: Kelly and her husband always wanted a big family and thought that their 3 active boys were a good start. Then in 2011, a mission trip to a South American orphanage resulted in the adoption of 2 girls. Kelly says that her large tribe makes for a very lively—very LOUD house (just ask the neighbors)!



PASSION; FIND YOUR STRONG CAMPAIGN: As a therapist, Kelly often talks to her clients about “rock bottom”. But, in early 2014, it was she who hit rock bottom. It wasn’t from alcohol, drugs, or criminal behavior--it was the result of a life threatening diagnosis.



Like many families facing a health crisis, the McClintock’s wanted to utilize every logical therapy to achieve wellness and chose to utilize an integrative/holistic modality. After 12 months in treatment, which included approximately 60 days in the hospital, the McClintock family is healthy and well! As the doctors were asking “how do we bottle this type of success”, the McClintock’s had already laid the groundwork for the **Find Your Strong Campaign** in an effort to share what they learned with others facing a diagnosis (and with those trying to prevent one from ever occurring).

FOR MORE INFORMATION about the McClintock’s personal wellness story, details about the *Find Your Strong* ebooks, lecture series, and information on **HOLISTIC WELLNESS** go to findyourstrong.info.

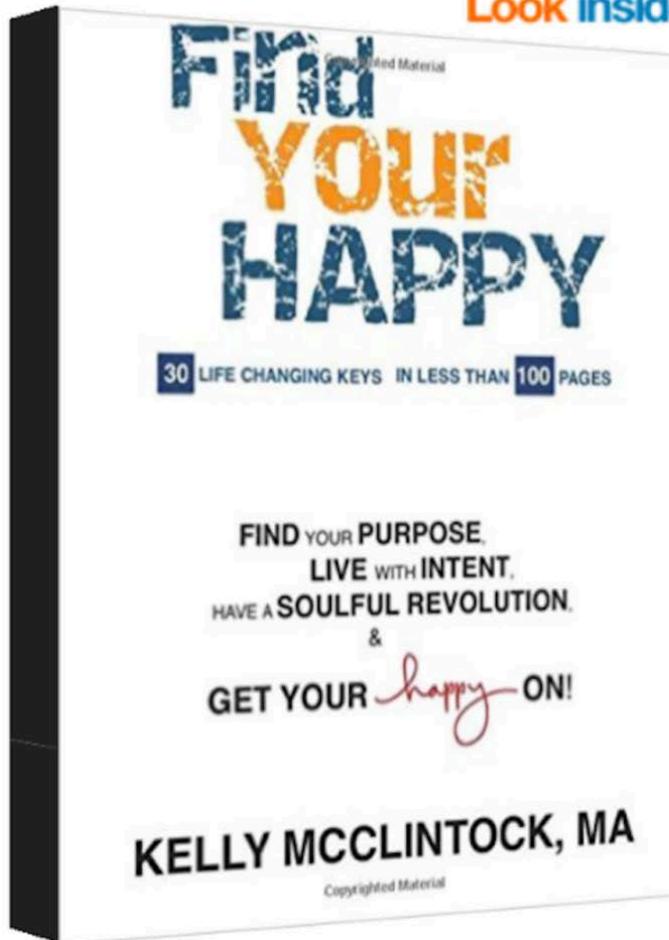


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