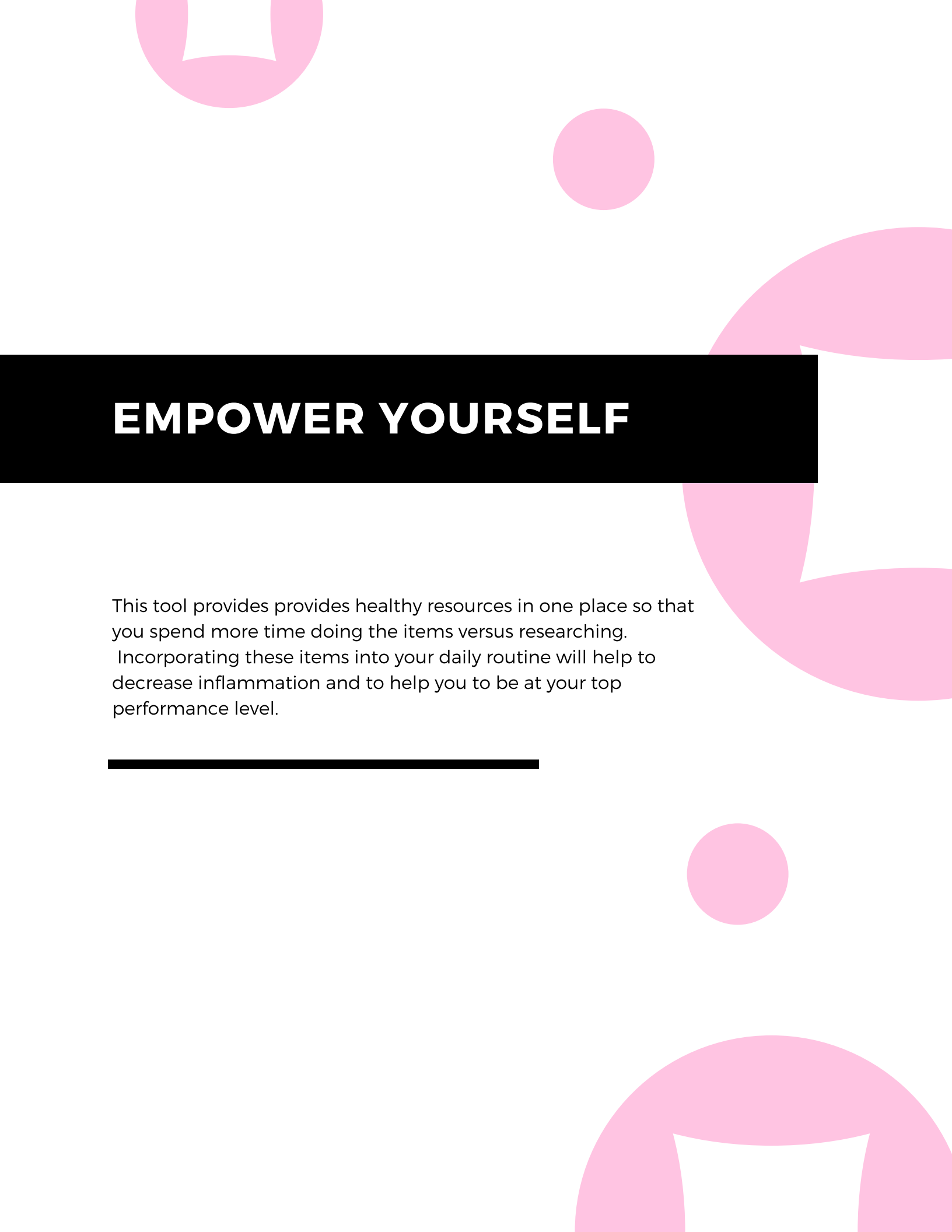


The background of the entire page is a close-up photograph of numerous pink rose petals. The petals are in various stages of bloom, showing different shades of pink from light to deep magenta. In the lower right quadrant, a white fabric ribbon is tied in a loop, which is the symbol for Multiple Myeloma awareness.

MLC CANCER FOUNDATION

RESOURCE GUIDE

June 2022

The background of the page is white and decorated with several large, soft pink abstract shapes. These include a U-shaped element at the top left, a solid circle in the top right, a large curved shape on the right side, a solid circle in the bottom right, and another U-shaped element at the bottom right. A solid black horizontal bar spans the width of the page, containing the title text in white.

EMPOWER YOURSELF

This tool provides provides healthy resources in one place so that you spend more time doing the items versus researching.

Incorporating these items into your daily routine will help to decrease inflammation and to help you to be at your top performance level.

VITAMINS

Vitamin D

Vitamin C

About Us

The mission of the MLC Cancer Foundation to assist patients when diagnosed with cancer. In addition to financial support, our foundation educates all on preventative options including genetic testing for the entire family.

BEST PRACTICES

Steam Shower

Grounding Mat/Mattress

Colonic

PH Test/Alkaline Test

Dry Brushing

Natural Deodorant

8 Hours of Sleep Daily

Acupuncture

Massage Every Two Weeks

Rife Machine

Vitamin D Blood Test

Vitamin IV

Saffron

Turmeric

Apple Cider Vinegar

Cell Forte

Sauna

Breathing Technique/Meditation

Contact Us :
1877-789-6850

www.mlccancerfoundation.org
P.O. Box 3582 Martinsville, VA 24115

LIQUIDS

Dandelion Root Tea

Water (1/2 of your body weight in ounces)

Green Tea

Warm Water with Lemon

Cold Pressed Celery Juice

Alkaline Drop/Alkaline Water

Zero Water Filter

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FOOD + BEVERAGE/SPICES

Garlic

Smoothies

Cinnamon

Asparagus

Juicing