

JANE PARK SMITH'S DOCUMENTATION OF PERSONAL LIFESTYLE ADJUSTMENTS TO OVERCOME DIS-EASE AND cancer.

FAITH DECLARATION ... GOD IS FOR ME

I CANCEL & REVERSE DIAGNOSIS OF CARCINOMA

AND ERADICATE IT ENTIRELY!!! 11/19 updated

Daily... with Vegan Diet....

Rotate with all raw fruit/veggie meals with tons of veggie juices 3 days of water or green juice fasting, and vacation with plant-based cooked foods as 25% of intake .

(Daily – fiber cleanse, probiotics (when water fasting) –

- and 6 green juices, Vit D3, liposomal Vit C, B12, B6, Folate, fiber-detoxifiant all other days

MORNING (all on empty stomach)

Pre-protocol sip: warmed water with lemon juice or apple cid, cayenne, dollop of coconut oil.

- 1- 2 teaspoons sodium bicarbonate (baking soda) with 1 teaspoon or molasses or honey together in water
- 2- 20 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 3 drop of nascent iodine, in bit of juice or water with molasses or honey.
(most disease cannot live in active oxygen rich environment. This is like forced liquid oxygen into cells.)
- 3- Liposomal Vitamin C
- 4- Before breakfast, take Sonne's detox stuff or similar
- 5- Cottage cheese/flax oil combo according to Budwig protocol. 2:1 ratio of cottage cheese of kefir with flax oil in immersion blender, freshly ground tablespoon of flax seeds, nuts like brazil and walnuts and berries.

MIDDAY before lunch intake

- 1- water with sodium selenite (never mix with Vitamin C)
(creates oxidative stress for cancer cells causing conditions to trigger self-destruction on mitochondria level)

NIGHT (after no eating for 2-3 hours)

- 1- 2 teaspoons sodium bicarbonate (baking soda) with 1 teaspoon or molasses or honey warmed together in water
- 1- 20 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 3 drop of nascent iodine, in bit of juice or water with molasses or honey.
(most disease cannot live active oxygen rich environment. This is like forced liquid oxygen into cells.)

REMINDER...GOAL: Starve cancer cells and promote apoptosis! High methionine foods include beef, lamb, cheese, turkey, pork, fish, shellfish, soy, eggs, and dairy. SO, NONE OF THESE ANIMAL FOODS except budwig mixture! Limit Nuts and beans.

GLUTEN, SOY, DAIRY, SUGAR FREE... AND EMBRACE THAT WHICH MAKES ME HAPPY!

SEEK GOD, ENJOY BLESSINGS, RELISH REST, KEEP BOUNDARIES,

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FORGIVE, LET GO, RELEASE STRESS, MINDSET OF SHALOM

...LET HIS JOY & AGAPEO LOVE IN.

Schedule for Cancer Elimination by February 12th.

* phases to ask for prayer support.

*Nov 3-6	3+ day water fasting; Break with thyroid juice with coconut cream.
Nov 7	Veggie juices and veggie/fruit smoothies...add apricot kernels
Nov 8-22	Raw Vegan w/ green juices & Wheatgrass & Barley grass 3-6x/day -very little cooked food
Nov 24-26	Add cottage cheese and flax oil combination according to Budwig protocol. 20% cooked plant foods, like one meal of cooked veggies and some starchy beans, squash, and such – be mindful of extra intake while on holiday vacation. Add apricot kernels. (Thanksgiving wknd)
*Nov 27-29	all green juice fast
Nov 20-Dec 22 Dec 20-22	Raw Vegan meals w/green juices & Wheatgrass and Barley grass 3-6x/day Juice/Tea fast
Dec 23-Jan 2	one meal of mostly raw vegan and some cooked veggies and some starchy beans and such – be mindful of extra intake while on holiday vacation. add apricot kernels.
Jan 3-4	Veggie juices and veggie/fruit smoothies...add apricot kernels
*Jan 5-7	3 day water fasting or juice depending
Jan 8	Veggie juices and veggie/fruit smoothies...add apricot kernels
January	One meal of mostly raw vegan and some cooked veggies and some starchy beans and such. add apricot kernels.
*Feb 2-4	all green juice fast
Feb 5-12	Raw Vegan meals w/ green juices & Wheatgrass and Barley grass 6x/day
Until TBD	one meal of mostly raw vegan and some cooked veggies and some starchy beans and such – be mindful of extra intake while on holiday vacation. Add apricot kernels.

ADDITIONALLY:

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Weekly acupuncture with electrode therapy
Movement or sweat detox daily.
Suck on ginger (no chewing and swallowing) during fasts .

Cottage cheese and flax oil combination according to Budwig protocol.

ALKALINE FOODS --- eat a lot to restore ideal PH level!

Celery : 2-3 stalks daily can bring 7.4 alkaline

Broccoli: 4 times a week

Cucumbers: Helps neutralize acids and body inflammation

Spinach (better cooked)

Lemon

Kale

Avocado

Wheatgrass

Bell Peppers

Garlic

"Buffering systems" to protect body kick in when too body is too acidic from stress, food, or environmental factors...uses minerals to do so. If not enough in food, then robs from bones and joints leading to degradation, for example.

Cancer is the result of dis-ease...

Note:

do not drink alkalized water when eating b/c stomach needs acidity to properly process food.

Only drink alkalized water between meals!

CO2 also neutralizes stomach acid (therefore no bubbly waters or soda)

DAILY SUPPLEMENTS (other than plan listed)

Whole food multivitamin, curcumin, B17, Mesina mushroom/beta-glucan source, biotin, D3-K2, B12B6Folate combo., herbalists's metabolic support, Lysine (few times a week), additional adrenal& brain support when needed.

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UPDATE FROM 12/21 after visit with Biochemist Dr. Jeff Sherman
Thousand Oaks Family Well Being

Body wants from current regimen:

Curamed Curcumin
B-17 pill
HD Vitamin D3-K2 5000IU/4000
HD Fiber Cleanse
Methyl Selenocysteine – advanced selenium 200mg
Iodine Edge nascent iodine 6 drops=2,694 mcg
Garden of Life Energize green powder
Magnesium Chloride

Adding to fight dis-ease and balance:

2x/day

Angiostop 1 in morning; 2 later in day
Liposomal Glutathione 2 pumps morn/eve

3x/day

Maitake 6 drops
Nuclezyme-Forte 1 pill
Homeopathic water ½ dropper full

UPDATE FROM 1/22 after visit with Biochemist Dr. Jeff Sherman
Thousand Oaks Family Well Being

Less inflammation overall, but persistenct in Central Nervous System, Endocrine, Brain function
Some Fungal and Parasitic exposure...

Study results of Hair Analysis

And get lots of C and MultiB... also need more sulfur

Add to current regimen and let others run out

2x/day

Sea cucumber
Hair Renew
Prometabolic (lunch and dinner)
Cantron 2 pills morning and evening

Morning

Bacopa

My own thought--- add some MSM during week not just weekends

Natural Antigenesis foods

Earl Grey tea, or Jasmine mixed with Sencha

Turmeric, Cabbage, garlic,

Parsley, Grapes, Berries,

& fat adipose tissue grows when blood vessels grow, so inhibiting antigenesis can help and it brings to a healthy weight, not overly thin...

FAITH DECLARATION ... GOD IS FOR ME
I CANCEL & REVERSE DIAGNOSIS OF CARCINOMA
AND ERADICATE IT ENTIRELY!!! 1/12/2018 updated

Daily... with Vegan Diet....

MORNING (all on empty stomach)

Pre-protocol sip: warmed water with lemon juice or apple cider

MORNING

- 1- Homeopathic water with believing! Then fresh wheatgrass or chlorophyll.
- 2- 20 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 3 drop of nascent iodine, in bit of juice or water with molasses or honey
...then proteolytic acid fruit puree shot (lemons w/rind & pineapple, papaya, or kiwi)
- 3- Maiitake 6 drops
- 4- Liposomal Glutathione 2 pumps
- 5- Fiber cleanse -Tablespoon (unless taken night before)
- 6- Pills: Nuclezyme 1 pill, Angiostop 1pill, Nucleozyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, D3-K2 1 pill,
- 7- BREAKFAST MEAL : Cottage cheese/flax oil combo according to Budwig protocol. 2:1 ratio of cottage cheese of kefir with flax oil in immersion blender, freshly ground tablespoons of flax seeds, nuts like brazil and walnuts and berries. OR 10,000mg of MSM instead as vegan option.

MIDDAY before lunch intake (have jasmine/sencha mixed tea or earl grey tea)

- 1- PH Balance and then proteolytic acid fruit puree shot
- 2- Homeopathic water with believing!
- 3- Liposomal Vitamin C
- 4- Maiitake 6 drops
- 5- Nucleozyme 1 pill

DINNER-ISH

- 1- Pills: Nuclezyme 1 pill, Angiostop 2pills, Nucleozyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, B-17, 6 drops of Maiitake

NIGHT (after no eating for 2-3 hours)

- 1- Homeopathic water with believing!
- 2- Liposomal Glutathione 2 pumps
- 3- 20 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 3 drop of nascent iodine, in bit of juice or water with molasses or honey.
...then proteolytic acid fruit puree shot.
- 4- Fiber colon cleanse if not doing in a.m.
- 5- CBD suppository or oral when building.

WHEATGRASS AND GREEN JUICES THROUGHOUT DAY!

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REMINDER...GOAL: Starve cancer cells and promote apoptosis! High methionine foods include beef, lamb, cheese, turkey, pork, fish, shellfish, soy, eggs, and dairy. SO, NONE OF THESE ANIMAL FOODS except Budwig mixture! Limit Nuts and beans. REDUCE FRUIT, TOO!
GLUTEN, SOY, DAIRY, SUGAR FREE... AND EMBRACE THAT WHICH MAKES ME HAPPY!

**☺FAITH DECLARATION ... GOD IS FOR ME. I CANCEL & REVERSE
DIAGNOSIS OF CARCINOMA AND ERADICATE IT 1/22/2018 updated
Daily... with Vegan Diet....**

Rotate with all raw fruit/veggie meals with tons of veggie juices 3 days of water or green juice fasting, and vacation with plant-based cooked foods as 25% of intake .

Prep (all on empty stomach) warmed water , cayenne, with lemon juice or apple cider
Add Fulvic Ionic minerals to water 1x/day

MORNING

- 1- Fresh wheatgrass or chlorophyll. w/ *sea cucumber extract and Bacopa*
- 2- 20 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 3 drop of nascent iodine, in bit of juice or water with molasses or honey...then proteolytic acid fruit puree shot (lemons w/rind & pineapple, papaya, or kiwi)
- 3- Maitake 6 drops
- 4- Fiber cleanse –Tablespoon (unless taken night before)
- 5- *Liposomal B Vitamins 2 pumps*
- 6- Liposomal Glutathione 2 pumps (until out)
- 7-Pills: Nuclezyme 1 pill, Nucleozyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, D3-K2 1 pill, 2 *Cantron pills*, 1 *Hair renew*, *Pro Metabolic 2 pills*, *MSM*

BREAKFAST MEAL : Cottage cheese/flax oil combo according to Budwig protocol. 2:1 ratio of cottage cheese of kefir with flax oil in immersion blender, freshly ground tablespoons of flax seeds, nuts like Brazil and walnuts and berries. OR 10,000mg of MSM instead as vegan option.

MIDDAY before lunch intake (have jasmine/sencha mixed tea or earl grey tea)

- 1- PH Balance and then proteolytic acid fruit puree shot
- 2- Liposomal B Vitamins 2 pumps
- 3- Liposomal Vitamin C
- 4- Maitake 6 drops

DINNER-ISH

- 1- Pills: Nuclezyme 1 pill, Nucleozyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, B-17, 6 drops of Maitake, 2 *Cantron pills*, 1 *Hair renew*, 1 *Bacopa*, *Pro Metabolic 2 pills*, 1 *sea cucumber pill*
- 2- Liposomal B Vitamins 2 pumps

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

- 1- 20 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 3 drop of nascent iodine, in bit of juice or water with molasses or honey. ...then proteolytic acid fruit puree shot.
- 2- Fiber colon cleanse if not doing in a.m.
- 3- CBD suppository or oral when building.

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GLUTEN, SOY, DAIRY, SUGAR FREE... AND **EMBRACE THAT WHICH MAKES ME HAPPY**

2/25/2018 updated

Daily... with Vegan Diet...

Rotate with all raw fruit/veggie meals with tons of veggie juices 3 days of water or green juice fasting, and vacation with plant-based cooked foods as 25% of intake .

ON EMPTY STOMACH Prep

- 1- warmed water, cayenne, with lemon juice or apple cider or just apple cider vinegar shot
 - 2- Medi-clay pill opened in 4oz water
 - 3- Cantron 2 pills
- & add Fulvic Ionic minerals to water 1x/day

MORNING

- 1-Fresh wheatgrass or chlorophyll. w/ *sea cucumber extract and Bacopa, finish wormwood*
- 2- pH Balance powder and then proteolytic acid fruit puree shot
- 3- Fiber cleanse pill
- 4- Pills: Nuclezyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, D3-K2 1 pill, , *Pro Metabolic 2 pills, MSM, NAC with added metal puller, 2 Revivin, 2 Sea cucumber pills, 1 500 mg lysine pill*

BREAKFAST?

Vegan Kefir or some kind with 10,000mg MSM pills and flax oil and ground seeds

MIDDAY before lunch intake (have jasmine/sencha mixed tea or earl grey tea)

- 1- digestive enzymes and probiotics
- 2- Liposomal B Vitamins 2 pumps
- 3- Liposomal Vitamin C
- 4- Maitake 6 drops

DINNER-ISH

1- Pills: Nuclezyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, D3-K2 1 pill, , *Pro Metabolic 2 pills, MSM, NAC with added metal extractor, 2 Revivin, 2 Sea cucumber pills*

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

- 1- 10 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 7 drops of nascent iodine, in bit of juice or water with molasses or honey...then proteolytic acid fruit puree shot (lemons w/rind & pineapple, papaya, or kiwi)
- 2- Fiber colon cleanse pill
- 3- CBD suppository &/or oral and 2 Cantron pills

WHEATGRASS AND GREEN JUICES THROUGHOUT DAY! REMINDER...GOAL: Starve cancer cells and promote apoptosis! High methionine foods include beef, lamb, cheese, turkey, pork,

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fish, shellfish, soy, eggs, and dairy. SO, NO ANIMAL FOODS. Limit Nuts and beans. REDUCE FRUIT, TOO!

GLUTEN, SOY, DAIRY, SUGAR FREE... AND **EMBRACE THAT WHICH MAKES ME HAPPY**

Before my March—healing update.,
sharing in my current, reflective moody state...

I am bridging a spectrum of modalities, east and west, the seen and unseen, and am being training to live adeptly in both spiritual and physical worlds. And whereas I have been so focused on the physical nutritive intervention with foods, supplements, all naturopathic methods, I braced myself this morning for my sadness that I have a ways yet to go to put all these worlds into a proper vibrancy in my own. Thank you with all my heart for adding your prayers and well-wishes to me these last few months. They matter so much.

Before I got my checkup and confirmation that I still have malignancy in my body as well as morphological cells, which means I have cells becoming or reversing their cancerous-confused status, I sat looking out the window at the horizon. ***“There’s a deeper healing coming for you, Jane,”*** echoed the timely heavenly message I received last week from a trusted veteran prayer warrior. As I braced for the sobering status report, I found it hard to breathe again. I cry deeply for the needs of others in faith expectant for my Creator Father to come...and I find myself choking up to do that for myself.

The last year, even of the last 8, has been the most trying of my life in every area of my life and I was honestly hoping God would save the day for me as He has often done instantly and supernaturally in crisis-times past, but no. Not this time. There are no shortcuts in this journey toward a complete and utterly thorough healing that is being reborn thoroughly—inner first, then coming into materiality. (I like that word.)

I still believe deeply that God made humanity to reflect His entirety and I know part of my purpose is to prove this in my own life against all odds. G-d will not allow me to be any less completely whole than I am designed to be--it's a strengthening, tough love. So now, the superficial steps of eating/drinking for my health with physical rest is just not enough. The last 2 months of holistic protocols was just the shallowness of healing waters. In fact, the biochemist/master herbalist who is part of my multi-prong approach to recovering my wellness and my true self, expressed his surprise at how long my cancer reversal is taking and said, ***“there are times to look at intangible things like emotional or spiritual matters that affect you as a person. ...but your reports show you are heading the right direction. There must be more going on with you than I can see.”*** Wow.

That’s exactly what has been luring me (the last 2 months) toward the deep, deep, deeper waters. Having just begun the submerging of myself with painful, tearful releasing of so many inner wounds, I cannot hardly explain how I have hidden them away and survived this long without greater harm of myself. I am going to be intensifying my regimen in terms of what I take in my body physically while laboring to enter into rest when in relation to matters of heart, mind, soul, and spirit. By the grace of G-d...

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It takes and its going to take a lot more in-depth work to rise again to a totally new "me," freed through this brokenness redeemed... and manifest the truth that I am well and whole. That "me" is what I am diving deep to apprehend for myself...

I've come up for air for this moment (and this week) so I can settle my disappointed human psyche and redress for a different kind of immaterial war that will lead to the most impactful triumph of my current perspective. That threshold, I'm sure, will be the life-purpose elevating open door I have been seeking all my adult-life.

Tomorrow, I take an ultrasound to gauge the size of the clumps. Whether or not they have shrunk, I know every rogue cell is being called to task : repent or die. The enemy of my soul has held a deadly glinting blade to my life (and throat) for a long time and has failed...and I know now his ego is fearfully quaking as I am letting all the ugliness of my ego and self go. How I am going to and who I am going to become to be able to live in the seen and unseen worlds seamlessly is a terrifyingly high-calling and most humbling invitation. As solo as this process must be, I am grateful and welcome the most helpful and powerful weapons of this peace producing skirmish—your prayers, love, joy, and hope fuel and sustain me. G-D is my everything and only to him, I shall surrender.

I weep in my now while in walking to the victory in my grasp. Life here and eternal--what a most glorious gift.

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3/9/2018 updated

21 DAYS TO RESURRECTION

Raw veggie fast for 21 days. NO MORE FRUIT UNTIL HEALED.

LOVE WHAT'S GOOD : STARVE AND BOMBARD THE CANCER. OVERCOME EVIL WITH GOOD

ON EMPTY STOMACH Prep

- 1- warmed water, cayenne, with lemon juice or apple cider or just apple cider vinegar shot
- 2- Medi-clay pill opened in 4oz water
- 3-Cantron 2 pills, 2 sea cucumber pills wiith Paraguard
- 4- Iodine with probiotic and candida cleanse pills
& add Fulvic Ionic minerals to water 1x/day

MORNING

- 1-Fresh wheatgrass or chlorophyll. w/ *sea cucumber extract and Bacopa, finish wormwood*
- 2-pH Balance powder followed by ORAC tangerine powder
- 3- Fucomax and super selenium pill
- 4- Fiber cleanse pill
- 5- tea...green with lemon or turmeric or cleansing type

BREAKFAST?

Vegan Kefir or some kind with 10,000mg MSM pills and flax oil and ground seeds
Then - Pills: Nuclezyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, D3-K2 1 pill,, *Pro Metabolic 2 pills, MSM, NAC with added metal puller, 2 Revivin, 2 Sea cucumber pills, 1 500 mg lysine pill*

MIDDAY before lunch intake (have jasmine/sencha mixed tea or earl grey tea)

- 1- digestive enzymes and probiotics
- 2- Liposomal B Vitamins 2 pumps
- 3- Liposomal Vitamin C
- 4- Maitake 6 drops

DINNER-ISH

1- Pills: Nuclezyme 1 pill, Curamed Curcumin, Methyl Selenocystein 1 pill, D3-K2 1 pill,, *Pro Metabolic 2 pills, MSM, NAC with added metal extractor, 2 Revivin, 2 Sea cucumber pills*

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

- 1- 10 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride, 7 drops of nascent iodine, in bit of juice or water with molasses or honey...then proteolytic acid fruit puree shot (lemons w/rind & pineapple, papaya, or kiwi)
- 2- Fiber colon cleanse pill

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3- CBD suppository &/or oral and 2 Cantron pills

FINISH EATING BY 9PM; SUPPOSITORY BY 10PM. IN BED BY 11PM.

WHEATGRASS AND GREEN JUICES THROUGHOUT DAY! REMINDER...GOAL: Starve cancer cells and promote apoptosis! High methionine foods include beef, lamb, cheese, turkey, pork, fish, shellfish, soy, eggs, and dairy. SO, NO ANIMAL FOODS. Limit Nuts and beans. GLUTEN, SOY, DAIRY, SUGAR FREE... AND **EMBRACE THAT WHICH MAKES ME HAPPY**

I CAN ...

SPEAK / PRAY

- Healing verses
- Order and blessing into body, mind, soul by Spirit
- Visualize—body, cells, endocrine, brain, thyroid like new, vibrant, healed
- Rejoice in victory ... imagine experiencing goodies planned when cancer-free
-

DO/MOVE

- Walk dogs
- Hike
- Praise with tambourine
- Earthing
- Breathe
- Pilates or Yoga
- Practice piano
- Draw
- Write and edit short stories
- Enema
- Facial, bath, nails
- Journal
-

EAT/DRINK

- E3
- Green tea with lemon or matcha with nutmylks
- Veggie juices
- Sparkling water
-

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SOME GENERAL TO DOs

Read books and research

Clean out Closets

Tax tallying

Personal EPK

Think of things that literally make me happy and that I want to do. Plan them

4/21/2018 updated (scan showed "masked premalignancy"—almost cancerfree!)

HOMESTRETCH TO WHOLENES!

Adding slightly cooked veggies and infrequent blueberries for alkalinizing anti-oxidant boost. Take green powders or juice before each meal.

**LOVE WHAT'S GOOD : STARVE AND BOMBARD THE CANCER. OVERCOME EVIL WITH GOOD
Breathe fresh air, get Sunshine, Rest! Dream of the good things coming 😊**

ON EMPTY STOMACH Prep

1- warmed water, cayenne, with lemon juice or apple cider or just apple cider vinegar shot

2- Medi-clay pill opened in 4oz water – until gone

3-Cantron 2 pills, 2 sea cucumber pills with Paraguard (until gone)

4- Iodine with probiotic and candida cleanse pills (until gone)

& add Fulvic Ionic minerals to water 1x/day

MORNING

1-Fresh wheatgrass or chlorophyll w/ *sea cucumber extract and Bacopa, finish wormwood*

2-pH Balance powder followed by ORAC green powder

3- Fucomax , super selenium pill, Healthforce antioxidant pill

4- Fiber cleanse pill

5- tea...green with lemon or turmeric or cleansing type

BREAKFAST

Vegan Kefir or some kind with 3,000 MSM pills and flax oil and ground seeds

Then - Pills: Nuclezyme 1 pill, Curamed Curcumin 2pills, Curamed Black Mustard 1 pill, Blood builder 1 pill, D3-K2 1 pill, *Pro Metabolic 2 pills, NAC with added metal puller, Floravani 1pill, 500 mg lysine 1 pill.*

MIDDAY before lunch intake (have jasmine/sencha mixed tea with lemon)

1- digestive enzymes and probiotics

2-Liposomal Vitamin C (optional so on occasion)

3- lots of green powders and chlorophyll additionally ...and E3

DINNER-ISH

1- Curamed Curcumin 2pills, Curamed Black Mustard 1 pill, Blood builder 1 pill, D3-K2 1 pill, *Pro Metabolic 2 pills, Floravani 1pill*

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NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

1- 10 drops of 35% hydrogen peroxide, sprinkle of magnesium chloride

2- Intestinal moving, cleanse pill.

3- CBD suppository &/or oral and 2 Cantron and Sea Cucumber pills (until gone)

-eat celery if need to

FINISH EATING BY 9PM; SUPPOSITORY BY 10PM. IN BED 11PM. Swig of apple cider vinegar

WHEATGRASS AND GREEN JUICES THROUGHOUT DAY! REMINDER...GOAL: Starve cancer cells and promote apoptosis! SO, NO ANIMAL FOODS. Limit Nuts and beans.

GLUTEN, SOY, DAIRY, SUGAR FREE... AND EMBRACE THAT WHICH MAKES ME HAPPY

5/28/2018 updated with no reading of cancer, but high in body's stress responses : inflammation of red blood cells not carrying oxygen well, low progesterone causing irregular cycle and depression and headaches and UTI issues, some kind of stomach infection that has passed but immune response still high to it, spine and nervous system on overdrive and also inflamed....and need to adjust iodine, probably increase, and avoid anything blood glucose affecting b/c candidiasis still present. Until the throat swallowing issue and nodules gone and/or for the next year since no reading of cancerous mass, must treat as if still present because the body is still showing distress and still at risk.

HOMESTRETCH TO WHOLENESS!

MUST CUT STRESSORS . Adding slightly cooked veggies and infrequent blueberries for alkalinizing anti-oxidant boost. Take green powders or juice before each meal. MUST CUT STRESSORS ...LOVE WHAT'S GOOD : STARVE AND BOMBARD THE CANCER.

OVERCOME EVIL WITH GOOD Breathe fresh air, get Sunshine, Rest! DO WHAT MAKES ME HAPPY. What is God urging me to do for my own good?!?!

ON EMPTY STOMACH Prep

1- warmed water, cayenne, with lemon juice or apple cider or just apple cider vinegar shot

2-Cantron 1 pill (until gone) with Floridix (for iron)

MORNING

1-Fresh wheatgrass or chlorophyll,

2-pH Balance powder followed by ORAC green powder with Iodine & Fulvic Ionic minerals

3- Fucomax , super selenium pill, Healthforce antioxidant pill(until gone), Probiotics, blk cumin1

4- tea...green with lemon or turmeric or cleansing type

BREAKFAST

Vegan Kefir or some kind with 3,000 MSM pills and flax oil and ground seeds

Then - Pills: Curamed Curcumin 2pills, Blood builder 1 pill, D3-K2 1 pill, 500 mg lysine 1 pill, Am Indian Yew tree pill 1pill, Energy multiplex 1pill (3x/day)

MIDDAY before lunch intake (have jasmine/sencha mixed tea with lemon)

1- Energy multiplex 1pill

2-Liposomal Vitamin C (optional so on occasion)

3- lots of green powders and chlorophyll additionally ...and E3

DINNER-ISH

1- Curamed Curcumin 2pills, Curamed Black Mustard 1 pill, Blood builder 1 pill, Am Indian Yew tree pill 2 pills, Curamed with DIM 1pill, Energy multiplex 1pill

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

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1- Comfort cleanse 2 pills and Aloe 1 pill

2- CBD suppository &/or oral and 2 Phytocore 2 on empty stomach

-eat celery if need to

FINISH EATING BY 9PM; SUPPOSITORY BY 10PM. IN BED 11PM. Swig of apple cider vinegar

WHEATGRASS AND GREEN JUICES THROUGHOUT DAY! REMINDER...GOAL: Starve cancer cells and promote apoptosis! SO, NO ANIMAL FOODS. Limit Nuts and beans. GLUTEN, SOY, DAIRY, SUGAR FREE... AND **EMBRACE THAT WHICH MAKES ME HAPPY**

7/14/2018 NO TRACE OF CANCER READING ANYWHERE IN BODY PER ELECTRODERMAL TESTS... but Thyroid, Adrenals, Liver sluggish and struggling... so stay on plan and support those specifically. Ultrasound coming up and biochemist cautioned me against biopsy unless absolutely necessary b/c it can trigger inflammation and conditions for cancer to resurge. And candida is also gone!

fuller WHOLENESS!

Continue plan with vegan, majority raw... adding fruit to balance. Start to get back on the outreach mode again but discerning what God is saying is my purpose and His plan, not just my own striving and ambition which has hurt me so much in the past.

We have OVERCOME EVIL WITH GOOD!!! Hallelujah... Breathe fresh air, get Sunshine, Rest! DO WHAT MAKES ME HAPPY. What is God urging me to do for my own good, His glory, and the benefit of those in my sphere of life.\?!?!

ON EMPTY STOMACH Prep

1-warmed water, cayenne, with lemon juice or apple cider or just apple cider vinegar shot

2- Phytocore 2 and American Yew 1 pill on empty stomach

3 - Floridex (for iron)

MORNING

1-Fresh wheatgrass or chlorophyll,

2- ORAC green powder with Iodine & Fulvic Ionic minerals

3- Probiotics, blk cumin1,

4- tea...green with lemon or turmeric or cleansing type

BREAKFAST

Vegan Kefir or some kind with 3,000 MSM pills and flax oil and ground seeds

Then - Pills: Curamed Curcumin 2pills, Blood builder 1 pill, D3-K2 1 pill, 500 mg lysine 1 pill, Am Indian Yew tree pill 1pill, Energy multiplex 1pill (3x/day), Curamed DIM 1pill & Cytozyme 2pills

MIDDAY before lunch intake (have jasmine/sencha mixed tea with lemon)

1- Energy multiplex 1pill

2- lots of green powders and chlorophyll additionally ...and E3

DINNER-ISH

1- Curamed Curcumin 2pills, Curamed Black Mustard 1 pill, Blood builder 1 pill, Am Indian Yew tree pill 2 pills, Curamed with DIM 1pill, Energy multiplex 1pill, & Cytozyme 2pills

JANE PARK SMITH'S DOCUMENTATION OF PERSONAL LIFESTYLE ADJUSTMENTS TO OVERCOME DIS-EASE AND cancer.

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

1- intestinal support pill & PhytoCare 2 pills

2- CBD suppository 1once a week now and oral on occaion

-eat celery if need to

FINISH EATING BY 9PM; SUPPOSITORY BY 10PM. IN BED 11PM. Swig of apple cider vinegar

WHEATGRASS AND GREEN JUICES THROUGHOUT DAY! REMINDER...GOAL:

Fulfill purpose and find happy everyday! SO, NO ANIMAL FOODS. Fruit in balance...

GLUTEN, SOY, DAIRY, SUGAR FREE... AND **EMBRACE God's GRACE and HIS PLANS**

August 1, 2018.

I hope you have had a beautiful summer so far... it has been quite full in all of life's colorful ways for many across the world. As a trusted soul in my circle, I am deeply grateful you are in my life and that you are taking a few moments to allow for this...

It has been a while since I logged my cancer bouts and while I hoped I would have had a celebratory party planned by now, I am just having some mini atta-girls, counting the lessons and blessings that have become completely mine along the way. And for that I am the richest woman I know.

Since my last email, I have had two all-clear-of-cancer from the biochemist I have been working with for 10 months pushing my regimen radically beyond even his recommendations to incorporate all I could from nature's healing offerings.

I let my heart dance a bit...until it paused for a few moments at my last ultrasound in which the "mass" showed growth. Shocked. Truly. Beside myself, I am still not in despair as I know the cellular composition could have changed while the mass shape dispersed. Whether that is just an eternal optimist's hope or a possible reality for me, I won't really know... but the closest I can get to in our very limited "hard-science" medical practices I have access to is to have another biopsy... to get a sampling and see if it identifies as cancer. Mind you, it cannot tell me or any human physician conclusively if the possible cancer is thriving or dying, but just that it is there. This infuriates me. And I rage against the limitations that are in currently in place when the possibilities of healing by wholesome methods are available somewhere. I will stand on that no matter what...and search and seek as long as I can or until I cannot... or until I know I must not.

So you know, my plan is to get the biopsy and find a holistically based oncology program somewhere in the world I can go where I can give myself a chance to truly heal. The past 9 months of becoming a full-time cancer-fighter happened to overlap with the gruesomest challenges dealing with everything BUT my own health recovery front. Emotionally, mentally, spiritually--it was the steepest wall ever to ascend for the non-cancer-related matters. Perhaps I should have left the rest behind, but I did not. I chose to stay at my post. The good news there is that all the fighting with faith on the other fronts has proven that death unto resurrection is possible for the most unlikely turnarounds, whether that means in the marketplace or at home. And I thank God that I have seen a time of miraculous resources and God's presence come

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to save dreams and a vehicle to change the world with my husband that was as bleak and desperate as I have ever ever ever known.

Through this, I learned the true worth of inward soundness for nothing can be done to mend a broken heart, wounded soul (or body) from external approaches. Both joy and happiness are foundational to true wellness. I thought I knew that.

Still, miracles are still indeed real—I see them more than ever, everywhere, daily. So, I know that a gift of healing can still arrive for me, but I do need to be realistic and admit that I have not been able and have not given myself the space, time, resources, and support I need to win well. But I have fought a good fight so far and it is not over.

So, regardless of the biopsy, if I can find a place to go for a few weeks or so to just devote time to deep unrooting and nourishing healing, I believe I am worth that and need to find a place and go...

Would you pray with me that a place and space reveals itself and I am led to with peaceable confirmation. If I can go and there is still no tangible proof that these confused, rogue cells (cancer) have repented of their wayward nature, I will be able to find resolve that living a full life may mean a part of my physical body must be sacrificed to preserve the whole...for purposes that compel me to still fight onward. That part would become a relic and an ode to lessons indelibly, finally accepted.

As my first Sensei said... when you in a knife fight, expect to get cut, lose body parts, draw blood... but be ready to come back with a vengeance and destroy your enemy. To me, my enemy has been one of an eternal, intangible nature and this losing bastard will pay in a way he will regret that he ever thought he could quiet me.

My hope and pursuit in faith has been that I would reclaim my entire body back from the electrical brain injury that so ravaged my life and body function, but if I must make one concession in order to be further fueled and return with a more intentional focus and resolve, then I will wear yet another scar with honor knowing that my coming victories shall be greater for one lost battle. It could be that no matter my stubborn will, the prolonged and acute trauma/stressors upon my body and heart were stronger than my temporal flesh could withstand.

I would not trade this near-decade long fight for my health for anything because what I have found through the journey is more precious and priceless than anything I can quantify.

I know my belief that human bodies are made to heal if allowed has proven out in restoring almost all of my body and brain function since the electrical trauma in 2010...and now I just ask that you believe with me that my cancer-disappearance-miracle may come forth and manifest with overflow for the betterment of all (and for me.)

Thanks for the grace to give me space to be less present for you as I trek onward ascending through these caverns. I have more invasive tests and doctor appointments in August that I care to count, but that data will guide my next steps.

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Please do let me know if you have any solid recommendations for holistic oncological centers and celebrate with me as my husband and I finally make time to go on our honeymoon (a real husband and wife vacay) after 12 years of only traveling together for work or urgencies. ...Choosing to change can and must happen for the beautiful better...and no matter what, I will rise up and stand for truth I believe in for me, for you...for us all. Always.

Thank you for allowing me transparency...for even in this, I see more clearly.

With so much love,

Jane

p.s. please give yourself and others a full measure of grace...from it unhindered, authentic, freeing love emerges.

September 4, 2018

After a month of deep searching, taking time researching, resting, and discovering things that make me happy, I'm on the horse again. Changed everything.

Less supplements, more nutrition in food, fresh pressed juices, herbs, and experiencing life with joy and making sure each day is greeted with purpose and happy designs. All this because I am learning more and more the heart of the Father God who made me and who longs for me to experience the wholeness and shalom Jesus sacrificed everything so that I could live abundantly.

So now, my target lands squarely upon my heart... my soul (mind, will, emotions) and all that has been wounded and stuffed away to survive.. and let me tell you, it was not that pretty. Forgiveness, letting go of expectations and resentment, and uprooting bitterness is an all-in exhaustive process that goes deep and take longer or shorter amounts of time that you might presume. But, the results are certainly tangible in that much of my aching bones have eased and my reactive mood and emotions are much less edgy and angry. I have been very sad and angry for too long and it is my bad, so I had to practice a great deal of self-forgiveness and learn needful methods of self-care to continue the progress.

What I learned... I have Barrett's Esophagus from too much acid overflowing and back up from my stomach. When I prayed for God to give me new direction to dig things out of, one of my molar crowns on my lower left jaw popped out while I was flossing. It was irritated and bloody last several months and it was one very pointed answer from God. My dentist said the former dentist used base-metal with things like beryllium and nickel... both proven carcinogens. And now, I am getting a very infected former root-cancel tooth extracted with future need for an implant. It cannot be saved with any rate of success and it is best to be rid of it... The other root canal tooth still looks clean and will be left alone.

And I am going to Hope4Cancer clinic in Mexico to take care of all the precancerous areas and concerns I have had from chronic inflammation after the electric brain injury that still plagues in various ways. In fact, the last CT scan for the dental exam retriggered my migraine, nausea and other symptoms from the original injury...anything like electrical wands at a facial or my phone near my head for a little while, or even caffeine like guarana in a tea sets my head-pressure-ache issues off. While that was a huge discouraging blow, it another reason confirming I need to pursue a systemic, more whole body pro-wellness/anti-cancer protocol to put all the inroads for more issues to bed for good.

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For good, that is, if I continue on my very mindful, conscious, loving, and therapeutic life changes. That is a no-brainer, but hard to maintain when it often feels I do so alone.

So, one of the first food things I did was to take how herbs are for the service of man seriously and make myself three different seasonings to use daily on whatever I eat. I have a daily, special mixed spice, and an asian blend. (daily- ½ bragg's 24 blend, 1/3 cayenne with turmeric, less of oregano, cilantro, nutritional yeast, and black pepper. Mixed= ½ turmeric, ¼ cayenne, less of cumin, curry, harrissa, garlic powder, black pepper. Asia- ½ bragg's, sea kelp blend, ginger, garlic, nutritional yeast, turmeric, pepper, Korean chili pepper)

I am also enjoying juicing with my upgraded machine—it's a two steel gear masticating juicer and it makes clean pulp I have been making all kinds of other foods to enjoy the fiber of and not waste great produce. I've made veggie burger-ish patties, non-meat balls, super serious carrot pulp salads, and teas from the turmeric, ginger, and citrus pulp... that's a deliberate slower pace that doing all this requires and it is good mindful practice for me. Plus, the pups are enjoying more pulp in their healthy food and eager for their wheatgrass and carrot juice the days I make some. They remind me to enjoy togetherness and healing happiness.

While I am still tackling the home-life that I have let break my heart so well, God has shown me my place in my process and most recently that He loved me so much that he waited for me... so would it not only be love for me to do the same for others. Wait on God, not self-actualize sabotage that I could have done or could still do. My heart still battles, but a steadier peace of God is taking root where destructive wounds once allowed the enemy of my soul to tear me apart. Instead, I am rebuilding toward real, lasting sozo with Abba's shalom.

As a wrote a sister of faith in the arts:

"This past month has been a seeking, purging, realignment...and a challenge of digging deep in order to release the things that should have no right to me, but I have allowed inroads for the enemy to take hold and for that, I have had to practice self-forgiveness and then, loosing any expectation of others...and so I am battling for deeper working out of my abundant life that is really up to me to do because Christ is waiting for me to keep on so we can go further together. Yet in this time, He showed me that I must continue on mostly alone to praise in every dark valley, cavern, pit...knowing that my time for the palace is coming if I don't stop... and the trails he is leading me along will have the markers of His passage to lead the way for others as I take each ordered step... This is all vague and general and if there is every time, I'd be happy to pray and share more."

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LIST OF SUPPLEMENTS 10/2018

(photos with ingredients in google drive called Homeostatis focus)

Simplified now to 1x/day usually midday

Women's one a day food based multivitamin

Floridex

Curamed 750mg & Bosmeric SR for Curcumin

K2&D3

Black Cumin Seed oil (2 kinds)

Primal Defense Probiotic

Mega Food Blood Builder

(few times a week)

MSM

PS100

Lysine 500mb

When need extra boost

Pure Encapsulations ADR Formula

Beta Glucan 1.3D

Biotics Research Cytozyme Parotide-TS

MyKind Organics B-complex

B12 with B6 and folate

Also taking Med M. , digestive enzymes almost every meal

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In August and September, removed two metal matters in my mouth—base metal crown on lower left jaw and failed root canal that breached sinus wall in upper left jaw—both mostly likely fed the toxicity in my thyroid as tumor was on the left wing of it. And I got diagnosed with Barrett's after an endo/colonoscopy. Now was really ready for clinic work!

(update to friends 10/31 POST H4C clinic) Returning from 3 weeks of spiritual paradise with soulful and physical challenges unto breakthroughs, today I felt quite a void once filled by the prayerful voices of my fellow kinfolk, constant shuffling of medical equipment and applications, and tasty morsels of freshly made healthy meals. There was more than just this, but it has been hard (and may always be hard) to convey (to those not in the midst of those at the clinic) the constant flow of the manifest presence of God during the time of gathering at Hope4Cancer.com in Cancun. But I will try and succinctly.

The day after my return, confirmation keeps a'comin'. In fact, I just left my acupuncturist who not only said I "look" better, but used his skills to assess me and said, "oh, you have more energy than usual," and then read my tongue and said, "that's good--the coating on your tongue has diminished and changed (for good) and the keep indent (associated with an unbalanced thyroid) has filled up. Before it was very deep and now it looks better." I was so happy to hear that an eastern-based perspective recognizes the changes I feel in just 3 weeks as I saw him just before my clinic stay. Yay!

And now, here are the basics of what I can share medically as that is the most universally measurable regardless of faith in complementary medical methods or in God.

When I first arrived at the clinic and had my intake round of tests, lab work and imaging, there was so much amiss... I was making close to no Vitamin D and wasn't uptaking it no matter how much sun or supplements I had, for example, and so many other out-of-whackness numbers that I was a bit sad as I had been so diligent with my recovery regimen. **But the good news was when my attending doctor said that what I am doing at home is working as the imaging showed the mass certainly has not grown, but changed and grew arguably smaller from the imaging done 3 months prior. That was the confirmation I was looking for as I believed I was done with the physical part (mostly) of the cancer battle, but needed to put a bow on that part of my journey.** So, I relished every part of the 7ish hours of daily non-toxic immune building, detoxing, hyperthermias, and high-tech therapies of light and sound that deepened my focus on God. Not kidding when I say that I really enjoyed everything from the daily coffee enemas, innumerable needles and IVs, to being a sweaty detox diva with a 103 Fahrenheit reading. All so good!

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Oops.. I promised to cut to the chase. So here it is...

In 3 weeks, my last labs, imagining, and other tests showed much progress. But, even my doctor said the cancer issue is not that interesting. He was visibly enthused about something else. You see, he tested his theory on why I ended up with cancer in my thyroid and pre-cancerous areas in my esophageal/stomach connection.

After 8 years of chasing symptoms after a rather life-shattering encounter with a medical device fraudulently sold as FDA-approved, I finally received the confirmation on paper and by science I could only previously insist by my intuitive, anecdotal association, and stacking up of maladies since that experience in 2010. My doctor, after test upon test to check my reflexes, EKG, and other readings, confirmed the last piece of his hypothesis. **A specialized and highly elusive measurement of a Chromaganin-A showed my body was not at even a near normal level. Don't mind my lack of medical understanding of this, but this is the core root of all my recent years of seeming random bouts of health challenges. My gift was confirmation of autonomic dysfunction.** Basically, my middle brain is not firing properly and I am told it is either due to trauma or genetics and that in my case, it sounds most likely that it is from my electrical "event," as my doctor describes it. I wanted to bawl, shout, dance, run down the hallways, and kiss my doctor. I was affirmed and overjoyed that finally someone proved what I knew to be true with scientific processing and verifiable medicine. It was not just "in my head" as I was dismissed with for so many years by doctor after doctor ... but the truth is that the root cause is truly is "in my head" in an empowering way. Knowing that is the root of the not-so-scary "C" word as well as my difficulty breathing and sleeping, plantar fasciitis, to migraines and dizziness, etc... felt and still feels beyond my expressive capabilities in text form.

And now since most worry about cancer in regards to me and in general, I also received good news about that. 3 bullet points that the doctor reiterated after showing me that even my Vitamin D production was a 1/3 of the way toward the goal value (as well as other positive points I cannot recall) were: **1-the dermoplasmic activity around the mass was gone in just 3 weeks (I understand this to be the protective encasing and cloaking behavior of the survival mechanisms that sustain cancer) 2-the blood flow in the area of the mass has receded from all around it to just one spot and 3-my TPO antibodies significantly dropped.** All in all, my thyroid should already be working better and I should feel better. I do. All through the clinic visit, my energy and mood was quite elevated and the high continues as I prepare for the next 3-12 months of intensive at-home therapies and more lifestyle adjustments to secure my promise of health.

I deeply believe I am cancer-free, but I like to have hard numbers and so I plan to return to the clinic to see "how the mass is behaving," to conclusively know its nature and irrefutably share that I am healed of it. But more than that, this journey to recover my wholeness has been an unimaginably rich pilgrimage to understanding the heart of my Creator YHWH for me and to truly recover my original life design and purpose in ways not possible without this wilderness faith walk. I am fortunate to know God in ways He would not reveal Himself to me without my need for Him to do so...and so my faith continues to grow and heal more than just my flesh.

Those studied with electrical brain injury is an extremely small cohort so it makes diagnosing and then treating super difficult, but if there is anything you can do, it would be to add your prayers to mine that I will be led to the those who can help me become better than I would

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have been without these traumas. And I celebrate this progressive, but sure triumph now for it will also be mine. On that note, know anyone you'd recommend for Transcranial Magnetic Therapy?

Nothing uncanny about this so here is one other way to share how every detail of this journey was orchestrated by the hand of my loving heavenly dad... the 1st day I arrived, my maintenance man to install a shower filter in my hotel room as named Ishmael. The last day, the two maintenance men who came over were named Fidel and Jose. **Ishmael means "God listens." Fidel means "faithful" and Jose means "God will add." And you would hardly believe this...the 1st of the group of bellman who greeted me as I departed on the last day was named, "Jesus."** How is that in seeing the handiwork and caring touches of God?! It tickles me to pieces even now.

Thank you for all your love and faith... and great big thanks for my brother who found Hope4Cancer and to my husband who toughed it out financially so I could go, get healing, and experience the kind of loving community and intimate transformation that requires intentional stillness and rest, isolation at times, and a hunger to overcome. Without the power of many in a unified faith, I would not have made it to my now. I am so very grateful.

11/1/2018 REMADE and RESTORED by HOPE. Continuing nutritional density and holistic detoxing with anchor treatments sent by *H4C. Deepen and advance healing with root cause of autonomic dysfunction confirmed, so adding transcranial magnetic therapies and avoiding apples, walnuts, parsnips, alcohol (3 months) as well all processed foods, animal proteins, gluten, soy, sugar, etc., indefinitely.) Fresh veggie juices throughout the day! MUST BREATHE.

MANIFESTING WHOLENESS!

Back on my life purpose, guard my heart and prioritize where my energies must remain, my professional pursuits are acting and Rocky's book, and languages for fun. But get sun daily if possible, do pilates/yoga/qigong daily to breathe, and alternate high impact-aerobic-weight training every other day...and relaxation practices.)

+++++Saturday is darkroom SP Activate in the morning!

ON EMPTY STOMACH Prep

1-warmed water, cayenne, with lemon juice or apple cider... outside for earthing w/5 drops D3
2-*PB Assist & Inflammation (2) (must be on empty stomach)

MORNING (target 8am) – various teas throughout day

- 1- Fresh wheatgrass and make juices
- 2- Essential Greens 1Tbspn with Iodide & Fulvic Ionic minerals
- 3- B-17 (1)

BREAKFAST(target 9am)

Shake (Her Green Goodness or High-C-me shakes with vegan protein or vegan Kefir)

Then - Pills: Curcumin type (2), Blood builder (1), D3-K2 (1), Lysine (1?), black cumin pill (1), Floridex (1), multivitamin (1) , MSM (5), Probiotics (1)

& *Immune Power Plus powder (3), B17 1 tablet, Hepatone (2), QEvail (1)

MIDDAY (target 12 noon) huge salad or veggie meal with high good fats

- 1- *Immune Power Plus powder 3 caps
- 2- lots of green powders and chlorophyll additionally ...and E3
- 3-B17 1 tablet

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4-Lyposperic vitamin C one pack in water

++++++DO LASER WATCH!

With prep UltraCur+Pro (2 caps) or PhotoActive+Oral (1 cap) Sensitizers

AFTERNOON (target 4pm)

1-* PB Assist & Inflammation (2) (must be on empty stomach)

DINNER-ISH (target 7pm)

1-*Propolis 1500 (3 caps wk1, 4 caps wk2, 5 caps wk4)

2-B17 (1)

3-Lyposperic vitamin C one pack in water

++++++DO SONO-PHOTO ULTRASOUND

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

1- CBD suppository or sublingually

2-B17 (1) Hepatone (2), QEvail (1)

*weekly coffee enema, -eat celery if need to, veggie only juices w/ apple cider vinegar is better. (Digestive enzymes with every meal!) FINISH EATING BY 9PM; BED BY 10pm!

REMINDER...GOAL: LIVE TO LOVE GOD...and be filled with his Peace and PRESENCE. Practice His Presence every day. If stress tempts, stop and praise God! EMBRACE GRACE and HIS PLANS

H4C

MACHINE THERAPY REMINDERS:

Daily

UltraCur+Pro (2 caps) or PhotoActive+Oral (1 cap) Sensitizers

-30 minute before watch application

PDT+ Laser Watch

Administer 1hour 2xday or 2hours straight

Note: (for me do most days on thyroid both hours and on weekends, add in ear and/or nose)

Almost Daily

GcMAF Monday to Friday (weekends off!) --store in freezer! When in use, in fridge.

-alternate area of shots each day ...shoulder L& R, Butt L&R, & belly

- .5 M to Thurs and .2 Friday

Weekly

Saturday morning pull SP Activate from freezer 30 min before

Sit in dark room, empty vial under tongue... sit in quiet 5-10 minutes in praise.

IVs high-dose Vitamin C 1-2x/week (as of December 2018) 75mg dose 1x or 50mg 2x/week

Heart monitoring 2-3 days/nights a week

Keep doing acupuncture, grounding, water fasting, and start transcranial magnetic therapies)

Must find place for transcranial magnetic therapy to realign brain functioning

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FEBRUARY 2019/ post clinic adjustments as c is under control and need to rectify giants of root cause-brain electrical injury and possible chronic infection

VEGAN KETO DIET cycled 12 weeks at a time with regular GF, raw focused vegan and 8 weeks of mostly small, bland, liquidy meals for Barrett's issue. NO/LOW CARBS and more vegan protein shakes! 64 grams daily of protein, less than 20 grams of carbs from low glycemic fruit/veggie.

MANIFESTING FULLER WHOLENESS!

ENJOY LIFE, FIERCELY, FEARLESSLY FUEL MY HEART AND SOUL WITH GOD. But get sun, do pilates/yoga/qigong daily to breathe, and alternate high impact-aerobic-weight training every other day, weight training...and relaxation practices.)

+++++Saturday is darkroom SP Activate in the morning!

ON EMPTY STOMACH Prep 8am

1-Maragen with glass of water

2-warmed water, cayenne, with lemon juice or apple cider- outside for earthing w/5 drops D3

3-*PB Assist & Inflammation (2) (must be on empty stomach)

MORNING (target 9am) – various teas throughout day

1- Fresh wheatgrass and make juices

2- Essential Greens 1Tbspn with Iodide & Fulvic Ionic minerals

3- B-17 (1)

4- golden milk 30 minutes before PDT+watch+++++

With prep UltraCur+Pro (2 caps) or PhotoActive+Oral (1 cap) Sensitizers

WORKOUT in this time window before or after golden milk.... and PDT+watch

BREAKFAST(target 10am)

Shake (Her Green Goodness shakes with vegan protein or vegan Kefir)

Then - Pills: Curcumin type (2), Blood builder (1), D3-K2 (1), Lysine (1?), black cumin pill (1), Floridex (1), multivitamin (1), Probiotics (1), EGCG (1)

& *Immune Power Plus powder (3), B17 1 tablet, Hepatone (2), QEvail (1)

JANE PARK SMITH'S DOCUMENTATION OF PERSONAL LIFESTYLE ADJUSTMENTS TO OVERCOME DIS-EASE AND cancer.

MIDDAY (target 12 noon) huge salad or veggie meal with high good fats, coconut oil~avo

1- *Immune Power Plus powder 3 caps

2- lots of green powders and chlorophyll additionally ...and E3

3- B17 1 tablet, Artemisae (2)

4- Lyposperic vitamin C one pack in water

AFTERNOON (target 4pm)

1- another vegan protein shake with ground flax seeds and more flax oil

2- golden milk

DINNER-ISH (target 7pm)

1- *Propolis 1500 (5) Lypospheric vitamin C one pack in water

2- B17 (1), EGCG (1)

+++++*DO SONO-PHOTO ULTRASOUND*

NIGHT (after no eating for 2-3 hours) Try to top eating before 9pm

1- CBD suppository or sublingually

2- B17 (1)

MUST!!! MEDITATE, BREATHE, do CARDIO, MUSCLE TRAINING, YOGA, PILATES!

More REMINDERS:

Daily

UltraCur+Pro (2 caps) or PhotoActive+Oral (1 cap) Sensitizers

-30 minute before watch application

PDT+ Laser Watch

Administer 1hour 2xday or 2hours straight

CBD 50 mg & 4:1THCa at night oral, sublingual

3 Golden milks to increase light therapy activation and efficacy ... only monkfruit for sweet

MUSE meditation device other other machine when avail

Almost Daily once out of Sunivera, UP immune function with Hyperthermia and IVs.

GcMAF Monday to Friday (weekends off!) --store in freezer! When in use, in fridge.

-alternate area of shots each day ...shoulder L& R, Butt L&R, & belly

- .5 M to Thurs and .2 Friday

Weekly

Saturday morning pull SP Activate from freezer 30 min before

Sit in dark room, empty vial under tongue... sit in quiet 5-10 minutes in praise.

IVs high-dose Vitamin C 1-2x/week 50-75mg with DMSO (10ml) or Hydrocortisone (50) added

Heart monitoring 3 days/nights a week: day-orthostatic; night RtoR

Heat to 103degrees body temp 3x/week.

2 coffee enemas

B12 injection

Keep doing acupuncture, grounding, water fasting, and start brain retraining

ENJOY LIVING AND SET VISIONS FOR BEAUTIFUL LIFE AHEAD.

JANE PARK SMITH'S DOCUMENTATION OF PERSONAL LIFESTYLE ADJUSTMENTS TO OVERCOME DIS-EASE AND cancer.

H4C doctor consult recap

1/30/2019

Started conversation about nutrition/diet and brain function. It is vital to get biofeedback and retrain brain like the MUSE device for deep meditation to encourage brain plasticity and function. And then to cycle between Keto Vegan diet for 12 weeks, then regular vegan for 12 weeks, etc.,

So on a daily basis, my program is to focus on KETO VEGAN diet while reducing stressors to increase support of brain plasticity and function. Increasing the amount of fats and protein, while reducing carbs to select low-glycemic fruits and vegetables to less than 20% because less glucose use means more healthy fat absorption. Focus on cruciferous veggies and tannins—red/blue colors helps relieve oxidative stress from carb intake, plus it has electrolytes.

My body at 54.4 kilo or 120 lbs needs 65 grams of protein at least daily, so do two protein shakes on top of getting more protein from food as bioavailability and absorption is always less than we would like. Doing so would also optimize B12 utilization in brain.

During 12 weeks of Keto diet, to intermittent fasting of 12 hours of each day for 2 weeks, then increase to 16 hours for a few days, and back to 12.

===The "c" question:

The nodule formerly cancer has not disappeared, but behavior shows that is it no longer an active concern. Did not see any notable blood flow in area and the blood flow overall has diminished to it. The cortex of it is not swollen, it shows no invasion to other areas, no blood flow inside it, the fatty tail/stria is no longer showing in the recent tests.

However, there is a cyst right next to the nodule that is concerning, not for cancer as it has low risk of 5-10% of malignancy. It reads as an air pocket and this kind of cyst is most often evidence of viral infections (like the month-long attack in November 2018) or a change in hypo/hyperthyroidism, which is ruled out b/c my numbers are trending healthier in normal range. So, without much worry, the best course to see this out is to boost the immune system to clear the possible viral/pathogenic load waiting 6-10 weeks to cycle out and disappear or shrink. Repeat ultrasound in the US at end of March or beginning of April to see how it is doing. Only if it has grown then should there be a biopsy.

Dr. Alan literally said he is not worried about cancer now, but the brain functioning issues and cyst due to viral infection.

Size of nodules:

In October, the cancerous one was 3x3 and is now 3x2

And the upper one was 6x6x9 and now is 6x4x9 ... both have almost no blood flow and no more evidence of microcalcifications (the body's reaction to creating barriers to encase and sequester rogue cells)

The Cyst is 3x2.

Barrett's Esophagus... how to deal with while retraining brain...since middle brain dysfunction cued by unbalanced electrical brain activity is causing slow muscle motility and not full closure of esophageal/stomach connection, must follow this for 8 weeks:

JANE PARK SMITH'S DOCUMENTATION OF PERSONAL LIFESTYLE ADJUSTMENTS TO OVERCOME DIS-EASE AND cancer.

- mostly liquidy meals, smaller portions... take in stuff slower
- no eating and laying down within a hour of eating/drinking
- nothing too hot or too cold or too spicy ... more simple, bland foods

After 8 weeks, move to more solid food slowly with more temperature variability and this should (like retraining athletic muscle response,) help increase receptivity of the esophageal junction.

Now onto blood tests notables:

- red blood cells are lower and initial thought was that it is related to infection
- low hemoglobin, but not worrisome
- white blood cells are in high-normal range
- neutrophils (1st line of defense which then mono or lymphocytes, which are part of natural kills cells) has increased but still low, but may have started back at the end of October
- Eosinophiles (deal with parasites and fungal and other infections) are still high, but may be related to the cold sore episode following my recent removal of the metal crown and replacement... or from the infection in November, so need to do a viral blood panel.

- blood platelets are in good high range
- glucose normal
- creatinine, ...kidney function great
- cholesterol lower, dropped... not working properly and may correlate to lymphocytes also which are also low... this all tells of immune system functioning... for example, obese people have clumsy white blood cells like like the person they are in...and for someone with cancer issues, it shows they have a clumsy immune system.... There must boost immune system.

- minerals are all normal, not worry about bone metastasis

- total protein... all improving and nutrition is great

- lactic dehydrogenase—low/good as higher could show signs of active metabolism toward cancer) this is often employed by cancer cells to feed so being in range means I am good and normal

- pancreas working well

- really need more electrolytes—
(electrolyte balance, exercise, diet=== 3 major cancer killers)

- CRP—increase from last October, but down from episode of sickness in November... back down
- sed rate—increased so means dealing with something chronically, which emphasizes need to treat chronic infection, then cancer
- vit C very high, so yes!, keep taking what I am taking
- IgG Immoglobulin -working well, but need more
- IgM - shows little response to possible chronic infection

THYROID

TSH- more normal now up from 1.43 to 3.75

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T3 – increased

T4 – still in good range though lower

Antibodies—no evidence of autoimmunity or cancer activity

Immune system working, but need more while blood cell help..but what is present is working hard.

Note—calcification is way body tries to contain the (-) thing against body

New therapy to replace Sunivera GcMAF

(Salgenia: (too pricey to do, so waiting on other recommendations to keep amping up immune function)...

Thymus extract—makes white blood cells in womb

Epithalon—increases melatonin so sleeps better and avoids telomerase degeneration and DNA mutation

Ic3 reduces over oxidative stress due to cancer fight and protects healthy cells)

Note: TSH, cortisol... lowered from electrical event... so bad sleep

DIRECTIVES TO INCORPORATE:

- 1- increase ultrasound to 3 minutes on same setting
- 2- adding more sensitizer for sound and light therapies
 - a. golden milk 3x day (a.m., then 30 min later, do laser watch) as curcumin will boost efficacy of SPT activation
 - b. artemism from Dr. Ron's webpage .. artemisn 2 (1 cap 3x/day)
- 3- improve brain function
 - a. keto vegan diet
 - b. oliphenolia supplement (1-15 gram daily) comes from green tea and olive oil
 - c. this is EGCG – get 400 mg twice day (helps with neurodegenerative diseases and thyroid cancer)
- 4- The brain stimulator machine 1x/day (30 min) then use Muse machine
 - a. Electrical therapy followed by muscle stimulation is important because it is passive therapy followed by active stimulation so seal the retraining
- 5- CBD 50 mg daily... use 4:1 THCa sublingually
- 6- VIT C IVs 7500 week
 - a. Get DMSO 10ml
 - b. Or hydrocortisone together 50 mg to absorb C more
- 7- Exercise
 - a. 150 minutes weekly of aerobic exercise (high interval)
 - b. 150 minutes weekly of muscle training
 - c. yoga, lymphatic therapy workouts daily
- 8- Hyperthermia—to body temp or 103 degrees 1x/week minimum
- 9- Evaluations to get
 - a. Polar watch—orthostatic test 3x/week for day; RtoR night also...know that more than 10 difference between RtoR is unbalanced... I am 14
 - b. Ultrasound US doctor in 10 weeks to check on cyst
 - c. ChromaganinA test along with ultrasound