

Subject: Cancer

After a bout with Hodgkin's Lymphoma 20 years prior and lots of damage done by the treatment I decided to go a different route when I was diagnosed again. Thanks, Nikken, for showing me a great alternative.

Following is my story that I posted on my Nikken Web Page:

I began a journey with cancer about nine months prior to this writing when a greatly enlarged lymph node was removed and I was diagnosed with Hodgkin's Lymphoma. I began research into natural protocols to deal with this and instituted a different eating regimen. Faith in God, the prayers of others, and consistent personal times of prayer and study of Scripture have sustained me through this period. Following is a description of my daily routine:

Upon arising from a great night's rest on our Nikken sleep system, I did some deep breathing exercises incorporating Nikken's Air Wellness filtration system, followed by 35-40 push-ups. Daily walks with MagSteps in my shoes were a part of each day, as well. I followed a dietary regimen that I garnered from a friend (Karen Frejlac) who feels that she beat pancreatic cancer with this approach.

To reduce acidic input, I went to a vegan eating plan with the only exception being the Budwig protocol which uses organic cottage cheese bonded with flax seed oil. I added flax seeds, Kenzen Body Balance nutritional supplement, Almond milk, fresh or fresh-frozen blueberries or mixed berries. This delicious smoothie was a great way to start out each day! Furthermore, I eliminated sweets (cookies, candies, baked goods, bread, etc.). I had lots of vegetables, fruits and for protein used quinoa, avocado, nuts, etc. Hydration with Nikken PiMag water was vital, as well.

I added several supplements:

- Jade GreenZymes twice daily

- Nikken Immunity (mushroom complex) 2 capsules three times daily

- Nikken Bone health pack (OsteoDenx, Lactoferrin, CalDenx) daily

- An herb complex recommended by a friend

I followed the above protocol for nearly nine months; following a CT scan and blood work, my oncologist indicated that I was now cancer free. He asked more info on what I had been doing and encouraged me to continue.

I chose to do neither chemotherapy nor radiation. If one decides to still take this route, I would highly recommend Nikken liver supplement and Nikken's Men's or Women's formula vitamin packs. I would counsel anyone who has a cancer diagnosis to do the research and, by all means, have a support structure in place. It is your life; take ownership.

[These results may be due to this regimen or just a happy coincidence.]

Either way, I'm feeling great!

Ted Baker
Spokane, Washington
tedpbaker@hotmail.com
509-489-4462