CANCER KILLERS

TRAINING CAMP
DEVELOP YOUR CANCER KILLER INSTINCT

Welcome to your Cancer Killers Training Camp. Over the next four weeks, you will be introduced to each core aspect of the Cancer-Killing lifestyle. This camp will push your physical and emotional strength to new heights. Whatever you do, don’t say you don’t have the discipline. We’ve seen too many people suddenly sharpen their mental focus and become incredibly disciplined to honestly believe that you don’t have what it takes. The power is within you.

Change can be hard, but killing cancer—at any stage of the battle—doesn’t have to be. To make things easy for you, this guide presents one new weapon for your Cancer-Killing arsenal each week. Use and share this guide to ensure that you, your family and your loved ones all have the tools you need to take a stand against cancer—starting now.

ACCOUNTABILITY

Change is difficult alone, but support makes us all stronger. Enlist a close friend to hold you accountable for the next 28 days. If you’re working for more than just yourself, you become far more likely to accomplish your goals.

As ____________________’s accountability partner, I, ______________________, promise to provide encouragement and support of his/her goal throughout the next 28 days. I believe __________ can achieve his/her goal, and I will be there to celebrate when the challenge has been successfully completed.

1. Name:_____________________________________
2. Signature:_________________________________
3. Date: __/__/____
**WEEK ONE - NERVE SUPPLY AND MINDSET**

Knowing isn’t half the battle. **It is the battle.** Understand the enemy’s weaknesses to conquer your fears. Subluxation subverts even the healthiest looking people, allowing disease to develop. This week you will adopt the mindset of an Overcomer and begin maximizing your body’s powerful nerve supply. If you believe you have the power to prevent and defeat this terrible disease—and your nervous system is primed to fight—then you can become a powerful Cancer Killer.

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**PHILOSOPHY**

“I consider a cancer tumor to be like a dangerous wildfire, and doctors have the obligation to extinguish it. This sounds very obvious and easy. So why is it, then, that in many cases these flames continue to burn unabated or are left smoldering, only to reappear later in full fury?”

*Dr. Raymond Hilu, Foundation for Alternative and Integrative Medicine, Malaga, Spain*

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**GET PROACTIVE**

“If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success.”

*John D. Rockefeller*

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**KILLER INSTINCT**

“It is destroyable; it is beatable. You have everything in you to do it. The mind is a powerful thing. There is no doubt, come May, I’ll be cancer free; five years after that, I’ll be cured. I’ll be a better man. This has been a blessing.”

*Merril Hoge, ESPN analyst and former Pittsburgh Steelers running back*

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**DAILY CHALLENGE WEEK 1**

**DAY 1**
Write down every baseline health number you can think of (blood pressure, weight, waist size, resting heart rate, body mass index, etc.). Your hard work over the next four weeks will improve all of them.

**DAY 2**
Schedule a visit to your Maximized Living doctor. Whether it’s your first appointment or you’re a long-time patient, today is the day to double-down on your dedication to health.

**DAY 3**
Discover motivation! Set three goals you want to accomplish during this challenge. Focus on viewing trivial daily choices in terms of these three goals. You’ll recognize the impact of small decisions.

**DAY 4**
Cut the carbs. Bread, pasta and other refined carbohydrates cause cravings and artificially stimulate hunger. You can defeat these cravings in as little as seven days, so start now.

**DAY 5**
Mental strength is the cornerstone of lasting change, and belief is the secret behind that strength. First thing in the morning, look in the mirror and tell yourself aloud that you 100-percent believe in your ability to change.

**DAY 6**
Not a morning person? You don’t have a problem getting up early; you have a problem going to bed late. Reconsider your perception of daily routines. You’ll find plenty of room for improvement.

**DAY 7**
Feeling tempted to take the easy route? Stay strong and remember one of our favorite quotes: “My commitment must be stronger than my emotions are at this moment.”
WEEK TWO - NUTRITION

Food is fuel, but for what? When you make intelligent dietary choices, food fuels everything you do. Essential nutrients nurture your body’s natural processes, helping you stay fit, fight disease and feel more energetic. However, the wrong kinds of food fuel the worst kinds of processes. Cancer cells, for instance, obtain energy by feeding on sugar. This week, you’ll focus on reducing dietary sugar to cut off cancer’s food supply.

“Cancer, above all other disease, has countless secondary causes, but even for cancer, there is only one prime cause. The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by fermentation of sugar (anaerobic respiration).”

Dr. Otto Warburg, lecture to Nobel Laureates entitled “The Prime Cause and Prevention of Cancer”

“Sugar and its close cousins—corn syrup, high fructose corn syrup, fructose, and agave—are anti-nutrients.” All cause spikes in blood sugar. They include only an insignificant amount of vitamins and minerals and actually rob your body of stored precious nutrients. The natural herb stevia is the preferred alternative sweetener.”

The Cancer Killers, pg. 57

“We know that drastically reducing sugar intake can sound anywhere from tough to out-of-the-question for you. The good news is that sugar cravings go away within just a couple weeks. Your sweet tooth can be managed with stevia, and we have plenty of options for delicious dessert recipes.”

The Cancer Killers, pg. 58

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### DAILY CHALLENGE

#### WEEK 2

**DAY 8**
Today is the most important day of the week: **shopping day.** Plan your meals, make a shopping list and prep as much food as possible. Remember, “Failing to plan is a plan to fail.”

**DAY 9**
Start a food journal. Write down everything and be precise. After each meal, write how you feel. If something upsets your stomach, never go back. Feel clean and energized afterward? Stick with it.

**DAY 10**
Raid your pantry and your refrigerator for any of the inflammation-causing processed junk food you have left in the house. Toss this garbage exactly where it belongs—you’ve got progress to make!

**DAY 11**
Resist the sweet stuff. Sugar fuels cancer development and is a nightmare for your hormones. The RDA for sugar? Twenty grams for women and 36 for men. How much is in your favorite beverage?

**DAY 12**
Reality check! You’ll pass your favorite fast food restaurant while running errands today. Don’t stop in—look up their nutrition facts and think about how much better you feel without all that extra sugar, sodium and trans fat.

**DAY 13**
Choose the right fats! Good fats are essential to cancer prevention and weight loss, but damaged fats (hydrogenated oils and trans fats) have the opposite effect. If you haven’t already, start cooking with coconut oil!

**DAY 14**
After two weeks, you’re feeling a remarkable difference. Share your success! Tell a friend how great you feel after a few simple changes. Your excitement may even inspire them.
WEEK THREE - FITNESS

We’ve taken it relatively easy on you for the first two weeks, now it’s time for you to do some heavy lifting. Boosting your level of physical fitness is essential because it allows your body to process more oxygen, more efficiently—and oxygen is cancer’s worst nightmare. Regular exercise also decreases your risk of developing several types of cancer, including: breast, colon, esophagus, kidney and pancreas. This week, you’ll focus on oxygen-boosting MaxT3 workouts.

“A study of 13,000 men and women, followed for 15 years by aerobics guru Dr. Kenneth Cooper, showed that poor diet and lack of exercise caused as much as 60 percent of all colorectal cancers in men and 40 percent in women. Out-of-shape people were shown to be 300 percent more likely to develop cancer.”

The Cancer Killers, pg. 66

“Multiple studies around the world have regularly shown that adults, by increasing physical activity in virtually any way, can reduce their risk of contracting colon cancer by 30 to 40 percent. The greatest risk reduction is seen among those who are the most active.”

The Cancer Killers, pg. 69

“I’ve worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down.”

Mia Hamm, Played 17 years U.S. Women’s National Soccer Team

DAILY CHALLENGE WEEK 3

DAY 15
Plan to succeed! Make a MaxT3 workout calendar for the next two weeks. Choose specific days and times so you know when you’ll be exercising. Tack the calendar to your fridge so you can’t avoid it.

DAY 16
Set your alarm 30 minutes earlier! Your body’s growth hormone—which naturally slows aging—peaks between 5 and 8 a.m. Knock out your daily workout first thing to take advantage.

DAY 17
Recognize the benefits! You’re breathing heavy and sweating profusely, but you have more energy than ever. What other exercise benefits are you noticing? Write ‘em down to stay on track!

DAY 18
Overachieve! After your MaxT3 session—when you feel like you can’t do anymore—do one extra surge of your favorite exercise. The Cancer-Killing mindset is all about striving for more.

DAY 19
Invite a neighbor over for your morning workout. Even when you feel like you have nothing left in the tank, a partner can motivate you simply by showing up.

DAY 20
We know you’re sore, but you can do it! Remember: The pain of discipline is temporary, but the pain of regret is permanent. Instead of reading this, you could’ve already finished your first surge set!

DAY 21
Rest, and be proud! Remember, a healthy body is worth working for, but it’s also worth enjoying. You look great, and you feel happy. Celebrate it today!
WEek four - detox

The final week is reserved for cancer’s inescapable evil ally: toxicity. Chemicals poison our bodies daily. The amounts may seem meager, but cleaners, prescriptions, additives and heavy metals infiltrate our systems all the time. These toxins disrupt your body’s ability to function and wreak havoc on your central nervous system. Your best defense? An active offense. Quelling these silent intruders will bolster your immune system’s ability to fight back against cancer.

“Food producers, product manufacturers, government officials, pharmaceutical companies, medical physicians and others will admit that while the chemicals present in products could be harmful in high doses, they’re perfectly safe in the small amounts that a product contains. And if we were exposed only once in our lives, that might be a meaningful statement.”

The Cancer Killers, pg. 70

“You also have important detox pathways like your lungs, liver, colon, and kidneys that are capable of managing some amount of foreign chemicals daily. By minimizing exposure and applying the Five Essentials, you do a lot to help these pathways manage toxic levels.”

The Cancer Killers, pg. 76

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“Get proactive

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The Cancer Killers, pg. 76

KILLER INSTINCT

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

Confucius

DAILY CHALLENGE WEEK 4

DAY 22
Your dedication has earned you amazing results. Don’t hide your excitement—celebrate! Go pick out a new, slimmer pair of pants that you wouldn’t have been able to squeeze into three weeks ago.

DAY 23
Detoxification is easier when it’s a daily process. Ask your doctor about ML Detox System, a unique supplement that scrubs your body down to the cellular level—without cutting out the foods you love.

DAY 24
Vow to avoid bottled water. Many plastic containers contain the toxic substance bisphenol A (BPA). Switch to distilled or reverse osmosis water to ensure you’re drinking only clean water.

DAY 25
Throw out the Tilex! Household cleaners contain toxic synthetic chemicals. Instead, save money by switching to an all-natural vinegar-water mixture.

DAY 26
Replace your face wash! Instead of spending $8 a bottle for heavily advertised face wash, use an effective natural solution instead. Mix almond oil with a half teaspoon of honey (it can even remove makeup!).

DAY 27
Become the greatest! “I know where I’m going and I know the truth, and I don’t have to be what you want me to be. I’m free to be what I want.” (Muhammad Ali). Some of the changes you’ve made are unconventional and your friends may have noticed—who cares? You feel better and you love it, so embrace it!

DAY 28
Congratulations! You’ve conquered Cancer Killers Training Camp. Remember those numbers from Day 1? Revisit them to see how much progress you’ve made. This progress is only the beginning. Your new life starts today!