

Timing Guidance

For digestion improvement including cancer recovery:

Kelley Enzymes and/or Gerson Enzymes

30 minutes before a meal

1 1/2 to 2 hours after meal

Okra Pepsin

With meals

Betaine Hydrochloride HCL*

Eat a bite of your meal - Then take the HCL

Video Explanation

<http://oneanswertocancer.com/blog/timingvideo>

* If you are severely compromised HCL is not my first choice. To assist you in discovering where you are in the health recovery process I suggest you use a VitaMix to break the food into “smaller pieces” to allow the enzymes to break them into the nutrients and amino acids, then after some recovery you can test yourself to see if the HCL will do the job in place of the VitaMix. Vitamix Video <http://www.road-to-health.com/vitamix>

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<http://oneanswertocancer.com/>

www.road-to-health.com www.road-to-health.com/pricelist.php

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