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Supplement Instructions and Suggestions

MSQ Supplement - #16

The supplement routine you are about to start requires diligent and careful attention to the details below. It is imperative that you follow the oral supplement instructions to insure the highest chances of success. It is critical to follow the dosage of three times per day exactly as recommended. Missing one dose can be crucial to disrupting the therapy cycle.

Supplement Ingredients List:

Blackstrap Molasses, Sulfur, Apple Cider Vinegar, Quinine Sulfate, Rose Petal Extract, Activated Charcoal, Water, Folic Acid

Supplement Instructions

The formula includes sulfur and other powdered ingredients that do not dissolve or easily bind with the liquid ingredients and tends to settle on the bottom. It is very important that these powders be evenly distributed over each dose. Shake very well every time when measuring a dose, examining the bottom to make sure it is well blended.

1. Optional – keeping supplement refrigerated is not necessary. Refrigeration thickens the ingredients and makes it harder to shake and blend ingredients.
2. Most critical is to stir, shake, or blend every time. The dose can be added to several ounces of water and stirred to thin and easier to take.
3. Take the formula after or with a meal or heavy snack. This will help negate any potential nausea on any empty stomach especially in the first week and thereafter.
4. When starting MSQ for the first time, (not a continuation), begin with “1/2” ounce, or 1 tablespoon for the first 2-3 days. This will allow the body to adjust to the new ingredients, primarily the excess quinine, sulfur and molasses.
5. **Thereafter, take one fluid ounce (2 Tablespoons) three times (3 Times) per day until finished. The therapy lasts a minimum of 21 days, and you will receive a total of 64 ounces usually in two 32 ounce bottles. (Each quart should last 10-11 days.)**
6. If using a measuring spoon, stir it in some water to clean it and drink that. You can pre-measure a day or two of servings into small cups, and add water or milk to dilute.
7. Drink 6-8 cups of water per day (about 6-8 ounces per glass), or at least 1 1/2 quarts throughout the day.

Additional Notes and Possible Side Effects

Please be aware of the following few effects and suggestions while taking this therapy. These may or may happen during your initial course of treatment, and most will dissipate within 7-10 days. The warnings make it sound worse than it is for the majority of people.

- **Consume each dose after a meal or heavy snack. Short term or slight stomach cramps have been noted if taken on an empty stomach.**

During the first week beginning the supplement therapy, is when you will experience the most pronounced degree of minor stomach or gastrointestinal effects. These are natural and should be expected as a result of the type and above normal amounts of the ingredients consumed. With the exception of the flatulence at times, most will disappear in 7 days or less as the body adjusts to the ingredient levels.

Should they become severe, please contact us immediately before discontinuing the treatment. The range of the side effects or reactions is known to differ only slightly in the majority of patients. The degree of difference will depend upon the status of your digestive system or any complications from previous treatments. If you discontinue the treatment, it will require you restart the 21 day treatment again at the beginning. Therefore, it is critically important to follow the dosage instructions – 1oz x 3 times/day and not miss a dose or stop.

- Slight to moderate constipation or very loose stools may occur in the first 3-5 days due to the constituency of ingredients. A mild laxative or high fiber diet can aid this temporary situation.
- Within the first several days, you may develop a few slight to moderate stomach cramps or nausea. This is likely due to the quinine sulfate if it is included. These will pass quickly as the body adjusts and is anticipated with beginning quinine use. Avoid taking the supplement on an empty stomach should help to prevent this from occurring.

Do not use any antacids which contain aluminum or sodium bicarbonates (baking powder) to relieve these symptoms. These will neutralize the quinine and render the supplement ineffective. Have a glass of whole milk instead.

If the nausea is too severe, ask your doctor for a mild dosage strength prescription of Phenergan to help relieve the nausea.

- Social Flatulence Warning: Due to the high sulfur content, the body will produce an unusual output of sour flatulence. Some bloating was noted in the first week of taking this formula. Loose stools and or wet flatulence may persist in the first week, so play it safe and have a seat in the bathroom if you feel the urge to pass gas. The flatulence odor is very noticeable, so beware of passing gas in a crowd!
- You will likely notice a bitter aftertaste persisting for a while as a result of the quinine and sulfur. Enjoy some Altoids, mints, or gum. Brushing your teeth shortly afterwards will also help.

Request For Your Help

Please help us by taking some time to provide us with feedback on the supplement and effects that you experience. Please keep a simple daily diary for the next twenty one days to help us understand your results.

1. When you begin the therapy, write a short summary of your condition. How do you feel physically, such as energy levels, attitude, complications, aches or pains associated with the disease.
2. Make daily entries as to your ongoing condition. Are you feeling better? Do you notice more energy? Do you notice any particular signs that you are feeling or getting better?
3. The side effects from your experience may be different than noted. Please describe your results or experiences in relation to the noted side effects. Use a scale from 1-5 (5 highest), to note if they are more or less severe than explained above. This information will be very helpful to us for compiling a list of side effects and/or treatment effects.

The Holistic Approach - Mental, Spiritual and Physical Suggestions

Your enemy is the cancer in your body, and you must summon the courage and a fighting attitude to reject the notion that it has any right to be in your body whatsoever. To help you accomplish this process, the following mental suggestions should not to be taken lightly, and can literally help as much as the supplement you are now receiving.

"We might assume, and perhaps it would enlighten us better if we did assume, that cancer and its privileges are not welcome in our personal realm of activity. Consequently, we again assume that we must denounce it. Here again emerges the truth serum of mind. It will not bargain with threats or assailants in any manner. Pronounce cancer as being foreign to your system each day in the following passage:

'I will not assume responsibility to any foreign matter which does not serve me with diligence and care.'

Simply make this statement once each day in front of the mirror and keep it inside the area of disease, both physical and mental. The mind will adopt this statement as true and will, accordingly, enrich the physical defense mechanisms to a firm state of existence. Hence, we see preventive medicine in action." Joe K. Holbrook, [The Cancer Story](#)

Attitude

Your attitude will determine your altitude in life. From this moment forward, do not under any circumstance see yourself in the future with cancer involved in any of your life's activities, goals, and dreams. Not even one moment from now. See yourself as being free from cancer, standing tall and confident. Maintain the steadfast attitude that you will be the victor, not the victim in this battle for life. Commit yourself mentally and physically to fight an enemy that does not play by rules, and neither should you. Cancer will tug at your emotions and you must not allow it to drag you back into the pits of depression and loneliness. Be active, get involved with life, and talk to others in a support group for example. Talk to yourself at any time, out loud to shore up a lowered resolve, and challenge yourself to keep your guard up.

Our research comprises many aspects of the mental and physical aspects of our human makeup that are also a part of the entire cancer story in mankind. From this information on the mental aspects of man, an interesting and intriguing chapter on intelligence and personality was developed. A very important optional step in your fight against cancer now and in the future, is to implement at least the first step of this process. We highly recommend it to develop confidence, strengthen your attitude and personal self identification. Enter the URL in your web browser, and it will be ready to open and print or save the file download. This step is highly advised for anyone, not just cancer patients..

www.adnutraceuticals.com/docs/twosteps.doc

Mental Imaging

It is very important that you develop a clear focus and goal in your battle plan against cancer. First and foremost is to recapture an **active** memory from your past in which you were at the peak of health in your life. Recall one in which you were active like hiking in the forest, walking among the flowers, running on the beach, riding a horse or something to that effect. This mental image is to be your shield against the depressing thoughts that may give you reason to doubt your resolve and attitude. If the thought of cancer appears at any time, think of this memory and focus as if you are that healthy now.

Freeze this memory frame or activity and use it as the mental picture in the meditation exercise below. If you should have need to look into the future, see yourself enjoying the benefits of a healthy and active life free of cancer. Say out loud at any time, and especially in these mental conversations with yourself, that this is the health and lifestyle you want to enjoy now. Do not disregard the power of this simple step.

DO NOT at any time from from this point forward, see or imagine yourself one second into the future with cancer. Instead, focus on this mental image as you in future - a healthy person, cancer free

Meditation

Deliberate meditation is also a form of physical healing for the body, not just the brain and mind. During meditation, the lowered brain activity (12-16 cycles per second) are in a healing alpha stage. The normally firm grip on your consciousness is relaxed. This is very similar to the state of hypnosis or prior to drifting off to sleep. Sleep is important, but there are significant benefits derived from meditation which can only be derived from this form of meditative state. Healing chemicals similar to anti-aging processes are released into the body by the brain only during this time frame. Fifteen minutes per day is highly recommended for everyone, and longer when possible.

Any form of deliberate meditation or prayer during this period will help you tremendously in your current battle against cancer, but also in daily life later to relieve stress and help prevent relapse. It does not require long periods of time, often just fifteen minutes at mid ay will refresh you more than a nap.

For cancer patients, begin a daily ritual of meditation that follows this procedure for at least a total of thirty minutes, or more if possible. The goal is to lower the beta state (17-22 cycles per second) to the alpha state. Sit in a comfortable armchair or lying down and begin a series of twelve deep breaths.

For each normal long breath, divide it into three parts. Inhaling slow and deep:

Inhale 1-2-3, hold 1-2-3, inhale 1-2-3, hold 1-2-3, inhale 1-2-3, hold 1-2-3.

When you exhale, place the tongue to the roof of the mouth and exhale around the tongue to the same count of 1-2-3, forcing a deep clearing of the lungs as you breath out in this count of three.

Perform this breathing routine 12 times. After twelve deep breaths in this manner, count backwards from ten to one, or se your self going down an escalator or elevator as the numbers appear, and feel yourself descending into a meditative state. The purpose of this breathing exercise is to properly balance the oxygen and carbon dioxide levels in your body.

Now recall that freeze frame picture from above and see yourself sitting center seat in a theater as you project it on to that mental screen. Replay that image or activity over and over, and mentally affirm that is what you desire in your life now!. Keep that picture on the screen as you repeat prayers, or allow yourself to drift in those past moments of good health. Try to stay awake in this meditative state for as long as possible, even if you tend to drift off to sleep. Just repeat this exercise daily during and after the treatment. This exercise will help your body to almost double the healing process releasing thiose beneficial elements into the body to aid in the process.

Diet

Nutrition is unquestionably an important part of life and good health. It can be almost as important as the suggestions above about attitude, imaging and meditation. All of these suggestions taken together could be part of your daily routine to continue in life as a preventative measure. The list below will supply the body with the right "mineral colors" to help regulate the endocrine system composed of seventeen organs and glands that comprise the immune system. Enjoy any other foods you like, just see this as daily and weekly needs to be included in your diet.

DAILY MINIMUM INTAKE

One green vegetable	lettuce, cabbage, or any greens
One yellow vegetable	carrots, squash, or tomatoes
One white vegetable	onions, potatoes, eggplant, etc.
One half citrus fruit	orange, grapefruit, lemon, etc.
One third teaspoon	vanilla extract
One ounce	raisins
One ounce	chocolate, cocoa or candy bar
Four six ounce	glasses of water

WEEKLY

Two ounces nuts	peanuts, pecans, etc.
One medium	garlic button, cooked in salads
Three eggs	preferably soft-boiled, poached or raw
Four ounces	wheat germ

Cancer Patients Only

Avoid all meat proteins during your battle with cancer. Eat plenty of fish and dark green or leafy greens and vegetables. Contrary to the some information, sugar is necessary for you and is not the rumored "food of cancer" but rather the heavier proteins in meat products. Sugar is the equivalent of gas in your cars' fuel tank. Avoiding all sugar in your diet will only deplete your energy levels. Moderation is key.

Stress Relief

During or after periods of stress, apple juice will help alleviate any digestive absorption problems created by prolonged stress. Drink 6-8 ounces of good apple juice every day for 2-3 weeks. The carbohydrates in apple juice are small enough to be absorbed by the gut when stress constricts the pores of the stomach and small intestine.

Overall Health

Drink 2 tablespoons of good cold pressed virgin or extra virgin olive oil 2-3 times per week. This can be achieved taking it directly, or by adding to salads or other foods. Olive oil contains considerable nutrients that will help ward off or prevent many illnesses that can afflict us. As a mono-saturated fat, it will also lower cholesterol levels, help dissolve arterial plaque buildup, and supplement the immune system.

Polyunsaturated fats have been falsely advertised and promoted by to be good for us versus the saturated fats, but in fact are some of the worst things we should consume. Find an old bottle of this labeled "good oil" you might have in your pantry. Check the rim or outside of the bottle. It will probably be very sticky and difficult to wash off. This is similar to the action on your arteries over time as the body can not break it down or digest it properly. Saturated fats do not harden and remain liquid at room temperatures and are fully digestible by the body. For more concise information on saturated fats, go to the Weston A. Price Foundation website and read the information and true facts on saturated fats.
<http://www.westonaprice.org/knowyourfats/oiling.html>