

A-D NUTRACEUTICALS, INC

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Supplement Instructions and Suggestions

MP-10 Supplement

The supplement routine you are about to start requires very 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.

Supplement Ingredients List:

Major ingredients - Molasses, Vinegar, Various Spices, Olive Oil, Citrus Juices, blended dried fruit extracts, lemon, and other ingredients

Supplement Instructions

Shake contents very well before each dose to insure a good mixture of the ingredients. The formula includes ingredients that do not dissolve or bind easily with the other ingredients and will separate quickly. If storing for longer periods, keep refrigerated. It may be left at room temperature during the consumption period.

1. Keep supplement cool or refrigerate.
2. Shake very well before each dose.
3. Take the supplement preferably in the morning, after breakfast or morning snack. This will help reduce the potential for upset stomach due to high level of apple cider vinegar on any empty stomach.
4. **Take five fluid ounces (10 Tablespoons) one time (1 Time) per day in the morning until finished. The recommended therapy requires 60 days. The formula may be provided in different sized containers, lasting 10 or 20 days.**
5. Drink 6-8 cups of water per day for a total of 1-1/2 quarts throughout the day. Follow the dosage by adding 6-8 ounces of water to the dosage cup, stir and consume to clean the cup.

Additional Notes and Possible Side Effects

During the course of supplementation, particularly in the first few weeks, you may experience the most pronounced side effects. These are completely natural, and to be expected as a result of the ingredients. Should they become very discomforting please contact us immediately before discontinuing the treatment. The range of the side effects or reactions is known to differ in users. Some reactions are greater than others. Discontinuing the treatment will require that you start the treatment again from the beginning.

- Slight to moderate looseness of bowels due to the high amount of olive oil. Additional fiber or high fiber diet may aid this temporary situation.
- You might experience an acidic reaction in the stomach resulting from the cider vinegar if taken on an empty stomach. Most notably a reflux situation similar to burping or belching, especially without a prior meal. This will pass shortly.

Do not use antacids which contain aluminum or sodium bicarbonates (baking powder) to relieve these symptoms. These may neutralize and render the supplement ineffective.

- The digestive functions may respond to this formula with loose bowels, mild diarrhea or flatulence in the beginning weeks until it adjusts to the ingredient levels. A temporary bloated feeling may also accompany the early weeks of supplementation.
- Admittedly in the beginning the formula tastes strange and is not very palatable, but will lessen in time as you adjust. Many patients say they look forward to it after the first week or so. Remember the old saying that everything good for you does not always taste good! There may be an aftertaste that will dissipate quickly.

Request For Your Help

I ask that you 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 sixty days to help us more develop a better understand of the supplement and your results.

1. Begin with a summary of your condition and how you feel physically, such as energy levels, attitude, aches or pains associated with the cancer.
2. Make daily entries as to the ongoing conditions. Are you feeling better? Do you notice more energy? Do you notice any signs that you are feeling or getting better?
3. Please note any results or side effects. Use a scale from 1-5 (1 poor - 5 best) as a comparison to the results noted above. This information would be very helpful to us to develop a better idea of the mild side effects and at what point the treatment is taking hold. Any other suggestions or notes you think would be helpful are appreciated.

Supplement Working Model

The supplement MP-10 is based on advanced nutritional research to supplement the immune system with nutritional complexes in the fight against cancer. It is our opinion that cancer is a single disease with many manifestations resulting in the different types of tumors. We believe that cancer is an opportunist that attacks the weakest link anywhere in the body to gain a foothold and establish the disease. A deficient or dysfunctional immune system over a period of time allows for the development of certain conditions in the body which cancer can exploit. Allopathic medicine uses surgery, radiation and chemotherapy attempting to focus on the individual type of cancer versus the possible underlying cause of the various tumor manifestations.

The underlying cause in our opinion is from an unbalanced or unstable endocrine system often referred to as the immune system. The immune/endocrine system is composed of seventeen organs and glands in the body that comprises a dependent interrelationship to blend and produce all the various elements to maintain optimal physical health. When one of these organs or glands falters or fails to produce the chemical elements needed by another component, it sets in motion a domino effect.

The dependent relationship in the endocrine system becomes disrupted or dysfunctional, which then affects the overall system as a result of not being able to make its specific contribution to the next component. For example, the liver may be dependent on the adrenal gland for a specific enzyme in order to produce a unique element. The adrenal gland is not working up to par, thus the liver can not produce a needed element for another component, and the overall system dependency begins to falter.

This is usually more often associated with poor nutrition, but the body is quite remarkable in its ability to weather temporary periods of nutritional stress for two to three months depending on the level of reserves it has built up. There are also backup systems in the endocrine system that can correct "short term" deficiencies or imbalances but these are not reliable for long term situations.

There are other factors that enter into the equation for good health and the body should be viewed in a holistic sense. Life styles, stress, attitudes, mental and spiritual aspects also play an important role in our overall health and well being. Stress, particularly long term or chronic stress is perhaps the most harmful to our health. Chronic stress has been proven to be a major factor in the effect it has on our health. This aspect is little understood in the specific ways it impacts the endocrine system at this time.

In our model of the endocrine system, stress impacts the digestive system first, which then sets in motion the domino effect noted above through a complex series of disruptions in the absorption of critical elements by the digestive system. This creates the imbalance of elements needed to supply the various organs and glands.

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MP-10 is designed to provide specific elements missing in the immune system to aid it in the targeting and destruction of cancerous cells in the body. Although some of the ingredients will help in restoring the immune system to proper functioning, it is also a complementary process. It is not a replacement for holistic restoration of overall physical and mental health.

Cancer and tumors can be killed by various means in the body whether they are allopathic or alternative in nature. Unless the underlying cause is treated through a restoration of a fully functional immune and/or endocrine system, cancer will return and make an appearance in another part of the body.

Cancer metastasis is often the result of an ongoing dysfunctional endocrine system in cancer patients regardless of treatment or therapy. Not treating or restoring endocrine system functionality allows for the spread of cancer. Even when treated and remission follows, the endocrine/immune system is still vulnerable and cancer may return in the successive months or years unless the contributing and underlying factors are corrected.

As a cancer patient fighting the throes of cancer, you should prepare for, and adopt a life style change utilizing a holistic approach to your health. This will require a three pronged approach to ensure that all three aspects of your life - physical, mental and spiritual, are attended to through a daily dietary program. The following suggestions and guidelines apply to cancer patients and otherwise healthy individuals to prevent cancer and many other diseases from taking hold and establishing a battleground in your body.

Please view these as critical to your health and well being overall, not just for the physical benefits. As a human being, we have a very complex system of interrelationships with these three critical aspects of life that is not fully understood, or accepted in principle by medical science at this time. Animal life is a favored tool of scientific research, and there is some justification for the process, but this applies strictly to the physical level of drug reactions per se. There are many factors in the human body for which there is no model in animal life that mimics the human body.

The mental and spiritual aspects of human life are not found in the animal kingdom, and these play as important, if not a greater role in our overall health than nutrition. It is only recently that science has proven and is accepting spiritual aspects such as prayer and meditation to have a profound and noticeable effect on health and recovery. Attitude has long been established as a key role in the recovery and survival of cancer patients. Little is known or understood about this process other than it works.

The following information is based on a unique perspective and understanding of the human mental systems, the immune system and the spiritual aspects in our life that are not a part of the current working or scientific knowledge about life. From this perspective and insight this supplement and others, are based upon these working principles and incorporated into the therapy process. View and use the following three daily diets as important to your enjoyment of life during your stay on planet earth, as well as the infinite period in the next life.

There is much more understanding to the processes above and below that could be added to this information. However, to properly explain all the roles and relationships these aspects and processes play in our life would require the length of a book. Just view and accept them as working principles to be applied to your life. As interesting as they are in explanation and conversation, it does require more applied study than just simply reading a lengthy book to understand and comprehend these principles.

Carl H. Pfeiffer
President

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The Holistic Approach - Mental, Spiritual and Physical Suggestions

Your enemy is the cancer in your body, and you must reject the notion that it has any right to be in your body whatsoever. In order to help you accomplish this process, the following mental suggestions are not to be taken lightly, and can 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 out loud 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 the 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.

Mental Imaging

It is important that you develop a clear focus 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 life. It could be walking amongst 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, or for you to see cancer in your life in any capacity. Freeze a frame from this memory, 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.

Meditation

Begin a daily ritual of meditation that follows this procedure for at least a total of thirty minutes per day and more if possible. The purpose is to lower the brain waves from the normal awake level of beta (17-22 cycles per second), to the healing level of the alpha state (12-16 cycles per second). Sit in a comfortable armchair or lying down and begin a series of twelve deep breaths. Each deep breath will be divided into three short inhalations followed by a count of three in a controlled manner. When you exhale, place the tongue to the roof of the mouth and exhale around the tongue to a count of three. For example, inhale one third of a deep breath and count to three, inhale another one third and count, inhale the last third and count to three. Exhale deeply to the count of three. After twelve deep breaths in this manner, count backwards from ten and feel yourself descending into a meditative state. You may repeat the breathing or counting down to achieve this meditative state if necessary.

Now recall that freeze frame picture you have of an active and healthy period, and project it onto a theater screen. Replay that image or activity over and over, mentally say out loud 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 will help your body to heal much faster by releasing beneficial chemical elements into the body to aid in the process that can only be released in this state.

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 of organs and glands comprising the immune system. Enjoy any other foods that you like, just be sure to include these as recommended.

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
Four ounces	wheat germ

The Most Important Step To Aid In Healing Your Life

Holistic medicine uses an approach that combines three aspects of healing: physical, mental and spiritual, which are the three aspects of our human nature. Maintaining a healthy balance within these three aspects will help you heal faster, stay healthy, and act as a preventative to ill health.

Attitude is perhaps the most important aspect of what we can and can not easily control in our life. The perception of yourself, how you visualize or perceive yourself is very important to maintaining this overall balance. It affects everything we do and how we react to situations and circumstances in life, family, faith, work, and relationships.

There is a much more detailed explanation of the concepts in the suggested step below about our personality makeup and the other interrelationships of the Human Mental Systems. The complete Two Step process may be requested which explains in much greater detail, the concepts and processes supporting Step One below. To request it, email a request to me for the two step process with your name and address to carl@atlantis-davees.com.

Step One is highly recommended, and patients completing this step have noticed markedly improved attitudes and shorter recovery times. In principle, it is designed to bring into alignment your true personality, and strengthen communication with the power of the mind.

In short, we are a two-form system of life. How we think about things, and how we feel about things. The thinking aspect is associated with all things related to the physical brain, while the feeling aspect is associated with all things related to the spiritual mind. This concept establishes a very clear difference between brain and mind as two separate and distinct entities that comprises the Human Mental Systems. The brain is the intelligence feature of the physical body, and the mind is the intelligence feature of the spiritual body, or soul.

The two forms of intelligence are connected and communicate solely through the personality traits that were selected during the fetal stage of development to guide us through life. You could not select or design a better personality for yourself and your eternal life. These personality traits are also selected to enhance your three God-given talents.

Visualize rows of seeds planted neatly in a garden that sprout at different times. Imagine also, weeds in your garden that crowd out or prevent your desired plants from growing. There is a process of adoption of foreign personality traits that can easily occur during our life. A method to pull these weeds is needed, and that is just one of the working principles underlying Step One. A second and more important principle is to strengthen the communication channel between mind and brain, and allow for more healing properties from the spiritual aspect of our life. Spirit power can provide two to three times the healing power of the physical body.

A strong communication channel between mind and brain will aid in your recovery, and your life in many more ways than any explanation can outline. You will develop a feeling of self confidence and poise that you may have never had before, or regain one that cancer has sapped you of in the your fight to live. This will help provide a fortified will and resolve to live and fight that cowardly disease called cancer. You can beat it, and it is a feeling you will develop if you complete Step One.

Please do not overlook the power, influence and impact this seemingly simple step can have on your life, health, attitude and healing.

Step One is a twenty-one day routine, and it is suggested you continue with it for the rest of your life. Foreign traits can be adopted at any time in life, but the tendency is much more pronounced in the adolescent years. Like weeds, no matter the preparation or care, they will still sprout in your garden, even after you have completed this first routine.

Prepare a calendar with 21 days on it and place it on your bathroom mirror. Every morning, within the first 21 of waking preferably, you will say out loud and in a confident manner, "I AM (your first name)!"

Then mark one day off your calendar. From personal experience, and that of many others, it is very easy to miss a day, so be very vigilant. If you forget in the morning, say it as soon as possible that day. If you miss one day, you must start the whole process from the beginning again, no hedging here on this requirement.

The reason for saying it within the first hour, is that these foreign personality traits are still dormant during this period. Similar to that groggy feeling of just waking and not having that first cup of coffee. This is the time when these traits are most vulnerable, and it's easier to dislodge them at this time.

A side benefit that you will notice after completion is regaining, or an increase in mental energy you have at the end of the day. The reason in part is twofold: 1) the blocked communication channels, 2) foreign or adopted traits require ten times more electrical energy than your true personality traits need to function. We only have a limited amount of electrical energy allocated to the mental systems at any given time. Foreign processes require or drain more of that limited amount, and before the end of the day you find yourself running out of steam, or mentally exhausted.

Complete this Step One as suggested, and if you later tell me it didn't help you, I'll refund you the money you paid me for this suggestion! If it works, you might offer me money. You have nothing to lose and everything to gain by trying this exercise.

Some benefits you will notice very quickly, others will develop over time. Without going into more detail, there are numerous more side benefits that you will gain. One possible indication that you are on the right track may occur half way through the process. You may begin to notice new things in and around your life, a different perspective, or develop new interests in things that were not of interest previously. At the very least you will notice a growing increase in your overall self-confidence, in a manner you have not experienced before in your life. That and much more awaits you in this simple, simple, but very powerful step in strengthening the communication channels between mind and brain!

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CANCER SYMPTOM SURVEY

The purpose of this survey is to collect data for evaluation and future establishment of new warning signs for cancer. Like many other diseases, cancer has an identifiable set of symptoms that appear before it can incubate and form tumors. This test is seeking to determine if a different set of symptoms exist outside of the existing seven warning signs, and if there is a pattern.

This following process has been theorized to occur within a period of three to six months before the onset of cancer. The resulting affliction or tumor may become noticeable or cause side effects that would cause a concern for a person's health after this time period. Your help in recalling any one or all of the following events is most appreciated. Please take your time in answering the survey to recall one or more of the following stages that may have occurred. The events should have followed this order:

Name _____ Date _____

1. A slight to moderately severe stinging type skin rash, similar to hives, that lasted for exactly seven days, with or without treatment, then disappeared as quickly.

Yes ___ No ___ If yes, approximate time before diagnosis _____ mos.

2. Immediately after the disappearance of the rash, an excessive or unusual surge of energy, higher than your highest high energy days. This would have lasted for 3-7 days and dissipated. This would be caused by an overly active adrenal gland as a second line of defense in the immune system.

Yes _____ No _____

3. The unusual growth of patches of hair that could be most anywhere on the body, in places not normally associated with hair growth (stomach area, back or shoulders, legs, arms. This would have been caused by an excessive amount of cortisone in the body, which is a by-product of the excessive adrenalin production.

Yes _____ No _____ Location _____

4. Exactly twenty one days from the beginning of the rash, the final symptom appears. This would have been the beginning of a mental depression that outlasts the normal low ebb days of our lives, pulling you very low. This could be similar to the feelings of the death of a loved one. This final symptom is the indicator that signals to us the defeat of our immune and defensive systems which has exhausted all its efforts to resist the invasion of cancer.

Yes _____ No _____

5. Estimate when the last time that you were affected by, or had a cold.

Time before diagnosis _____ months _____ years _____ do not recall

