

Take LifeOne at double dose for 30 days then reduce to normal dosage. Plan being on LifeOne for a one-year period to allow your immune system to return to normal function.

Stop all sugars and simple carbohydrates. Just replace them with fresh vegetables, fruits, meat, fish and fowl.

Do not add other plant chemicals or supplements to LifeOne without the express suggestions of someone very familiar with LifeOne and its constituents and how they may interact.

Never undergo chelation therapy, either oral or I.V. while on LifeOne. LifeOne contains numerous plant constituents that contain trace mineral amounts. Chelation will often remove these and render the active components of LifeOne much less effective.

Take a high quality multi vitamin and mineral supplement twice daily. Take 6 grams of vitamin D3 daily, divided into two doses, taken separately from the multi-vitamin and mineral supplement.

If you are taking supplements under a health care provider, be aware LifeOne can often cause changes in the specific cancer test outcomes.

