

Men should take *ProstAvan*, which contains lycopene. This has been found to reduce the risk of prostate cancer. Drink plenty of water and *Melaleuca Herbal Tea* to continually detoxify.

Apply *T36-C5* or *Triple Antibiotic Ointment* immediately to any suspicious skin lesion, mole, wart, skin tag, or discoloration. Continue application 2 to 4 times each day until it disappears (probably 2 to 3 weeks) or until seen by your health care provider. Laugh, sing, and play at least 30 minutes each day.

## CANKER SORES

Mouth ulcers, known as canker sores, form on the gums and on the inside of the cheeks. They are a localized bacterial infection characterized by a white scab appearance with a bright red border. The sores may form from pinhead size to lesions the size of a dime, and are very painful. They can originate from a number of causes such as damage from brushing your teeth, biting your cheek, wearing dentures, or eating hard foods. Food allergies are often linked to repeated outbreaks. See the section on *Cold Sores* in this book.

\* Brushing with *Classic Tooth Polish* and then rinsing with *Breath-Away Mouth Rinse* reduces the bacterial count in the mouth. At the first sign of a canker sore, apply *T36-C5* to the injured site. Repeat every four hours.

## CARBUNCLES

Carbuncles are similar to boils. This painful condition is also caused by the staphylococcus organism. Sometimes a fever will accompany a carbuncle outbreak. Healing takes longer than when treating boils and may be more difficult as well. This is especially true when the person suffering is diabetic, older or has other contributing factors that may impede a more rapid healing.

**WARNING:** Staphylococcus is very infectious and many strains are becoming resistant to prescription antibiotics. If fever is present, consult your health care provider immediately.

\* See the section on *Boils* in this book.

## CARDIOVASCULAR DISEASE

In 1912, the first case of atherosclerosis was documented in an elderly man. It was called a disease of old age, and was a novelty that took up only one paragraph of a medical textbook. By 1960, cardiovascular diseases were the number one cause of adult death in North America. The wars in Southeast Asia identified 19-year-old American soldiers killed in action who showed moderate to advanced plugging of the arteries in their hearts. In 1992, 485,000 Americans died from this disease. Researchers now suspect that dietary excesses and a sedentary existence may be the greatest contributors. Conditions such as diabetes,

\*The information presented in this book is in no way intended as a substitute for medical counseling. Always consult your physician before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Always read and follow product packaging directions and warnings.

