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# FABULOUS SUPPLEMENTS



TEMPLETON  
WELLNESS • FOUNDATION





**James Templeton**

When you're fighting cancer or just trying to prevent it, you need all the help you can get to optimize your immune system and turn your body into a fortress!

Along with a healthy diet, supplements can have a tremendous effect on your health and give you the boost you need to combat cancer.

Here are the **TOP FIVE CORE** supplements I take on a daily basis as a preventative measure.

It's important to find the best quality vitamins and supplements available--this is no time to skimp on quality. You will especially want to avoid anything with artificial colors (including titanium dioxide), hydrogenated oils, or talc (often used as filler). I've included information as to the brands I know and trust.

*Please consult with your health care practitioner  
for the right program for you*

# VITAMIN C

Let's start with the Nobel prize winning vitamin that can STOP cancer in its tracks.

It might sound too good to be true that this simple, inexpensive vitamin could be effective against such a baffling and resistant disease as cancer, but it turns out that it can stop cancer in its tracks. Two time Nobel laureate Dr. Linus Pauling and Dr. Matthias Rath teamed up and conducted a life- changing landmark 15-year study on a number of different types of cancer and vitamin C. They gave one group of people a mix of vitamin C, L-lysine, L-proline, and EGCG (a green tea extract), and put another group on a placebo. Their extensive research conducted on more than two dozen cancer cell types showed that this nutrient combination is effective in controlling cancer in multiple ways: stopping its growth, spread, the formation of new blood vessels in tumors (angiogenesis), and inducing natural cancer cell death (apoptosis).



[Vitality C](http://www.888vitality.com) Powder American  
Nutraceuticals 888-848-2548  
[www.888vitality.com](http://www.888vitality.com)  
I take: 200 g daily with meals



# LYSINE

This essential amino acid is a key factor in controlling cancer metastasis.

Lysine is one of 10 essential amino acids — essential amino acids cannot be made inside the human body and have to be ingested through food or supplements. Amino acids have different effects on cells; some help them to grow and reproduce while others keep cells healthy. Occasionally an amino acid can become 'conditionally essential' to help our bodies overcome a disease. Lysine effectively inhibits the invasion of healthy tissue by cancerous cells, particularly when combined with Vitamin C.

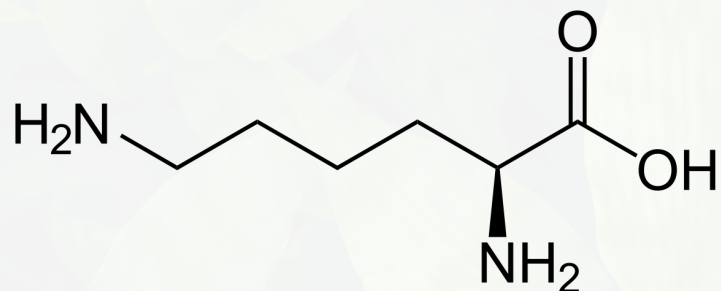


## L-Lysine

Source: Solgar 201-944-2311

[www.solgar.com](http://www.solgar.com)

I take: 3,000 mg 2x daily with meals





# PROLINE

## The Collagen Connection:

Healthy collagen halts the spread of cancer;  
weak collagen actually works with the cancer and  
encourages its spread.

L-Proline is an amino acid which serves as an important building block for collagen production. Why is that important? Healthy collagen is essential for surviving cancer. Pound for pound, collagen is stronger than steel, yet it remains flexible and pliable. When collagen is strong and healthy, it's an impenetrable force that cancer cells can't break through. This is important for survival, because 90% of cancer deaths are caused by the cancer spreading (metastasizing) to other tissues and organs. Collagen is the gatekeeper that either allows or prevents this spread from happening.

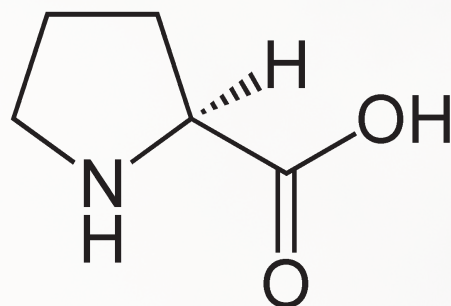


## L-Proline

Source: Solgar 201-944-2311

[www.solgar.com](http://www.solgar.com)

I take: 3,000 mg 2x daily with meals





# EGCG Green Tea Extract

Epigallocatechin gallate (EGCG) is a substance in green tea and a powerful tool in your arsenal.

The constituents of green tea are widely known for their universal health benefits. EGCG is one of the most beneficial polyphenol components in green tea, and is a powerful antioxidant that also has thermogenic properties, which help to increase metabolic activity. Studies show that it is effective in interfering with several of the processes involved in cell replication, causing tumor cell death (apoptosis). The polyphenol antioxidants in EGCG also support the body's cardiovascular system — another plus!



## [EGCG Green Tea Extract](#)

Source: Source Naturals 800-815-2333 [www.sourcenaturals.com](http://www.sourcenaturals.com)

I take: 1,500 mg 2x daily with meals



# ASTAXANTHIN

As an antioxidant astaxanthin is 550 times stronger than vitamin E and 6,000 times more potent than vitamin C.

Astaxanthin is a potent antioxidant due to its unique molecular structure. It is found in fish and algae and contributes to the natural color in many marine animals. It is exceptional due to the number of free radicals it can handle. Most antioxidants, such as vitamins C and E, can typically handle only one free radical at a time. Due to a process known as electron dislocation resonance, astaxanthin can address multiple free radicals simultaneously, in some cases more than 19 at the same time!



## Astaxanthin

Source: Nutrex Hawaii [www.nutrex-hawaii.com](http://www.nutrex-hawaii.com)

I take: 12 mg 1x daily with meals