



不能食用 To be Refrained

1. 肉类, 鱼类, 虾和蛤类. 此类食品会引起血酸, 从而成为癌细胞最佳营养
Meat, fish, shrimp, and clams. These foods can cause blood acid, thus becoming the best nutrition for cancer cells
2. 黄豆制成品. 如豆奶水, 豆腐, 豆干, 腐竹等
Soybeans finished products, such as soy milk water, tofu, dried tofu, yuba
3. 参类. 如人参和泡参等. 参类的营养反而导致癌细胞加速成长
Ginseng. Its nutrition may lead to accelerated growth of cancer cells
4. 白饭, 牛奶, 白糖, 3合1既溶麦片, 巧克力饮品, 蒸馏水
Rice, milk, sugar, 3-in-1 instant cereal, chocolate drinks, distilled water

必需食用 Essential foods

1. 以沸水烫鸡蛋90秒, 每天至少9粒, 可分3至4次服用. 蛋黄尽量不搅破, 直接吞服
Immerse egg in boiling water for 90 seconds, at least 9 per day, split into 3~4 times a day.
Try not to breakup Egg yolk, direct swallow
2. 糙米饭, 饭后饮用热洛神果茶 (Roselle Lyn Tea)
Brown rice; drink hot Roselle Lyn Tea after meal
3. 南瓜(连皮), 蕃薯(连皮), 马铃薯(连皮), 番茄, 红萝卜, 灯笼椒及黑木耳
Pumpkin (with skins), sweet potatoes (with skin), potatoes (with skin), tomato, carrot, bell pepper and black fungus
4. 所有菇类(除罐头菇类), 多吃蔬菜: 包菜, 芥兰花, 菠菜, 野苋菜
All mushrooms (except canned mushrooms), eat more vegetables: cabbage, broccoli, spinach, wild amaranth
5. 黑豆, 红豆, 绿豆(绿豆性寒, 不可多吃)
Black beans, red beans, green beans (green beans cold in nature, no recommend over consumption)
6. 橄榄油, 太阳花油, 海盐.
Olive oil, sunflower oil, sea salt.
7. 服食 **Oncovit** 每天4次, 每次10粒
Take Oncovit 4 times daily, 10 capsules each time

必需饮用 Essential drinks

1. 果姜汁: 任选以下2种汁, 每天3杯
Fruit & Ginger: choose two kinds of below juice; 3 cups per day
果汁: 青苹果, 红萝卜, 蕃石榴, 黄梨心 (混汁或一种都可);
有种子的紫色/黑色葡萄, 甜菜, 诺丽果
Fruit Juice: green apple, carrot, guava, pineapple core (mixed juice or choose one kind);
purple/black grapes with seeds, beets, Noni
姜汁: 黄姜(2cm), 姜(2cm), Temu Erang(2cm), Temu Lawak(2cm) (混汁或一种都可)
Ginger juice: yellow ginger (2cm), ginger (2cm), Temu Erang (2cm), Temu Lawak (2cm)
(mixed juice or choose one kind)
椰子水: 把枸杞子加入椰子水, 用慢火熬. 无需剥壳
Coconut Water: add Lycium in coconut water, with simmer. With coconut shell
2. 饭后饮用洛神果茶 (Roselle Lyn Tea)
Drink hot Roselle Lyn Tea after meal
3. 氫水(有助抗氧化与修复健康细胞)
Drink Hydrogen water (anti-oxidant & heal healthy cell)

服用 **Oncovit** 可能出现的反应过程 (因人而异)

May possibly encounter Healing crisis (Individual dependent)

排便: 不成形的粪便, 排便次数多, 且臭. 此乃排毒方式

Defecation: shapeless stool, frequency increase, smelly. This is detoxification

排毒: 肝脏排毒会使全身或局部出现红疹, 且痒. 此乃排毒自然现象. 肝脏排毒完毕, 红疹即止

Detoxification: Liver toxin causes local or whole body rashes and itch.

This is natural detoxification phenomena. Rashes cease when Liver detoxification is completed.