



How to prepare Soursop tea

There are several ways to make the Soursop (Graviola) tea but we have found that this way is the best especially if you are making the tea to kill cancer cells.

Materials needed:

- a. 5-7 dried soursop leaves
- b. one litre water

All our leaves are top quality and dried professionally. The leaves are wrapped in small bags and then vacuum sealed to keep the potency at it's highest.

Procedure:

1. Boil the water in a sauce pan or kettle.
2. As soon as it boils, add the soursop leaves and turn down the heat to low.
3. Simmer the leaves for 20 minutes.
4. Turn off the stove. Let the tea cool, ready for drinking.

Assuming one large cup or mug is 250ml you will have enough for 3 cups per day. When you prepare soursop tea, make only enough for the day because the potency of the tea is good only for up to 7 or 8 hours. You may put the tea in the refrigerator. Any leftover tea after drinking your daily dose must be thrown out. Make a new batch of tea every day.

THE 30DAY TREATMENT PROTOCOL:

Instructions:

- a. This treatment requires drinking the tea 3 times a day, one cup of tea, 30 minutes before every meal. (The tea is absorbed more easily in an empty stomach. When taken after meals, the tea is mixed with the food, and it has to wait for the food to be digested before it gets absorbed together with all the other nutrients. Taken before meals, the tea hits the bloodstream more quickly.)
- b. The soursop tea, drank 3x a day, 30 minutes before meals, is taken for 30 consecutive days only. More than that, it will affect your gut flora. The tea, despite its potency, targets only the sick cells in the body, leaving the good cells unharmed. However, after 30 days, it will destroy the good bacteria in the stomach.
- c. After the 30day treatment, have yourself checked up by a doctor to see if the disease is still there. Or, check yourself for symptoms. Are the symptoms of the illness still there? If check-up result says disease free, then taper off your treatment dose to maintenance dose.

However, if the symptoms are still there after the 30 day treatment,

REST YOUR BODY

FOR 10 DAYS, NO DRINKING OF THE TEA

But after the 10 days,

REPEAT THE 30DAY TREATMENT PROTOCOL.

Even if the symptoms disappear before the repeat treatment is over, finish the 30 days to make sure that not a single sick cell is left in your body. Or else, that single sick cell will multiply very quickly, and the problem returns.

IMPORTANT SUMMARY:

The 30 day treatment protocol then is this: Drink soursop (graviola) tea 3x a day, one glass 30



minutes before each meal, for 30 consecutive days, no skipping!

THE MAINTENANCE DOSE:

After the illness has cleared, don't stop taking the soursop tea abruptly. The maintenance dose is one glass of soursop tea a day, 30 minutes before meals, taken for 5 consecutive days during the week, resting the body for 2 days. For easy remembering, drink the soursop tea from Monday to Friday, rest on Saturday and Sunday.

How long will one be taking the maintenance dose? For as long as you feel good taking the soursop tea. Or you may taper off to the Body Tune Up.

THE BODY TUNE UP:

Everybody, sick or not, may take the soursop tea body tune up drink. Soursop (Graviola) boosts the immune system: protects against flu, coughs and colds, fever, etc. One glass of the soursop tea, 30 minutes before a meal, at least 3 days a week, every other day. Drink soursop tea MWF, or TThS, rest on a Sunday.

CAUTION: DON'T OVERDO IT ON THE TEA

1. An overdose will cause nausea and vomiting. However, if this happens, just lessen the dose down to your tolerable level. Instead of one cup of soursop tea, make it 1/2 cups. Adjust the dose for children. Maybe, 30 ml for kindergarteners, 1/2 cup for bigger kids.
2. Don't add or mix some other healing substances to the soursop tea because of the danger of chemical incompatibility. If at all, take them at different times.

Remember, Soursop tea must be taken before meals.