

KICKstart Kit Guide





The KICKcancer Movement is
dedicated to helping families
affected by cancer THRIVE.

Our goal is to empower through education;
teaching the importance of **real food, real health**
and how to implement it into **real life**
during and after treatment.

We believe...when you know better, you do better.

Thank you for requesting a KICKstart Kit and allowing us to be a part of this journey with you! We hope that the contents of this kit will provide you and/or your loved one with the resources needed to THRIVE during this challenging season of life.

Here are a couple of things to know:

- Kit contents may vary, based on donations and availability.
- We'll be sending a series of emails with detailed instructions and insights on how to maximize the most out of this kit. Please be sure to read each one carefully!
- We would love to see you and your kit! Please take a photo and tag us on Facebook and Instagram at @kickcancermovement and use #kickcancer #choosejoy
- We also invite you to follow us on social media and via the website. We regularly post announcements, updates, educational information and so much more. Here's how you can find us:
 - Website: www.kickcancermovement.org
 - Facebook: <https://www.facebook.com/teamkicker/>
 - Instagram: <https://www.instagram.com/kickcancermovement/>
 - Email: info@kickcancermovement.org

If you have any further questions, please don't hesitate to reach out to us!

Warmly,
Season, Josh, Kari, Shianne, Leslie and Toni

Castor Oil Pack Instructions



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The castor bean, *Oleum Ricini*, is primarily known as a cathartic or strong laxative. As the pack is placed over the abdomen with heat applied the oil is absorbed into the lymphatic circulation to provide a soothing, cleansing, and nutritive treatment.

Specifically, the castor oil pack is used for non-cancerous uterine fibroids and ovarian cysts. However, other conditions that seem to respond well include: headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints.

Please Note: Castor Oil Packs are not to be used during pregnancy, heavy menstrual flow or the presence of internal bleeding.

Materials Needed:

- Organic castor oil
- A sheet of plastic (a garbage bag is fine)
- 36" x 18" piece of cotton flannel
- Hot water bottle or heating pad

Procedure:

- Rub a generous amount of castor oil over the skin on top of the liver area, both on the front and on the back.
- Place the cotton flannel over the covered area and then wrap in the sheet of plastic to ensure the cloth is held in place.
- Place a hot water bottle on top and lay on your right side for a minimum of 30 minutes. You may even fall asleep and wear the pack all night.
- For maximum effectiveness, apply the pack as often as possible...at least 4-5 consecutive days per week. Daily use provides the most beneficial effects.

Detox Bath Instructions



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A detox bath can help to:

- Ease stress
- Improve sleep and concentration
- Assist with muscle and nerve function
- Reduce inflammation to relieve pain and muscle cramps
- Improve oxygen use
- Flush toxins
- Improve nutrient absorption

Materials Needed:

- 2 cups Epsom Salt
- 4 drops of Zendocrine Essential Oil
- 1 cup Aluminum Free Baking Soda, optional

Directions:

- Add ingredients to a very warm bath and let dissolve for 5 minutes.
- Soak for 30 minutes, and do these baths at least 4 days week.

Additional Information:

- The sulfates in Epsom Salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually pulls salt out of your body and harmful toxins along with it.
- The Baking Soda helps with ridding the body of chemicals from food, drugs, radiation exposure, etc.
- For the essential oils, we discuss them more in-depth in "Essential Oil" section of this handout. However, we only recommend a therapeutic grade essential oil, and if you are interested in learning more or want to purchase some therapeutic grade essential oils, please reach out to us. We will be happy to point you in the right direction.



Essential Oil Instructions



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Foundational Information

- An essential oil is derived from an aromatic plant, which is typically done using a careful steam distillation process.
- Essential oils are 50% - 70% more powerful than their dried counterpart. For example, 1 drop of Peppermint Essential Oil is equivalent to drinking 28 cups of Peppermint Tea.
- Essential oils also have hundreds of different compounds in them, and each compound can have a different benefit. For example, Peppermint Essential Oil can be used to support an upset stomach, tension aches and even increase alertness.
- Applying essential oils topically, specifically on the bottoms of the feet, allows the oils to enter the bloodstream within 30 seconds, and because the feet have the largest pores and the blood flows upwards toward the heart, this topical location makes for an effective place for application.
- Each body has trillions of cells, and these cells are the tiny motors that keep us alive and thriving. Each cell also has a cell membrane, which acts as the protective layer to the mitochondria or the inside of the cell. Additionally, viruses live on the inside of a cell and bacteria and fungi live on the outside of the cell. So, in order to penetrate the cell membrane, which is composed of fat, the body needs a fat soluble source. However, the good news is that essential oils are lipids, which means that they can penetrate the cell membrane and help to maintain the integrity of the immune system!
- There are also hundreds of published studies that support the effectiveness of essential oils and human health.

So...understanding their effectiveness and incredible benefits in maintaining health, we included the following essential oils to your kit.

Please Note:

The following essential oil blends are a therapeutic grade, and we use them to support our systems in every way possible. If you're interested in learning more about essential oils or to purchase more, please reach out to us. We will be happy to point you in the right direction!

Kid's Collection Essential Oils

1. Brave Essential Oil (aka. Courage Blend):

- Purpose: This is the perfect blend to instill thoughts of courage, positivity and reassurance that you can accomplish anything, including life's big and small moments. It also promotes a calm environment while reducing feelings of anxiousness and stress.
- Application: Apply 5 swipes onto the bottom of each foot 2x/day for ongoing support. As needed, apply a few swipes onto the back of the neck, over the chest/heart and/or on the wrists 30 minutes before appointments, difficult procedures, entering new environments or to promote courage and confidence.

2. Calmer Essential Oil (aka. Restful Blend):

- Purpose: This blend promotes a serene, calm atmosphere, creates a stress-free mood when tensions are high, promotes relaxation, reduces stress and anxiousness and encourages a peaceful night's rest.
- Application: Apply 5 swipes onto the bottom of each foot 2x/day for ongoing support. As needed, apply a few swipes onto the back of the neck, over the chest/heart and/or on the wrists before bed to encourage a peaceful night's rest, before procedure to minimize worry and quiet anxiousness or to promote relaxation or reduce stress. (Use with Steady for optimal benefits.)

3. Rescuer Essential Oil (aka. Soothing Blend):

- Purpose: This blend reduces feelings of tension for growing, tired legs, provides comfort and relief to sore joints and muscles and supports a relaxing, soothing sensation to any area of discomfort while comforting the emotions.
- Application: Apply directly onto sore legs and/or aching joints to minimize discomfort, onto temples and the back of the neck to reduce feelings of head tension and massage into shoulders, neck and back to soothe aching muscles. Use as needed.

4. Steady Essential Oil (aka. Grounding Blend):

- Purpose: This blend is perfect for soothing the body when feeling stressed, anxious or overwhelmed. It promotes calm, allows your mood to find balance and quiets the mind during times of distress or after an event-filled day.
- Application: Apply 5 swipes onto the bottom of each foot 2x/day for ongoing support. As needed, apply a few swipes onto the back of the neck, over the chest/heart and/or on the wrists to encourage peace during distress, to quiet and soothe the mind before an event and to steady emotions when nervousness is high. (Use with Calmer for optimal benefits.)

5. Stronger Essential Oil (aka. Protective Blend):

- Purpose: This unique blend promotes wellness and vitality, supports the body when environmental threats are high, provides immune support, supports healthy cell function and improves energy and gut health.
- Application: Apply 5 swipes onto the bottom of each foot and/or down the spine 2x/day for ongoing immune support. Use as needed when environmental threats are high.

6. Tamer Essential Oil (aka. Digestive Blend):

- Purpose: This blend is supportive of healthy digestion, improves appetite, and supports healthy bowel function. It has also been used successfully in helping with nauseousness, motion sickness and overall stomach upset.
- Application: Apply 5 swipes onto the bottom of each foot for ongoing digestion support. As needed, apply onto the stomach to support healthy bowel function or when feeling nauseous or stomach upset.

7. Thinker Essential Oil (aka. Focus Blend):

- Purpose: This blend creates a sense of alertness and clarity during times of confusion, minimizes mental distraction, helps you pay attention and concentrate when distractions are high, reduces feelings of mental stress and creates a supportive and positive environment for enhanced focus and creativity.
- Application: Apply 5 swipes onto the bottom of each foot 2x/day for ongoing support. As needed, apply a few swipes onto the back of the neck, over the chest/heart and/or on the wrists when sad, tired, struggling to pay attention or feeling overwhelmed.

Additional Essential Oil Tools

1. Hand Sanitizing Mist

This extremely fine and quick drying mist contains antiseptic properties and will eliminate 99.9% of bacteria and other germs on the skin! It effectively cleanses the hands, prevents the spread of bacteria and its moisturizing formula will leave the hands feeling soft and smooth. So, skip the toxic “gel” and replace it with this. You can use it...

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing a diaper or cleaning up a child who has used the bathroom
- After blowing your nose, coughing or sneezing
- After touching an animal, animal food or treats, animal cages or animal waste
- After touching garbage
- On a yogamat or other gym equipment before use
- On airplane armrests and tray tables when traveling
- When the entire family is on-the-go

2. Aromatherapy Bracelet

The diffuser bracelet is a great way to experience the ongoing benefits that essential oils offer, particularly in supporting your emotions. To use, simply add a couple of drops of an essential oil directly onto the lava beads.

3. Modern Essentials Reference Card

The reference card is a great tool to start learning how to use essential oils to support some of the most common health conditions. It provides you with the recommended essential oils, as well as, application directions.

Recipes



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Chicken, Pheasant or Turkey Stock

Ingredients:

- 1 whole chicken, pheasant or turkey
- 2-4 chicken, pheasant or turkey feet, optional
- 1-2 chicken, pheasant or turkey heads, optional
- 4 or more quarts purified water
- 2 tablespoons raw apple cider vinegar
- 1-2 medium yellow onions
- 2-4 carrots
- 3-4 celery stalks
- Celtic sea salt
- Parsley

Directions:

- Rinse chicken, feet & heads in purified water. Cut whole chicken in half down the middle length wise. Place these in pots.
- Add remaining ingredients.
- Fill pot with purified water. Allow to stand for 30 minutes, giving apple cider vinegar time to draw minerals out of bones.
- Reduce heat to a simmer & cook for 1 ½-2 hours.
- Add parsley and salt during last 10 minutes of cooking.
- Remove the chicken & other large parts. Debone & reserve the meat for eating.
- Strain the stock. Fill mason jar leaving 2 inches at top for expansion in freezer. Let cool and freeze or store in fridge for up to 1 week.

Orange Gummy Candy

Ingredients:

- 6 tablespoons grass-fed gelatin
- 1 cup freshly squeezed orange juice
- 1 tablespoons honey, optional²
- drops Wild Orange Essential Oil, optional
- Non-toxic, vegetable-based food coloring, optional

Directions:

- Add juice, gelatin & honey to sauce pan, whisk until there are no lumps.
- Heat over lower heat until melted, stirring constantly.
- Whisk in food coloring and/or extract, if desired.
- Pour in ice cube tray or silicone mold. You can also use a basic pan and cut into squares or use a cookie cutter after it is set.
- Pop in freezer for 5-10 minutes to firm up.
- Once they are out of freezer, they will stay firm at room temperature.
- Store in fridge for up to 2 weeks.

Banana Blueberry Power Smoothie

Ingredients:

- 2 frozen bananas
- 4 tablespoons coconut butter
- 1 avocado
- 2 tablespoons grassfed gelatin
- ½ cup organic fresh blueberries
- 1 cup steamed collard greens, spinach or beet greens
- 2-4 raw pastured egg yolks, optional

Directions:

- Combine all ingredients in a blender and blend until smooth.
- You can serve as a beverage or freeze in silicon yogurt pop holders and enjoy as a popsicle.

Green Juice

Green juice is an important detoxification routine. It assists in the rapid removal of metabolic wastes from the body and the rebuilding of damaged tissues. Juicing also helps to clear the kidneys of toxins and contributes to the proper digestion of food.

Yields:

4 servings. It will last refrigerated for about 3 days or can be frozen in jars and thawed out later.

Ingredients:

- 1 apple (to sweeten)
- 1 orange
- 2 stalks of celery
- 1 cucumber
- 1 carrot
- 1 bunch of parsley
- 1 bunch cilantro
- 8 beet greens
- 1 red bell pepper
- 1 green cabbage
- 1 lemon
- 1/2 bulb of ginger

Notes:

- It's very important that all produce is organically grown. We also don't recommend powdered greens because most are preserved and not in the most nutrient dense state.
- Feel free to blend in some healthy fat, gelatin or raw liver to get even more healthy nutrients.
- During treatment, we recommend drinking this at least 4-6 days a week.

Additional Kit Contents



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1. Weston A. Price Foundation Shopping Guide

Do you struggle with knowing which products are "clean" and which ones are not? We realize that learning how to replace processed foods with nutrient dense options can be incredibly overwhelming and frustrating. Therefore, we've included this empowering tool.

The shopping guide summarizes nutrient dense principles and organizes foods into 30 categories with "Best," "Good" and "Avoid" rankings. It includes brand names for finding the healthiest foods in supermarkets, health food stores, by phone and online. It essentially meets you where you're at and will make your grocery shopping and pantry overhaul easier.

2. Redmond Real Sea Salt

Real salt has so many wonderful benefits! It's loaded with amazing minerals, helps avoid dehydration, supports digestion issues, is very important for dealing with adrenal problems and just makes things taste really yummy! Just be sure to stay away from the iodized table salt that is often used, as it's nothing but toxic chemicals!

To learn more about the health benefits of real salt, go to: bit.ly/saltbenefits

3. Vital Proteins Beef Gelatin

Proteins are one of the most important aspects of an immune system, and amino acids are the building blocks of proteins. Two of the most important amino acids coming from gelatin, Glycine and Proline, have incredible anti-inflammatory abilities, as well as detox properties. So, we have included in your kit some gelatin powder.

Vital Proteins Beef Gelatin is 100% pure, pasture-raised, grass-fed gelatin powder. The amino acids are therapeutic, and the gelatin can be easily added to hot drinks, soups or stews, as well as, to thicken cold liquids or make gummies.

4. Snacks

PaleoValley Grass Fed Beef Stick - They are 100% Grass-fed and are made with the highest quality ingredients to create the perfect protein snack.

Artisana Organic Coconut Butter - This extremely tasty coconut butter is perfect for satisfying sweet cravings, controlling blood sugar spikes and a very healthy fat!

For more snack ideas, go to: bit.ly/somesnackideas or bit.ly/moresnackideas

6. Pure Indian Foods Turmeric Ghee

“Turmeric is the number 1 spice or herb in the world that stops cancer in 100 different pathways.” ~ Sandeep Agarwal, Pure Indian Foods

Turmeric is actually a fat soluble nutrient, which means that it needs to be consumed with fat in order to be properly absorbed and digested. The ghee in this product is not only clarified butter because the milk solids have been removed, but it's a wonderful fat!

To use, simply add 1 tablespoon to broth, rice, soups, veggies, etc.

7. Pure Indian Foods Primal Oil

Black Seed (Nigella Sativa) is an immensely powerful and potent seed that has many versatile healing agents. Traditionally, it was known as the "remedy for everything but death."

Some of its specific health benefits include:

- Type 2 Diabetes
- Helicobacter Pylori Infection
- Epilepsy
- High Blood Pressure
- Asthma
- Acute Tonsillopharyngitis
- Chemical Weapons Injury
- Colon Cancer
- MRSA
- Opiate Addiction/Withdrawal

In addition, it potentially:

- Prevents radiation damage
- Protects against damage from heart attack
- Prevents morphine dependence/toxicity
- Prevents kidney damage associated with diabetes
- Prevents post-surgical adhesions
- Prevents Alzheimer's associated neurotoxicity
- Suppresses breast cancer growth
- Exhibits anti-psoriasis properties
- Prevents brain pathology associated with Parkinson's
- Kills highly aggressive Glioblastoma Brain Cancer cells
- Kills Leukemia cells
- Suppresses liver cancer growth
- Prevents diabetic pathologies
- Suppresses cervical cancer cell growth
- Prevents lead-induced brain damage
- Kills oral cancer cells

How to Use: The peppery flavor makes it a great addition to curries, soups, vegetable/meat dishes or salads. It can also be taken alone.

8. Mt. Capra Colostrum

Colostrum is the first milk produced after birth and is particularly rich in immunoglobulins, antimicrobial peptides and other bio-active molecules. Therefore, it supplies the body with immune and growth factors and is easily tolerated by most.

Capra Colostrum is particularly unique because it's from goat milk. This means it's from a source that's closer to human milk than the mass produced bovine (cow) colostrum.

9. Branch Basics Travel Kit

Branch Basics products are ideal for tackling any cleaning job around the house (i.e. laundry, dishes, toilets, windows, floors, stains, dirt, dust, grease, etc.), but we especially love the products because they're free of harmful toxins, chemicals, preservatives, stabilizers, brighteners, fragrance, soy...and a lot more! Everything is human-safe, plant and mineral based, biodegradable, not tested on animals and non-GMO. Plus, their products work!

The TSA-approved Travel Kit is perfect for all on-the-go cleaning. Here's how you can use each item:

- Mini All-Purpose Spray - Perfect for stains, accidental spills, dirty park swings, airplane armrests, washing hands and hotel room surfaces
- Mini Foaming Wash - Great for washing your face, hands, body or as a shaving "cream"
- Mini Concentrate - No washing machine? Pour half a capful (1/2 tsp) of the concentrate in a sink full of water. Add stained and/or dirty garments and stir well. Soak for about 30 min., then rinse and wring out thoroughly. Hang to dry or use a hair dryer for quick drying. Have a washing machine? Use a capful (1 tsp) per load. Mix with 1-2 cups of water for front loaders.
- Reusable 100% unbleached cotton drawstring bag - Ideal for toiletries.

10. Primally Pure Mini Deodorant

Primally Pure's natural deodorant is formulated with safe, non-toxic, gentle ingredients that actually work. It's aluminum free and contains a small amount of baking soda to combat odor and is fortified with kaolin clay (powerful detoxifier) and non-nano zinc oxide (soothes irritation). The other "good-for-you" organic ingredients include grassfed tallow, fair trade coconut oil, arrowroot powder, beeswax and essential oils.

11. One Thousand Gifts Devotional

We pray that this book will be as much of a blessing to you as it has been to many others! The author, Ann Voskamp, addresses the meaning of life, how to fully embrace it in the midst of heart-wrenching difficulty and how to find the joy in the midst of cruelty, chaos, duty and despair!

How to Re-Order Kit Contents



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To help with re-ordering any products you wish to refill, we've provided the below links, along with a few coupon codes.

- Aluminum Free Baking Soda
 - Link: bit.ly/kickcancerbakingsoda
- Artisana
 - Link: bit.ly/kickcancerartisana
- Bare Bones Broth
 - Link: bit.ly/kickcancerbarebones
- Branch Basics
 - Link: bit.ly/kickcancerbranchbasics
- doTERRA Essential Oils
 - Contact Us: info@kickcancermovement.org
- Epsoak Epsom Salt
 - Link: bit.ly/kickcancerepsomsalt
- Mt. Capra
 - Link: bit.ly/kickcancermtcapra
- Organic Castor Oil
 - Link: bit.ly/kickcancercastoroil
- Organic Cotton
 - Link: [http:bit.ly/kickcancercotton](http://bit.ly/kickcancercotton)
- PaleoValley
 - Link: bit.ly/kickcancerpaleovalley
 - Code for 10% off: SEASONJOHNSON10
- Primally Pure
 - Link: bit.ly/kickcancerprimallypure
 - Code for 10% off: season
- Pure Indian Foods
 - Link: bit.ly/kickcancerpureindianfoods
- Redmond
 - Link: bit.ly/kickcancerseasalt
- The Flavor Chef
 - Link: bit.ly/kickcancerflavorchef
 - Code for 10% off: SEASON
- Vital Proteins
 - Link: bit.ly/kickcancervitalproteins

Thank You!

If you have any
additional questions,
please feel free to
reach out to us at:
info@kickcancermovement.org
We'll be happy to help!

