

KICKstart Kit Guide



KICKcancER
REAL FOOD | REAL HEALTH | REAL LIFE

www.kickcancermovement.org

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 or your loved one with the resources needed to THRIVE during this challenging season of life.

Here's a couple of things to know:

- Kit contents may vary, based on donations and availability.
- We will be sending a series of emails with detailed instructions and insights in how to understand and 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. You can tag us at @kickcancermovement and use #kickcancer #choosejoy
- We would also like to invite you to continue 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 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 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. During treatment, Kicker held the castor oil pack for at least 20 minutes (the length of a cartoon) and did it 5 nights a week.

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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Some 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 blends to your kit.

Please Note:

The essential oils in these blends are a therapeutic grade essential oil, and we use them to support our systems in every way possible. If you are 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!

1. Immune Support Blend:

- Purpose: This is a very protective blend for the immune system, and if used when the immune system is compromised, it will help fight off infection.
- Oils: Protective Blend, Lemon and Oregano
- To Make: Add 5 drops of each oil in a 5ml roller bottle and topped off with Fractionated Coconut Oil.
- Application: Apply a few swipes 2 times a day on to the bottoms of the feet.

2. Emotional Support Blend:

- Purpose: This blend is very effective for removing feelings of anxiousness and tension, and it is also very helpful for sleep!
- Oils: Restful Blend and Grounding Blend
- To Make: Add 5 drops of each oil in a 5ml roller bottle and topped off with Fractionated Coconut Oil.
- Application: Apply to the back of the neck, over the heart, and/or on the wrists, as needed.

3. Belly Blend:

- Purpose: This blend is supportive of healthy digestion and improves appetite, as well as, helps to support healthy bowel function. This has also been used successfully in helping with nauseaousness.
- Oils: Digestive Blend and Wild Orange
- To Make: Add 5 drops of each oil in a 5ml roller bottle and topped off with Fractionated Coconut Oil.
- Application: Apply directly on the tummy, as needed or a few swipes 2 times a day to the bottoms of the feet.

4. Cell Support Blend:

- Purpose: This blend is supportive of a healthy immune system. Head over to pubmed.gov to see the studies that have been done on these oils and how they help support those with cancer.
- Oils: Frankincense, Hawaiian Sandalwood, Myrrh and Lemongrass
- To Make: Add 5 drops of each oil in a 5ml roller bottle and topped off with Fractionated Coconut Oil.
- Application: Apply a few swipes 2 times a day on to the bottoms of the feet.

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.
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Banana Blueberry Power Smoothie

Ingredients:

- 2 frozen bananas
- 4 tablespoons coconut butter
- 1 avocado
- 2 tablespoons grass-fed 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.

Orange Gummy Candy

Ingredients:

- 6 tablespoons grass-fed gelatin
- 1 cup freshly squeezed orange juice
- 1 tablespoons honey, optional
- 2 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.

Additional Kit Contents



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1. Vital Proteins

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 Collagen Protein is 100% pure, pasture-raised, grass-fed gelatin powder. The amino acids are therapeutic, and the gelatin can be easily added to hot drinks or soups, as well as, to thicken cold liquids.

2. Snacks:

- Paleo Valley Grass Fed Beef Stick - They are 100% Grass Fed and are made with the highest quality ingredients to create the perfect protein snack.
- Bewellaby Botanical Gummies - They are a handmade, nutrient-dense, and satisfying snack that is packed with antioxidants, protein, and beneficial herbs. They also promote healthy joints and better digestion because they contain no refined sugars, chemicals, artificial colors or flavors, and is non-GMO.
- Artisana Organic Coconut Butter - this extremely tasty coconut butter is perfect for satisfying sweet cravings, controlling blood sugar spikes and a very healthy fat!

3. Sea Salt

Real salt has so many wonderful benefits! It is 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 is nothing but toxic chemicals!

4. 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 is from a source that is closer to human milk than the mass produced bovine (cow) colostrum.

5. Devotional

We pray that this book will be as much of a blessing to you as it has been to many others! Voskamp specifically 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!

5. 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 is this product is not only clarified butter because the milk solids have been removed, but it is a wonderful fat!

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

6. 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.

Thank You!

If you have any
additional questions,

please feel free to
reach out to us at:

info@kickcancermovement.org

We will be happy to help!



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