

THE ALIVIZATOS® GREEK TREATMENT

Important Points to Remember

- ❖ Patients must fast beginning at midnight on the evening prior to receiving their first Alivizatos® Treatment. Water is allowed during the fasting period, but no food or coffee.
- ❖ Do not eat at least ½ hour prior to or 20 minutes following each subsequent injection of the Alivizatos® Greek Treatment. Do not take any medications you are currently on unless your Doctor advised differently.
- ❖ On approximately *Day Nineteen*, the tests taken on *Day One* will be performed again to ascertain the progress of the patient.

During your last scheduled doctor appointment, collect from the hospital all of the medical information that you brought with you, including x-rays, etc. This is a mandatory requirement as mailing all of this documentation can be a problem from Mexico.

DR. ALIVIZATOS' BLOOD TEST SCALE

Dr. Alivizatos stated that this method of blood testing is on a scale from 2.5 to 8.5. A reading of 3.0 or lower is normal. A reading above 3.0 indicates that there is an invasion and the higher the reading, the higher the invasion. As the body accepts this treatment, the count will normally lower. This does not mean that the cancer is dead; it means only that the body is accepting the treatment. (IBC Hospital will also perform an Augusti test, CBC, SMAC and Urine test to get a full analysis on each patient, where the Doctors may find and be able to heal many other problems the patient may have).

DR. ALIVIZATOS' ORDERS

- ❖ Try to maintain an even body temperature during and after treatment for a period of at least three months. Avoid direct sunlight, hot baths, hot showers or cool drafts.
- ❖ No swimming and no hot tubs during and for four months after treatment. Sexual activity raises blood pressure and body heat; please try to abstain.
- ❖ Take exercise in small doses. Walking is good and highly recommended, but do not over do it. No jogging, no exertion; it is best to maintain an even body temperature.
- ❖ Stress is what triggers cancer. Keep your stress level at a minimum and try to eliminate any emotional problems. Learn to manage stress.
- ❖ Rest is extremely important. Rest an hour each afternoon and get a good night's sleep.
- ❖ Avoid birth control pills, hormones, and sleeping pills unless absolutely necessary and prescribed by your doctor.
- ❖ The intake of water (minimum 8 tall glasses per day!) is very important as this flushes the dead cancer cells and other impurities from our system.
- ❖ You will find things go a little bit slower in Mexico than at home... Be patient.
- ❖ You have come to Mexico for only one purpose and that is to get well. There are many people at the different motels some taking different treatments than what you have chosen. 35% of your getting well is your faith in what you are doing, 35% is your will to get well, and 30% is the Lord. Keep your stress level to an absolute minimum. Have faith and get well.

Medications

Patients should not take any other alternative treatment while on the Alivizatos® Greek Treatment. It is beneficial to only receive the Alivizatos® Greek Treatment for the entire treatment period and for at least two months after the last injection. Give the treatment a chance to do its job.

The following is a list of medications and how each should be respected while on the Alivizatos® Greek Treatment:

Penicillin, Panamycin, Tetracycline, E=mycen, Dramamine, etc. – take only if absolutely necessary and only under a doctor’s supervision.

Aspirin – None during treatment and only one month after completion of treatment, if necessary.

Insulin – Patients should check their level twice daily and use only necessary amounts.

Percodan-Percoset, Anacin 3, Tylenol 3, etc. – Use only what is necessary for pain. Patients should try to reduce their dosage on a daily basis.

Thyroid – Take medication during and after treatment.

Cortisone-Prednisone, Dilantin, Megase, Tomoxifen, etc. – only if necessary and only under a doctor’s supervision. These are blockers.

X-rays and CT-scans are not usually recommended during and for one month after the treatment. However, under special circumstances your Doctor may elect to order one or more of these test.

Dental and allergy medications – Only if necessary during the treatment.

Stool softeners – none containing sodium. Metamucil and herbal laxatives are acceptable. Use Fleet enemas, if necessary.

Laetrile & Shark Cartilage - do not use during the treatment and for one month after the treatment.

Morphine and Methadone – should not be taken during the treatment, if possible.

Caffeine or drugs containing caffeine – do not take during the treatment.

Vitamins and Supplements – patients can start (or resume) their vitamin program 45 days after the treatment. Remember to start with small quantities and build up to the preferred level.

LOCAL SHOPS

Las Americas (Outlet Mall). San Ysidro. 4211 Camino de la Plaza. This is the same street where the RED MEXICOACH bus terminal is. Just steps from the Border.

Lucky (Grocery Store) , San Ysidro. 350 W. San Ysidro Blvd.

Chula Vista Shopping Center, Chula Vista, Go North on I-5 to “H” Street off ramp. Right turn. Proceed to Broadway. Shopping Center on right between Broadway and 5th Avenue.

Henry’s Marketplace, Chula Vista. The address is 690 3rd Avenue. Take I-5 North to “J” Street exit. Turn right, proceed to 3rd Avenue, and turn left. Store is on the left at the corner of 3rd and “J” Street.

Inside Henry’s is a Juice Adventure with fresh squeezed vegetable juice, fruit juice and wheat grass. Phone 619-426-9003

Second location is 935 Otay Lakes Road, across from South Western College
Phone 619-656-6680

Wrights Poultry, Chula Vista I-5 North to Palomar Exit, go right, left on Broadway several blocks down on right. Organic Meats.

Seacoast Health Food Store, Imperial Beach. New address. Moved two doors over. 600 Palm Avenue. Take I-5 North to Palm Avenue, turn left over the freeway and proceed about two miles. Take turn off to left for Imerial Beach, Turn left on Rainbow Avenue. Located in a small shopping center.

Vons Market, Imperial Beach. Take I-5 North to the Palm Avenue exit, and then turn left over the freeway and turn right at the first stoplight. It is a huge food store with its own bakery. Next door is Sav-On Drugs plus many shops.

Whole Foods Market, Hillcrest. I-5 North to Washington St. Exit. Stay to right; turn right at end of road; go up hill, exit on University Ave.; go right toward Hillcrest; store on right.

DINING

Coco's, right next door to the Americana Inn & Suites.

Denny's is around the corner from the International Motor Inn.

Soup Plantation, Chula Vista. 1810 Main Court. Take I-805 North, exit on Main St. Turn right off freeway and another right turn into shopping center.

Hours 11:00 a.m. to 9:00 p.m.

Cilantro's, Chula Vista. 305 ½ 3rd. Ave. Take I-5 North to "E" Street. Turn right off freeway. Proceed to 3rd Ave and make a right turn. The restaurant is between "F" & "G" . Open Tuesday/Thursday 12:00 to 8:00 p.m. Weekends 12:00 to 9:00 p.m.

Anthony's, Chula Vista. North on I-5 to E-Street exit, turn left over freeway, located on the left side. Good fish menu.

Black Angus, 707 E Street, Chula Vista. Take I-5 North to the "E" street off ramp. It is one block on the left. Their specialty is steaks, however chicken and fish also available.

South Bay Fish & Grill, Chula Vista I-5 North to "J" Street exit. Turn left, past stop sign at Bay Blvd. Follow road to restaurant on your left.

Mandarin China, Chula Vista 949 Broadway; North on I-5 to L-Street exit, turn left to "L" St. then right on Broadway. Located on left side. (Chinese food available w/o salt/sugar or MSG and can be prepared with Bragg's upon request).

Hometown Buffet. Chula Vista Go north on I-5 to Palomar. Turn right and go past two stoplights. Will be on your left in shopping center.

Red Lobster, next door to Marie Calendar's in Chula Vista. Take interstate 5 to the "E" St. off ramp. Turn right and go to 3rd. Ave. (about 5 lights) and turn right. Turn right again on "F" Street .

The Vegetarian Zone 2949 5th Ave. Downtown S.D. Take I-5 North to 6th St. One way Northbound then left one block. It's on the corner.