

## **“C” Protocol Suggestions**

This is an intensive detailed approach for any kind of “c”, with many accompanying considerations offered. Please consult your Wellness Advocate for questions and guidance.

### **Background & Research**

This protocol is based on research by Nicole Stevens, MS, whose dissertation focused on therapeutic-grade essential oils and their response in the body. Key research findings include:

- While chemo can be toxic to healthy cells, Nicole's research suggests essential oils may have lower toxicity to healthy cells
- Dr. Jaime Matta (Ponce School of Medicine) found Frankincense effective against chemotherapy-resistant breast cancer strains
- National Institute of Health research indicates effectiveness against bladder cancer
- Additional oils found to have anti-tumoral properties include Sandalwood, Thyme, Lavender, and Clove
- Combining oils may increase effectiveness when used alongside doTERRA's Lifelong Vitality Trio

### **Part 1. Daily Oil Capsules**

The first part of the protocol involves rotating through combinations of oils in 3 individual oil capsules (size 00 with 14 drops of each oil), taken morning and evening, with concurrent topical application on bottom of feet, spine, or area of concern.

(Note: Do not take capsules on days of chemotherapy. Resume the following day.)

Rotation Schedule – Ingest 3 individual capsules with 14 drops of each oil every morning and every evening:

1. Days 1–3: Frankincense + Sandalwood + Lavender
2. Days 4–6: Frankincense + Sandalwood + Wild Orange
3. Days 7–9: Frankincense + Sandalwood + Lemon
4. Days 10–12: Frankincense + Sandalwood + Thyme
5. Days 13–15: Frankincense + Sandalwood + Clove
6. Repeat until no longer needed.

**Dosage Information:**

- Use size 00 capsules (holds 14 drops)
- Take one capsule of EACH oil morning and evening
- Apply the same oils topically morning and evening

**Part 2. Daily Additions**

- a. Lifelong Vitality Pack (LLV) or VMG+ and xEO Mega – take daily
- b. DDR Prime Capsules: 6–8 capsules per day
- c. AromaTouch Technique: Apply oils daily to the spine
- d. Frankincense: 8 drops under the tongue twice daily

**Supply Requirements:**

- Frankincense: 2 bottles/month
- Sandalwood: 6 bottles/month
- Lavender: 1 bottle (lasts 3 months)
- Wild Orange: 1 bottle (lasts 3 months)
- Lemon: 1 bottle (lasts 3 months)
- Thyme: 1 bottle (lasts 3 months)
- Clove: 1 bottle (lasts 3 months)
- Veggie Capsules (00 size): 1 pack (160 count)
- Lifelong Vitality Pack (LLV): 1 pack/month
- AromaTouch Technique Oil Kit: 1 kit/month (5ml bottles or 15ml bottles last ~3 months)
- DDR Prime: 2–4 bottles/month

## **Additional Recommendations**

### **AromaTouch Technique (used on the Spine):**

This technique uses specific oil combinations for different therapeutic purposes:

- Stress Management: Balance and Lavender
- Immune Support: Melaleuca and OnGuard
- Inflammatory Response: AromaTouch and Deep Blue
- Homeostasis (Balancing): Wild Orange and Peppermint

### **Considerations for Pain Management:**

#### **Option 1: Topical Application to painful areas**

- Siberian Fir
- Frankincense
- Deep Blue Oil
- Deep Blue Stick
- Copaiba
- Marjoram
- Lemongrass
- Deep Blue Rub
- AromaTouch Blend

#### **Option 2: Supplements for Pain (take as directed)**

- Frankincense Capsules
- Turmeric Capsules
- Deep Blue Polyphenol Capsules (can take 2–4 capsules every 3–4 hours)
- Copaiba Capsules

### **Option 3: Internal Pain Formula (size 00 capsule)**

- 12 drops Wintergreen
- 8 drops Vetiver
- 8 drops Helichrysum

### **Option 4: Nerve Pain Formula (internal & external, size 00 capsule)**

- 2–3 drops Frankincense
- 2 drops Copaiba
- 1–2 drops Marjoram
- Take as needed – or every 3–4 hours

## **Additional Recommendations**

### **Mental Approach**

- Focus on living and healing rather than prognosis
- Maintain a positive outlook and mindset

### **Dietary Guidelines**

- Eliminate sugar completely
- Avoid refined and processed foods
- Increase consumption of raw organic fruits and vegetables
- Drink plenty of water

### **Disclaimer**

These statements have not been evaluated by the Food and Drug Administration. Nothing herein is intended to diagnose, treat, cure, or prevent any disease. We encourage you to make your own health decisions based upon your research and in partnership with qualified healthcare professionals.