



## **DR. EDUARDO ESBER**

Odontologia Hospitalar - UTI  
Terapia Integrativa Oncológica  
Terapia Vibracional - Frequências  
Tratamento por Hipnose Clínica  
Atendimento Online Agendado  
Website: [www.dentista.ws](http://www.dentista.ws)

CRO-MG 16395 - CRTH-BR 12927

# **INITIAL RECOMMENDATIONS FOR CANCER PATIENTS**

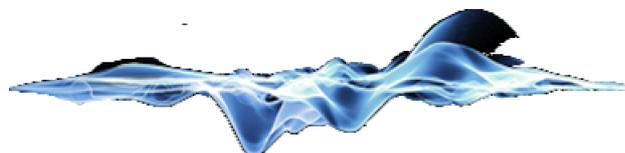


### **Message from Dr. Eduardo Esber**

First and foremost, have and nurture the certainty that you will be cured. This is entirely possible and has already happened to thousands of people around the world who have achieved complete healing even in cases where conventional medicine had no solutions left. Cultivating this certainty daily is a fundamental part of the healing process. We will work together to get closer to our goal each day. I can tell you that it won't be easy, but it is absolutely possible, and I am fully convinced that if we put in the effort, we will succeed.

We are not dealing with a simple cold or a mere stomach ache. We are facing the worst worst of all diseases, which kills many people everywhere. That's why we need to be absolutely rigorous in this fight, staying vigilant every second of every hour of every day, doing everything that needs to be done with confidence and faith. We need to be strict, severe, demanding, meticulous, precise, and relentless. Every second, we need to do things right and perfectly, without any margin for error. Only then will we be able to defeat cancer. This is the only way. At the slightest sign of failure or breaking any rule, cancer will find the strength to spread, and we don't want that to happen. Therefore, we cannot and will not fail at any moment until we completely destroy this disease. We are in a true war, and we will fight every day, every hour, every minute, and every second. It doesn't matter if it will be easy or difficult; we will face cancer, and by doing the right things, we will win.

God will not give you a ready-made house, but He will give you bricks and the intelligence to build it. Similarly, God will not grant you a cure as if by magic, but He will place people in your path to guide you through this process, advising you and walking with you step by step, climbing the ladder to health one rung at a time. Do your part, follow all recommendations strictly, and above all, trust! Your body is a marvelous machine, and if it is provided with the necessary means to function, it has the intelligence and capability to perform wonders. For the miracle to happen, you need to do your part every day. So be it.





## DR. EDUARDO ESBER

Odontologia Hospitalar - UTI  
Terapia Integrativa Oncológica  
Terapia Vibracional - Frequências  
Tratamento por Hipnose Clínica  
Atendimento Online Agendado  
Website: [www.dentista.ws](http://www.dentista.ws)

CRO-MG 16395 - CRTH-BR 12927

### ✨ Golden Rules

#### Some Important and Indispensable Recommendations

➡ **KEEP IN MIND:** Nothing is mandatory. You are free to choose your own path, free to do what you want, when you want, and how you want. However, if you truly want to be cured, it is necessary to follow the proposed path with the utmost rigor. In the fight against cancer, every mistake, no matter how small, is a great opportunity for the disease to advance. Therefore, if you want to be cured, never fail—be an incredible and powerful person. Only you have control over your life, and only you can direct your steps on the road to healing. You will have support and companionship on your journey, but no one will walk it for you, no one will do things in your place. Take action now and let's win.

✅ If you have any doubts during treatment or feel any discomfort, no matter how small, consult, ask, and clarify anything that is necessary. The recommended actions can and should always be adjusted, depending on each case and the particularities of each patient, at each stage of the approach.

✅ Completely avoid industrialized vegetable oil, whether it's from soy, corn, sunflower, cottonseed, CANOLA, or any other. Do not consume it in any form, even if it's hidden in the middle of prepared foods. Never eat any food made with these oils, especially fried foods. They are true poisons.

✅ Completely avoid cow's milk and its derivatives. It is a highly inflammatory food and was not intended for human consumption, but rather for bovine consumption. Adults do not have the necessary enzymes for its perfect digestion, and its composition is not balanced for human beings.

✅ Completely avoid gluten and all foods containing gluten. Gluten, even in minimal quantities, promotes silent inflammation in the body, and all inflammation is fuel for cancer to spread.

✅ Completely avoid artificial sweeteners, processed sugar, and anything that may contain these substances, even in small quantities. The primary fuel for cancer is sugar. Cancer feeds on sugar. Be aware that in the absence of sugar, cancer dies. If we know how to destroy it, let's do it.

✅ Completely avoid refined salt. In reality, this is not salt but sodium chloride, which is not recommended for healthy dietary consumption. Only consume whole sea salt without chemical additives.

✅ When eating, chew all food portions as much as you can and only swallow after they have turned into a true paste inside your mouth.



## DR. EDUARDO ESBER

Odontologia Hospitalar - UTI

Terapia Integrativa Oncológica

Terapia Vibracional - Frequências

Tratamento por Hipnose Clínica

Atendimento Online Agendado

Website: [www.dentista.ws](http://www.dentista.ws)

CRO-MG 16395 - CRTH-BR 12927

- ✔ Only drink high-quality filtered water, and never cook or prepare your food with tap water, which contains a large amount of metals and other toxic substances, even after treatment by the supply company.
- ✔ Do not drink any amount of liquid during meals. Liquids (including water) are only allowed half an hour before or one hour after consuming solid foods, as they dilute stomach acid, thus impairing digestion.
- ✔ Do not consume alcohol, tobacco, or any processed food products. Always check the label of products, and if you find the presence of any chemical substance, whether it's a preservative, stabilizer, dye, flavoring, antioxidant, thickener, flavor enhancer, gelling agent, acidity regulator, flavor enhancer, hardening agent, anti-caking agent, or any other junk, do not consume it in any form. Some strictly prohibited food products include: soft drinks, sausages and other processed meats, cream cheese, filled biscuits, margarine, processed tomato seasonings and sauces, etc.
- ✔ When choosing your foods, always keep in mind the basic rule for eating well and healthily: **Food is bought at the greengrocer and butcher!**
- ✔ Do not use any type of deodorant or body cream that contains chemical substances, which are absorbed by your skin, enter your body, and promote cancer growth. All industrialized products, without exception, contain chemical substances.
- ✔ Do not use toothpaste or mouthwash that contains fluoride. Fluoride is absorbed by the oral mucosa and within the body, it is a highly toxic substance.
- ✔ Only use neutral infant glycerin soaps. Other types of soap contain a high load of chemical substances that are absorbed through the skin, especially during hot showers, becoming harmful to your health.
- ✔ When bathing at home, make sure to use a filter before the water enters the shower or bathtub, which will remove chlorine and other chemical substances from the water supplied by the network, which can penetrate through your skin and hinder the healing process of your body.
- ✔ If possible, engage in moderate physical activity at least three times a week. However, avoid swimming pools treated with chlorine, preferring those where water is disinfected with ozone. Chlorine and other chemicals used in conventional pools penetrate through the skin and harm the functioning of your body.
- ✔ It's essential that your bowels function daily without you needing to strain in the bathroom. If this is not happening, please contact me so that the necessary measures can be implemented.



## DR. EDUARDO ESBER

Odontologia Hospitalar - UTI  
Terapia Integrativa Oncológica  
Terapia Vibracional - Frequências  
Tratamento por Hipnose Clínica  
Atendimento Online Agendado

Website: [www.dentista.ws](http://www.dentista.ws)

CRO-MG 16395 - CRTH-BR 12927

✓ Every day, when feasible, sunbathe in the mornings, without clothes, for a period of twenty minutes. If that's not possible, expose the palms of your hands to the sun for the same period.

✓ Cultivate positive thoughts, be optimistic, and practice gratitude. Your thoughts resonate throughout your body, and your cells pick up and respond to everything your mind emits. So, instead of complaining, find a reason to be thankful. Instead of getting upset, seek a reason to understand. Instead of despairing, pray and seek support from someone who will never abandon you, Jesus Christ.

✓ Realize that your priority is your treatment. Abandon any other concerns or tasks. Understand that everyone has their own individual problems and their own ways of solving them, just as you have your own problems, and no one else can solve them for you. Dedicate your time and focus your energy on restoring your health. This is more important than anything else.

✓ For just ten minutes a day, stop everything you're doing, sit comfortably, close your eyes, and try not to think about anything. Simply focus on your breath, feeling the healing penetrate your body with each inhale, strengthening your organism and flooding your entire being.

✓ All the recommendations for your therapy are dynamic and will be adapted according to your body's reactions. Trust your therapist. He has studied cancer in depth, knows the disease and its mechanisms of action, and for that reason also knows the ways to adjust your body. It was not by chance that God placed him in your path. Do your part, trust, and be grateful!

💡 Imagine a sick fish inside a dirty aquarium. There is no point in treating the fish and putting it back into the same dirty water because it will get sick again. The right process is to clean the aquarium water and the fish will heal on its own. This is how cancer is approached, as it is not a localized disease but a systemic condition that has developed in an imbalanced organism, that is, in a dirty aquarium. The disease called cancer makes tumors appear. Learn how Dr. Eduardo Esber takes care of patients with cancer by visiting the link:

👉 <http://dentista.ws/terapeuta/cancer/saibacomo.htm>



Registered content 2023. All rights reserved ©

**Legal disclaimers:** The approach through Vibrational Therapy and Holistic Therapies does not in any way replace conventional medical treatment. Follow the guidance of your doctor and never abandon the treatment proposed by them.