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# OncoDozin'

## Say 'Goodnight' to Cancer

### WHAT IT IS:

- High potency liposomal melatonin

### WHY YOU NEED IT:

- Important for patients with cancer
- Targets patients with chronic insomnia
- Good for patients with Irritable Bowel Syndrome, Endometriosis, Jet Lag, arthritis, and Alzheimer's disease
- Powerful brain detoxifier, protector
- Most powerful antioxidant ever studied

### HOW IT HELPS:

Melatonin is one of the oldest and most ubiquitous molecules on the planet. It is manufactured by every animal, plant and nearly every microbe.

If something is alive, chances are that it is making melatonin.

Melatonin is so important because it protects organisms from the destructive harshness of oxidation, a process inherent in living with atmospheric oxygen. Melatonin also tells all life on Earth whether it is daytime or nighttime.

When darkness comes, every living thing starts making melatonin which then circulates and announces that night has fallen. That's how your liver (which cannot see) and the oak tree can tell what time it is, even what season it is.

Say what?

Different seasons have different lengths of day and night. The longer the night, the more melatonin is made. Cells can then gauge the seasons by the concentration of melatonin to which they are exposed.

Humans only make melatonin when we are in complete darkness. Melatonin production immediately stops from even one second of exposure to the blue light coming from incandescent lighting, cell phones, computers, and televisions.

The shorter the amount of darkness you are exposed to, the less melatonin you make. Less melatonin means an increased risk for cancers, heart disease, strokes, degenerative brain disorders (like Parkinson's and Alzheimer's), mood disorders, and arthritis.

So, do you really need to check your email and update Facebook before bed?

You don't need to sleep to make melatonin, only to be in complete darkness. If you have to pee in the middle of the night, try not to turn on the light because even a second of light pollution will stop your melatonin production. To move around the house at night, use a red-light flashlight or red-light night lights. Red light does not affect melatonin production. (FYI: Moonlight is in the red-yellow spectrum and also does not affect melatonin production.)

Melatonin is such a powerful anticancer hormone that cancers only grow during the day, as nighttime melatonin inhibits their growth while you sleep. Melatonin screws up tumor development by interfering with an important enzyme called telomerase that cancer cells rely more heavily on for their growth and development.

Nightshift workers are known to have significantly higher cancer rates because they are exposed to light when they should be making melatonin. No melatonin, no cancer protection. And sleeping during the day will not produce any melatonin because your circadian rhythm still knows its daytime, even though you may be exhausted from working all night.

In recognition of the importance of melatonin and the dangers of 'light at night', the respected and august body, the World Health Organization, has classified 'light at night' as a Class 2A cancer-causing substance which shares the same rating as Mustard gas, pesticides (like Malathion and RoundUp), lead, and rocket fuel.

From a different perspective, getting 'light at night' increases your cancer risk to that of a petroleum refinery worker.

The other modern-day exposure that interferes with melatonin production are Electromagnetic Frequencies (EMFs). These are the various forms of radiation that come from cell phones, cell phone towers, tablets, laptops, desktop computers, WiFi, cordless phones, Bluetooth devices, RF Smart Meters, and any other wireless gizmo that makes life worth living.

I don't want cancer, heart disease, strokes, arthritis or to have my brain cells degenerate prematurely. And for these reasons, I take melatonin every night. I make it

an important health goal to get eight hours of darkness/sleep every night. Sometimes, if I come home late from work, I have to decide between eating dinner or going straight to bed. I choose sleep because extra calories can be consumed the next day, but you really can't make up the sleep deficit.

In my home cell phones are stowed away from the bedrooms, the TV in my master bedroom is unplugged, there are no cordless phones, no 'always-on' WiFi, no Smart Meters or active Bluetooth devices. If it has an on/off switch in my home, it is attached to a wire. I have a battery-operated alarm clock at the bedside, and I sleep on a grounding pad to neutralize any excess electrical current exposure. I have replaced a couple of light bulbs with red light bulbs that let me 'see' in the dark without zapping my melatonin production.

Melatonin is also a very powerful (perhaps the most powerful) brain detoxifier. Living in our toxic world, exposes us to many dangerous chemicals, many of which end up accumulating in our brains.

Not good.

Detoxification is a regular part of my health preservation. Melatonin helps sweep out all of the undesirable toxic goop that accumulates in our brains during the day. And since I didn't get the NFL gene, I earn my daily bread with my brain which needs to be clean and ready every morning.

So, I take OncoDozin' nightly. After brushing my teeth, I open a capsule of OncoDozin' under my tongue. I keep this liposomal melatonin there for a few minutes before swallowing to improve the absorption of melatonin into my blood stream.

There are many types of melatonin to choose from on the market. OncoDozin' and MelaSnorin' are special because they are liposomal melatonin. A liposome is a microscopic, hollow ball of fat with space on the inside for tiny payloads of herbs, vitamins and medicines.

When liposomes are made from the same type of fats as human cells, they can be swallowed without being digested in the stomach. The liposomes can then 'dock' with human cells ('like attracts like') and deliver the substance directly inside another cell or directly into the blood stream. Liposomal delivery can mimic Intravenous (IV) therapies which put substances directly into the patient's veins.

There are different types and qualities of liposomes available on the market. OncoDozin' and MelaSnorin' are of the highest quality and efficacy for maximal therapeutic results. When it comes to something as important as melatonin, the best really matters.

**Usual Dosage:** Take one to three capsules of OncoDozin' nightly. Open the capsule under your tongue or chew the capsule and spit out the empty shell. Keep the

melatonin in your mouth for 5 to 10 minutes if possible to enhance absorption. Titrate your dose to the highest amount you can tolerate. If you still feel drowsy in the morning, sit in front of an East facing window (or your bright computer monitor) to burn off the excess melatonin.