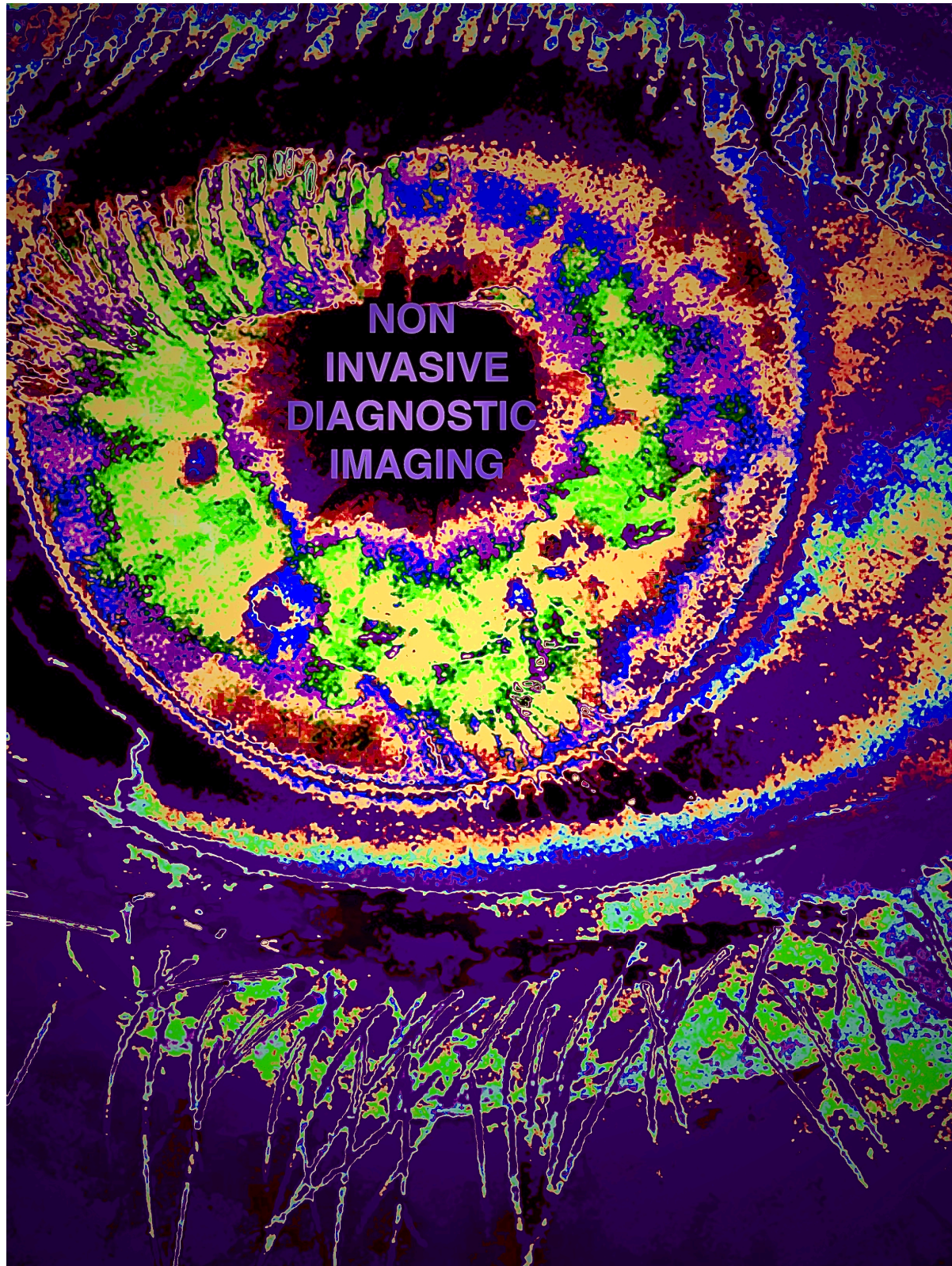


Nidi:nidi by Grove Canada

online at <http://www.GroveCanada.CA/>

DIY Imaging, Grove Health Science Books, Art in Medicine Blog...



PDF generated January 23, 2019 These Blog posts have been compiled into one Book called "Nidi" for Amazon Kindle & paperback...Please visit the blog to further your understanding of NIDI & stay up to date with new research!

<http://www.grovecanada.ca/> to read blog!

Table of Contents

Nidi:nidi by Grove Canada

1

<http://www.grovecanada.ca/> to read blog! 2

Table of Contents 2

Fast track to DIY Imaging... 4

Hi...Nidi preamble..by Sari Grove...Book twelve! 10

**Elements on the Grove body part Chart & what
they mean 17**

**Do it yourself biopsy without the needle! Meet
NIDI! (phixr.com) 39**

Nidi:see cancer/ lyme (in lunapic.com) 52

**Check Aurum (in phixr.com) blood pressure mark-
er 60**

How to see Bismuth (Filterra App for iPhone!) 81

Nidi molybdenum (in Pixlr app for iPhone) 110

Note: Two feathers healing formula 117

**Seeing molybdenum (Pixlr.com/editor for
desktop)... 119**

**Nidi:Phosphorus/Mercury/Nitrogen/Sugar (Lp filter
at diyimaging.ca) 124**

**Nidi:Lead blue, Aluminum pink cholesterol, Calci-
um yellow pr+ (Ff filter at diyimaging.ca) 125**

**(diyimaging.ca & use the P filter)red is Hydrogen
Her2+ inflammation... 127**

**NIDI:(lunapic.com)doublecheck, sugar, calcium,
lead, aluminum 130**

Nidi:Diyimaging.ca vs older filters138

**Contact Photography Festival May 2019...Grove
Canada...Book:Nidi:nidi...Non Invasive Diagnostic
Imaging... 144**

More examples of results pictures... 150

Notes, tips, hints: 151

So cool 151

**The FUTURE(CYINT technology is automating
more NIDI filters!) 153**

Exercise: 160

Fast track to DIY Imaging...

Hi...I am adding this chapter here, for those who just want to do some imaging NOW!

Take a picture of the area in question...Close up...Good light...The better the light, the better your results...No shadows...Nothing else in the picture but the lump area, or the spot that is troubling you...

Now go to <http://www.diyimaging.ca> or <https://www.diyimaging.com> ...

Upload your picture to each of the 3 filters available there...

Ok...

The Lp filter can show if cancer is present, the colour is purple...The marker is called Phosphorus which is also an estrogen marker...If you see purple in your picture, there is a good chance there is some cancer present...There are other manual edits in this book that also look for cancer-better to do those as well to doublecheck, triple check...(The phixr.com edit sees cancer as purple,

Body Part	Minus	Plus
Thyroid	Zinc -1	Lead+12
Thymus	Manganese -2	Iron+11
Lungs & Lymph Nodes	Titanium -3	Aluminum +10
Heart	Potassium -4	Aurum +9
Kidneys	Carbon-5	Nitrogen+8
Pancreas	Selenium-6	Sugar+7
Liver	Oxygen-7	Hydrogen+6
Adrenal Gland	Iodine-8	Calcium+5
Spleen	Copper-9	Phosphorus +4
Gallbladder	Magnesium -10	Mercury+3
Colon	Fluorine-11	Bismuth+2
Skene's/ Prostate	Boron-12	Molybdenum +1

Joseph & Sari Grove
Artists in Medicine
 In 2018 DIYImaging.com

the lunapic.com edit sees cancer as purple too...These are not automatic edits, but can be done, using free online photo editors, and a little time...)

The Lp filter also shows Mercury as a green colour...If there is lots of mercury, this can be a Lyme disease marker...Lyme disease can predicate cancer, so one does not rule out the other...Untreated or undiagnosed Lyme disease can progress to cancer-and both diseases often get diagnosed as each other...

The LP filter shows sugar as a dark cherry colour...

The Lp filter shows Nitrogen as a primary red colour...

This chart shows the 12 possible PLUS element markers that you can see using my NIDI non invasive diagnostic imaging methods...Highlighted are the

12 MINUS or detox elements that remove or oppose the 12 markers you may find...Later in this book, there are explanations of where to find these elements in the real world...

The FF filter (the second filter on the automatic free site) shows:

Lead, as a blue colour,

Aluminum a cholesterol marker as a Pink colour,

Calcium a progesterone marker as a Yellow colour...

In between the blue & the pink, you may see a motley foggy mauve color-This is IRON...

The P filter (third filter on the automatic site) shows inflammation which is Hydrogen as a red colour...This very simple filter can help to show size changes with tumors and lumps...Fluids surround injury sites or when something abnormal is present...

You can see on the chart that the Oxygen family opposes Hydrogen...

Ok, done...

That is the easy stuff...

Note: If you keep getting error messages on the site, know that the site uses YOUR device to process images...NOT our servers...This brought costs down enough that we can provide this service free...

But it also means YOUR device has to be FRESH, not tired, not filled with tons of photos or history...Clear all the junk out...Turn it off for a long time before trying...

Try a different browser...On an iphone, the BRAVE browser is fast...On a laptop or a desktop the OPERA browser has a TURBO setting in the advanced settings(turn that on)...

More recent phones or devices seem to work more consistently...If you have a friend who has better computers or phones, borrow theirs...

The rest of this book has explanations on how to manually do the other markers on the chart...

When you see a marker, that is something you can try to remove, with its opposite element on the chart...

Ideally, for a thorough anticancer protocol, you need at least one element from each MINUS element on the chart...

Or, you can do a comprehensive recipe type medicine that contains as many MINUS elements as possible...

I usually recommend TWO FEATHERS healing formula for any type of cancer, healingformula.net, because it is so comprehensive, and it is easier to take just that daily, than a whole mess of pills...(Call Robert Roy on the phonenumber at the link and discuss dosage etcetera...I am not affiliated in any way...)

Two Feathers is a black paste in a jar that you put into empty gelatin capsules yourself and take twice or thrice daily after meals...For six weeks to start...You will probably need at least 3 jars, and they cost around \$140 US currency, plus express shipping, so, think about it...The book 'Ha, I laugh in the face of cancer' by Susan Liberty Hall, is what I read before taking Two feathers myself...

I also coach people in my Facebook group DIY Cancer Repair Manual, through the private messenger chat area, & track progress using the NIDI imaging, to make sure it is working...I have imaged over 500 different people with various types of cancers (and other problems), using the NIDI imaging...Many people send me a weekly picture...

Topically, there are black salves that will remove tumors very quickly-it is a form of biosurgery...Tickety Boo Herbals in Australia re-invented the classical black salve recipe, improving on it...If you can get some of this topical black salve directly-great...In Nevada, a lady named Teri Askew has been making it-which closer to me as a Canadian-and she was willing to send me some...Fabulous stuff...

Sometimes internal medicines do not reach up to the surface, or on an injury site, where cancer may be hiding...Or a recurrence on top of scar tissue...So you apply a dab of black salve (topical only salve), & wait...3 or 4 days later, a scab pushes upwards, and ejects, leaving a perfect clean crevice...It heals up rather quickly...Personally, I use a little polysporin on the spot to help it eject faster...But there are many recommendations, and groups and advice, just discussing topical black salve...One should NOT apply more than a DIME size amount at a time...

If you cannot get the Tickety Boo formula-there is a video how to on youtube with the recipe, if you are keen to make some yourself...

You can also just order topical black salve from Zenith Herbals or Alpha Omega...These are tested and true...

Even if cancer has gone to the brain, you can topically salve the back of the head where the brain stem meets the head...Just under the hairline...Anything going to the brain goes up the brain stem...A drop of salve there can suck all sorts of stuff backwards and out...

A drop of salve on any lump, can be a life changing experience...No larger than a dime size at a time, means you control all reactions...Topical black salve ONLY reacts to abnormal cells, so if there is nothing there, it does nothing...Some people use salve in this way as a diagnostic tool for moles or other bumps-dab a little on, no reaction means you are safe...

Coffee enemas are another big standard thing that can be done...If you get cold, you can do it in a warm bath...Enemas go up the spine to the brain, so this is another good way to tackle hard to reach areas...

Here are some quick ideas about Minus elements...(An example of someone trying to complete all 12 elements in the Minus column...There are many permutations possible-these real world choices are things I like-but check the element lists to see other things in the same categories that you might prefer...For example, Olive oil is a Carbon too...Vitamin C is a zinc...Garlic is a selenium...Choose what you like, what you can afford, what is available, what is ethical, what works for you...

zinc-try apple cider vinegar pills

manganese-try bloodroot

titanium-try cloves

potassium-try graviola

carbon-try Vitamin E

selenium-try L-lysine

iodine-try Iodoral pills

copper-try Copper pills

magnesium-try magnesium glycerinate

fluorine-try Moringa Oleifera

Boron-hakala labs has 75 mg boron pills

Hi...Nidi preamble..by Sari Grove...Book twelve!

<http://grovecanada.ca/hi-nidi-preamble-by-sari-grove-book-twelve/>

Hi...I'm Sari Grove...

I invented ways to see twelve different biomarkers, using any camera, and internet photo editors...

Those biomarkers are: Lead, Iron, Aluminum, Aurum, Nitrogen, Sugar, Hydrogen, Calcium, Phosphorus, Mercury, Bismuth, Molybdenum...

These are elements from the Periodic Table of elements, and represent families of things in the real world...Make sure to read “ Elements on the Grove Body Part Chart & what they mean” to get a feel for these groupings...

Aluminum is a cholesterol marker, Hydrogen is a Her2 marker, Calcium is a Progesterone marker, Mercury is a Lyme disease marker, Molybdenum is a Bartonella

marker...Phosphorus is a Cancer marker...

These markers can mean other things too...Bismuth is a Trichomoniasis marker but also sarcoma...HPV can also show as high Mercury...

My charts show which elements oppose the ones you find in excess...The Grove Body Part Chart is based on the theory that each body part has 2 elements: a Plus element that feeds and repairs,

and a Minus element that cleans and detoxes...These elements should be in balance for health...Disease is imbalance...

Grove Body Part Chart

Since 2014, I have been teaching Nidi, non invasive diagnostic imaging, but also doing Nidi for people in need...My Facebook group DIY Cancer Repair Manual has over 6,000 people with cancer, who send me pictures to edit via Facebook Messenger...I also use some results in the group as teaching guides, if I get permission from the person...

Nidi works great for tracking cancer, & helping to decide

Body Part	Minus	Plus
Thyroid	Zinc -1	Lead+12
Thymus	Manganese -2	Iron+11
Lungs & Lymph Nodes	Titanium -3	Aluminum +10
Heart	Potassium -4	Aurum +9
Kidneys	Carbon-5	Nitrogen+8
Pancreas	Selenium-6	Sugar+7
Liver	Oxygen-7	Hydrogen+6
Adrenal Gland	Iodine-8	Calcium+5
Spleen	Copper-9	Phosphorus +4
Gallbladder	Magnesium -10	Mercury+3
Colon	Fluorine-11	Bismuth+2
Skene's/ Prostate	Boron-12	Molybdenum +1

Joseph & Sari Grove
Artists in Medicine
 In 2018 DIYImaging.com

how to treat...Nidi also works for other ailments, I have used it to examine MRI brain scans, to see if breast implants are leaking, for autism, depression, Lyme disease, Bartonella, Trichomoniasis...Nidi works very well for diseases of excess, like Cancer...It is harder to see a disease of deficit- a deficit illness can be seen by say using a control image, then comparing that to what you have...

For example, I looked at normal glycosaminoglycans in collagen cells, then compared those to collagen cells of someone with Ehler-Danlos syndrome...There, in comparison, you can see the

deficit in the Mercury family in the Ehler-Danlos collagen...Marfan syndrome also shows this same Mercury deficit in the collagen... (So one might take glucosamine chondroitin supplements to build back Mercury which helps connective tissue, tendons to strengthen...)

The following book is a summary of the Nidi edits one can do now, using free online photo editors or mobile apps...

Our new site at diyimaging.ca has 3 filters, the Lp filter, The Ff Filter, The P filter...These look for cancer in purple the Lp Filter...The Ff Filter sees 4 different markers(see the post about that)...The P filter sees just Hydrogen inflammation as a red colour...

None of this is difficult to do...Nor does it cost anything, except for equipment and internet connection which you may already have...

People write to me via Facebook Messenger, with questions- I like to use this service because it saves pictures so we can compare over time, but also I can see the profile of who I am chatting with...Email doesn't give me a face to connect to...Since most of this is visual, talking over the phone doesn't help as much...

I have taught some health care professionals how to do Nidi, & some are incorporating Nidi into their practice...I have five years of clinical information under my belt, with over 500 different cases, documented in pictures over time...In Canada, a new diagnostic or drug takes usually ten years of clinical information before it gets

accepted...So, it may be another five years, before Nidi is widely available...

My previous books speak to history- my own story & how my ideas were formed...Aha moments...My blog at GroveCanada.ca tracks much of this as well , probably in more detail...

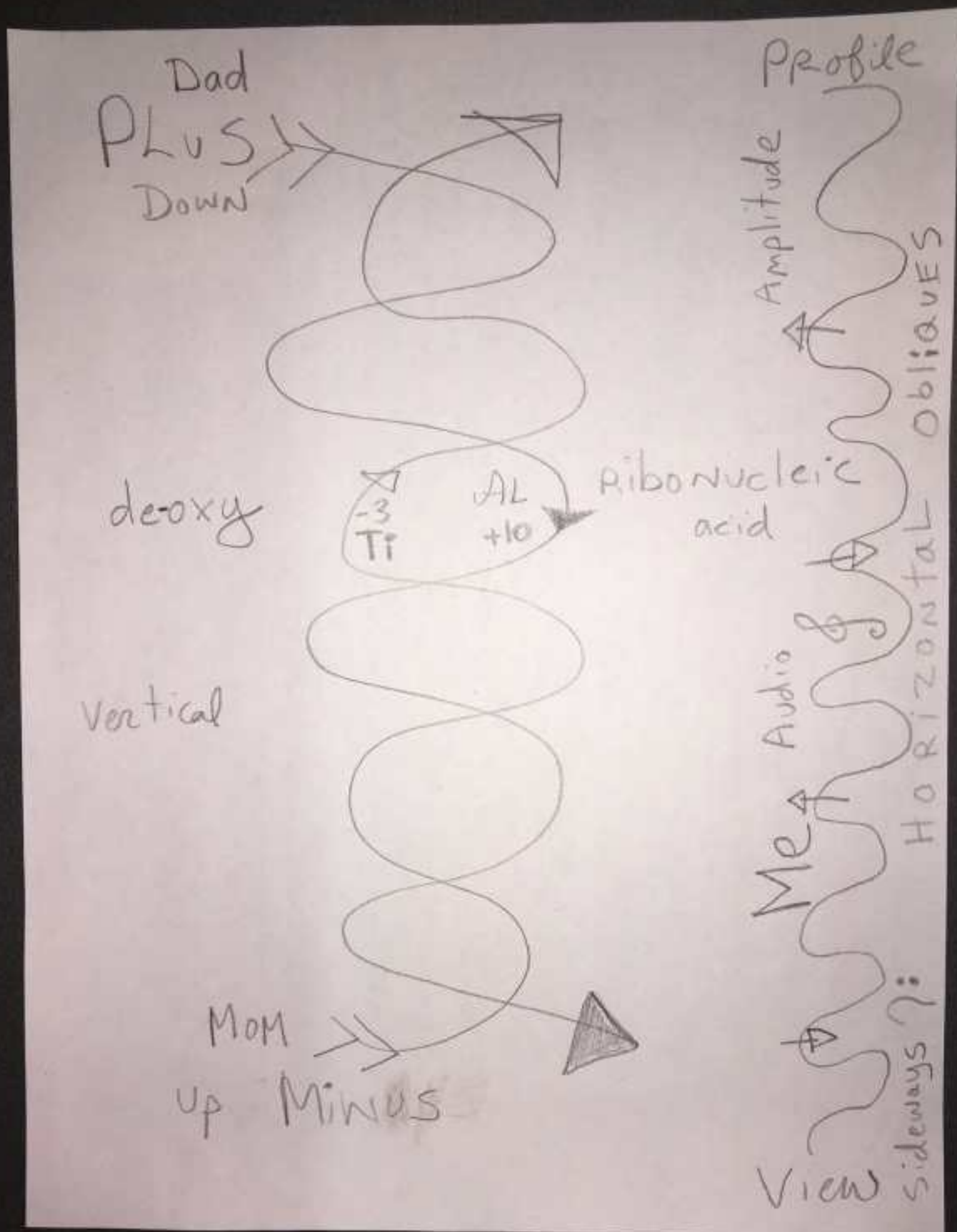
I suppose the main thing people are interested in with Nidi, is the ability to see if cancer is present in a tumour...The

Lunapic edit is the one that does this...The Lp Filter on the diy-imaging.ca site does this as well- but it is so new, we do not have many results to corroborate with – so take any result with a grain of salt...The new site is brand new, and the automated filters give slightly different colour results than the manual edits...Possibly better, but we still are exploring the differences...

CYINT technology built the new site- I was terrified that the free photo editors I was using would disappear, & wanted to grab the method before that happened...Indeed recently,Fotoflexer has vanished- and with it, a really great resource for Nidi...I have recalibrated the fotoflexer Nidi, using the Lunapic editor again...Interestingly, the result may be even more useful! You lose some, you win more!

I have been fooling around with DNA strands as well, that the Dad contribution is the Plus element strand, the Mom is the Minus element strand, & your specific strand is the third strand...The chart

has 24 elements, or twelve pairs, so that coincides with the concept of humans having 23 chromosomes...(mine has one extra)...



DNA

Elements on the Grove body part Chart & what they mean

by Sari Grove - Thursday, January 03, 2019

<http://grovecanada.ca/elements-on-the-grove-chart-what-they-mean/>

The Grove Body Part Chart, shows 12 body parts...

Each body part has 2 elements that live together in balance, as opposites... One element cleanses or detoxifies, one element feeds & repairs...

The Minus element cleanses or subtracts, the Plus element feeds or adds... Elements are from the Periodic Table of Elements, which represent the building blocks of things in the real world...Each element represents a family of things in the real world that act in similar fashion, & even show up in diagnostics as similar,

Body Part	Minus	Plus
Thyroid	Zinc -1	Lead+12
Thymus	Manganese -2	Iron+11
Lungs & Lymph Nodes	Titanium -3	Aluminum +10
Heart	Potassium -4	Aurum +9
Kidneys	Carbon-5	Nitrogen+8
Pancreas	Selenium-6	Sugar+7
Liver	Oxygen-7	Hydrogen+6
Adrenal Gland	Iodine-8	Calcium+5
Spleen	Copper-9	Phosphorus +4
Gallbladder	Magnesium -10	Mercury+3
Colon	Fluorine-11	Bismuth+2
Skene's/ Prostate	Boron-12	Molybdenum +1

Joseph & Sari Grove
Artists in Medicine
 In 2018 DIYImaging.com

triggering the same biochemical markers...

What are things in the real world that are represented by these elements?

Let's try to make a list of things represented by these elements...

Zinc family:

Apple cider vinegar (& capsules), Vitamin C (& Intravenous), Vitamin D3 (& Sunshine, & Heat), Infrared light & Sauna, Fruit diet, Citrus

fruits, Camu Camu powder, Galangal herb, Juicing diets like Gerson therapy tend to be high in zinc family...

Manganese family:

Bloodroot & Bloodroot Capsules & Two feathers healing formula are high in manganese, Black walnut hull, Nuts & seeds like pumpkin seeds, flaxseeds, Tarragon herb, Tourmeline stones, Stressful situations can raise manganese...

Titanium family:

Hulled hemp seeds, Mint, Basil, Holy Basil, Cannabis oil & marijuana products, pine needle tea, Tea tree oil, oregano, chamomile, comfrey cream, white willow bark extract, red yeast rice, antihistamines, aspirin, drugs that lower cholesterol...

Potassium family:

Hawthorn berry extract, Kalanchoe, Graviola, stevia, Xylitol, Beta blocker drugs that lower blood pressure, potassium foods like bananas & coconut water, artificial sweeteners have very high potassium amounts(which lower blood pressure-which can be dangerous in high quantity)...

Carbon family:

All Oils(olive oil, grapeseed oil, apricot seed oil, canola oil), baking soda (sodium bicarbonate), senna tea, laxative teas, slippery elm, marshmallow herb...

Selenium family(crosses over with Sulphur family):

Raw garlic, cayenne pepper & all hot spicy peppers & sauces like Sriracha sauce, onions, chives, Colloidal silver, quinine, antibiotics, insulin, Pancreatic enzymes, silver gel, silver the metal, things that lower blood sugar, Insulin...

Oxygen family:

Gumby Gumby(apricot family), B17, Laetrile, Apricot seeds, Eucalyptus oil, Alpha Lipoic acid, modified citrus pectin, peel pith seeds of citrus fruit, Papaya

seeds, cherry pits(the word cyanidins implies Oxygen), fresh air walks, Oxygen therapy hyperbaric, Ozone nebulizer, deep breathing techniques (Chinese medicine), berries, Goji berries (excellent), sundried tomatoes, Raw Saffron, Milk thistle...

Iodine family:

Seaweed salads, Kelp, Iodoral pills (12.5 mg or 50 mg pills), Salt-water swimming pools, Lugol's iodine, Transparent or clear iodine for topical use, Sea vegetables (dried section of Whole foods market- Arame for example), tamoxifen,chemo taxotere, aromatase inhibitors ,femara, anastrozole-these are all iodine drugs...

Copper family(NOT to be confused with Ceruloplasmin, which is a Copper BINDER-see the Phosphorus family- many sources refer to ceruloplasmin as copper

because they have dropped the word "binder"...Be aware of

this mistake!) Copper family include your Coffee enemas, Coffee, Caffeines, Mimosa Pudica herb (found in antiparasitic supplements), Cilantro, Coriander seeds, Chromium, St John's wort, many antidepressant drugs work by raising dopamine which is a copper family, Tea, Matcha tea, Plant caffeines like Yerba Mate, the drug called Ibrance/Perjeta, green tea...

Magnesium family:

Epsom Salt baths, Magnesium oil, Exercise boosts magnesium, glutathione products, lavender, cheaper instant coffee is higher in magnesium(than the more expensive brands which have more copper)...

Fluorine family:

Moringa Oleifera, Neem extract, fluorine is also found naturally in certain geographic locations-mostly near to water-like Florida, but in many natural bodies of water, most alcohol & beers contain fluoride from water unless made in a country that has banned the addition of fluoride to tap water, toothpastes & mouthwashes, the chemotherapy drug called fluorouracil(used often for colon cancer), dentists will prescribe a drug strength fluoride rinse if you have a severe infection...

Boron family:

Boron pills, Boron water which is made from adding Borax to clean water, small flowered willowherb (is used for prostate cancer & ovarian cancers), Crunchy things like celery & celery root-which is why a

RAW plant based diet has lots of Boron(when you cook food, you lose the Boron)...

Plus elements: Lead family:

Yes, the Lead family Can be the heavy metal(from old water pipes, Lead paint), but the Lead element also is seen in the real world in Red meat, Beta Carotenes, Carrots, Potatoes, Vitamin A, Lithium, Lepidolite rocks, drugs for Bipolar illness, Bone broth, Cod Liver oil...

Iron family:

Iron supplements, Chicken, Kale , Spinach, all the high iron foods...

Aluminum family:

Aluminum is a cholesterol marker-so everything that is high in cholesterol falls into the aluminum family, Eggs (raw eggs especially), Lamb, Ginkgo Biloba, Aloe Vera, Zeolites, Arnica pills & creams, Colostrum is high in aluminum, anything that triggers a histamine reaction is aluminum, plant pollen, bee propolis, witch hazel, foil paper...

Aurum family:

Aurum means Gold (in Latin), You can see the resemblance between the word gold

&the word cobalt, Copal Amber beads are Aurum family, Cobalamin is Aurum family which is called B12, things that RAISE blood pressure are Aurum family, Taurine powder, Fishes & seafood are high in Aurum, Colloidal gold...

Nitrogen family:

Maca root, Beet powder & arginine, raw vegetables, grains & glutens, mushroom extracts, testosterone boosters, oatmeal, breads & crusts & pizza crust, muffins, granola, cereals, rice, quinoa...

Sugar family:

Sugar is Not on the Periodic table...But there are two elements-selenium & sulphur for things that lower blood sugar- so, we needed something to oppose, Sugar is found in maple syrup & honey & fruits & cane sugar is added to so many things & coconut sugar & well, you know sugar...Things that raise glycemic index are sugar...Glucose, fructose, sucrose...

Hydrogen family:

Water, alcohol, Naltrexone, Branch Chain Amino Acids BCAA, fluids, juicing, liquid diets, Her2 marker, BRCA1...

Calcium family:

Calcium is a Pr+ Progesterone marker, Dairy, Milk, Vitus Agnus Castus Vitex herb, Progestins like birth control drugs including

Depo Provera, Most tumours benign & malignant have a large calcium component...

Phosphorus family:

Phosphorus is an estrogen marker Er+ but it is also used as a common cancer marker (Nidi imaging-see

<http://www.grovecanada.ca/> for diy instructions-uses

phosphorus to see cancer in photos you take yourself), Kefir, Yogurt, Cheeses, Cottage cheese, Probiotics, Valerian root, Gaba, Tryptophan, Passion flower, Nexium pills...Malignant tumours can usually be distinguished by the presence of a phosphorus component...Tofu & soy & soybeans...

Mercury family:

Salt, Silica, horsetail, Silicone(implant material casing), Pork, Fume from sewage water processing plants, Yes also mercury tooth fillings, jaundice is high mercury, constipation can lead to mercury buildup, dirty cities, manure, fecal coliform units in lake water, poop, water near marinas(people dump their boat toilet sewage)...

Bismuth:

Activated charcoal, Melatonin, Soot, ash, Burnt things, barbecued foods, toast, car exhaust, airplane exhaust, coal burning, smoke, wood fire stoves or just any wood burning fire, antiepilepsy drugs, Indium homeopathic medicine or the metal...

Molybdenum family:

All Beans & chick peas, Farm soils are high in Molybdenum as are certain geographic region soils (like Vietnam), Strongyloide parasites feed on molybdenum (causing prostate cancers), There is a ligand added to birth control drugs which is made of Molybdenum- this is what can make it not excrete naturally- the molybdenum shell has to be dissolved first...

The brain part chart connects to the body part chart...

CORRELATIONS			
Brain Part Chart...(12)		Body Part	Minus Plus
items that appear together		Thyroid	Zinc -1 Lead+12
Frontal lobe...	Thyroid	Thymus	Manganese -2 Iron+11
Motor Cortex...	Thymus	Lungs & Lymph Nodes	Titanium -3 Aluminum +10
Parietal Lobe...	Lungs & Lymph Nodes	Heart	Potassium -4 Aurum +9
Medulla Oblongata...	Heart	Kidneys	Carbon-5 Nitrogen+8
Pons...	Kidneys	Pancreas	Selenium-6 Sugar+7
Occipital Lobe...	Pancreas	Liver	Oxygen-7 Hydrogen +6
Cerebellum...	Liver	Adrenal Gland	Iodine-8 Calcium+5
Pituitary Gland...	Adrenal Gland	Spleen	Copper-9 Phosphorus +4
Globus Pallidus/Hypothalamus...	Spleen	Gallbladder	Magnesium -10 Mercury+3
Broca's/Wernicke's Area...	Gallbladder	Colon	Fluorine-11 Bismuth+2
Temporal Lobe/Pineal gland...	Colon	Skene's/Prostate	Boron-12 Molybdenum +1
Corpus Callosum/Cerebral Aqueduct...	Prostate/Skene's Gland		
GroveCanada.Ca			

The numbers indicate how strong an element is:

Zinc is Minus one -1...Very weak detox...Which is why you need tons of vitamin C to see an effect...

In contrast Boron is Minus twelve

-12...Which is why you put a teeny bit of Borax into a gallon of water to get Boron- it is so strong!

Lead is Plus twelve-think red meat-it is the strongest feed & repair thing you can take)...

The Plus elements trickle DOWN the body, down the chart...Eat red meat & you feed every body part...

The Minus elements go upwards, up the chart...If you take Cannabis oil, a Titanium at Minus 3 -3, it cleans out Aluminum, then goes up & cleans Iron, then it cleans Lead...(But it does NOT trickle down-so it will not be cleaning things below it on the chart...This is why, if you catch a something early, cannabis oil can get rid of it...But if cancer has progressed, you need also stronger Minus elements to kill cancers that are feeding off of Plus elements lower down the chart, lower down the

body)...

Figuring things out for yourself:

If you are taking something that is not on this list, then try to look for side effects of that thing, or which part of the body most people say it works on...

For example, if the thing is a stimulant, then it is often a Copper, like coffee...

If it is a Liver cleanse type thing, it will be an Oxygen... If it lowers cholesterol, it will be a Titanium...

You can always just ask me, I'm Sari Grove, & my Facebook group is called DIY Cancer Repair Manual...(go to Facebook, type in the name into the search box at the top of the page, find the group, request to Join)...

There are almost 6,000 people in the DIY Cancer Repair Manual group now-I have found it integral to talk to others in groups, especially when I am sick...

If you are unwell, join...These are real people going through the same thing you are(sort of), who might be less

judgmental about your choices than even your close friends & family...

My books are free on my blog & there are 11 right now...There are links in the popup message to navigate the blog a bit, so use that, or the Search function can help...

<http://www.grovecanada.ca>

I invented a way to do your own imaging called NIDI...

There are instructions in the DIY Cancer repair manual group, & also on my blog, for how to do this yourself...

I also hired a development team (Cyint technology led by Daniel Fredriksen) in 2017 to automate NIDI...

The new site is at <https://www.diyimaging.com/>

The P filter shows Hydrogen a RED colour, inflammation...

The Lp filter shows Phosphorus the common cancer marker (and Er+ estrogen marker) as Purple...Mercury, a Lyme disease marker is a lime colour in Lp filter...

The Ff filter shows Blue Lead(often from old water pipes), Pink Aluminum a cholesterol marker , & Yellow Calcium a Pr+ progesterone marker...Most often, Calcium in excess is due to long ago use of progestin birth control drugs...

Most people chat with me privately using Facebook

Messenger...On the top right of your screen in facebook is a tiny icon with a speech bubble shape...Tap that gets you into

Messenger...On an iPhone you can get the free messenger

app... I use messenger because it saves all your pictures so we can compare over a long period of time easily... We can

chat back & forth & if you really need to hear my voice you can call for free using the telephone icon there... I don't like

using email for pictures because your emails get lost in a pile...Pictures get out of order...There is a time delay with back & forth...Also there is a measure of safety for both.

Sending emails is very anonymous...I prefer to be able to know who I am talking to if I need to...

Sari (sounds like Mary)...

Note: Joseph Grove, my husband of 22 years, helps me with everything I do...So all my books & everything else have his name on them...But many things that Joseph does are things like grocery shopping, laundry, cat litter boxes &

feeding the cats, clothing shopping & supplies, cleaning dishes...I do get his opinion on many of the complex topics I am faced with, but most of the time you will be chatting with me directly...

I hope you will bear with me as I try to organize the vast amount of information I have put out there...

If anyone wants to help with the group, or creating explanation files, or even editing books!, please come forward if you see a need...

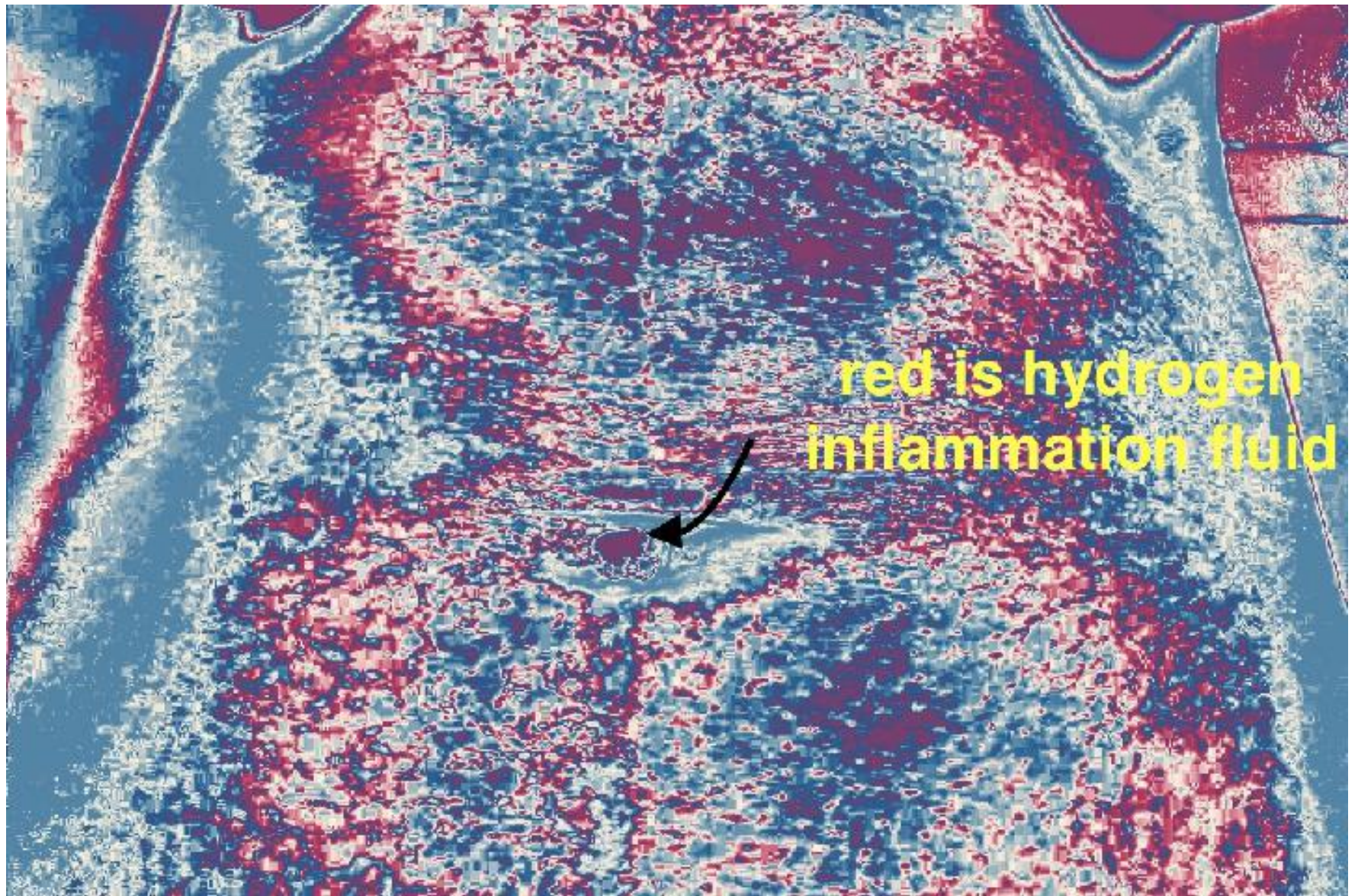
Thank you so much for being here...Your presence is valued & appreciated...

I apologize in advance for mistakes in my books or my blog

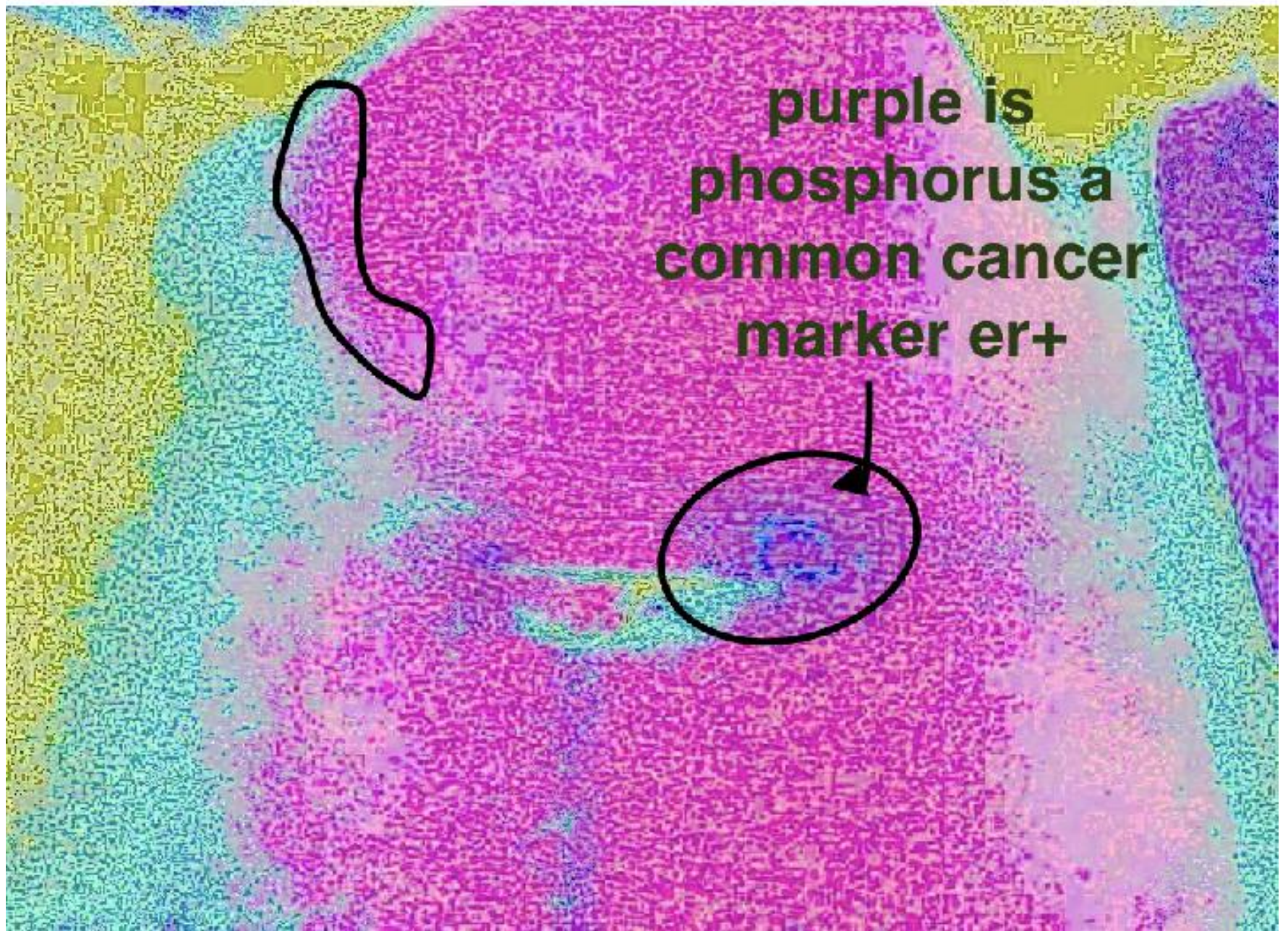
or in the group...

I am getting better at it, but it is difficult for a perfectionist to feel settled when

new information keeps changing the terrain... Warm hug,
Sari Grove



above/before <https://www.diyimaging.com/> P FILTER

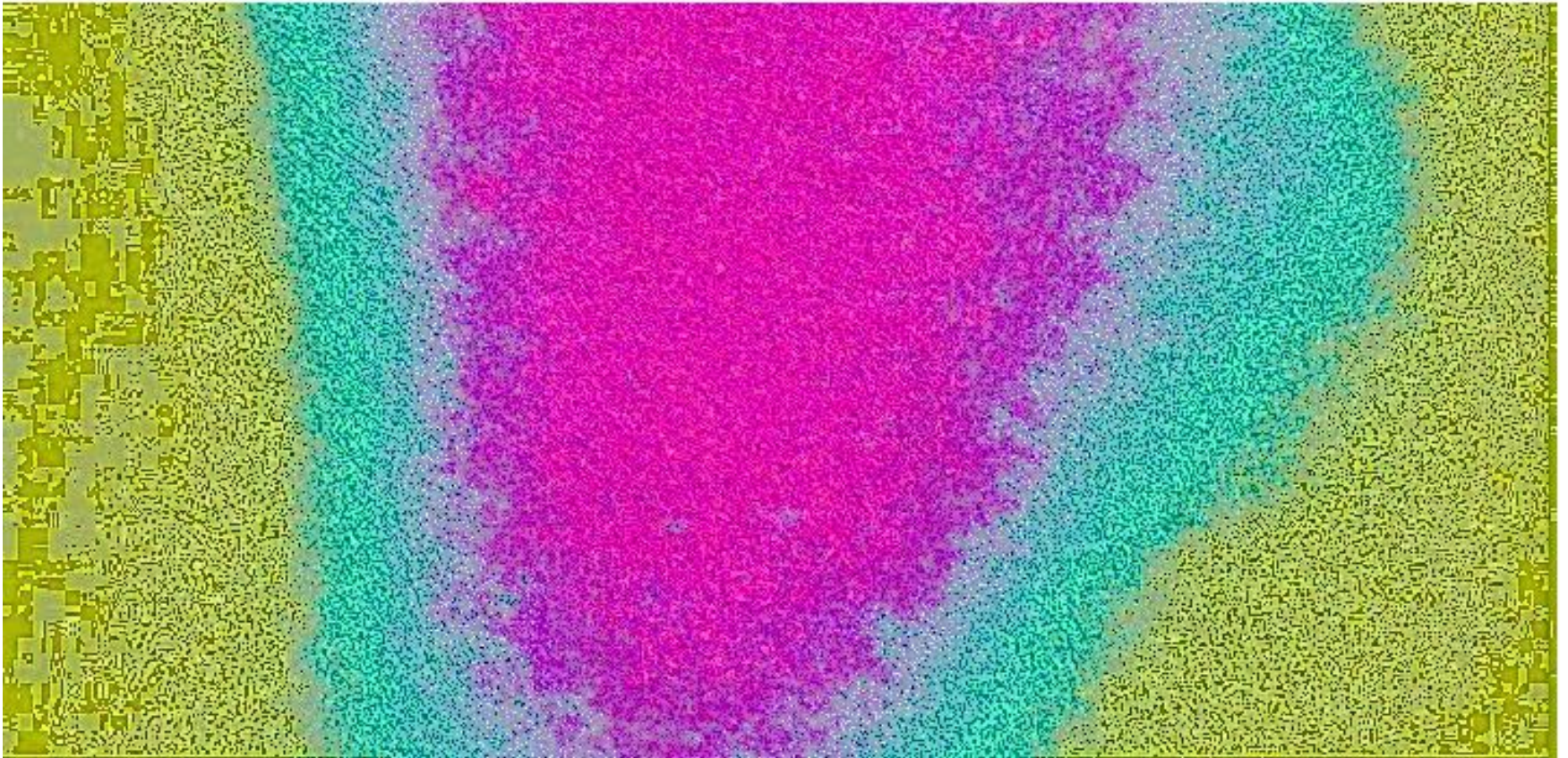


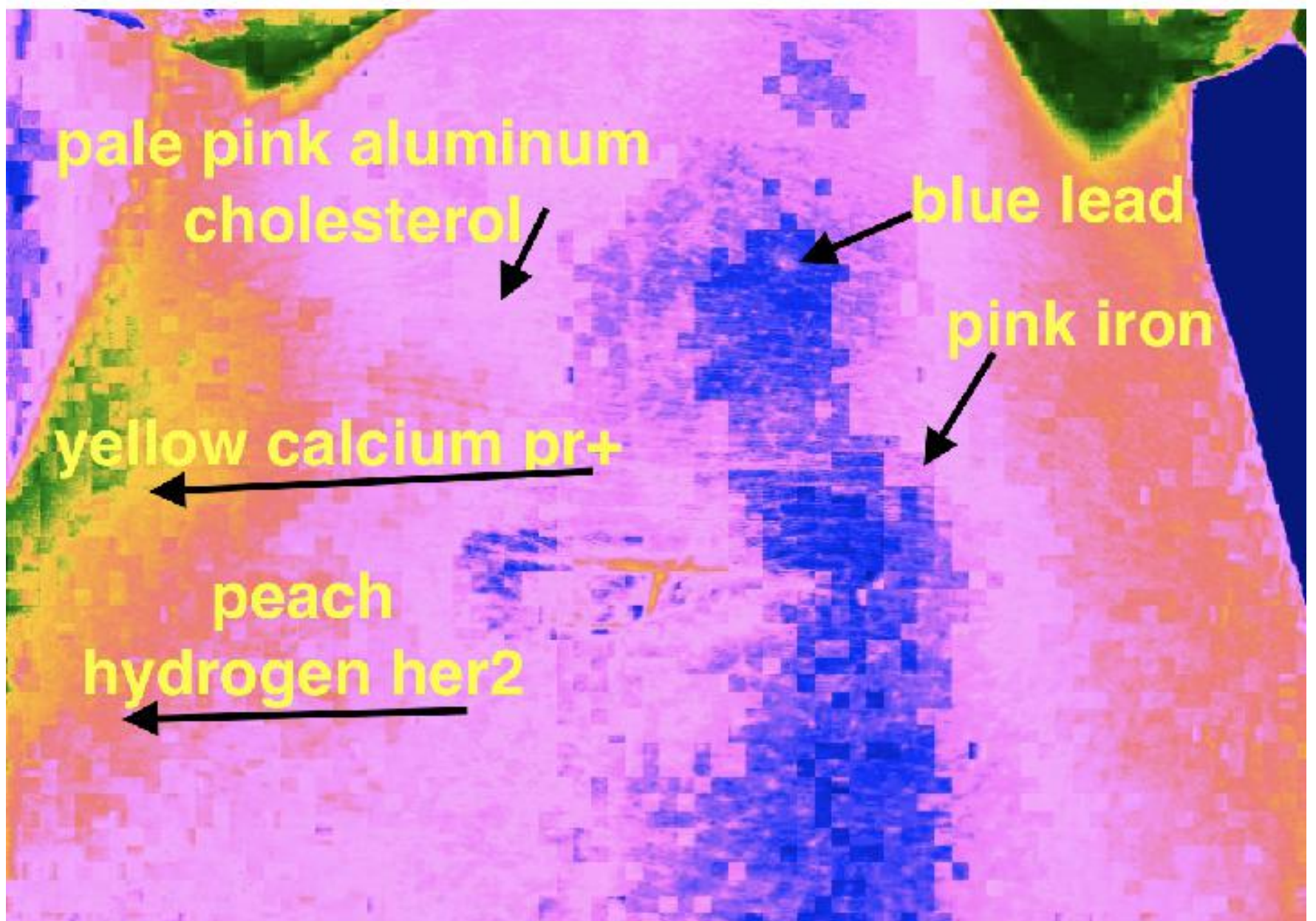
<http://www.lunapic.com/> purple is phosphorus (an er+ marker & also a common cancer marker...

the Lime colour is a Mercury marker, which can also be a LYME disease marker...) above

As the purple (cancer parasites) die off they start to scatter, hug the edges of things, turn greyish & may leave a pale foggy mauve colour...The Lime colour is Mercury, the green at the edge of this picture-if you see large swaths of that Lime colour, you may have

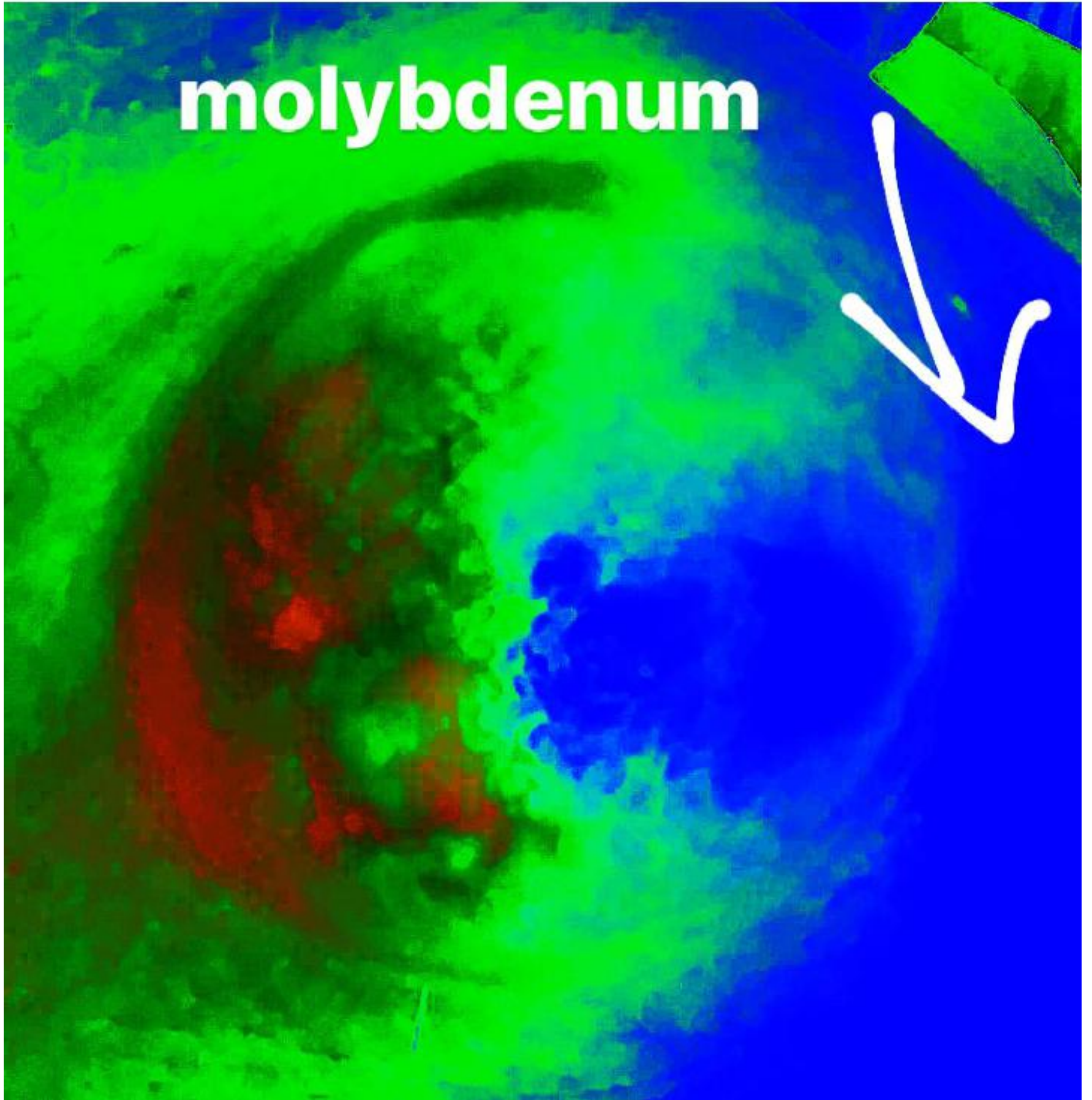
undiagnosed Lyme disease (not cancer!)...<http://www.lunapic.com/> above image





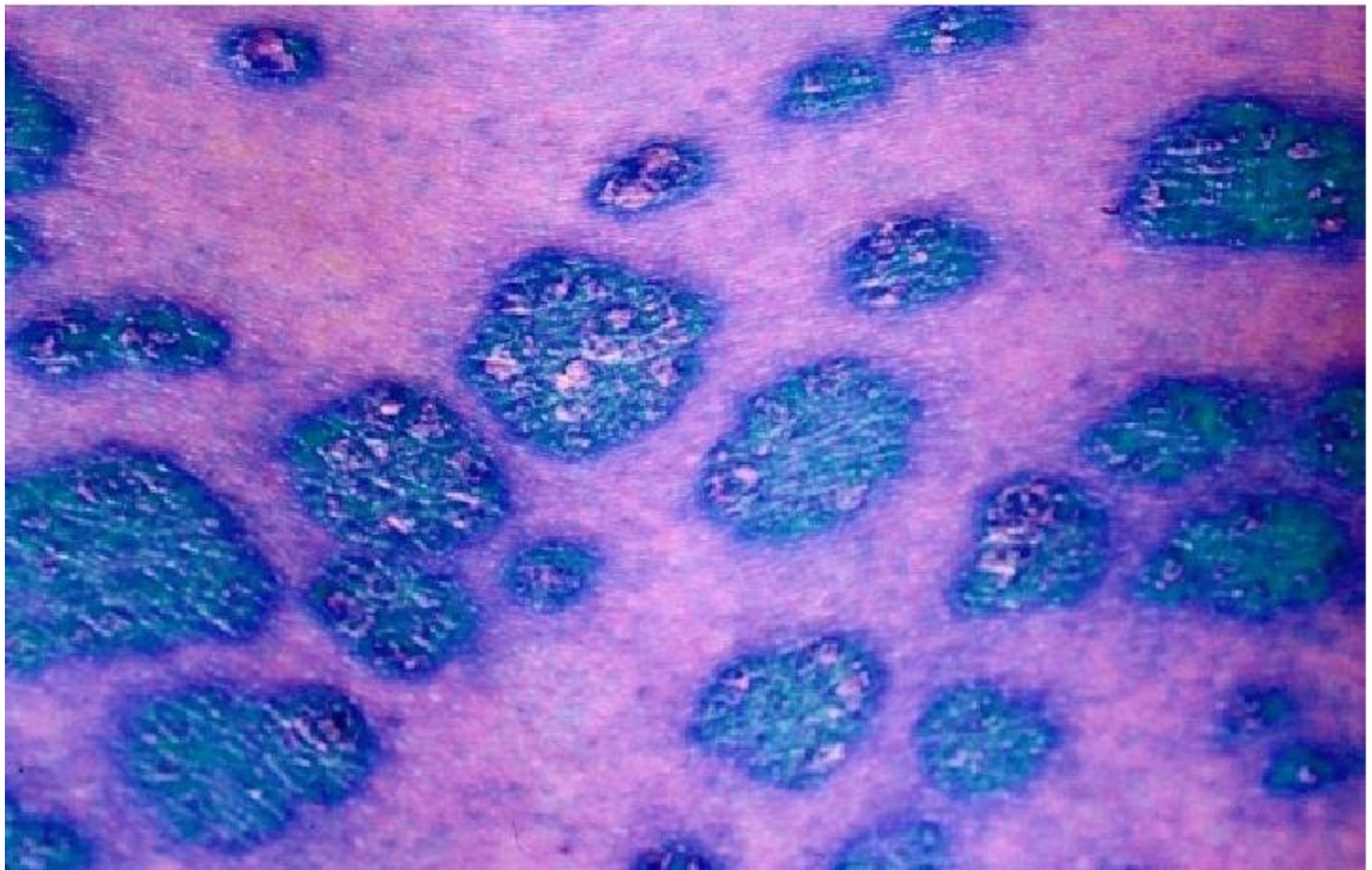
Blue Lead is not only a heavy metal marker, but also can be red meat & beta carotene, Aluminum is also a cholesterol marker, Hydrogen is a Her2 marker but only if there is TONS of it(quantitative marker), Calcium is a Progesterone (Pr+ marker) ...This edit is done in

<http://www.fotoflexer.com> Editor's note:Fotoflexer has disappeared!!! So we cannot do this NIDI anymore, sigh ...



this NIDI image is done in Pixlr for mobile...Molybdenum is a Bartonella Marker, & can also be a Lymphoma marker...Molybdenum is also a ligand on birth control drugs that makes them very difficult to excrete, they can affect people 20-40 years later after...! (Mb can also affect prostate & ovaries, as well as affecting mood-perverse thoughts may be a sign of excess Mb)!

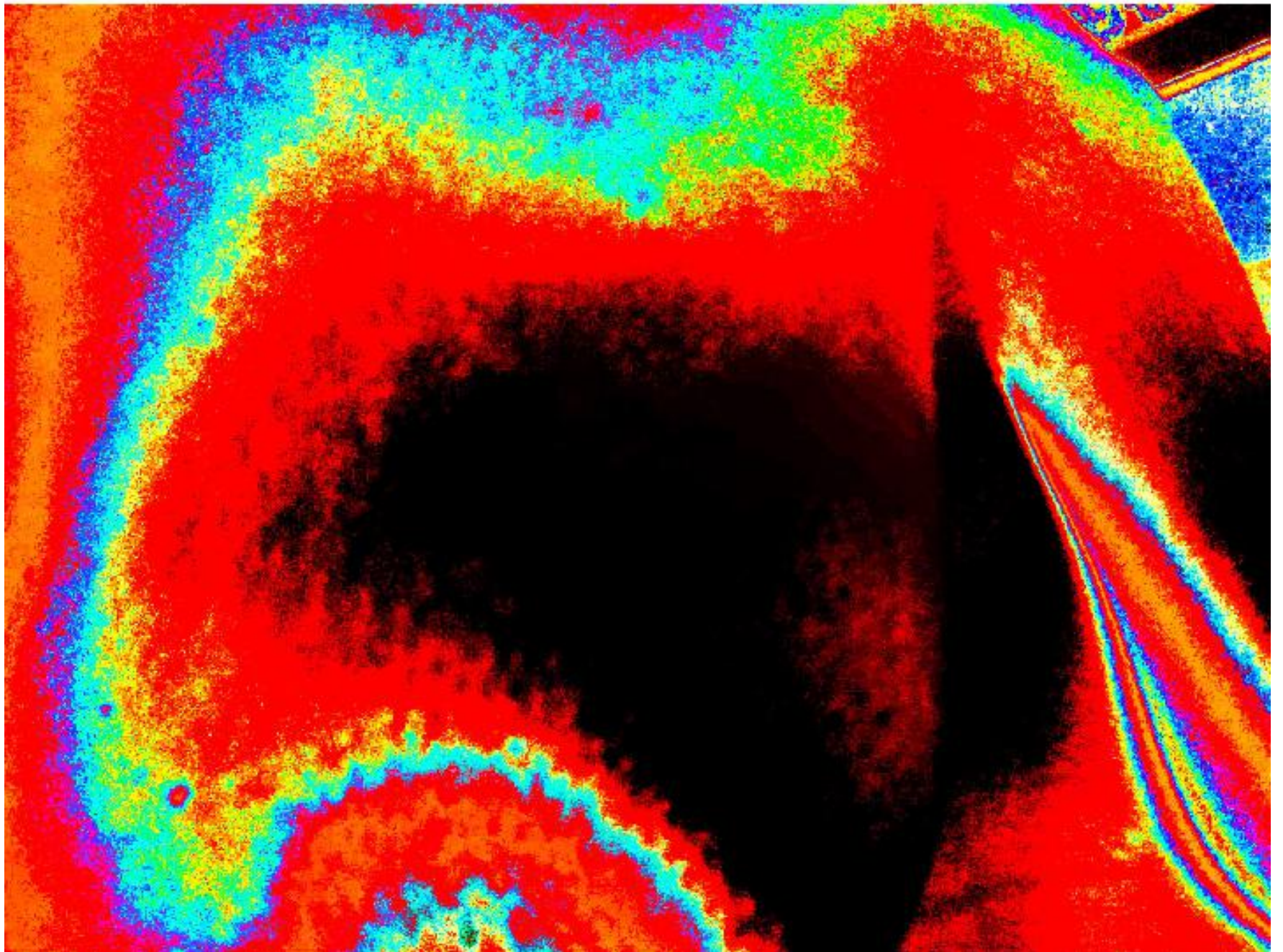
Aurum is a Streptococcal marker which can cause Pick's disease, rheumatic fever, psoriasis, hypertension, intracranial hypertension can be associated with Lyme disease, high blood pressure, excess B12, sore throat...Often excess volume in chest area is correlated to high



Aurum...Note: One can have intracranial hypertension in the brain but show as relatively low blood pressure when tested at the doctor...But high Aurum will show in this NIDI image as a PURPLE colour...Below is Psoriasis showing what it is feeding on...Cobal-

amin, B12, Cobalt, Gold, Aurum...Yes gold boosts b12 too (and blood pressure, in a good way)... <http://www.phixr.com/>

Bismuth is a black colour using Filterra for iphone app...Bismuth is in smoke, ash, barbecue, coal, wood fire, car exhaust & plane exhaust & train smoke, & activated charcoal & even melatonin...Bismuth can be a marker for sarcomas & Toxoplasmosis Gondii, & melanoma...Melanin



is a Bismuth... _____

Do it yourself biopsy without the needle! Meet NIDI! (phixr.com)
by Sari Grove - Tuesday, January 22, 2019

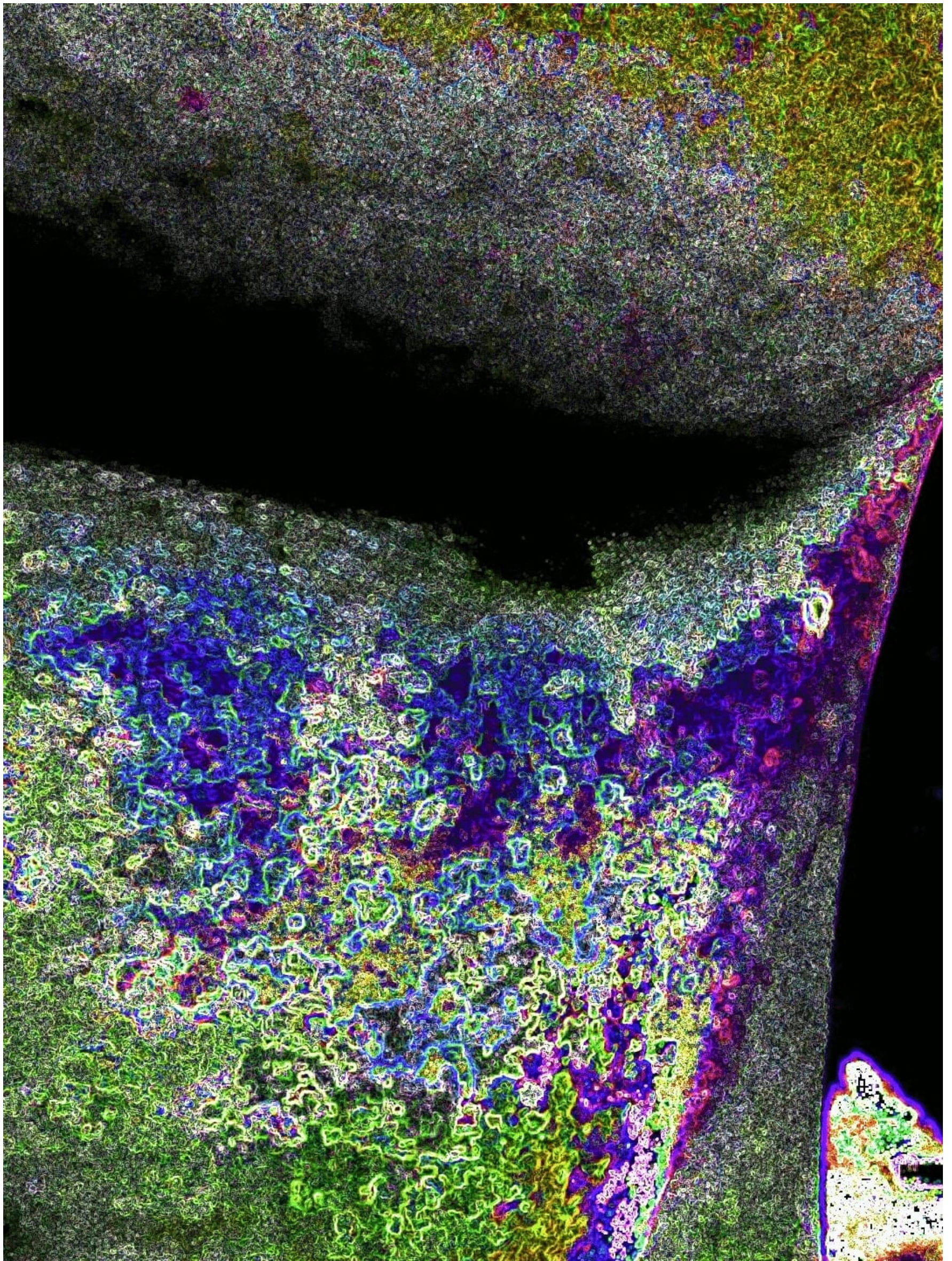
<http://grovecanada.ca/do-it-yourself-biopsy-without-the-needle-meet-nidi/>

<https://www.youtube.com/watch?v=RuzqgyfQ6QI&feature=youtu.be> Video: How to see a common cancer marker using NIDI

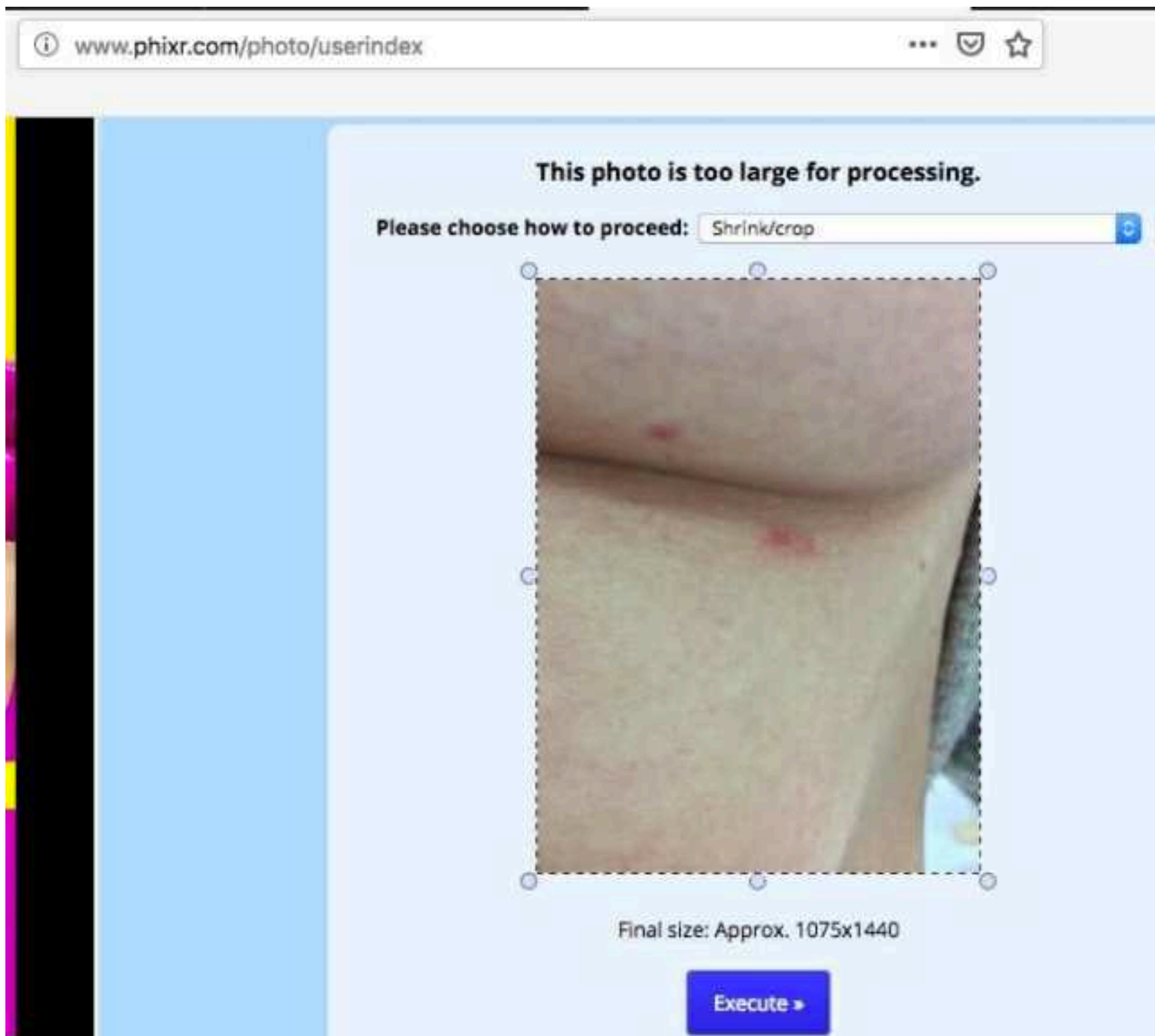
See cancer yourself, DIY...by Sari Grove

Upload a picture you take yourself to PHIXR.com Follow the steps to get in...

Remember to click EXECUTE after each step!!! Purple is your cancer marker, phosphorus/estrogen... Like this results picture...



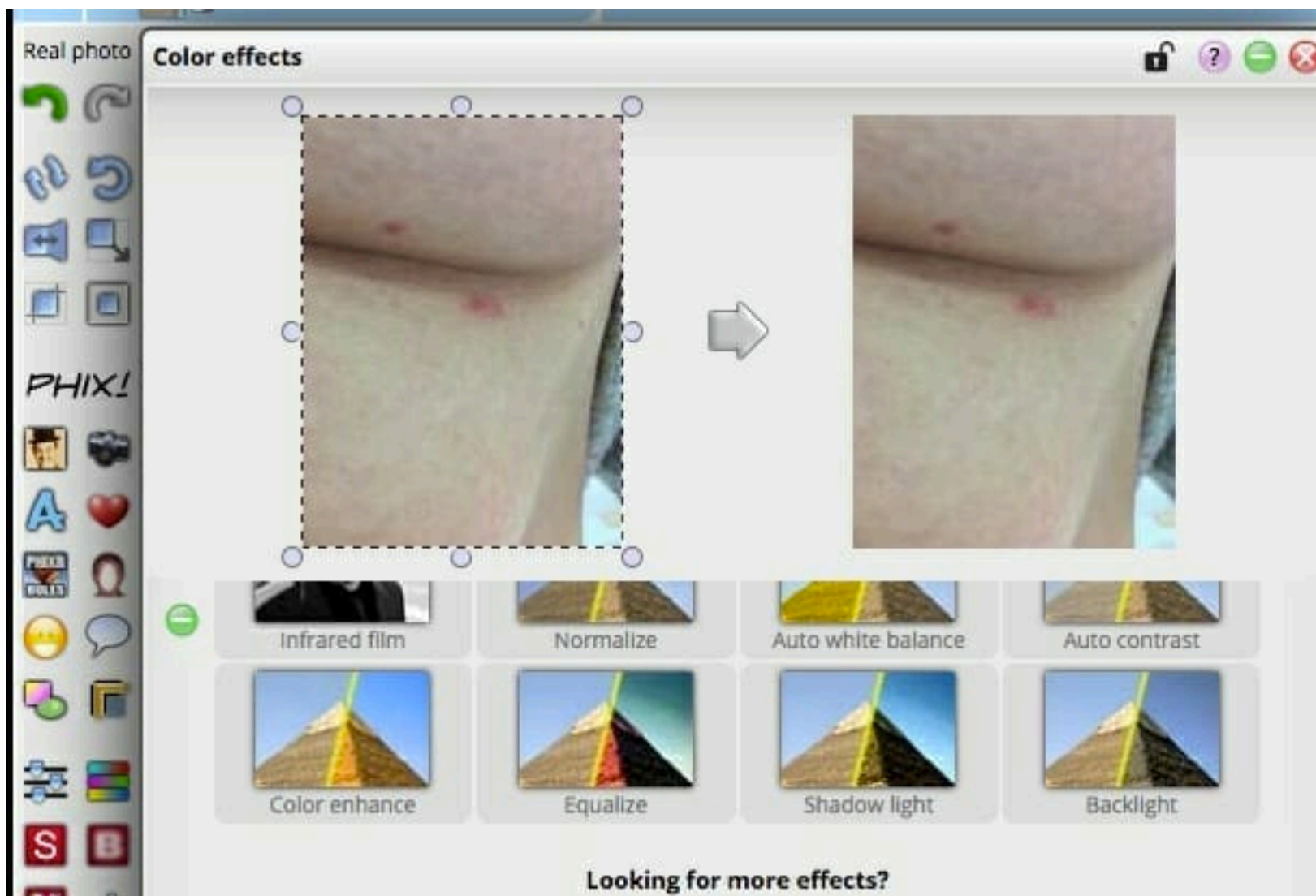
Begin:After you UPLOAD your picture, you will probably see this message-photo too large...Just click EXECUTE to let them shrink it down for you...



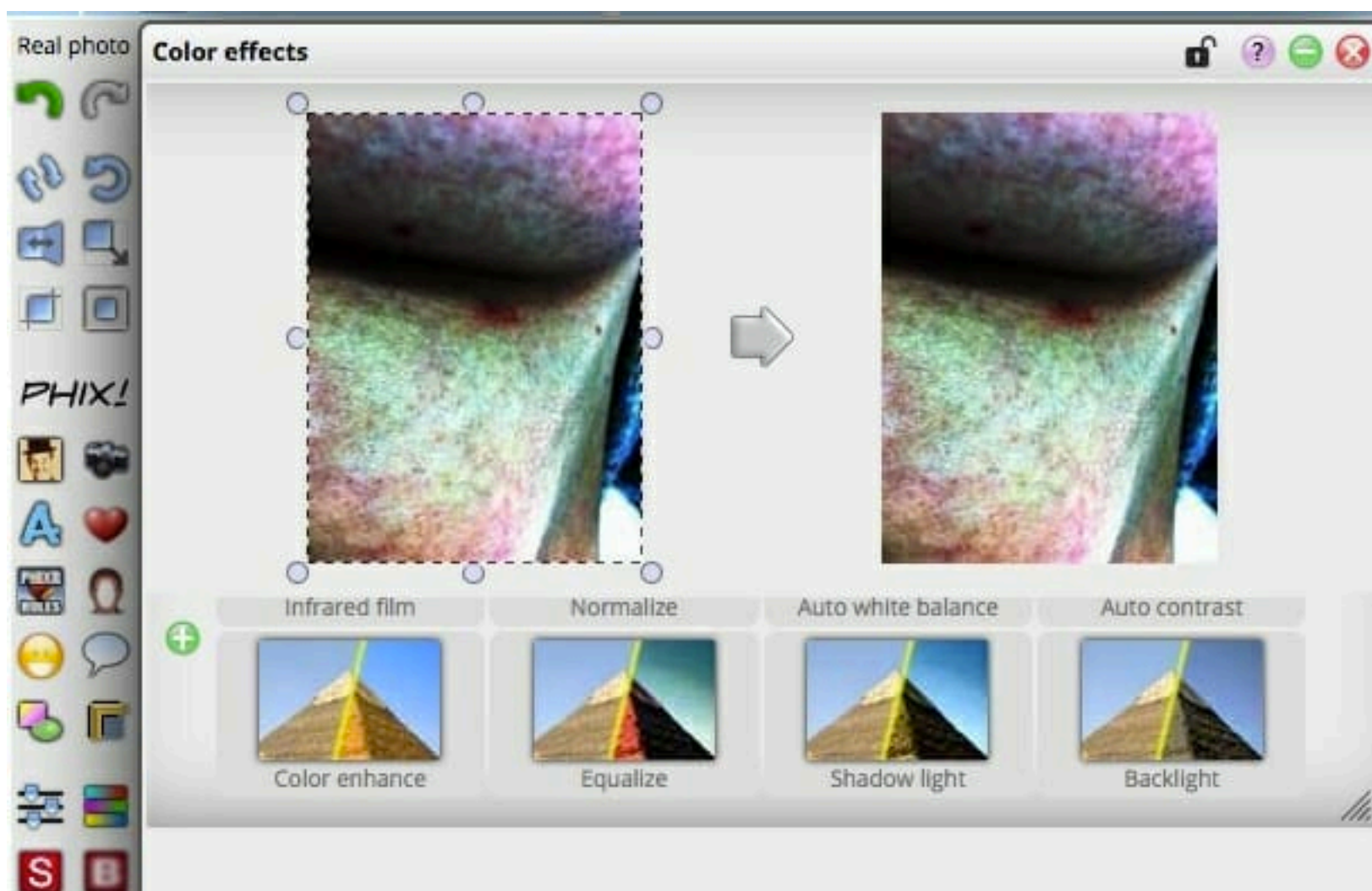
Step 1)See the little man with the hat? Far left...Looks Like Laurel of Laurel & Hardy? Click on him...This POPUP comes up...

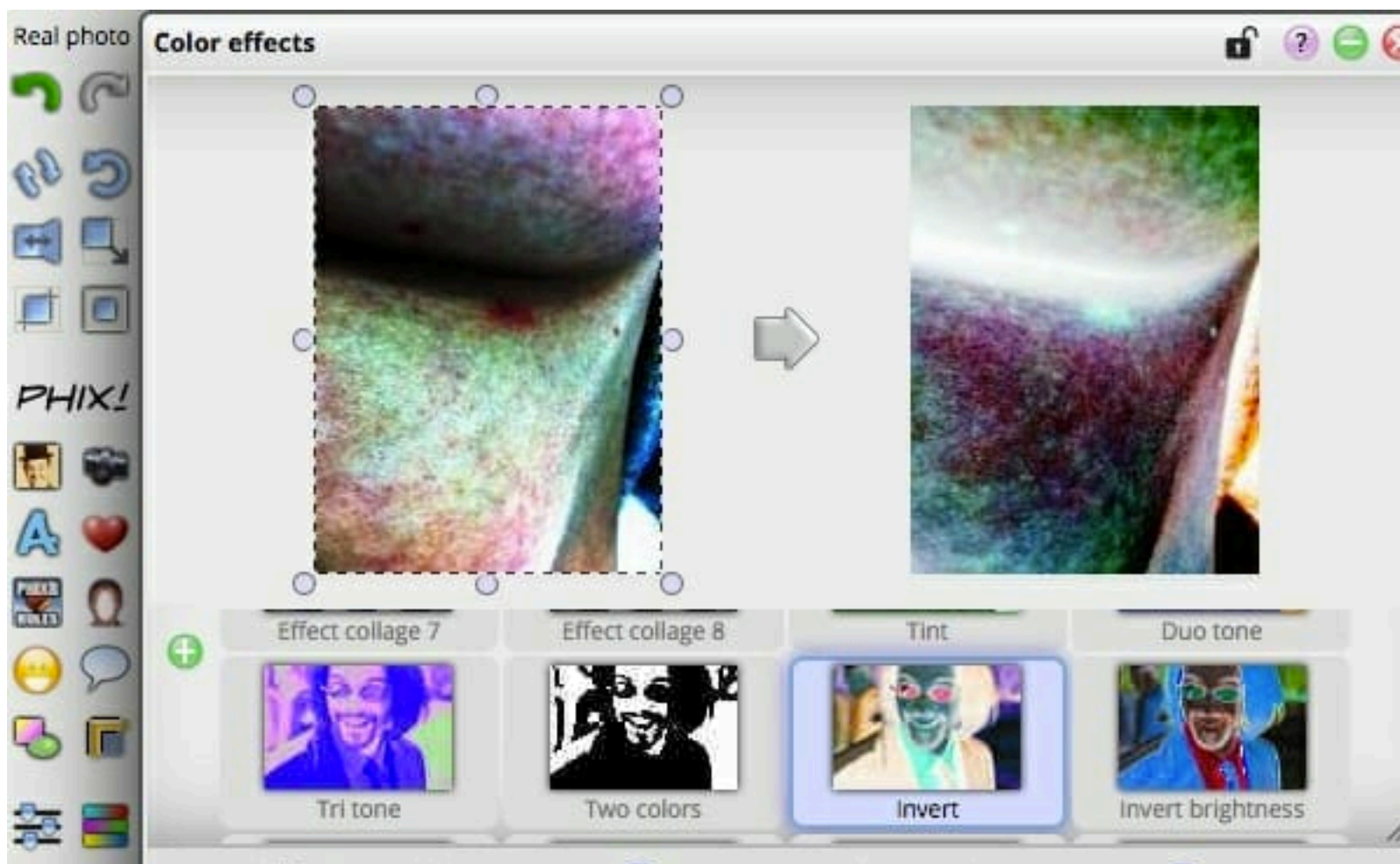
Scroll down within all the choices to the very bottom, then choose EQUALIZE...(THEN EXECUTE)

2)CLICK THAT LITTLE MAN AGAIN , AND SCROLL TO BOTTOM OF CHOISES TO SEE color enhance...click then execute...

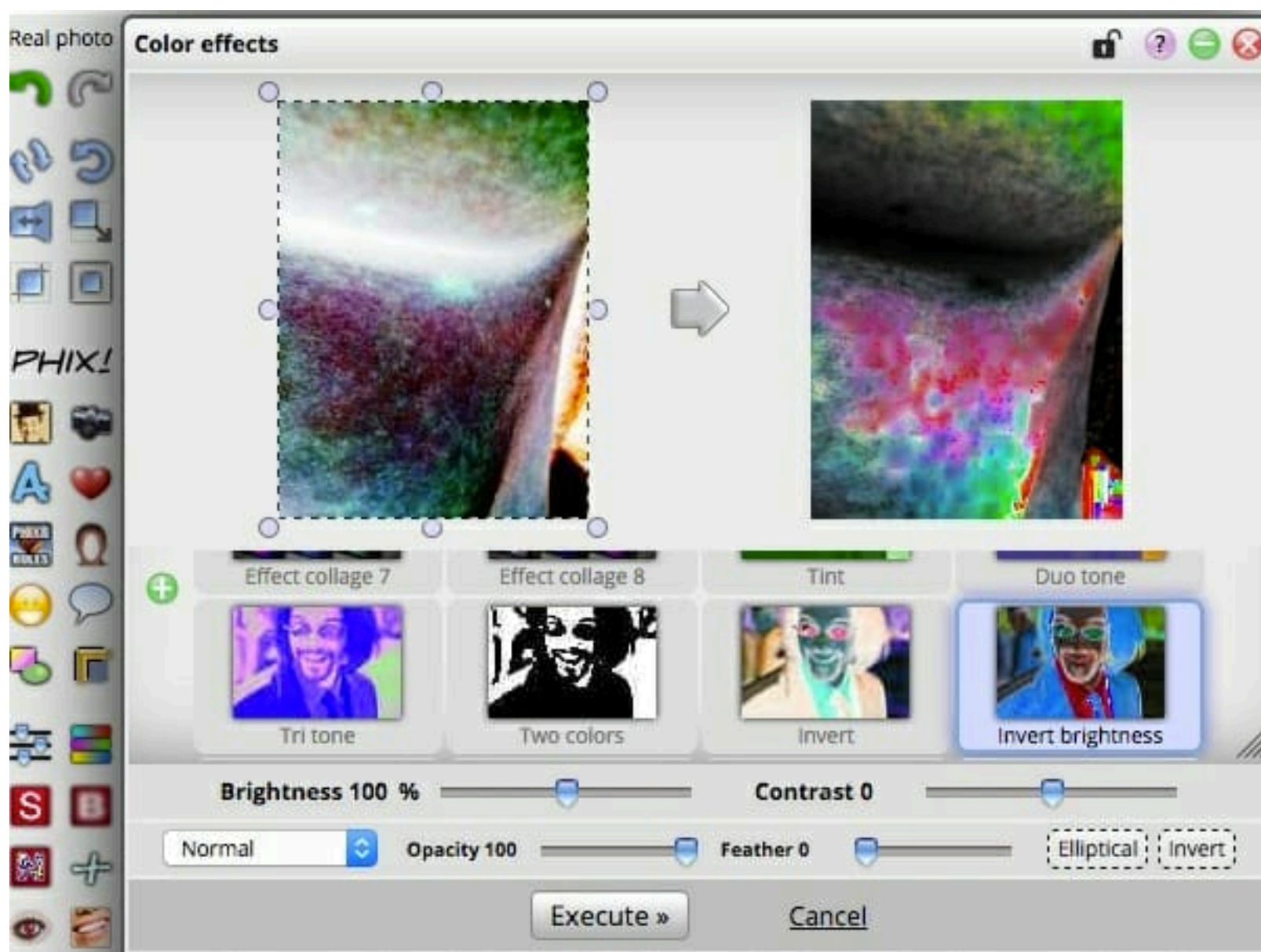


3)Go to the little man with the hat again, then scroll almost all the way down, at right is INVERT...(execute after each step!!!)

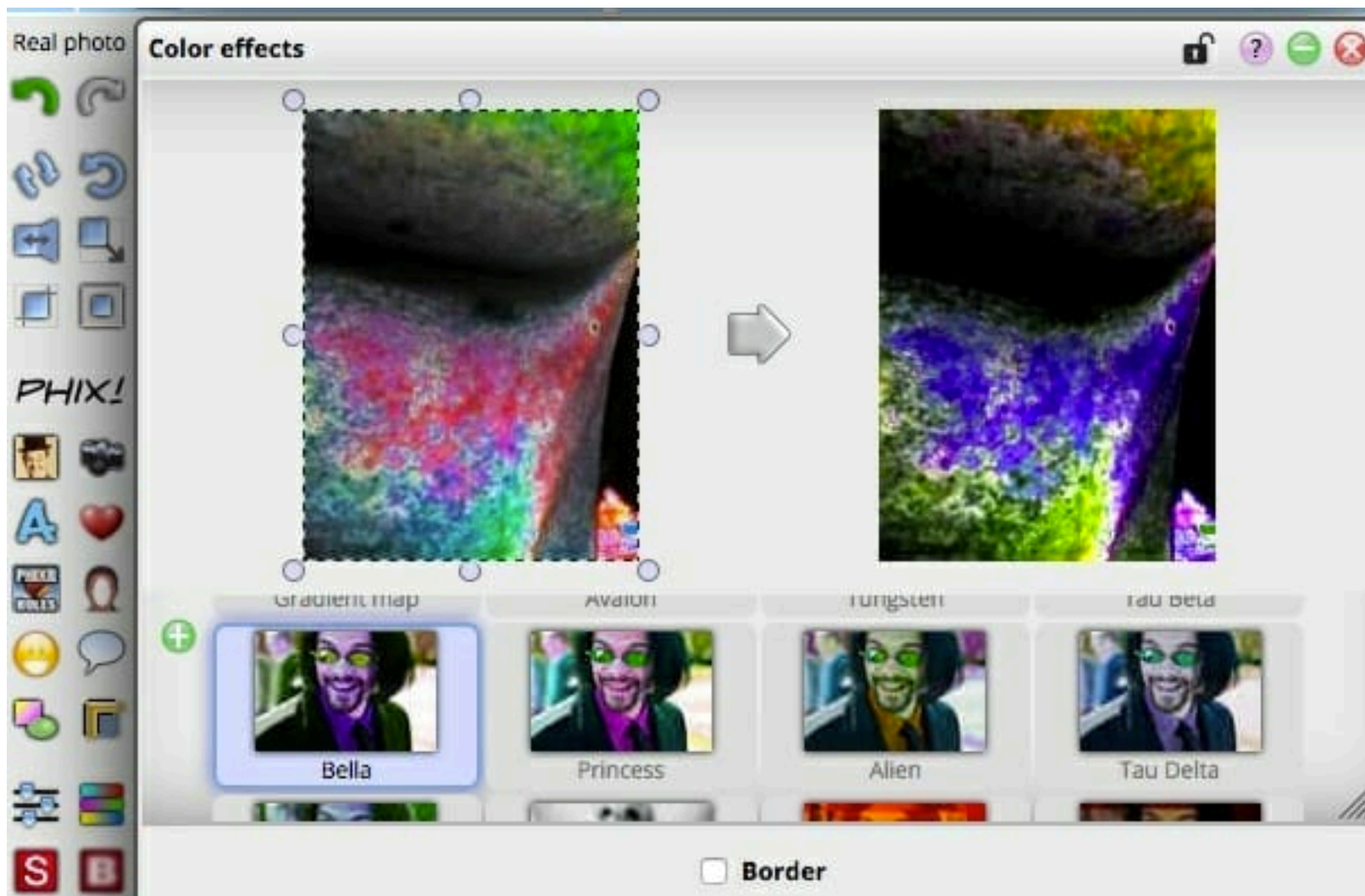




4)Hat Man, popup, scroll down, far right, is INVERT BRIGHTNESS, execute...

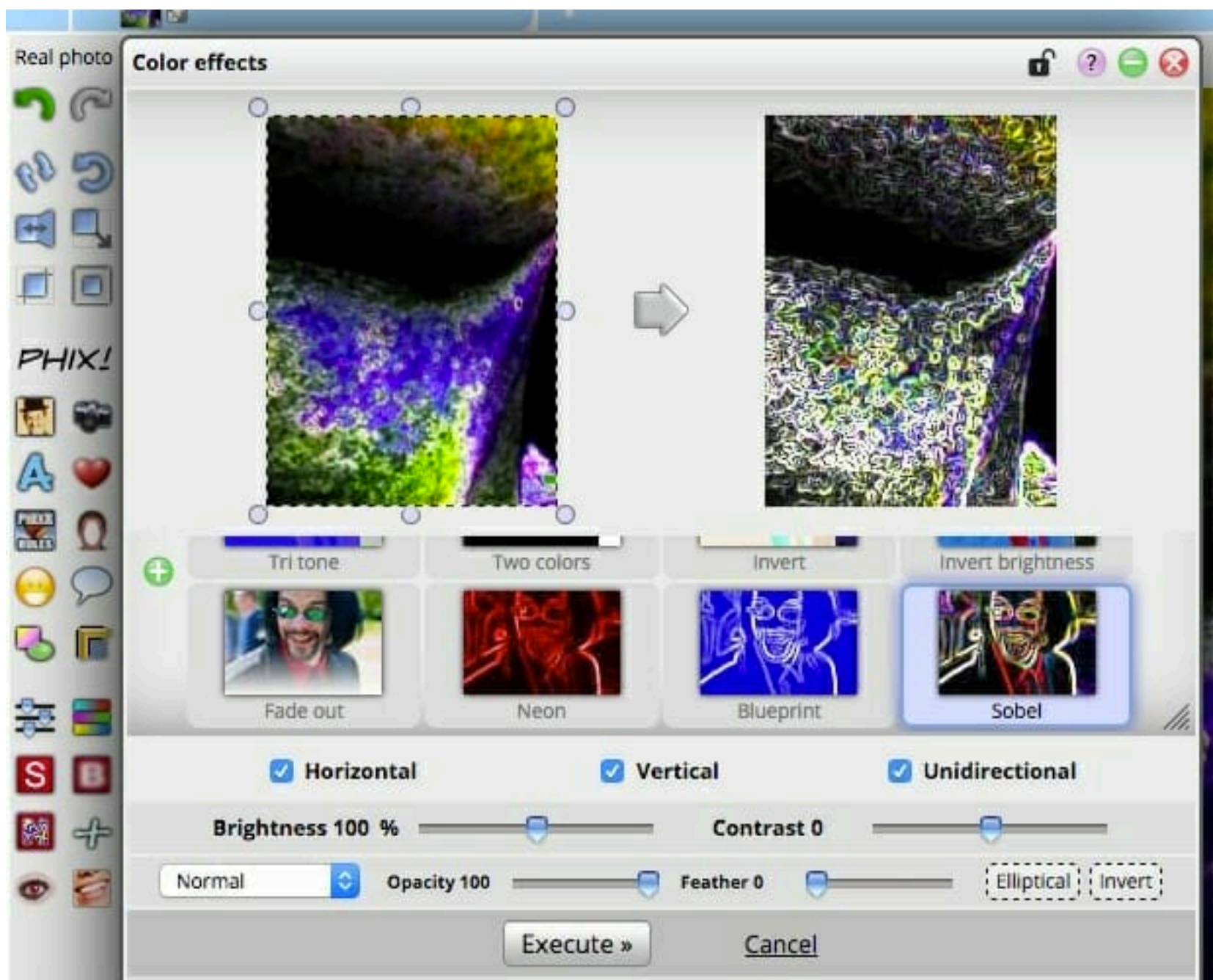


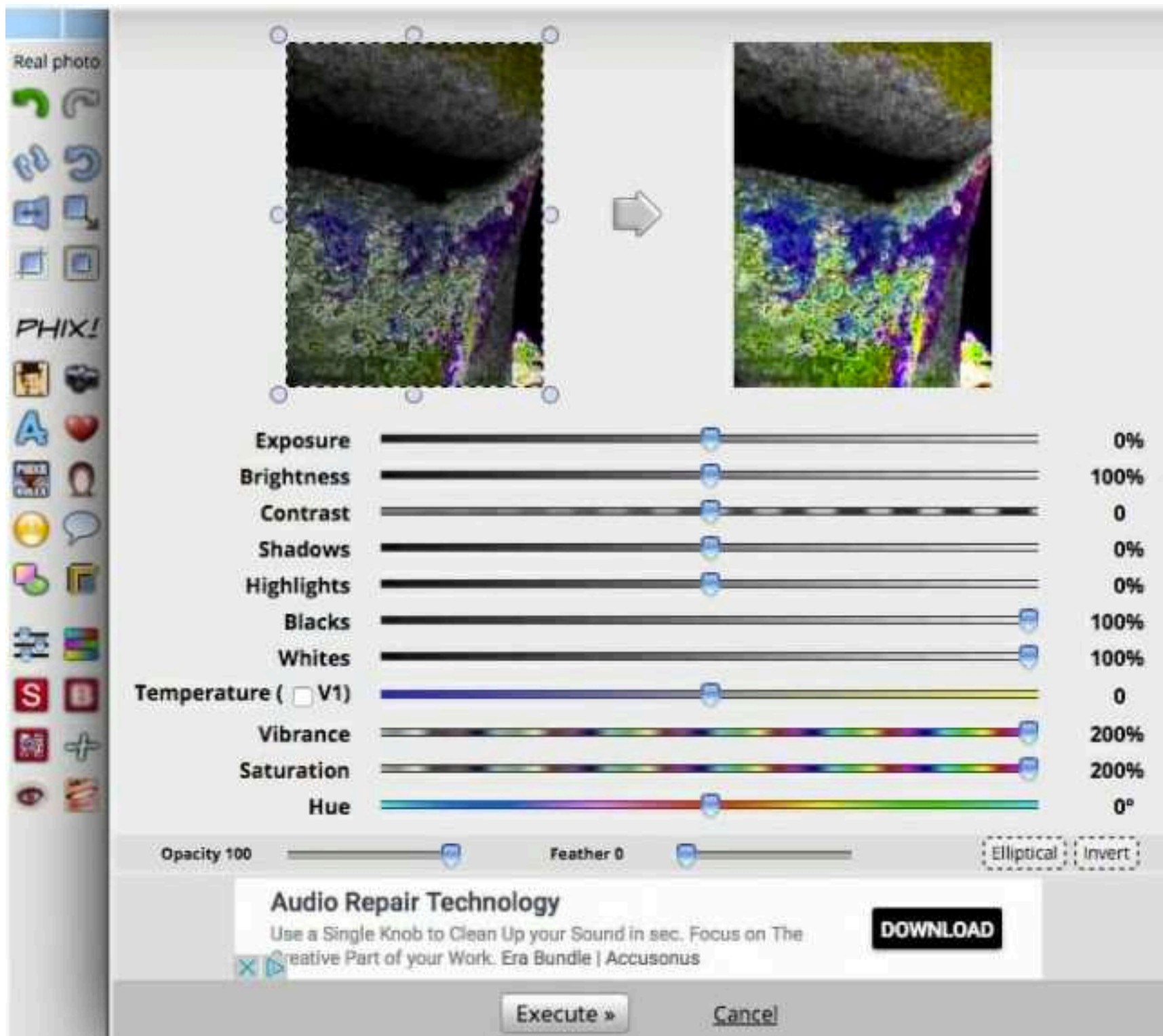
5)Hat man again, then scroll a little to BELLA...execute ...



6) little hat man, then scroll to almost bottom , far right, SOBEL, execute...

7) To make your colours POP really well, go to the far left, to the weird icon that is three lines with balls on them... (fourth icon from bottom, far left side)... POPUP opens... MOVE sliders for SATURATION, VIBRANCE, WHITES, BLACKS, ALL THE WAY TO THE RIGHT... this makes colours pop... execute... DONE!!!

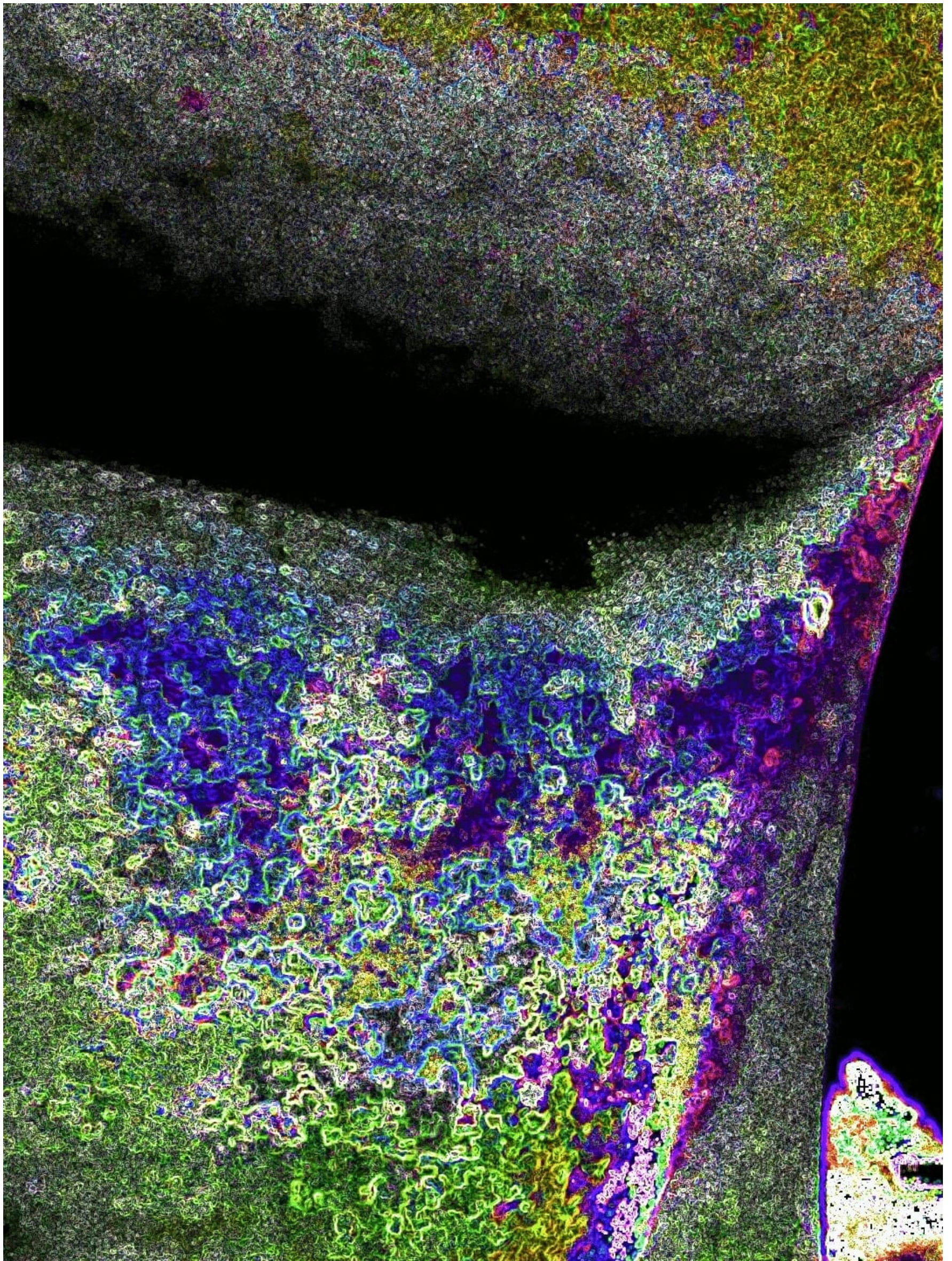




Here is a reference photo of the Lunapic NIDI edit for cancer that many already know...You can see purple as cancer here(not the pink, look closer)...

Compare the Lunapic NIDI to this new PHIXR nidi to get your bearings...You can see the purple spots are in the same place, but the PHIXR nidi might be a little more specific about shape...

Cool eh?



I'm Sari Grove, & yes, you are welcome! (LOL)...

ps. I get alot of support from Joseph Grove, husband of 22 years, Carol Slatt, my mum for 52 years, My brother, 6 years older than I am, his wife Alexis, most positive person not saying ages anymore, my new nephew Sam who brought new joy to our old world, Austin, a portugese water dog who is excellent at biology helping, B'elanna, a bengal cat with computer savvy, Jadzia , a bengal cat who is a rascal, Daniel at CYINT technology who knows when not to answer, Kevin at Paper Ideas who is such a perfectionist, Dr. Nora Pope Naturopathic lecturer & all around excellent friend...Ok, that's enough...Sari sounds like Mary by the way...

Nidi:see cancer/ lyme (in lunapic.com)

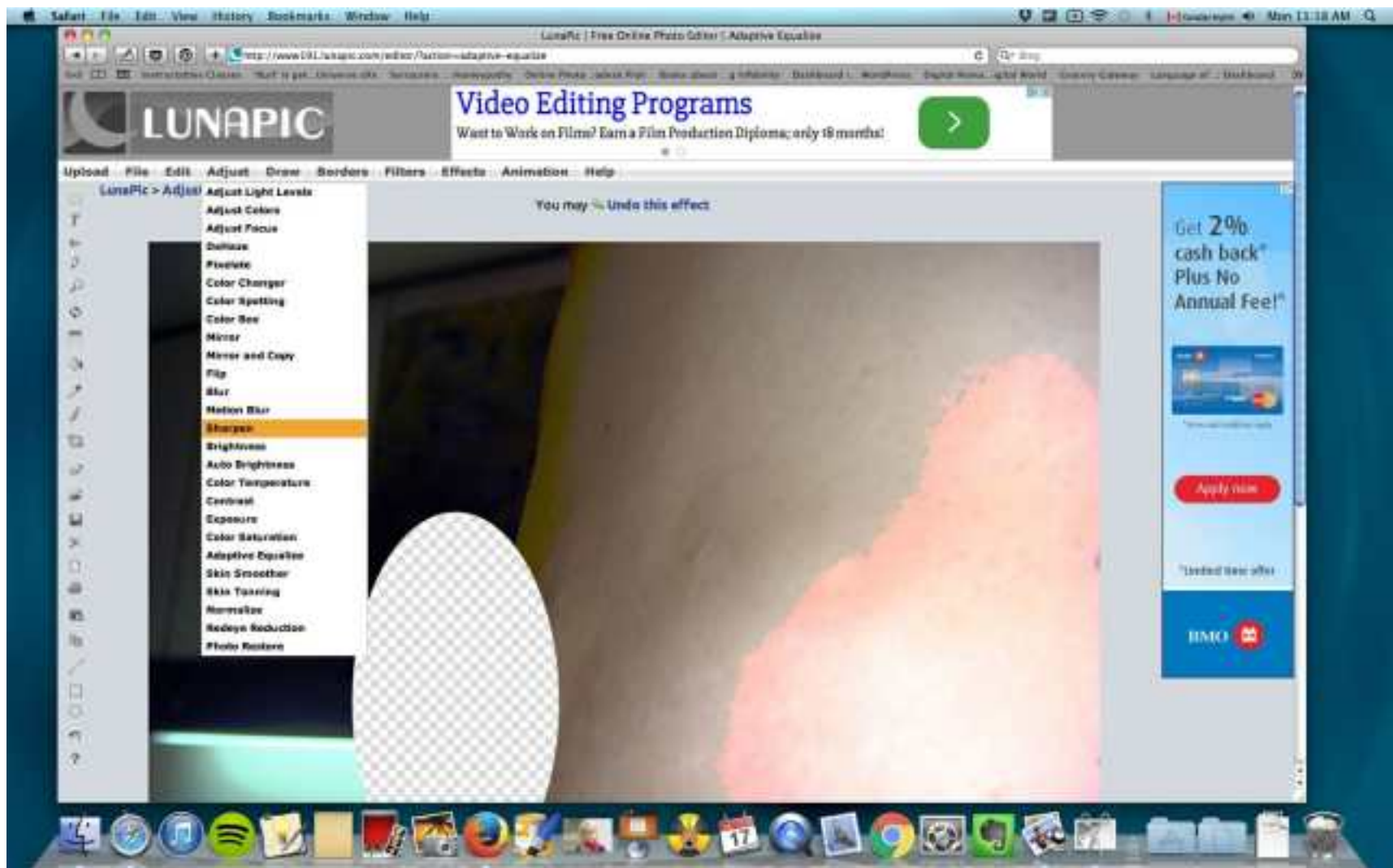
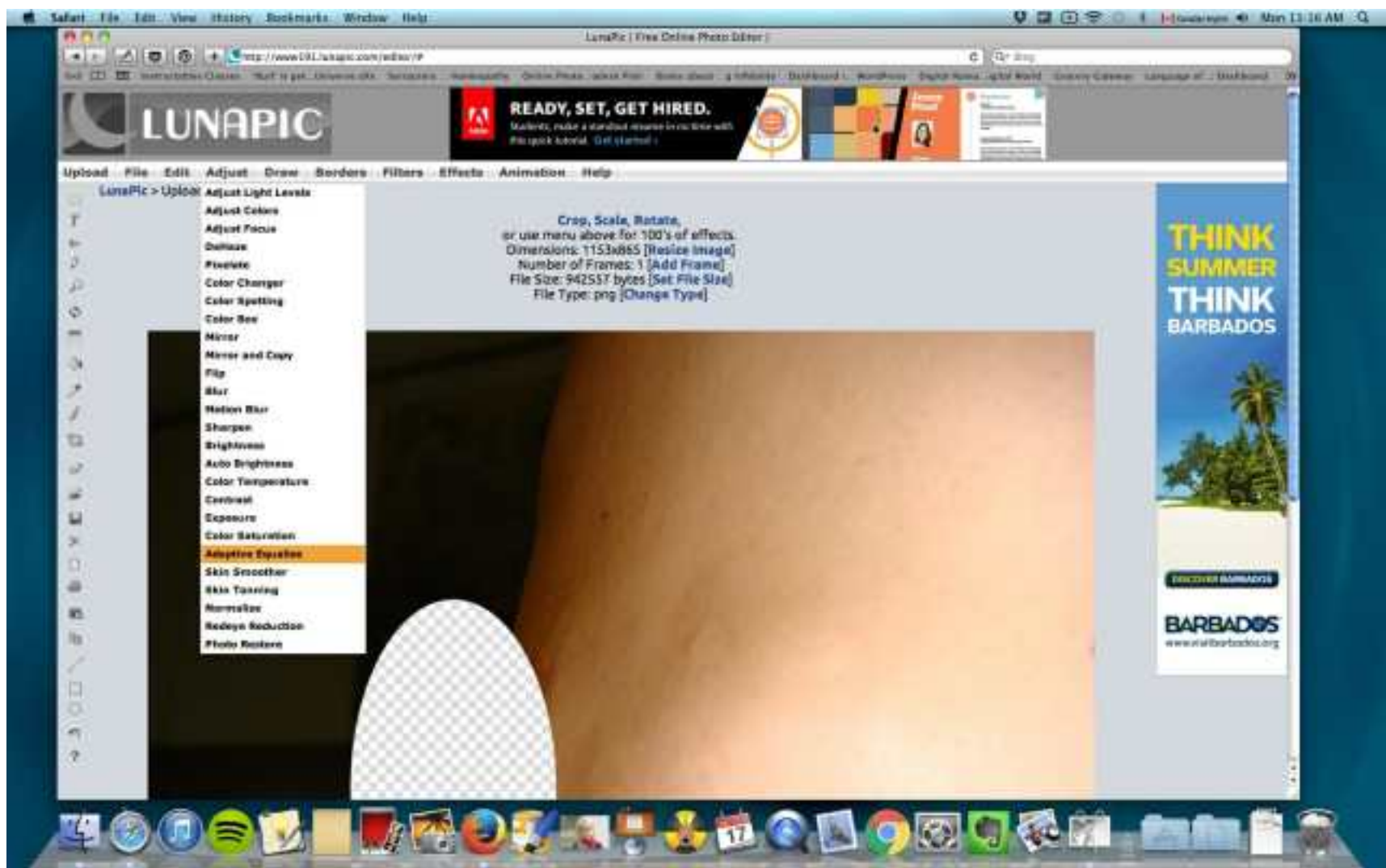
by Sari Grove - Thursday, January 03, 2019 <http://grovecanada.ca/nidisee-cancer-lyme/>

Phosphorus, the common cancer marker(er+ estrogen) is a purple colour...Can also be a candida marker, yeasts...Botox, Casein, cottage cheese, & other Phosphorus elements could trigger the purple colour-check all results several times...False positives are not common though...



Browse for your picture

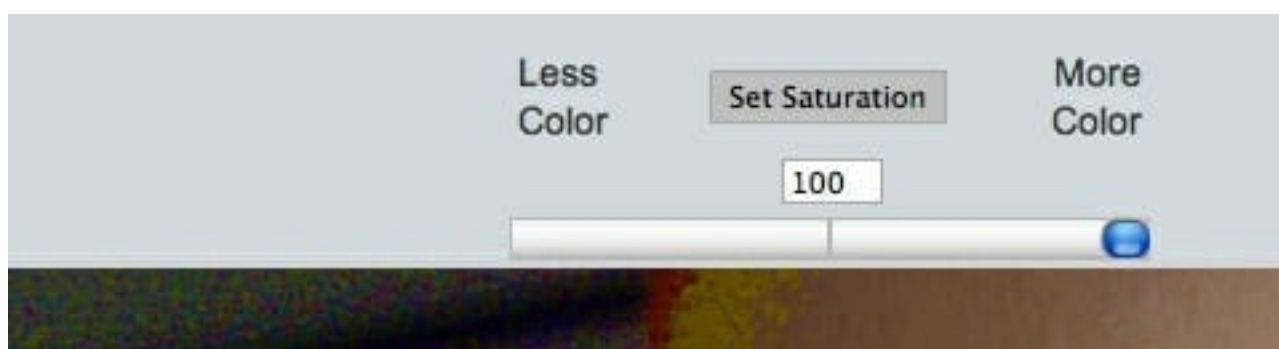
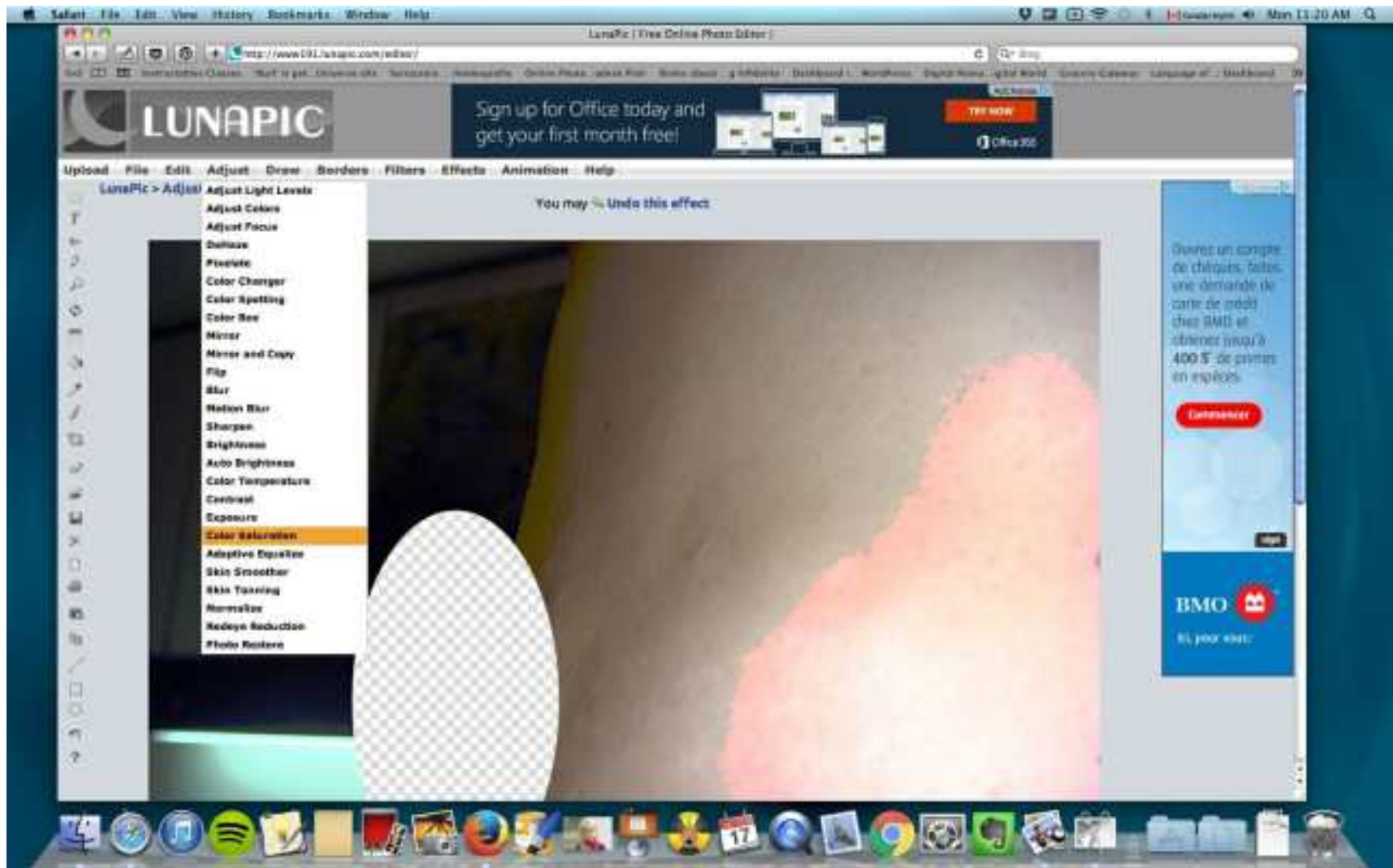
Lunapic.com 1



Lunapic 2 Adjustments: Adaptive Equalize

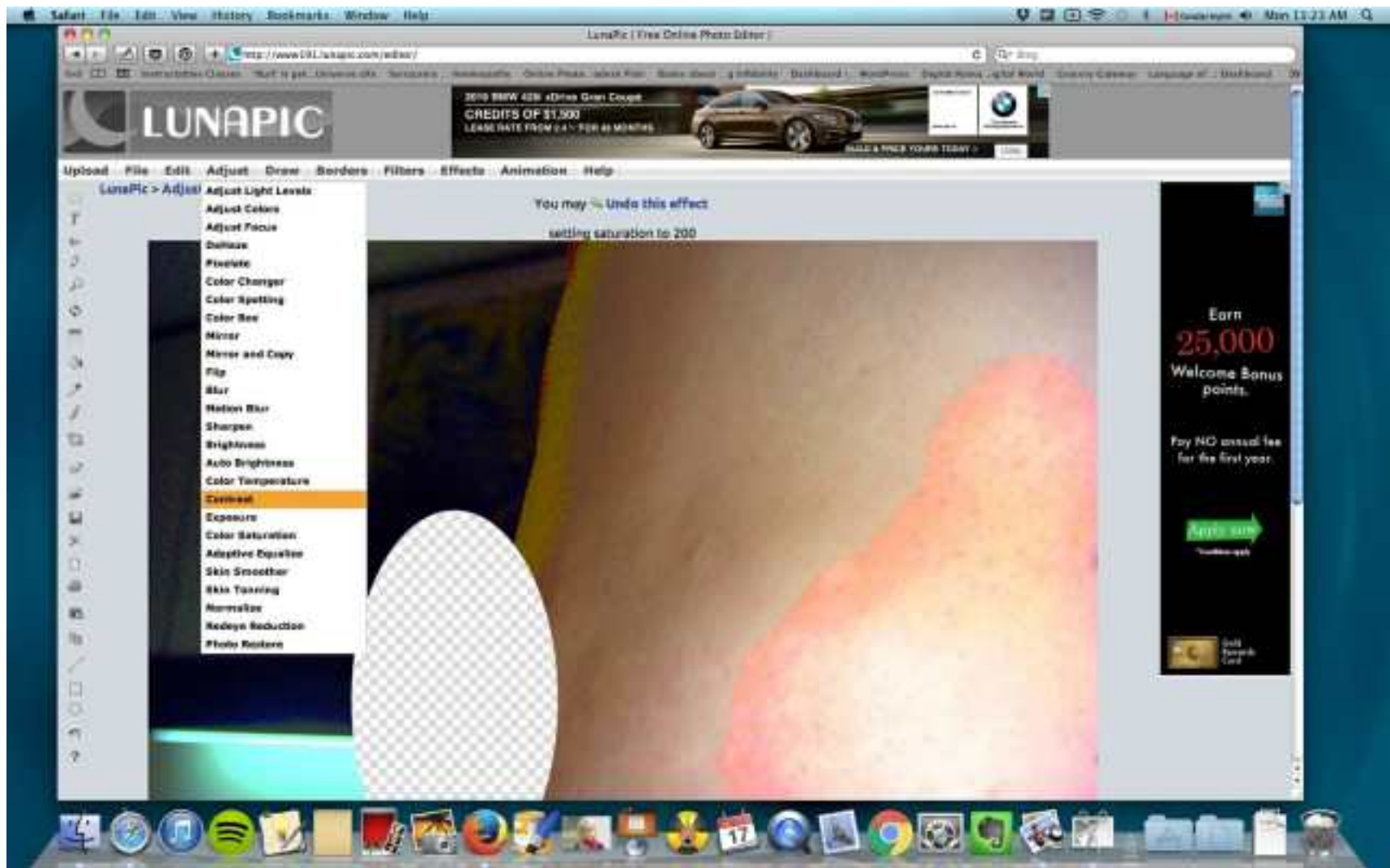
3 Adjustments:Sharpen

4 Sharpen slider to RIGHT, Apply



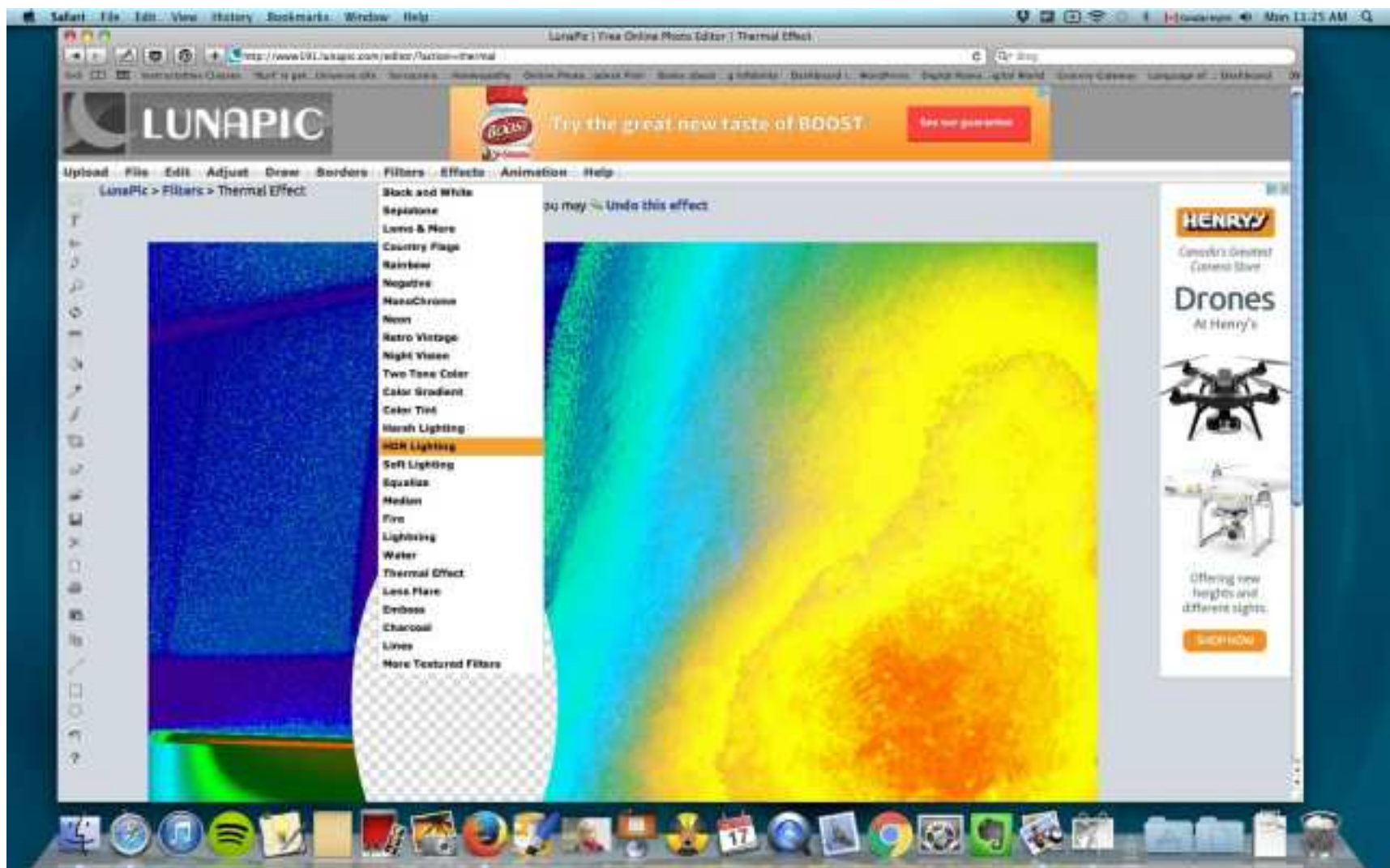
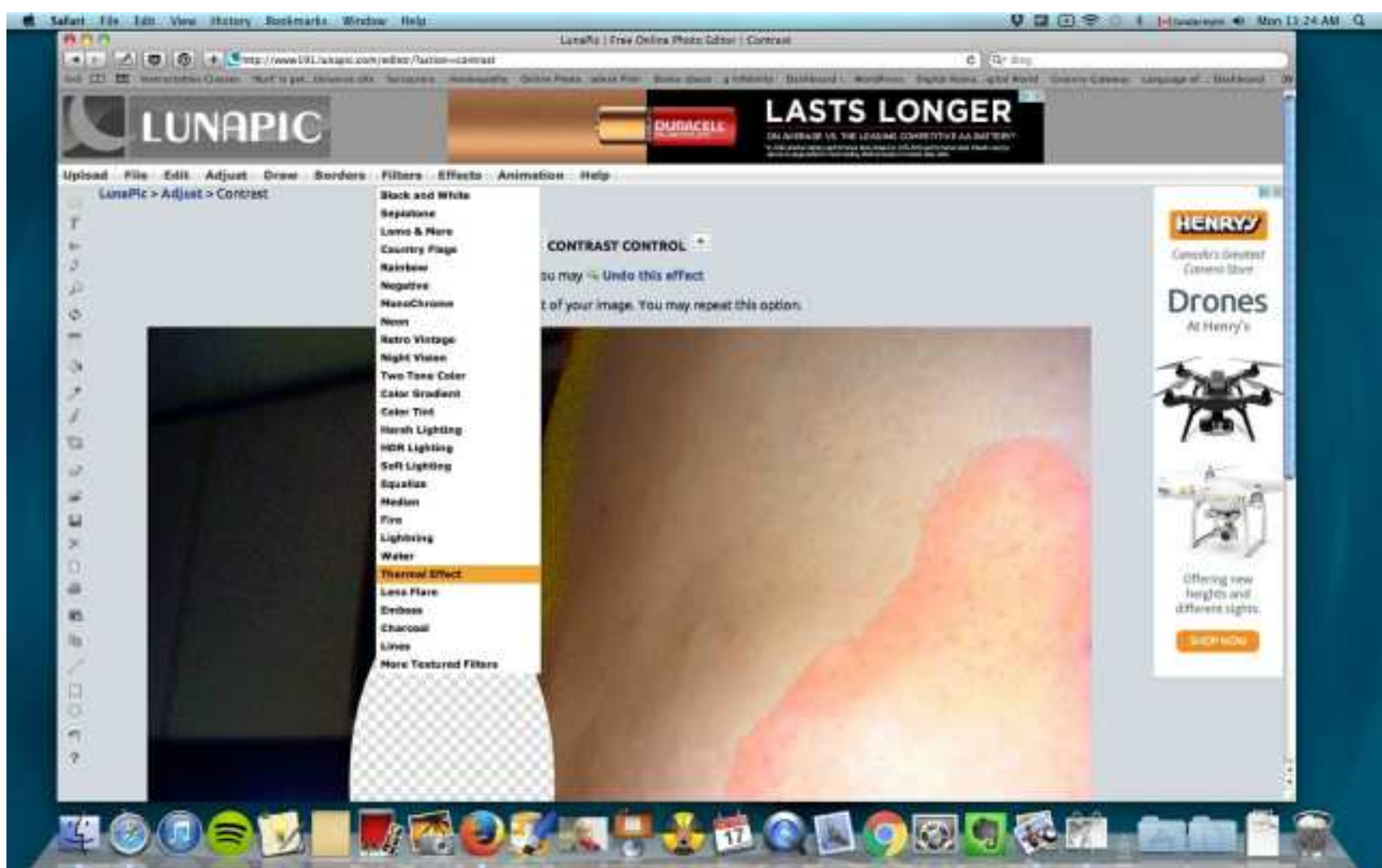
5 adjustments:color Saturation

6 saturation all the way to right(or change number to 100), Then set saturation button



7 Adjustments: Contrast

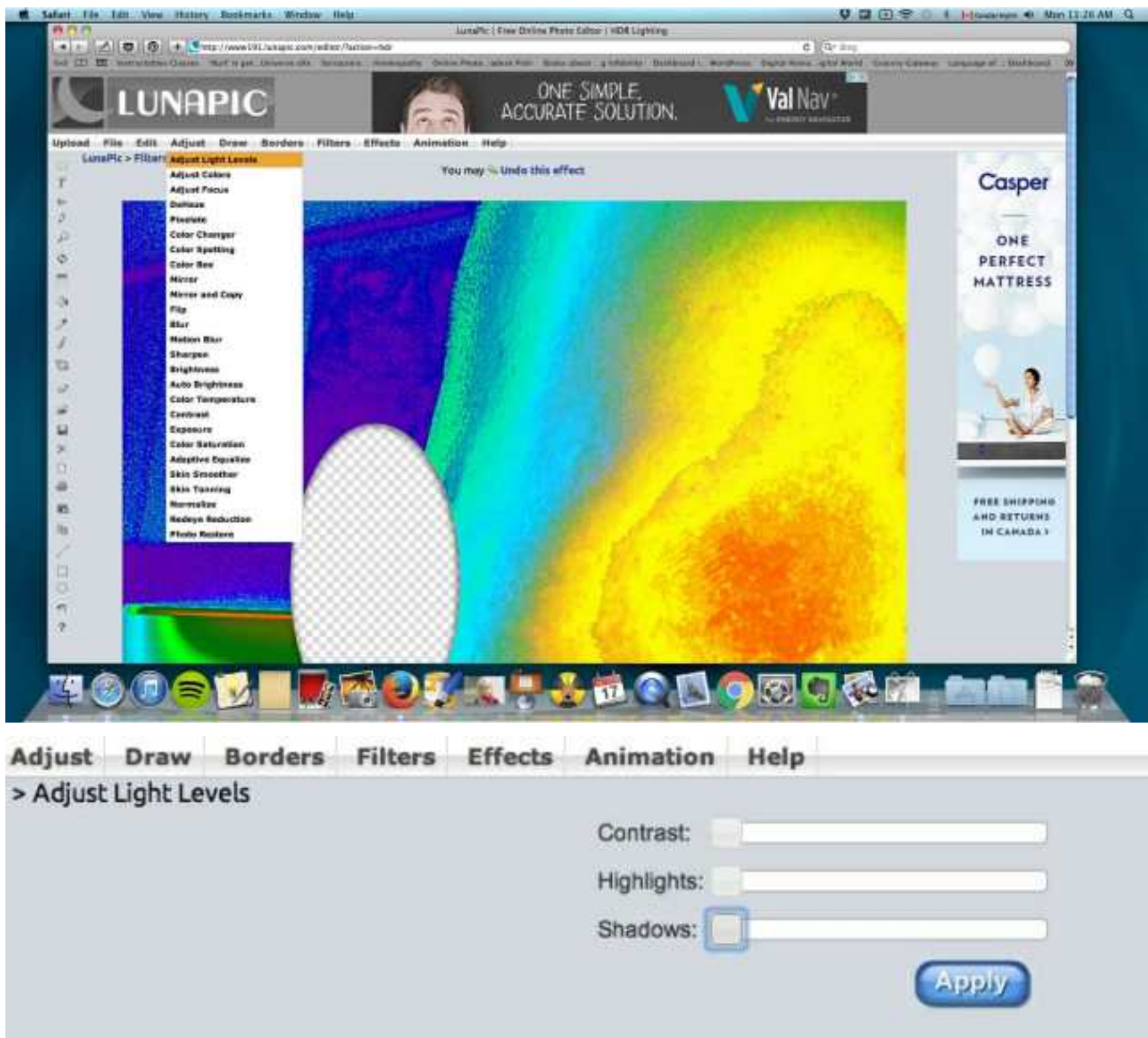
8 Contrast Push the + button slowly 5 times(wait in between pushing for it to reload)



9 in FILTERS:Choose Thermal iridescence Effect 10 In
Filters:Choose HDR Lighting

11 In Adjust:Choose Adjust LIGHT LEVELS

13 MOVE CONTRAST, HIGHLIGHTS, SHADOWS:ALL TO THE
LEFT! (then click apply)

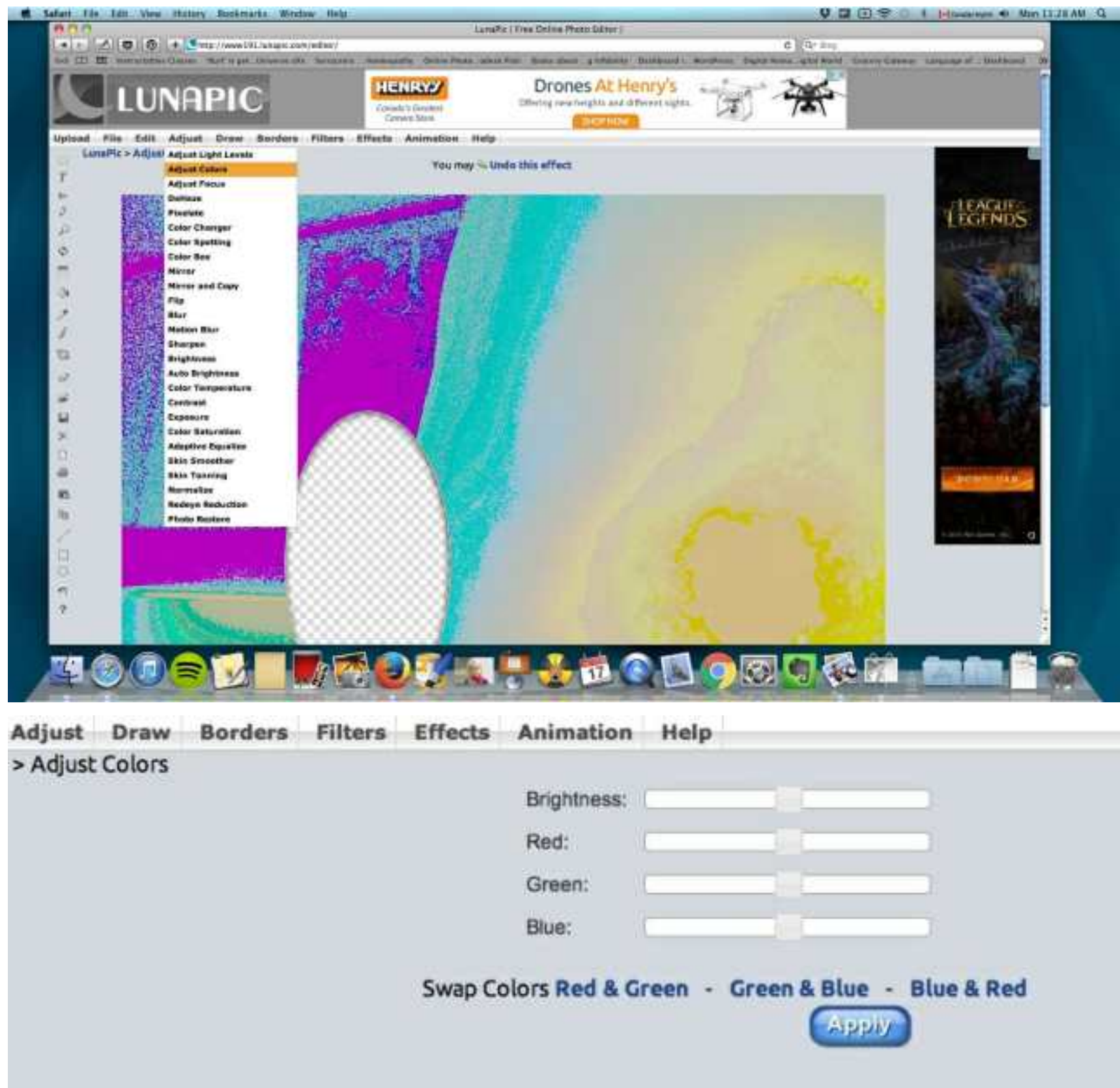


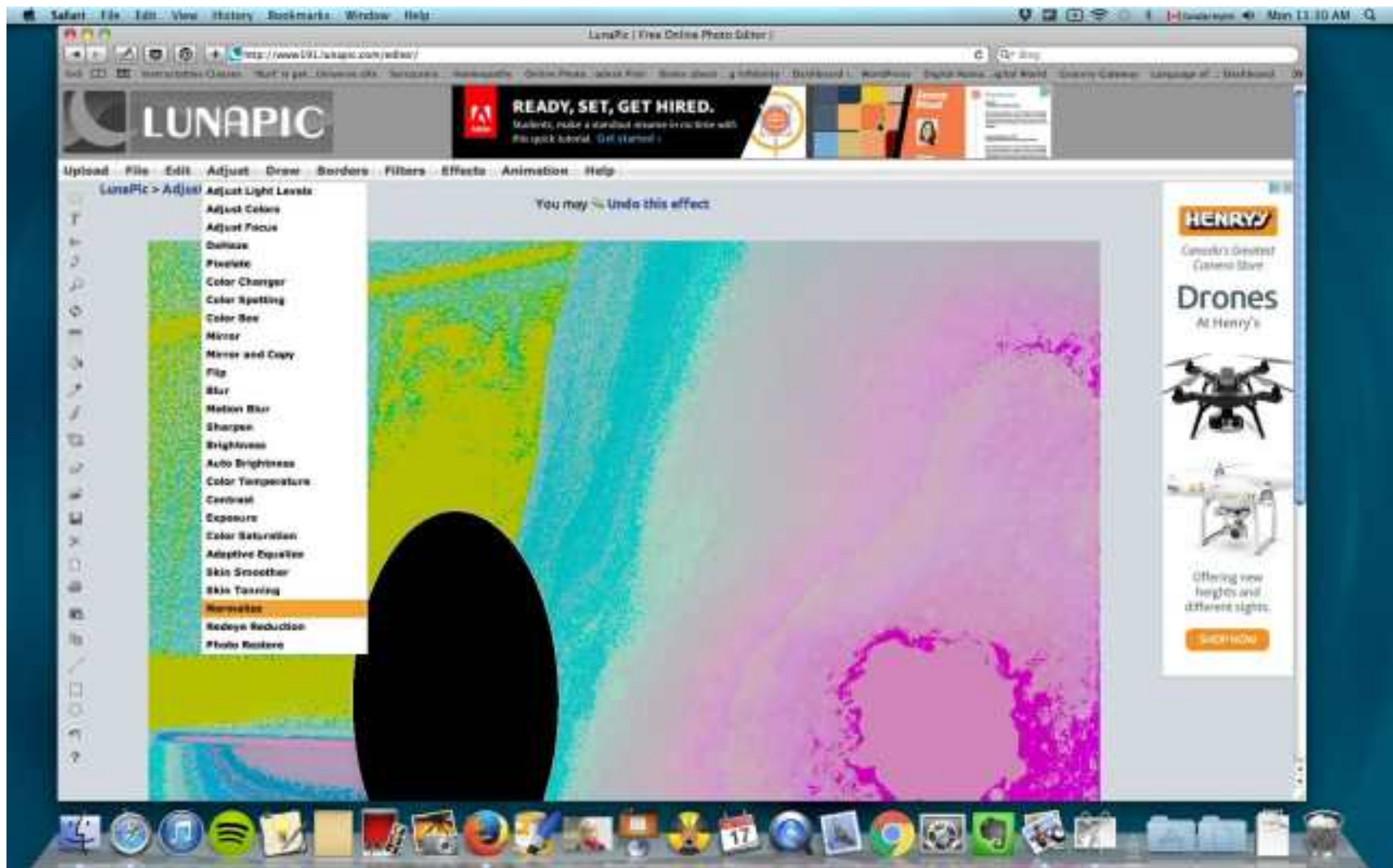
14 in Adjust: Adjust COLORS

15 In Adjust:Adjust Colors, Click all THREE swap Buttons...So Red
& Green, Green & Blue, Blue & Red...Don't forget to click APPLY!

16 in Adjust:NORMALIZE (This is the LAST Step!!!)

Lime, is a Lyme marker, or Mercury, in excess quantity, may indicate Lyme disease...Can also be a marker for autism & HPV...





Check Aurum (in phixr.com) blood pressure marker

by Sari Grove - Thursday, January 03, 2019 <http://grovecanada.ca/check-aurum-in-phixr-blood-pressure/>

GroveCanada.CA

DIY Imaging, Grove Health Science Books, Art in Medicine Blog...

<http://grovecanada.ca>

Check blood pressure in NIDI for Aurum...

Author : Grove

Categories : Aurum blood pressure

Tagged as : aurum, blood pressure, hypertension, in racranial blood pressure phixr

The picture of the eye is showing how high Aurum(a blood presure marker)is seen in retinitis pigmentosa...Finding that marker, tells you to lower blood pressure to treat & prevent...

GroveCanada.CA

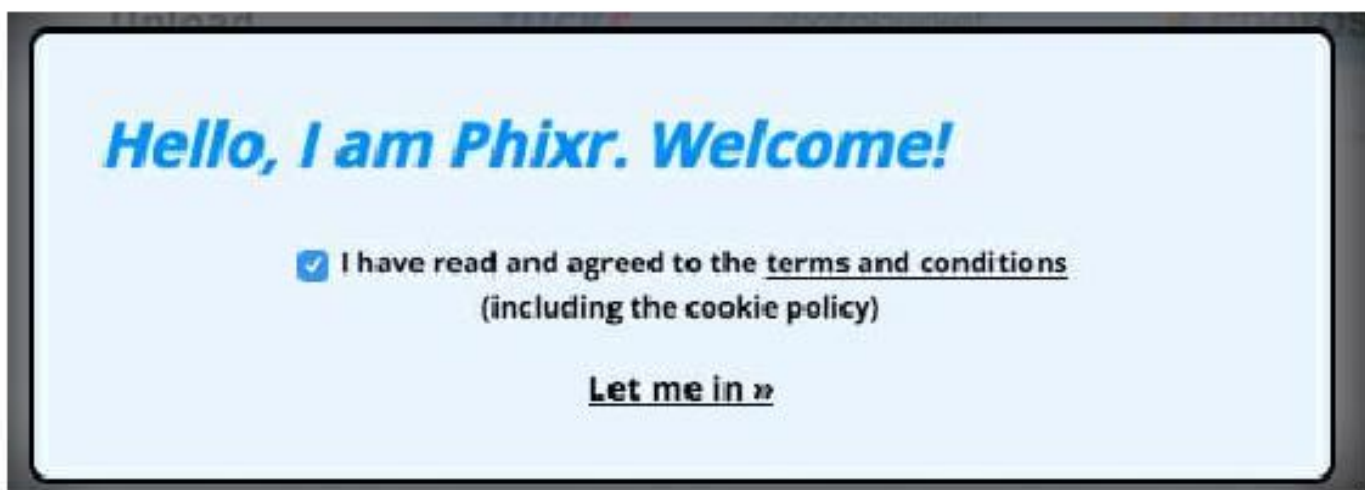
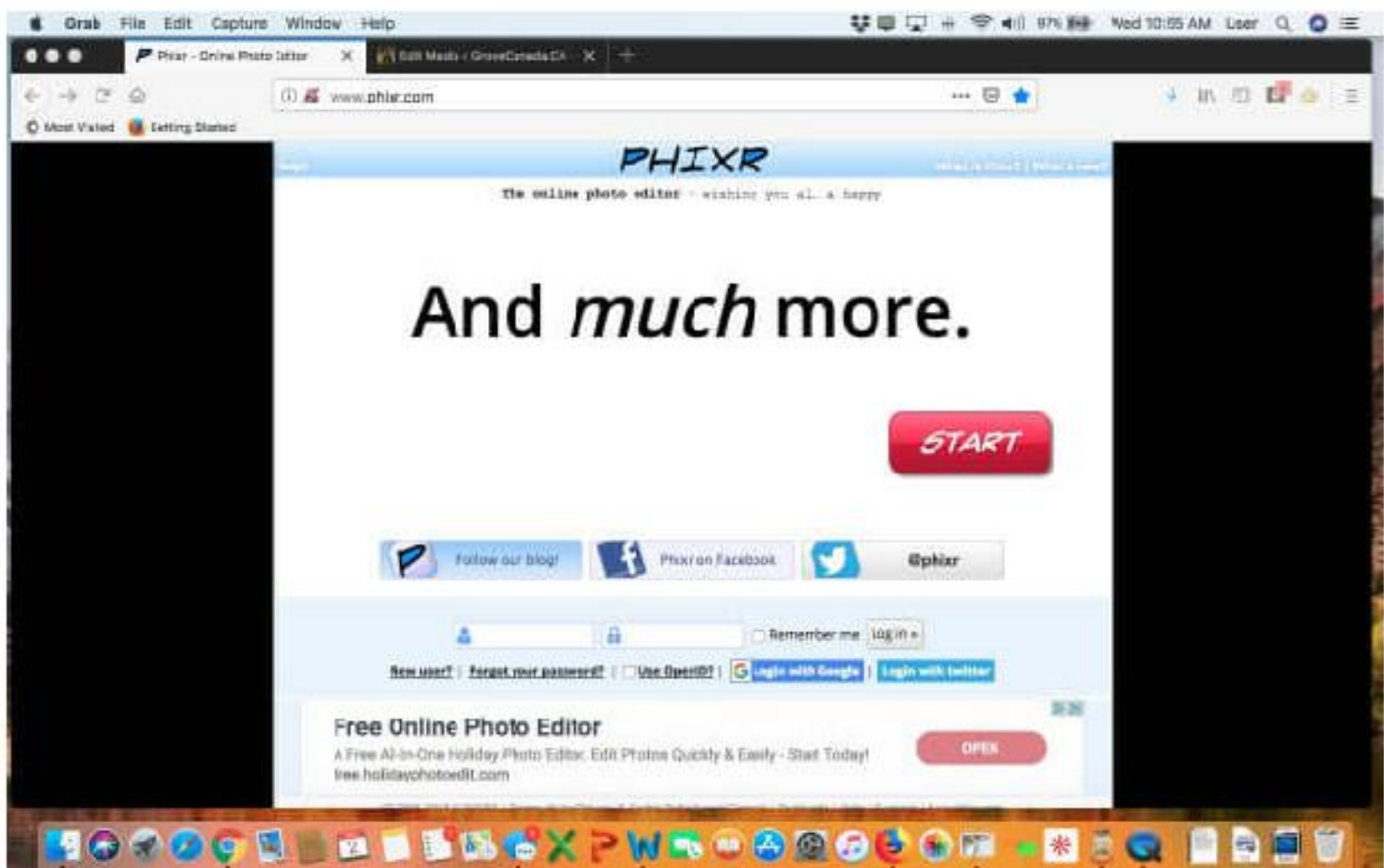
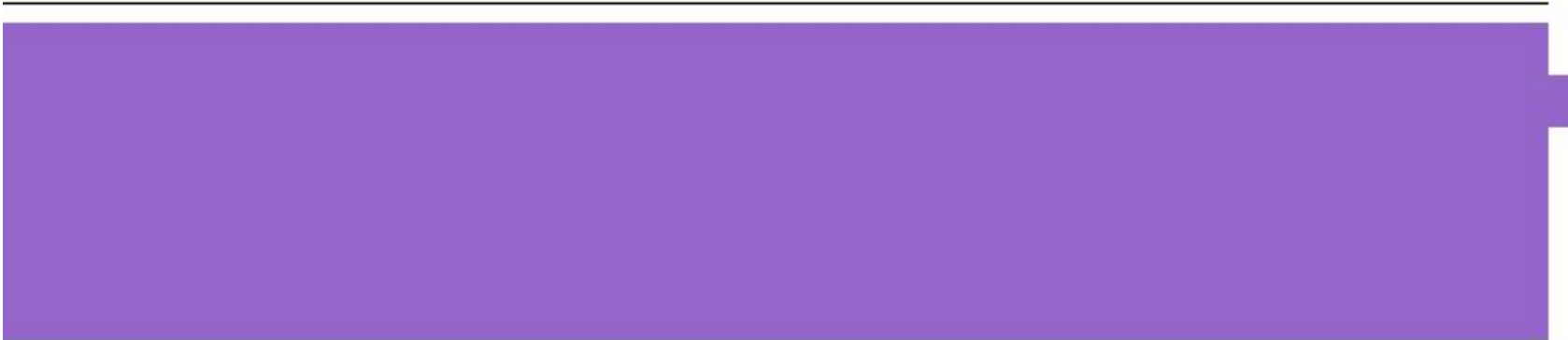
DIY Imaging, Grove Health Science Books, Art in Medicine Blog...

<http://grovecanada.ca>

<https://youtu.be/xaPBACM1JD0>Video: Check your own blood pressure using NIDI in Phixr

check your blood pressure in NIDI, aurum is the marker, phixr.com is the free photo editor you use, by Sari Grove of grovecanada.ca

NIDI is a way of doing your own imaging... Phixr.com is an online free Photo Editor... Follow the 2 steps in the video... The Lavender colour shows AURUM or cobalamin or B12, which is a marker for blood pressure... If there is an extensive

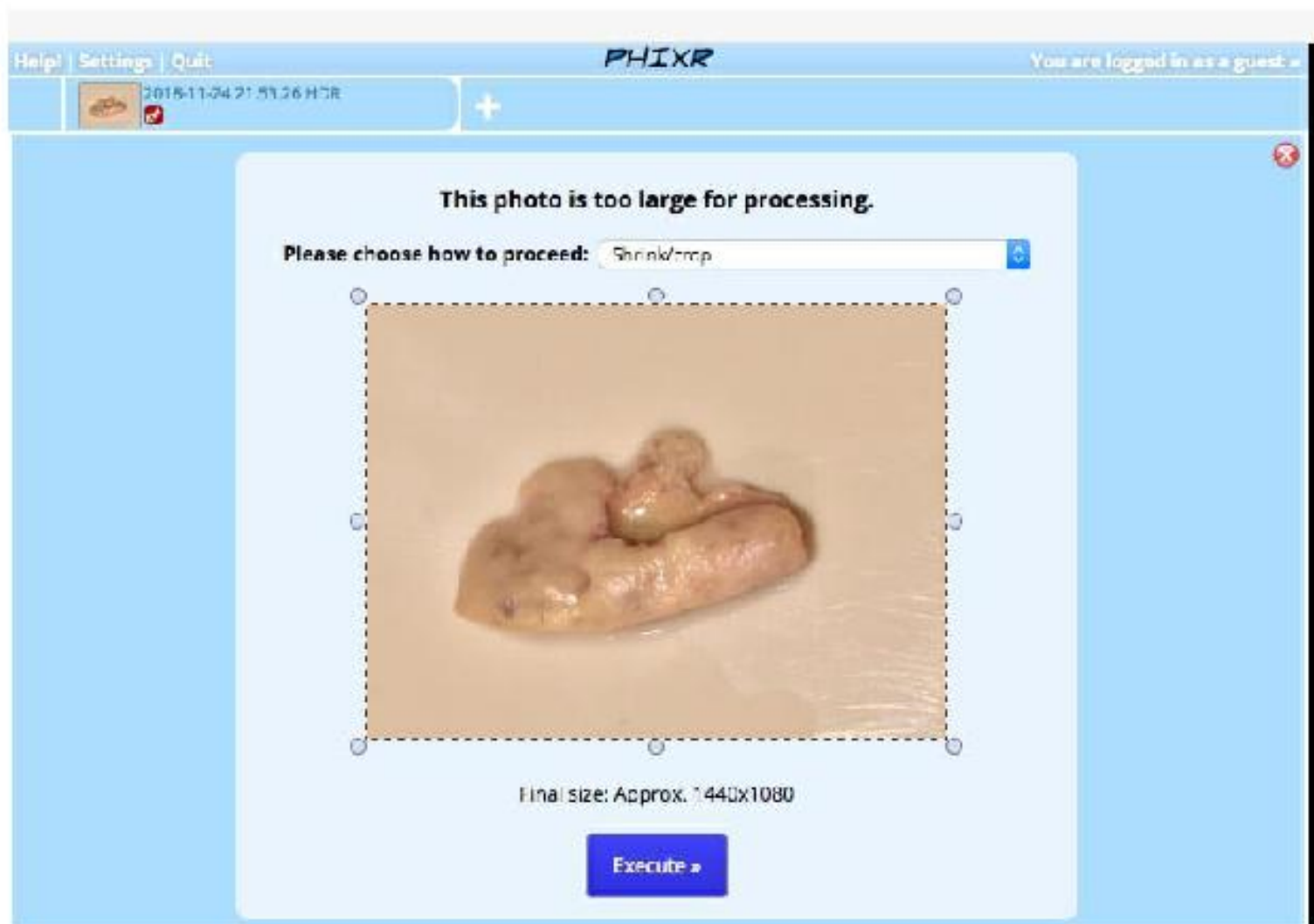


quantity of AURUM, you may have higher blood pressure...

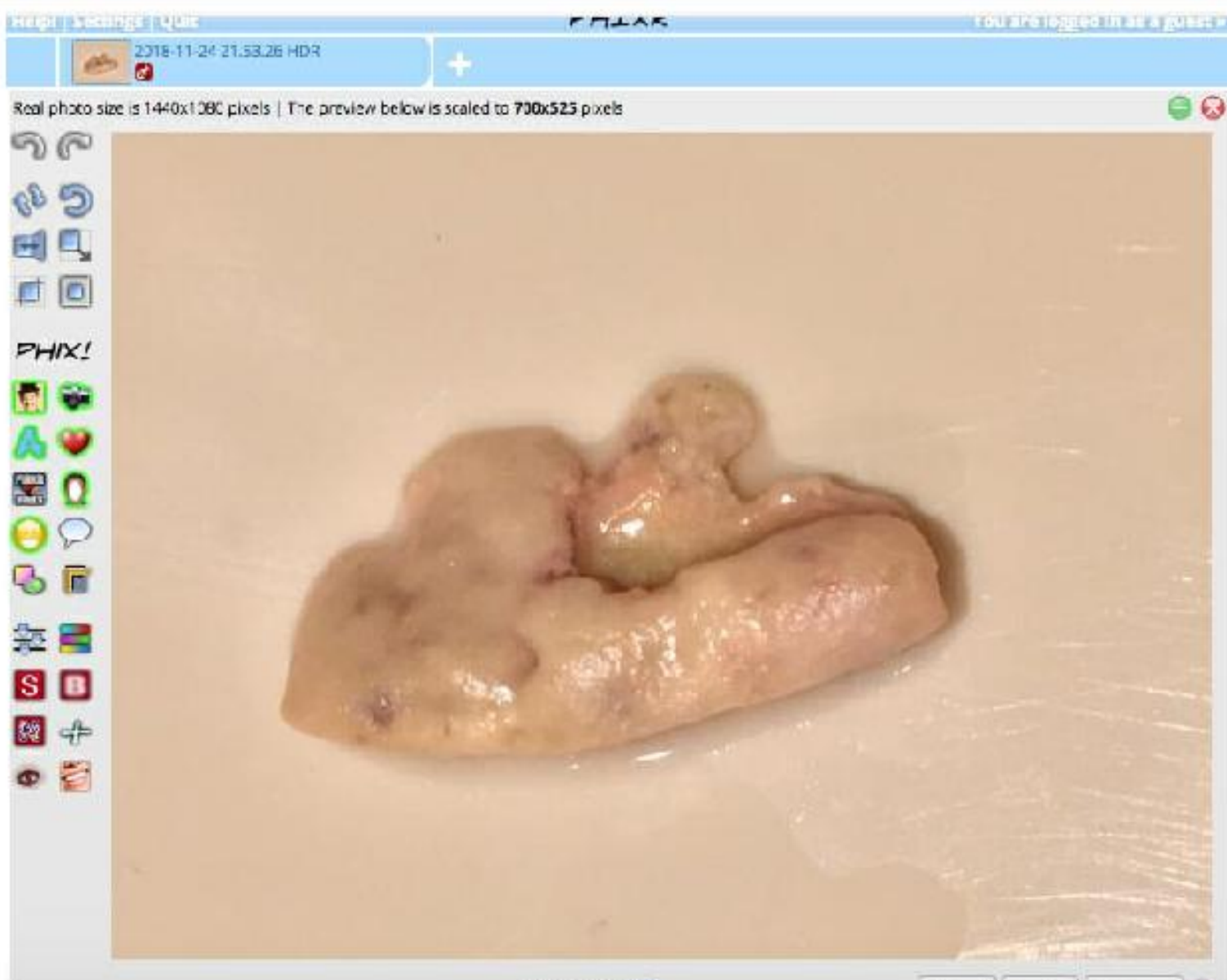
The Potassium family lowers blood pressure... NIDI is a methodology invented by Joseph Sari& Grove of

GroveCanada.ca to see various biomarkers in your body and brain, yourself...(Note: if your blood pressure shows normal in other diagnostics, the higher aurum marker can be reflecting intracranial blood pressure in the brain...)

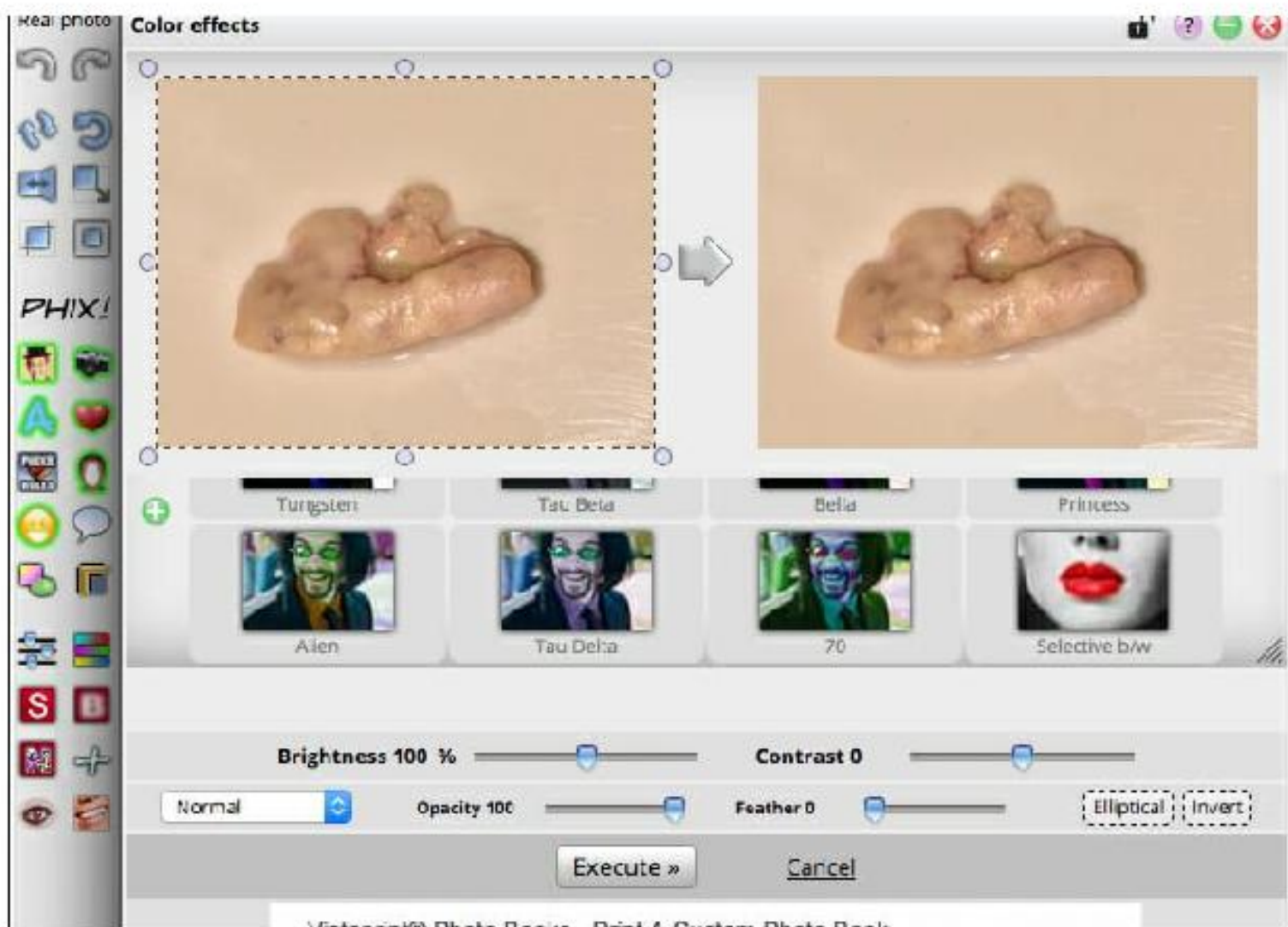
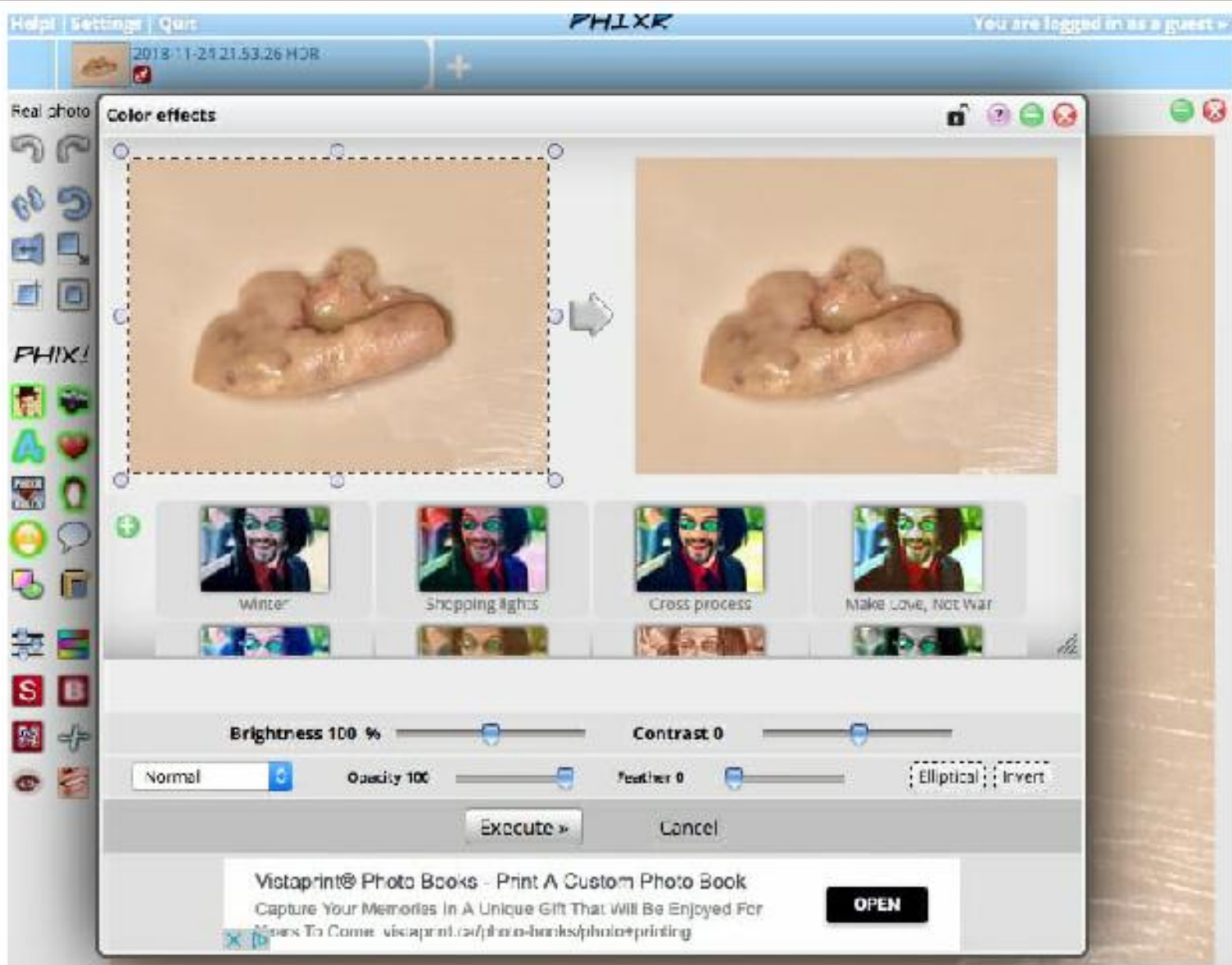
OVERVIEW OF NIDI FOR AURUM IN [PHIXR.COM](https://phixr.com) PHIXR.COM
LET ME IN



Begin:GET PHOTO
LET THEM SHRINK IT IF NECESSARY

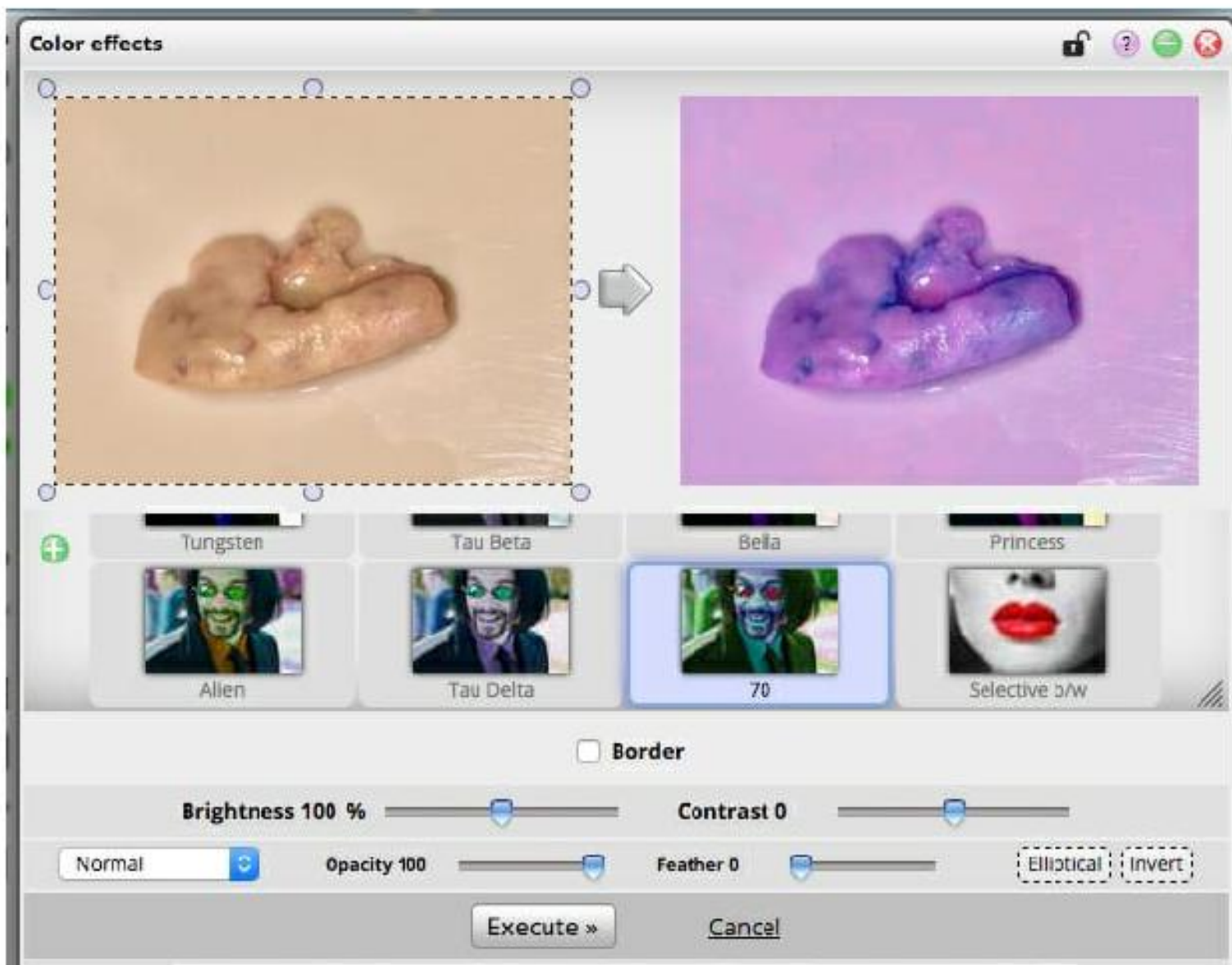


1)CHOOSE THE LITTLE MAN WITH THE HAT AT FAR LEFT

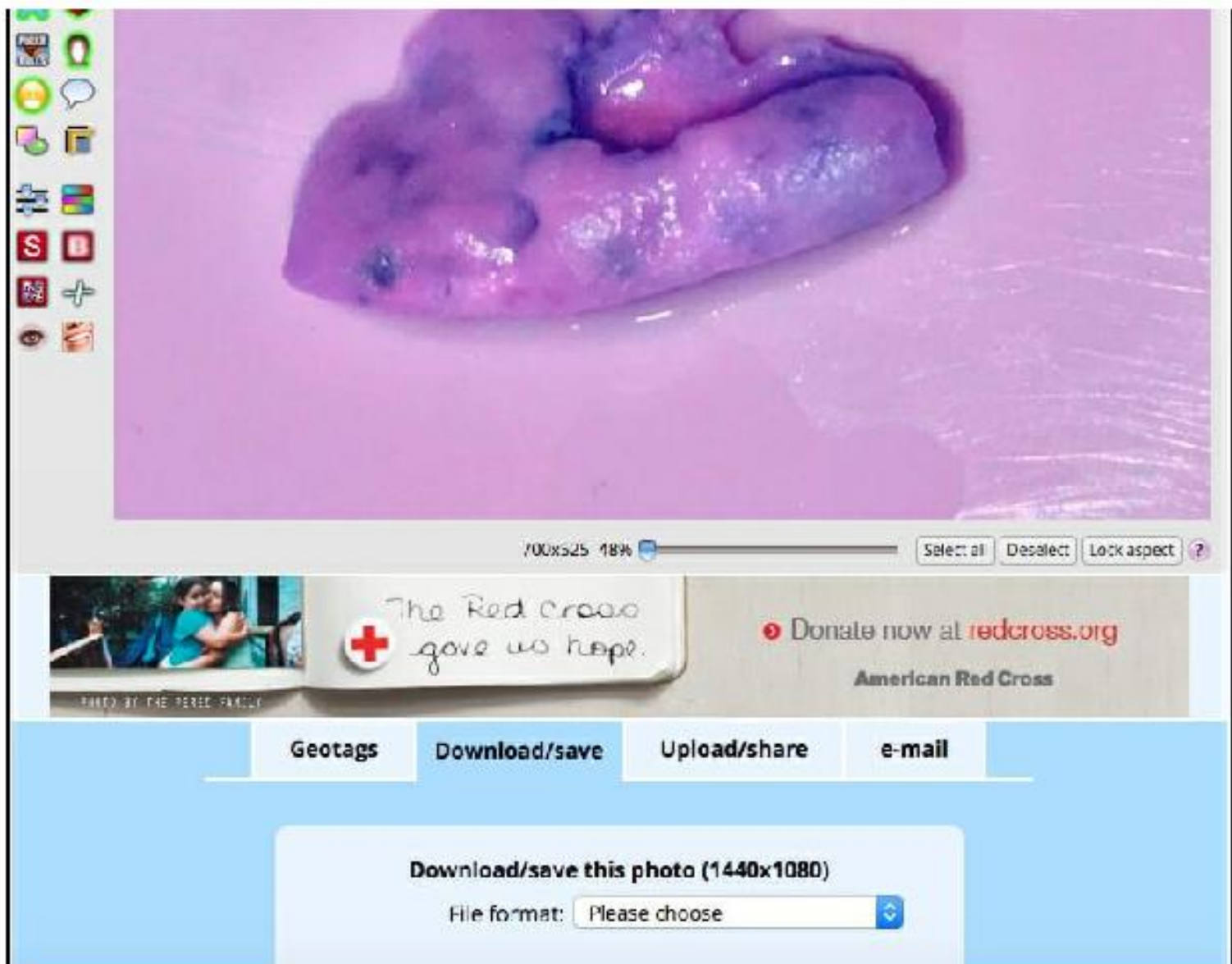


2)THIS POP-UP THING POPS UP

CHOOSE THE MAN WITH THE SUNGLASSES LABELLED “70”
FROM



THE CHOICES OF FILTERS
CLICK ON “EXECUTE” TO MAKE IT
HAPPEN, DONE!!!



Save:DOWNLOAD/SAVE SCROLL DOWN
TO SEE





BEST QUALITY IS THE PNG8(256 COLORS) IN FILE FORMAT

AURUM IS THE LAVENDER COLOUR, A HIGHER BLOOD PRESSURE MARKER, B12 MARKER, COBALAMIN...LOWER THIS WITH POTASSIUM FAMILY...

HERE IS A CLOSE UP OF THE 2 STEPS IN PHIXR.COM THAT YOU NEED TO

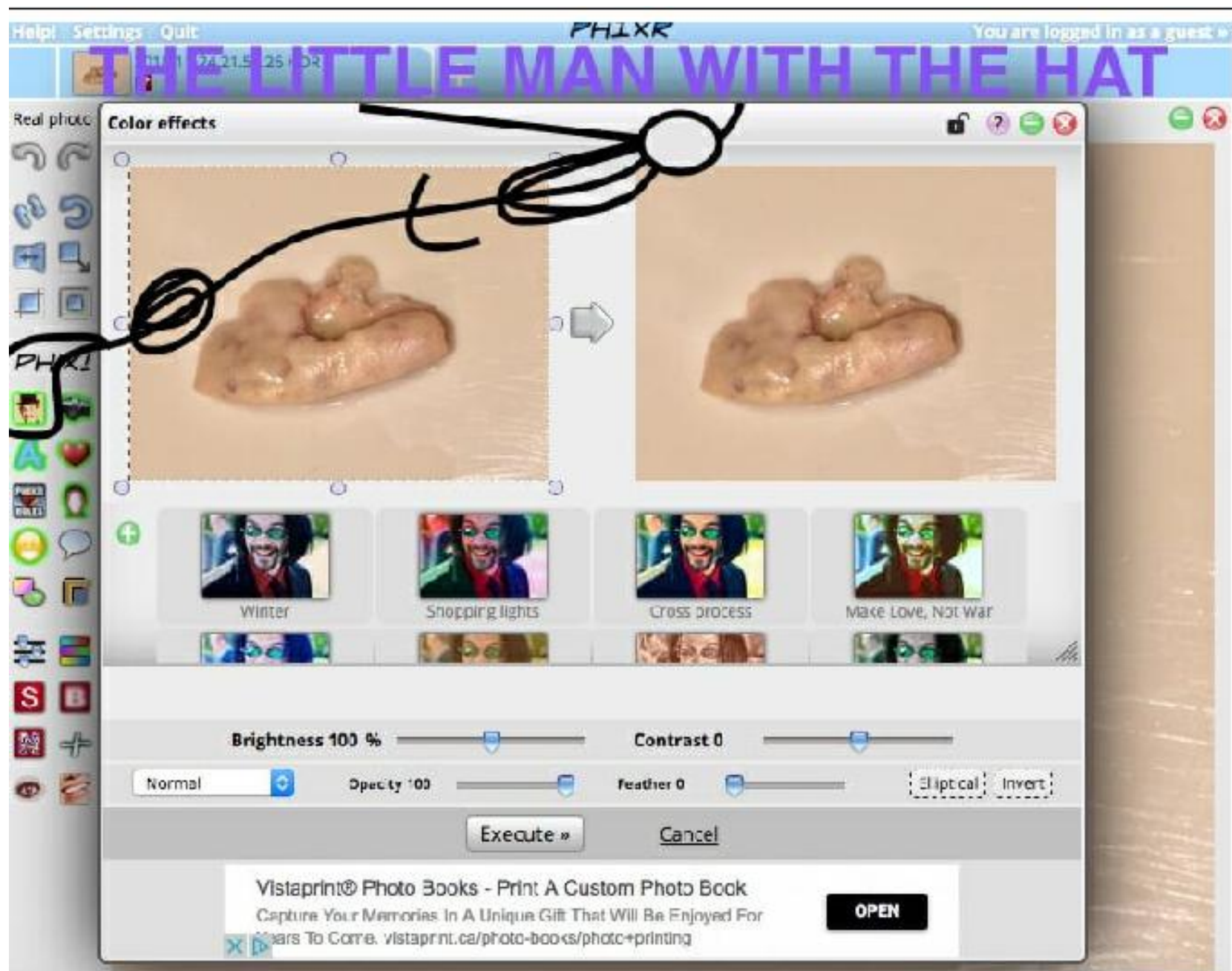
KNOW...

1)The little man with the hat(looks like Laurel of Laurel &

Hardy)

2)the man with the red sunglasses labelled “70” (scroll down in the pop-up menu

to see him)...





The lavender colour is Aurum, which seems to be prominent in a Cervical Polyp...

This indicates that high Aurum or B12 or cobalamin might be the thing that stimulates the growth of Cervical Polyps...

But what caused the injury to the area that forced the body to try to repair the area with the polyp?

I posit PAP smears ...The invasive procedure that scrapes the inner lining of the cervix to smear or scopy or scope or biopsy for illness...The constant scraping of female cervixes for PAP smears causes fractional injury almost yearly if one is assiduous about getting them...

The terminology “SMEAR” is slightly fraudulent as it is not a smear but a BIOPSY...By calling it a smear, women do not think of it as an injury or scraping or tear or violation of their inner vaginal private parts...A smear is when you smush your blusher to make it

blend onto your face better...A smear is not a cutting into your vagina...Cutting a swath from your vagina is far more invasive than something called a smear...

This is like when medicine calls Lithium a salt...A salt is merely the format that something appears as...Epsom salts are salts made of magnesium

GroveCanada.CA

DIY Imaging, Grove Health Science Books, Art in Medicine Blog...

<http://grovecanada.ca> sulfate...

Lithium salts are Lead family that build bone but also can

thicken toenails(***Recipe for toenail fungus caused by excess Lead-Castor oil mixed with 10 contents of apple cider vinegar capsules Webber brand is good-rub on and under toenails!***), & induce hypothyroid conditions... Table Salt is sodium chloride, which causes water

retention, but can increase connective tissues, particularly glycosaminoglycan tissues- tendons, or “ham-strings”... Pink Himalayan salt is also a table salt but has many more nutrients than regular table salt...So the word salt is vague...Lithium is not a salt but a rock, an inorganic object found naturally in the world, but is a very specific element on the Periodic Table of Elements, called Lithium Li is its short form so it fits on the visual chart...

lepidolite rocks are lithium and can be worn

against the skin,

a man sold me a Lepidolite pendant, from his street vendor location,

in front of the Eaton Centre in Toronto,
he keeps them always for people with manic- depressive illness
which can be characterized by OVERSHOPPING!!!

How to see Bismuth (Filterra App for iPhone!)

by Sari Grove - Thursday, September 13, 2018

<http://grovecanada.ca/how-to-see-bismuth-in-the-filterra-app-for-iphone/>

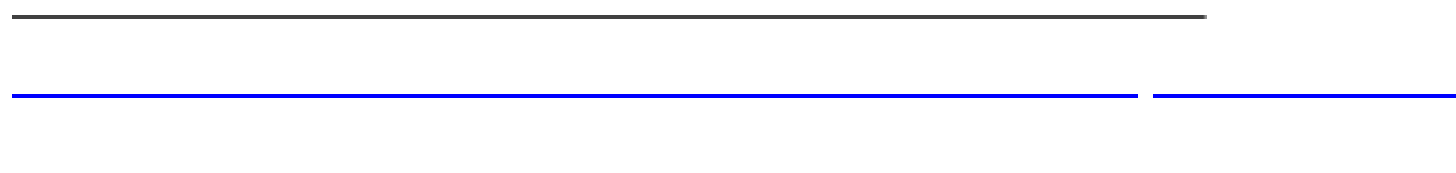
Bismuth is found in soot, ash, smoke, pollution, car exhaust, coal burning, fires, cigarettes, plane exhaust, train exhaust, city living in general...

You use the Fluorine family to remove Bismuth: Moringa Oleifera, Betain Hcl, Neem extract...

Things that feed on Bismuth include Melanoma, Sarcoma, toxoplasmosis gondii, Colon cancer...But Bismuth can feed other cancers as well...

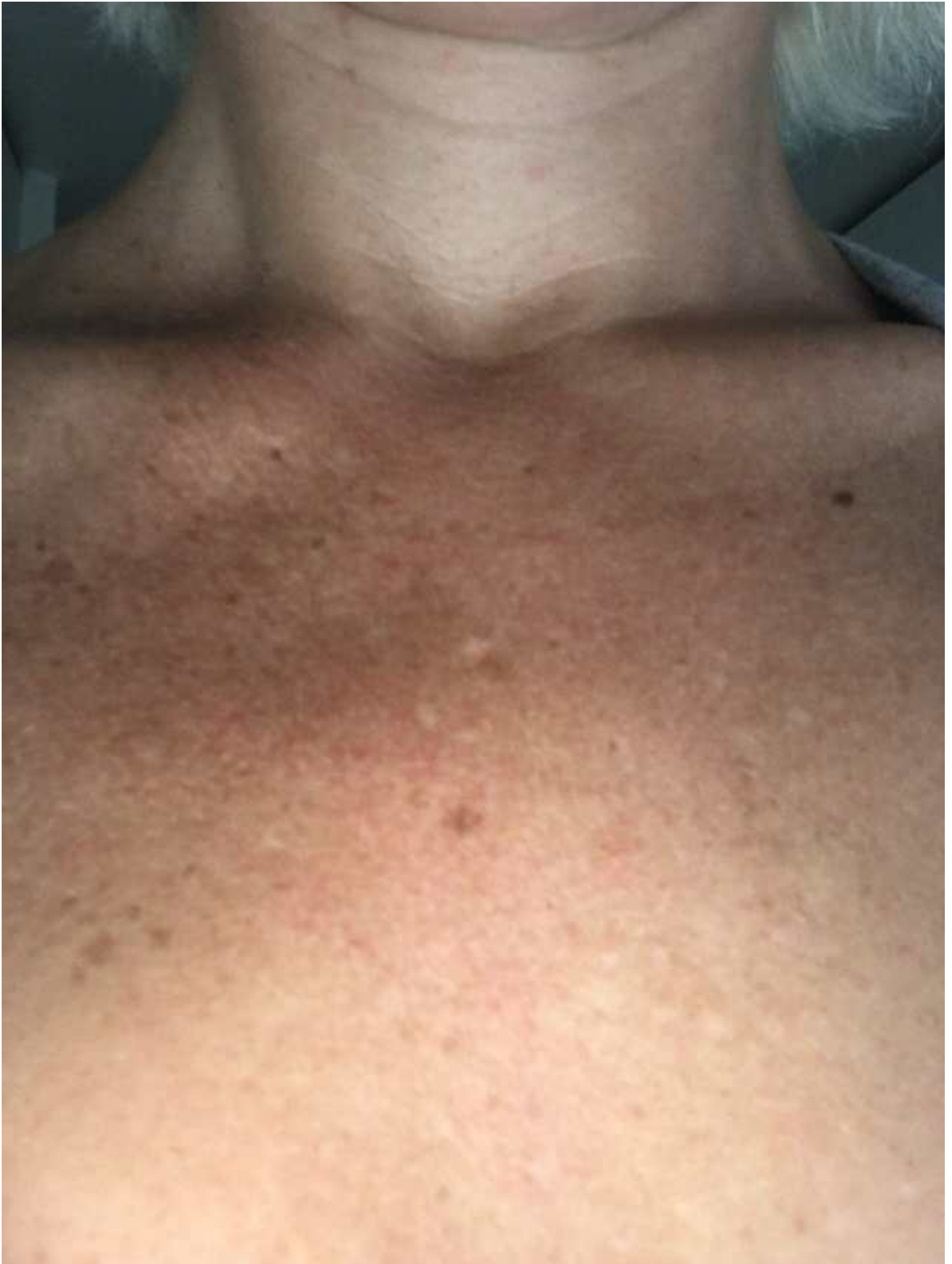
Here is a step by step instructional in pictures for how to see Bismuth in your own body-using an App available in the iTunes store for iPhones, called Filterra...

Start by taking a selfie of a part of your body...Here we see a picture of someone's neck & upper chest area...(better

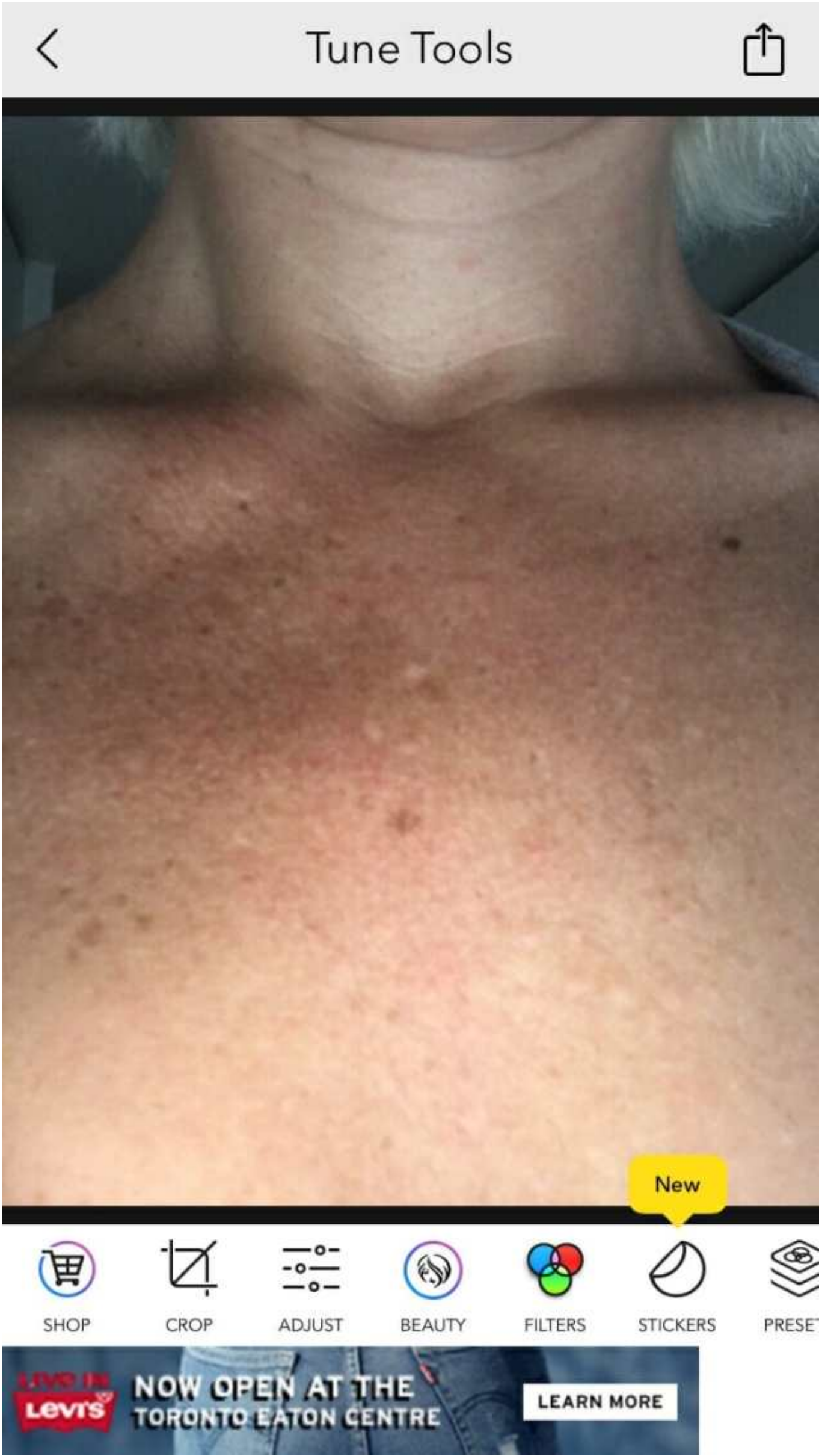


pictures have good light, are close up, in focus, try for no shadows)...

Open the Filterra App on your iPhone, & upload the picture to Filterra...



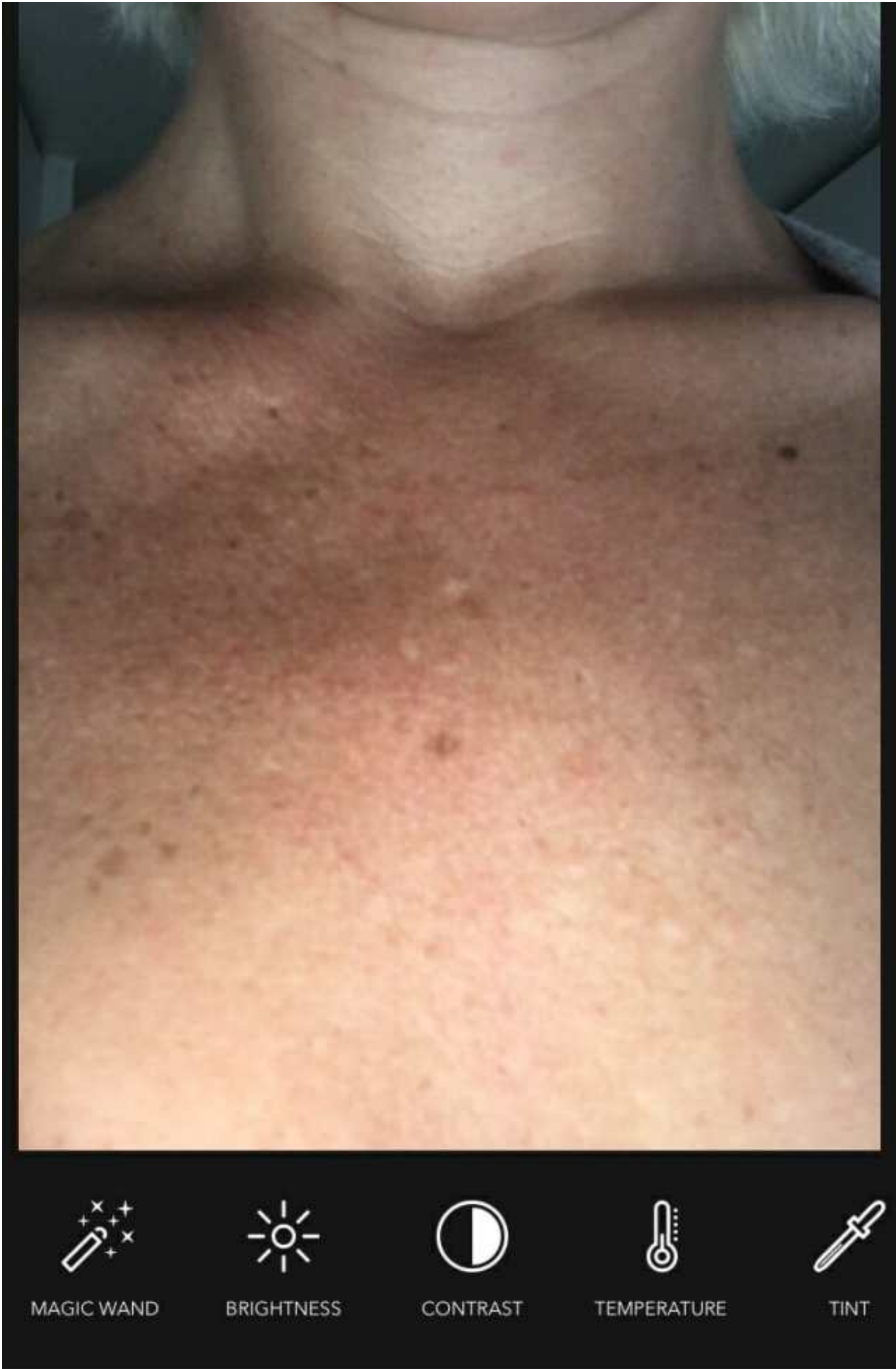
1)CHOOSE ADJUST



ADJUST

Choose

2)IN ADJUSTMENT, CHOOSE MAGIC WAND

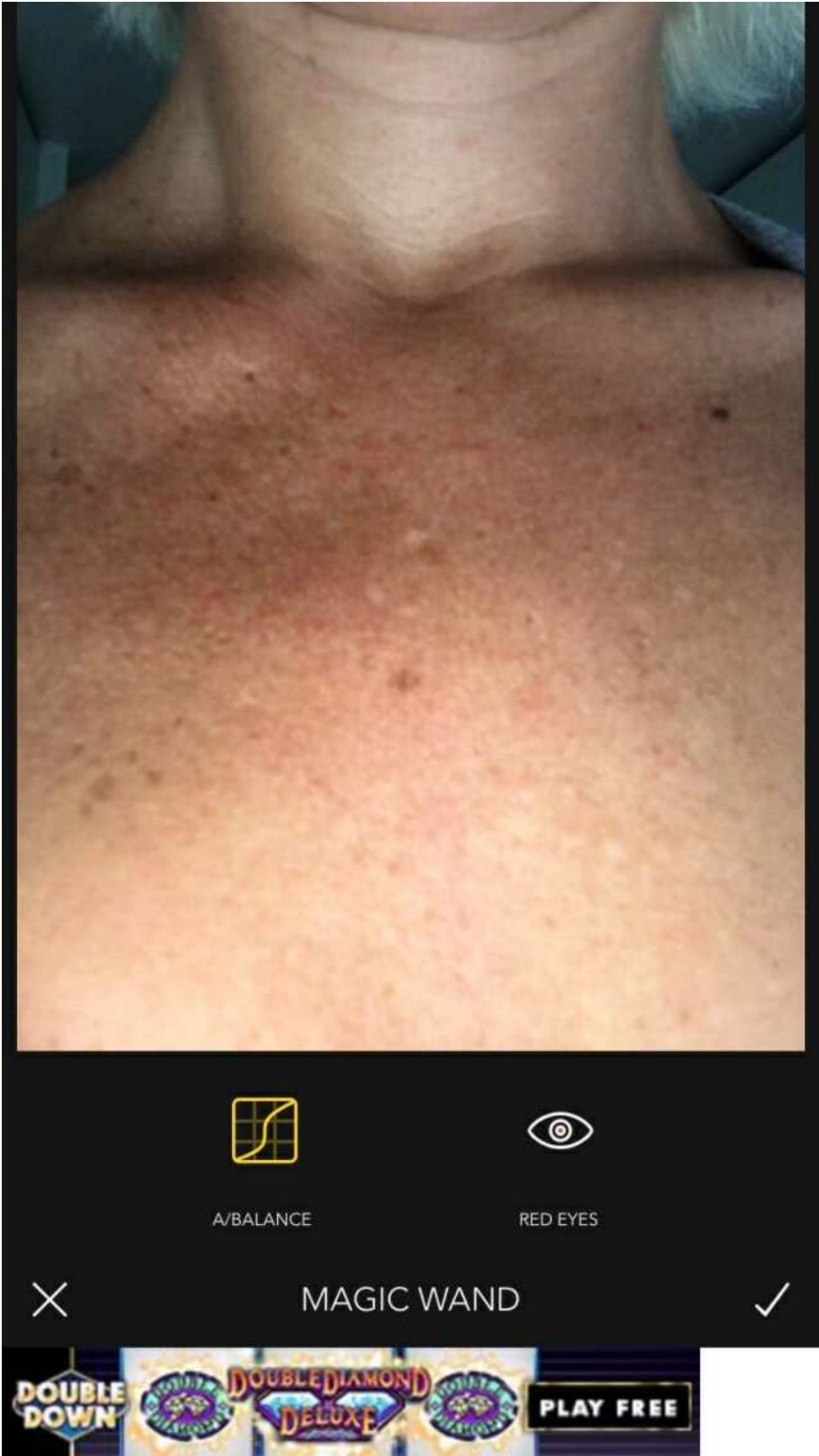


ADJUSTMENTS



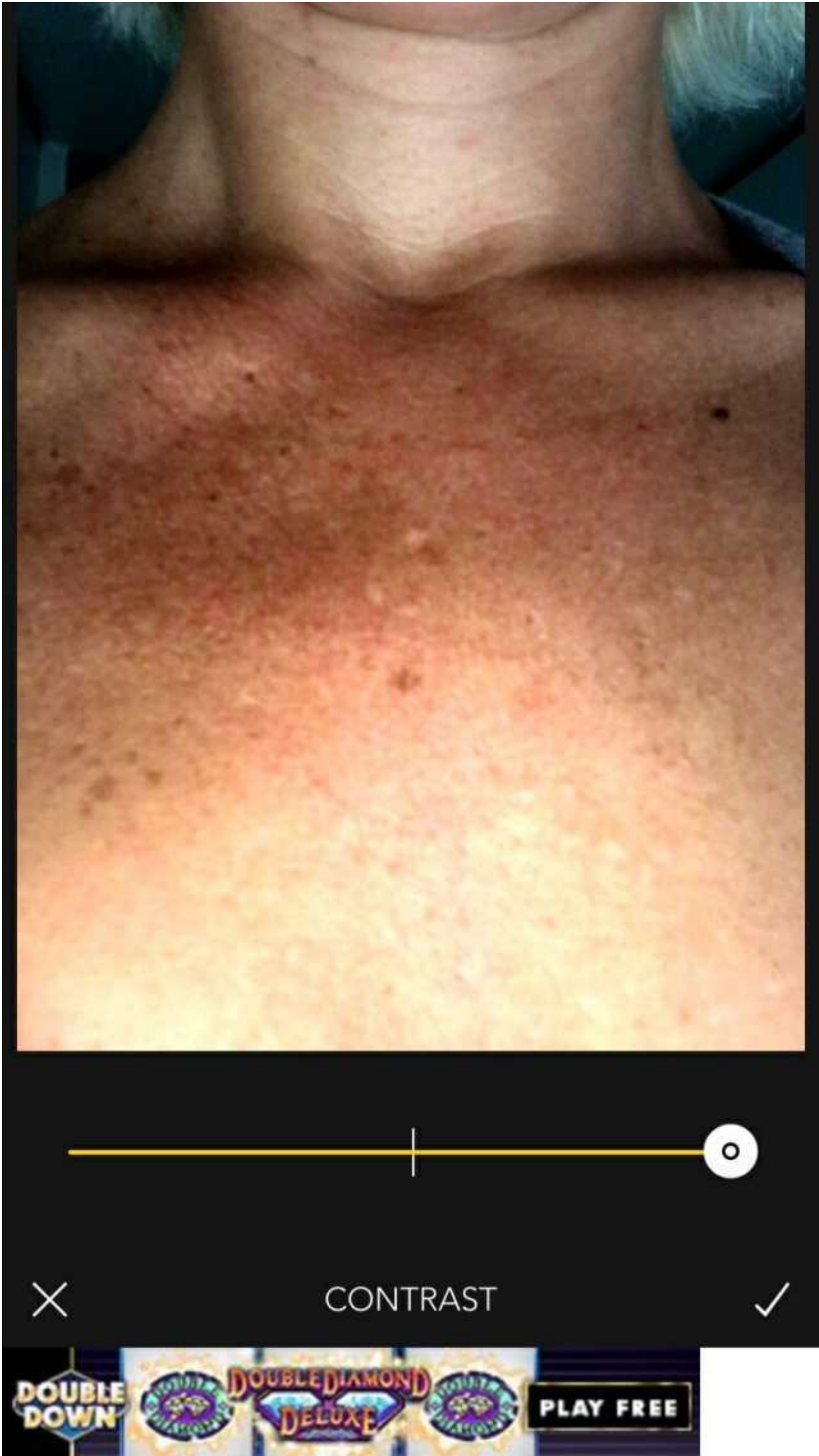
IN ADJUSTMENT, CHOOSE MAGIC WAND

3)CHOOSE A/BALANCE THEN CHOOSE THE CHECK MARK AT
LOWER RIGHT



CHOOSE A/BALANCE THEN CHOOSE THE CHECK MARK
AT LOWER RIGHT

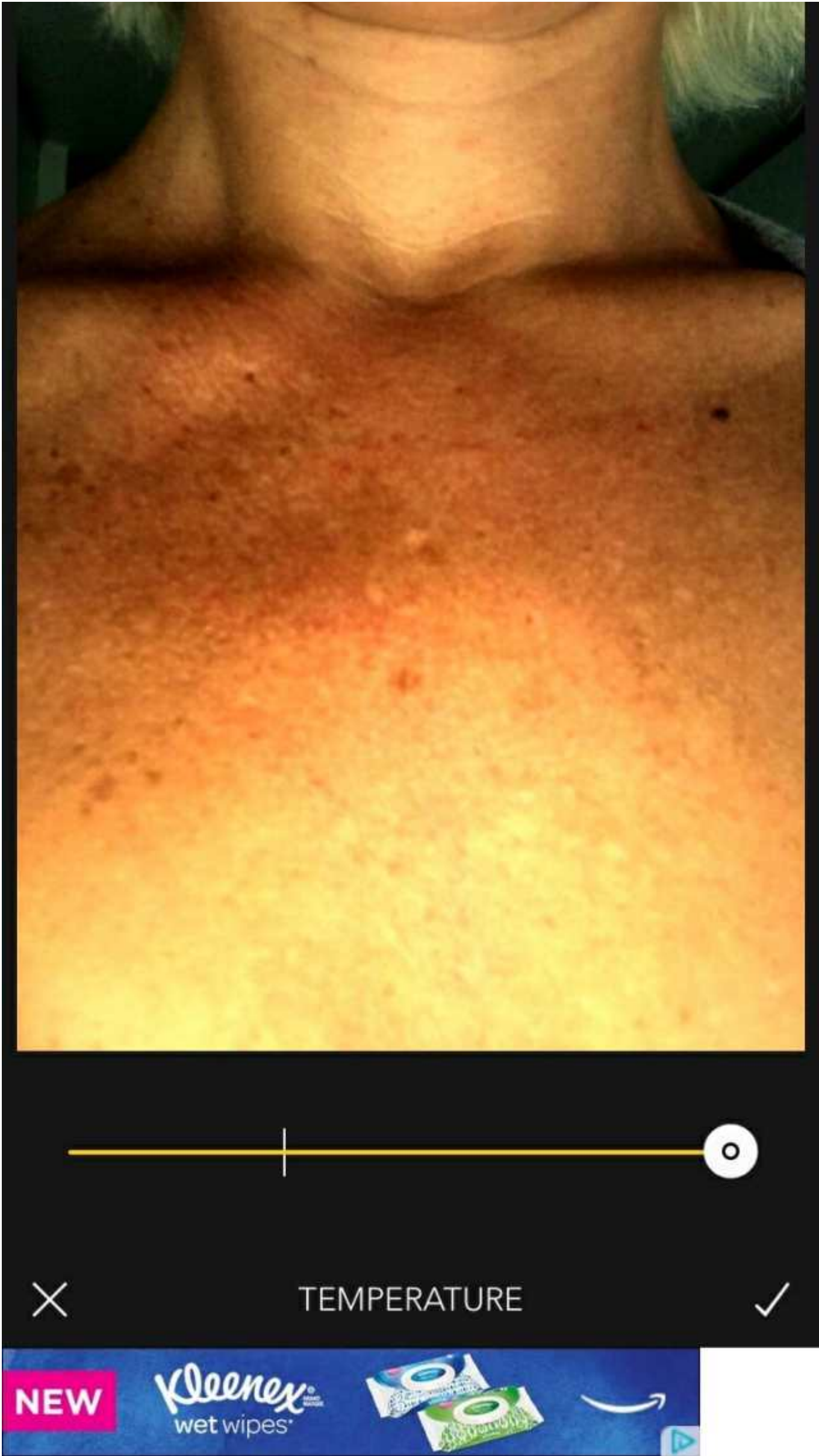
4)IN ADJUSTMENT STILL, CHOOSE CONTRAST, THEN SLIDE
CIRCLE ALL THE WAY TO THE RIGHT, CHOOSE CHECK MARK
AGAIN



IN ADJUSTMENT STILL, CHOOSE CONTRAST, THEN

SLIDE CIRCLE ALL THE WAY TO THE RIGHT, CHOOSE CHECK
MARK AGAIN

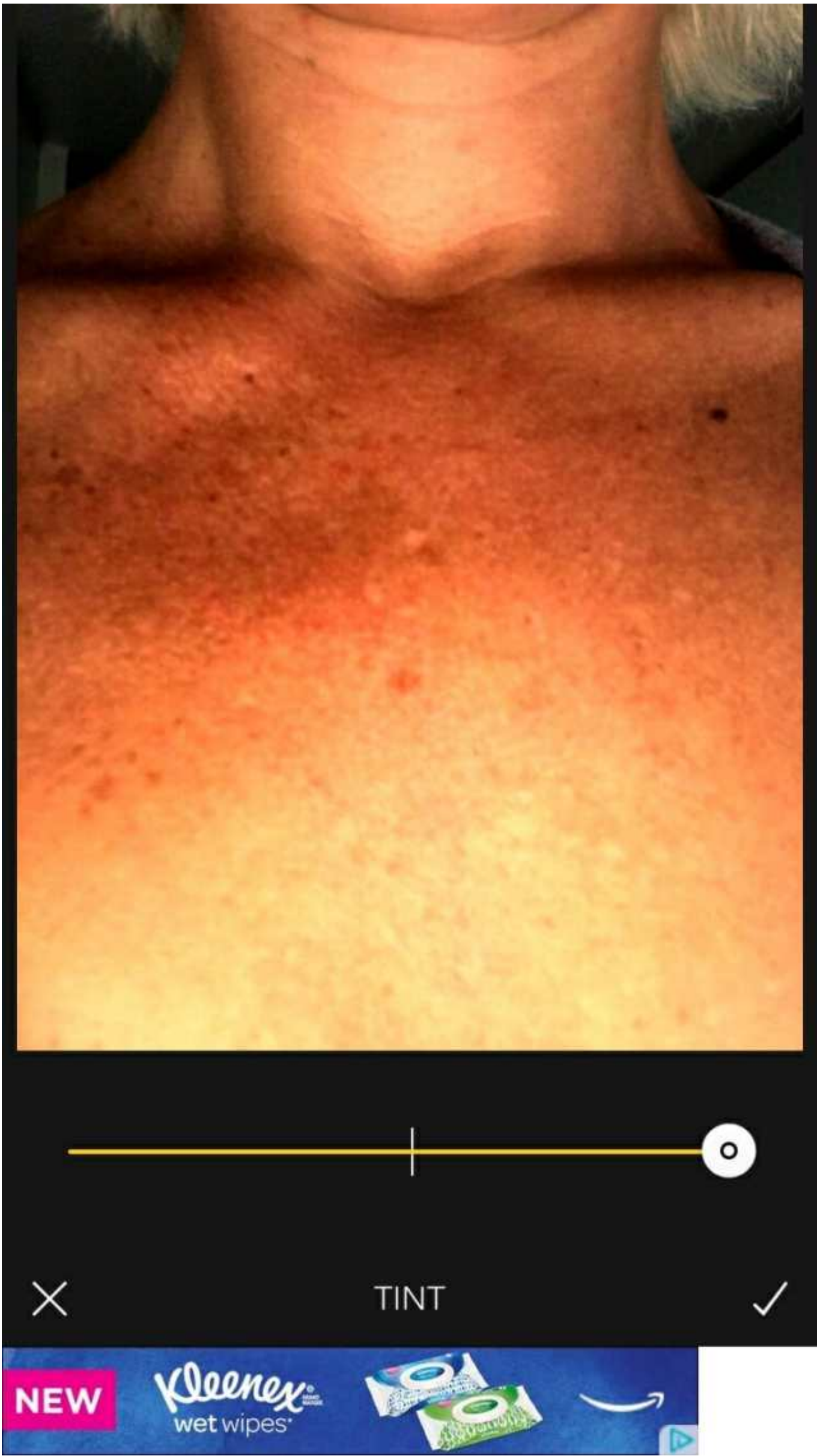
5)IN ADJUSTMENT, CHOOSE TEMPERATURE, SLIDE CIRCLE ALL
THE WAY TO THE RIGHT, THEN CHOOSE CHECK MARK



IN ADJUSTMENT, CHOOSE CONTRAST, SLIDE

CIRCLE ALL THE WAY TO THE RIGHT, THEN CHOOSE CHECK MARK

6)IN ADJUSTMENT,CHOOSE TINT, SLIDE CIRCLE ALL THE WAY TO THE RIGHT, THEN CHOOSE CHECK MARK



IN ADJUSTMENT, CHOOSE TINT, SLIDE CIRCLE

ALL THE WAY TO THE RIGHT, THEN CHOOSE CHECK MARK

7) IN ADJUSTMENT, CHOOSE SATURATION, SLIDE CIRCLE ALL THE WAY TO THE RIGHT, CHOOSE CHECK MARK



IN ADJUSTMENT, CHOOSE SATURATION, SLIDE

CIRCLE ALL THE WAY TO THE RIGHT, CHOOSE CHECK MARK

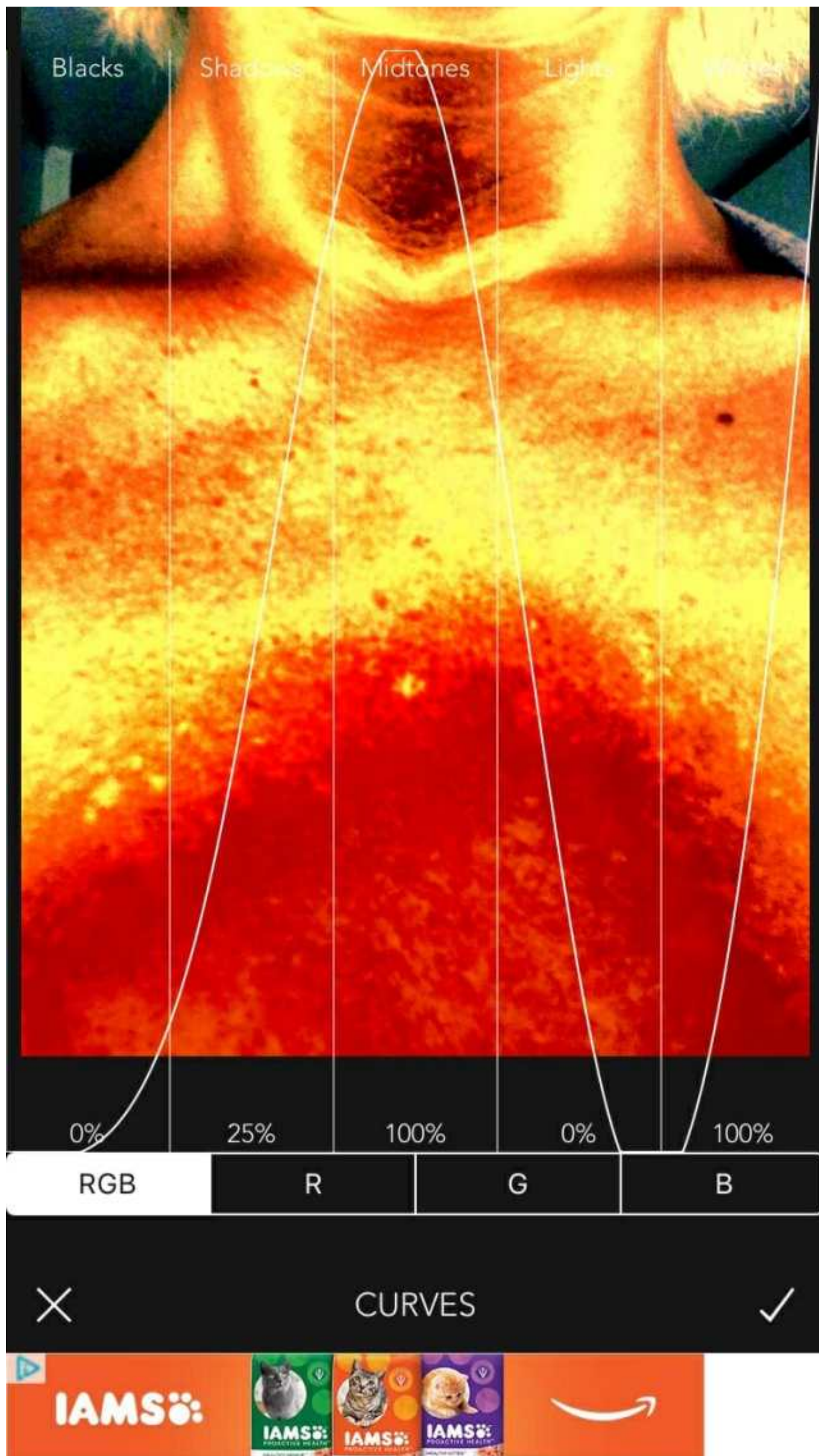
8)IN ADJUSTMENT, CHOOSE SHADOWS, SLIDE CIRCLE ALL
THE WAY TO THE RIGHT, CHOOSE CHECK MARK



IN ADJUSTMENT, CHOOSE SHADOWS, SLIDE

CIRCLE ALL THE WAY TO THE RIGHT, CHOOSE CHECK MARK

9)IN ADJUSTMENT, CHOOSE CURVES, DRAG THE LINE WITH YOUR FINGER DOWN TO WHERE THE LINE TOUCHES THE PLACE BETWEEN THE G & THE B...(BASICALLY ON THE LINE)...THEN DRAG THE OTHER PART OF THE WHITE LINE TO THE MIDDLE AREA OF THE WORD MIDTONES...(IF YOU SCREW UP PUSH THE LINE BACK & TRY AGAIN)



IN ADJUSTMENT, CHOOSE CURVES, DRAG THE LINE WITH YOUR FINGER DOWN TO WHERE THE LINE TOUCHES THE PLACE BETWEEN THE G & THE B...(BASICALLY ON THE LINE)...THEN DRAG THE OTHER PART OF THE WHITE LINE TO THE MIDDLE AREA OF THE WORD MIDTONES...(IF YOU SCREW UP PUSH THE LINE BACK & TRY AGAIN)

10)IN ADJUSTMENT, IN CURVES AGAIN, CHOOSE THE LETTER “R” AT THE BOTTOM...THEN DRAG THAT LINE AGAIN TO THE SAME PARAMETERS- BETWEEN THE G & THE B AT THE BOTTOM, & THE LEFT PART OF THE LINE IN THE MIDDLE OF THE AREA CALLED MIDTONES...

IN ADJUSTMENT, IN CURVES AGAIN, CHOOSE THE LETTER “R” AT THE BOTTOM...THEN DRAG THAT LINE AGAIN TO THE SAME PARAMETERS- BETWEEN THE G & THE B AT THE BOTTOM, & THE LEFT PART OF THE LINE IN THE MIDDLE OF THE AREA CALLED MIDTONES...

11)IN ADJUSTMENT, STILL IN CURVES, DO THE SAME THING WITH THE LINE BUT NOW YOU ARE IN THE LETTER G...SO IN G, DRAG THE LINE TO IN BETWEEN THE LETTER G & B...DRAG THE OTHER PART OF THE LINE IN THE MIDDLE OF THE WORD MIDTONES...

Blacks

Shadows

Midtones

Lights

Whites

0%25%100%0%100%

RGBR**G**B

✕CURVES✓

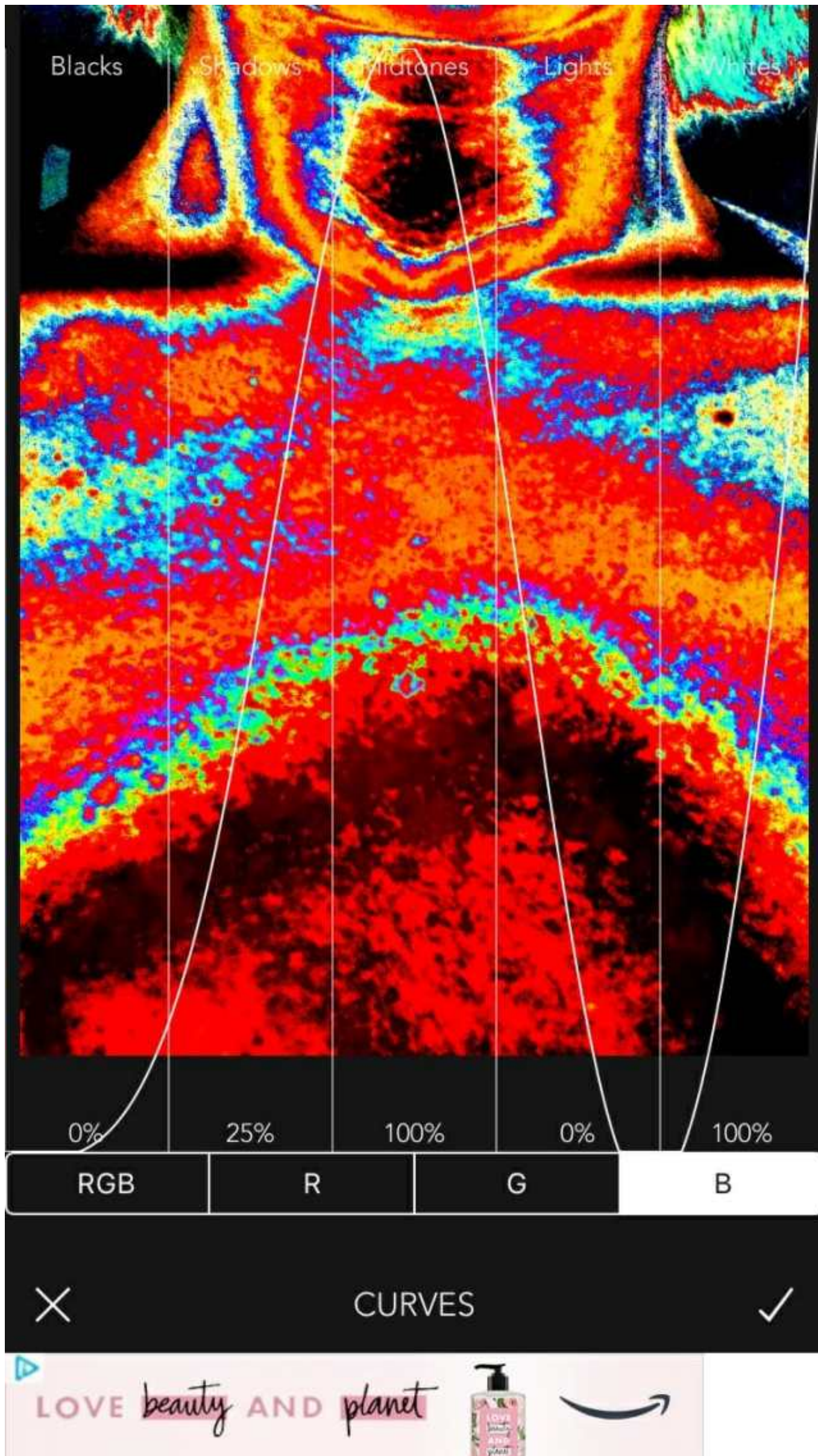
Braun HM5100BK
MultiMix Hand...
\$99.99 prime

Add to Cart

IN ADJUSTMENT, STILL IN CURVES, DO THE SAME

THING WITH THE LINE BUT NOW YOU ARE IN THE LETTER
G...SO IN G, DRAG THE LINE TO IN BETWEEN THE LETTER G &
B...DRAG THE OTHER PART OF THE LINE IN THE MIDDLE OF
THE WORD MIDTONES...

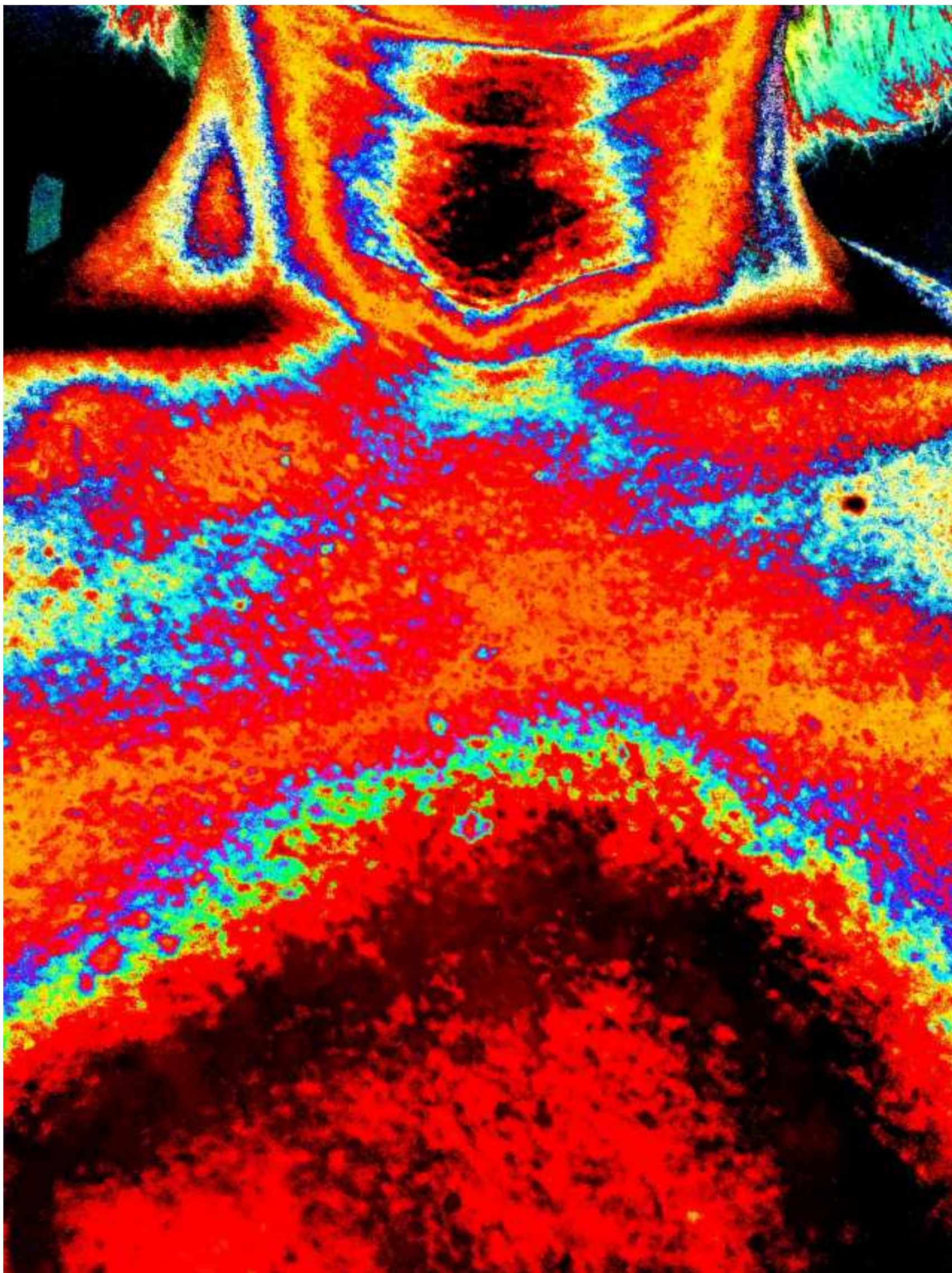
12)IN ADJUSTMENT, IN CURVES, SWITCH TO LETTER B...DRAG
THE LINE AGAIN IN BETWEEN THE LETER G & B...DRAG OTHER
PART OF LINE TO MIDDLE OF WORD MIDTONES...



IN ADJUSTMENT, IN CURVES, SWITCH TO LETTER

B...DRAG THE LINE AGAIN IN BETWEEN THE LETER G &
B...DRAG OTHER PART OF LINE TO MIDDLE OF WORD MID-
TONES...

THE BLACK AREAS ARE BISMUTH...CLICK THE CHECKMARK
TO ACCEPT YOUR EDIT IN FILTERRA...AT THE TOP RIGHT COR-
NER IT GIVES YOU OPTIONS TO SAVE YOUR PICTURE...SAVE
YOUR PICTURE TO PHOTOS...IT WILL BE IN YOUR PHOTOS LI-
BRARY ON YOUR PHONE...



THE BLACK AREAS ARE BISMUTH...CLICK THE CHECKMARK TO ACCEPT YOUR EDIT IN FILTERRA...AT THE TOP RIGHT CORNER IT GIVES YOU OPTIONS TO SAVE YOUR PICTURE...SAVE YOUR PICTURE TO PHOTOS...IT WILL BE IN YOUR PHOTOS LIBRARY ON YOUR PHONE...

The picture below shows No Bismuth present after A week of Moringa Oleifera 1,000 mg capsules at 5 per day!!!(Moringa Oleifera is a Fluorine family on the Grove Body Part Chart)...



Nidi molybdenum (in Pixlr app for iPhone)

<http://grovecanada.ca/nidi-molybdenum-in-pixlr-mobile/>

<http://www.Pixlr.com/mobile> SEEING MOLYBDENUM IN PIXLR MOBILE (ROYAL BLUE COLOUR)

Ok, so...

Get the PIXLR app for mobile...

It is in the APP store (Google or Apple depending on what mobile phone you have)...

It should be the ?rst result, if you type PIXLR in search... (Pixlr - photo collage is what it says)...

Ok...

Download that to your phone...

Take a picture of yourself or get someone to take it for

you...The brighter the light, the better the results... Go to the Pixlr app on your phone...

Note: You can actually take a picture from the App directly by choosing “camera”...You can access pictures in your phone library by choosing “photos”...You can edit several photos at once by choosing “collage”...



PIXLR®



camera



photos



collage



<http://www.Pixlr.com/mobile> SEEING MOLYBDENUM IN PIXLR
MOBILE (ROYAL BLUE COLOUR)

Ok, Now find “IVAN”

IVAN is found in the third icon from the bottom left of the screen...

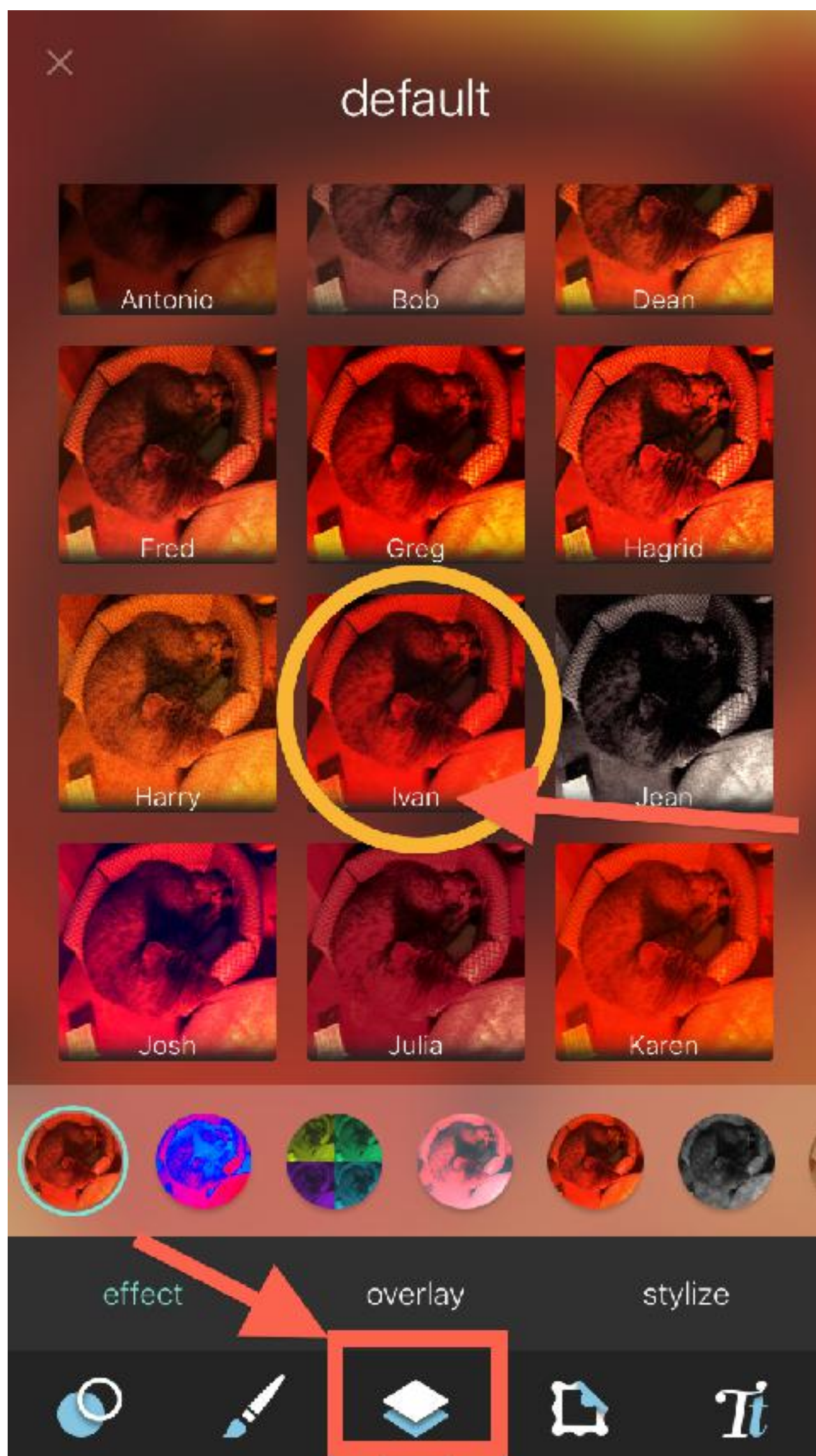
IVAN is a filter...

So choose the 3rd icon (the blue piece of paper, with the white piece of paper, on top of it, ICON, at the BOTTOM of the screen, 3rd position from LEFT)...

Then choose Ivan...

Click on Ivan, then it goes to a screen showing your result...

Choose the CHECKMARK at the far right bottom of the screen to KEEP Ivan’s result... Ok, almost done...



<http://www.Pixlr.com/mobile> SEEING MOLYBDENUM IN PIXLR
MOBILE (ROYAL BLUE COLOUR)

Now, go back to that third icon from the left at the bottom, &
CHOOSE it again...

You can either swipe the screen to get to the next page on the
right, or just CHOOSE the circle that is second from the left to get
to the next page of filters...

Get to that second page, then look for ULTRAVIOLET... Choose
ULTRAVIOLET...

Checkmark it again to keep it...

Now you are done...

Click DONE at top right of the page, & a selection of choices of
how to keep the image come up...

Save image is easiest...

If there is ROYAL BLUE in the result, there is Molybdenum
present...

Molybdenum is found in MRI contrast dye, strongyloide parasites
(from Vietnam service, from fertilizers if you live

<http://www.Pixlr.com/mobile> SEEING MOLYBDENUM IN PIXLR
MOBILE (ROYAL BLUE COLOUR)

on a farm, are some sources)...Prostate & Skene's (ovarian) gland cancers feed on Molybdenum...

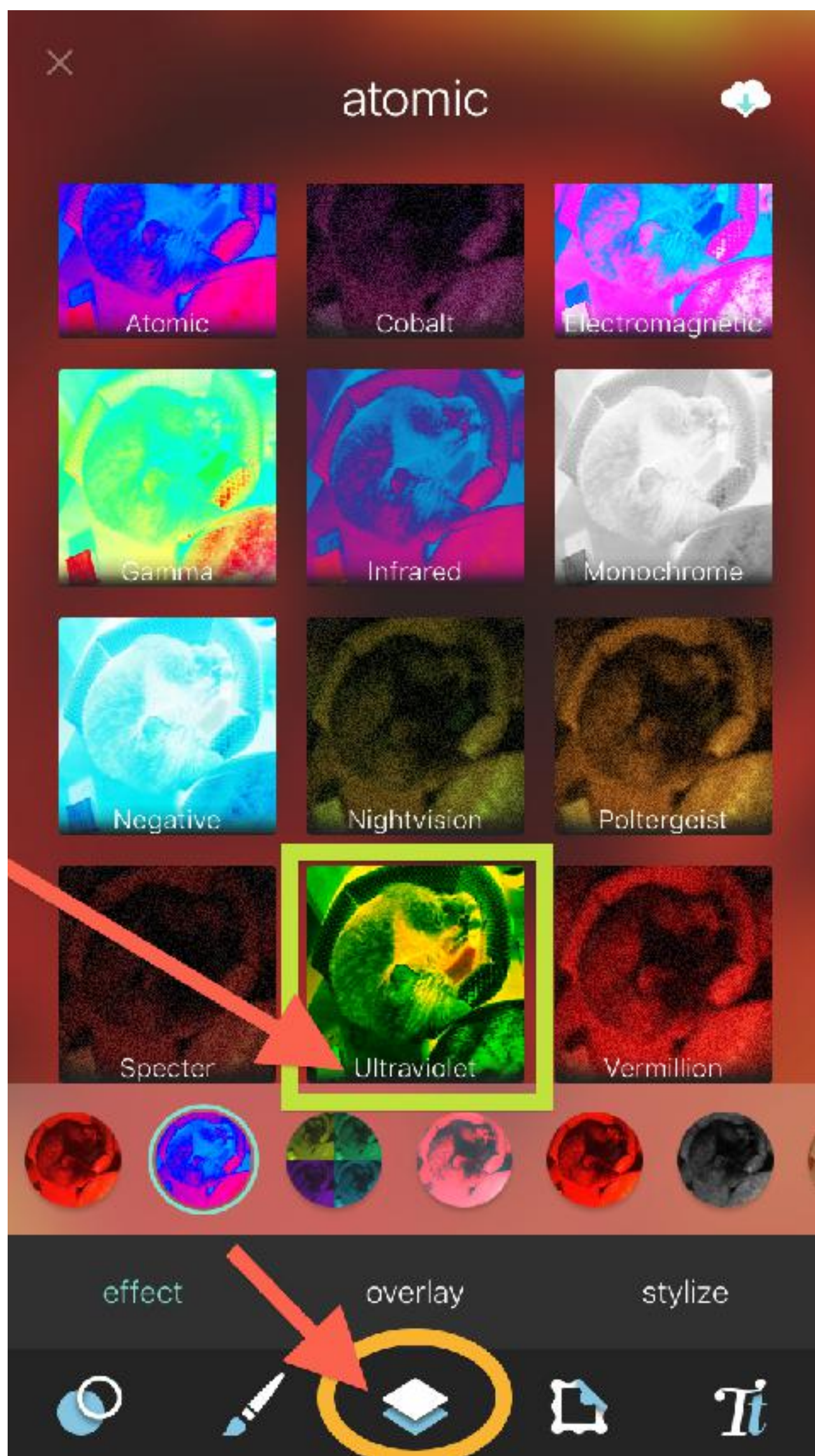
Molybdenum is removed with Boron ...Hakala labs has 30 mg Boron & even a 75 mg Boron...Crunchy things like celery root & celery & raw plant based diets are HIGH in Boron...Two Feathers healing formula(a comprehensive anticancer recipe, call Robert Roy at <http://www.healingformula.net> to inquire about-no I am not



affiliated...) also contains Boron, so if you are taking that, you are covered...

Note: Two feathers healing formula

is an 18 ingredient very comprehensive herbal remedy for cancer and other similar problems-it is well documented in the book “Ha, I laugh in the Face of cancer” by Susan Libery Hall, & I recommend reading this to get a good idea of how it works...Two feathers healing formula has an over 30 year history of helping people defeat cancer, & I am one of those 80,000 people...It costs around \$140 US currency per jar, & you may need 3 jars for the 6 week protocol...Because it is comprehensive(covers all 12 Minus elements on the Grove Body Part Chart), you do not need anything else-which makes it more affordable if you see it that way...As opposed to buying 12 separate things that may or may not be orthomolecular(work in synchronicity with each other)...I ALWAYS recommend Two Feathers FIRST for ANY type of cancer, always... It is the very very best thing I know of & have tried myself...The Two Feathers people are kind and wise and answer their phone all day long, and answer questions before during and after you take it...Two Feathers prefers phone conversations, so don't be sending email or text message or facebook comment queries...They like to chat with people directly...This is to your advantage...



<http://www.Pixlr.com/mobile> SEEING MOLYBDENUM IN PIXLR
MOBILE (ROYAL BLUE COLOUR)

Seeing molybdenum (Pixlr.com/editor for desktop)...

<http://grovecanada.ca/seeing-molybdenum-in-pixlr-com-editor-laptop-or-desktop/>

I've been checking for molybdenum using Pixlr for mobile on my iPhone...But I realize not everybody has an iPhone, so, I've translated the edit sort of, to Pixlr for desktop...(found at [Pixlr.com/editor](http://www.Pixlr.com/editor))

Basically, you go to the [Pixlr.com/editor](http://www.Pixlr.com/editor) address...

Upload a photo..(open image from computer)

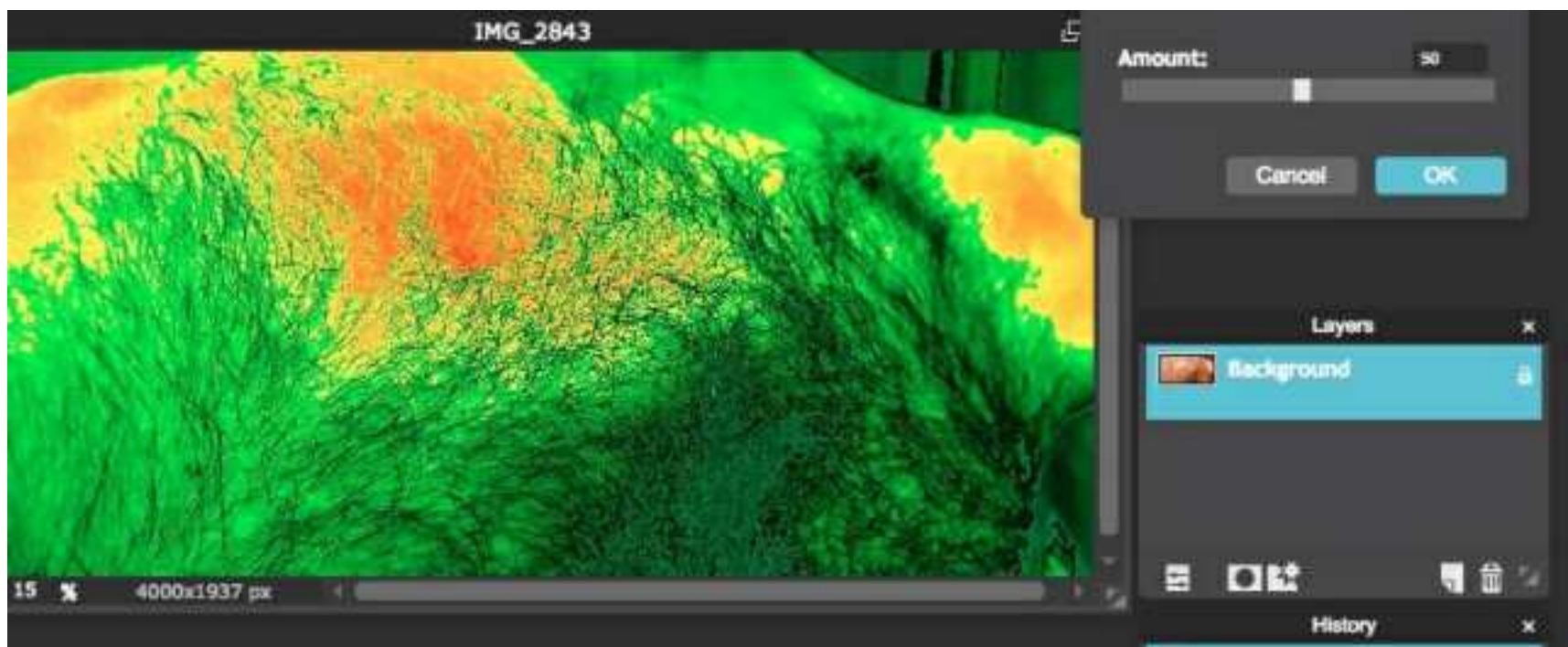
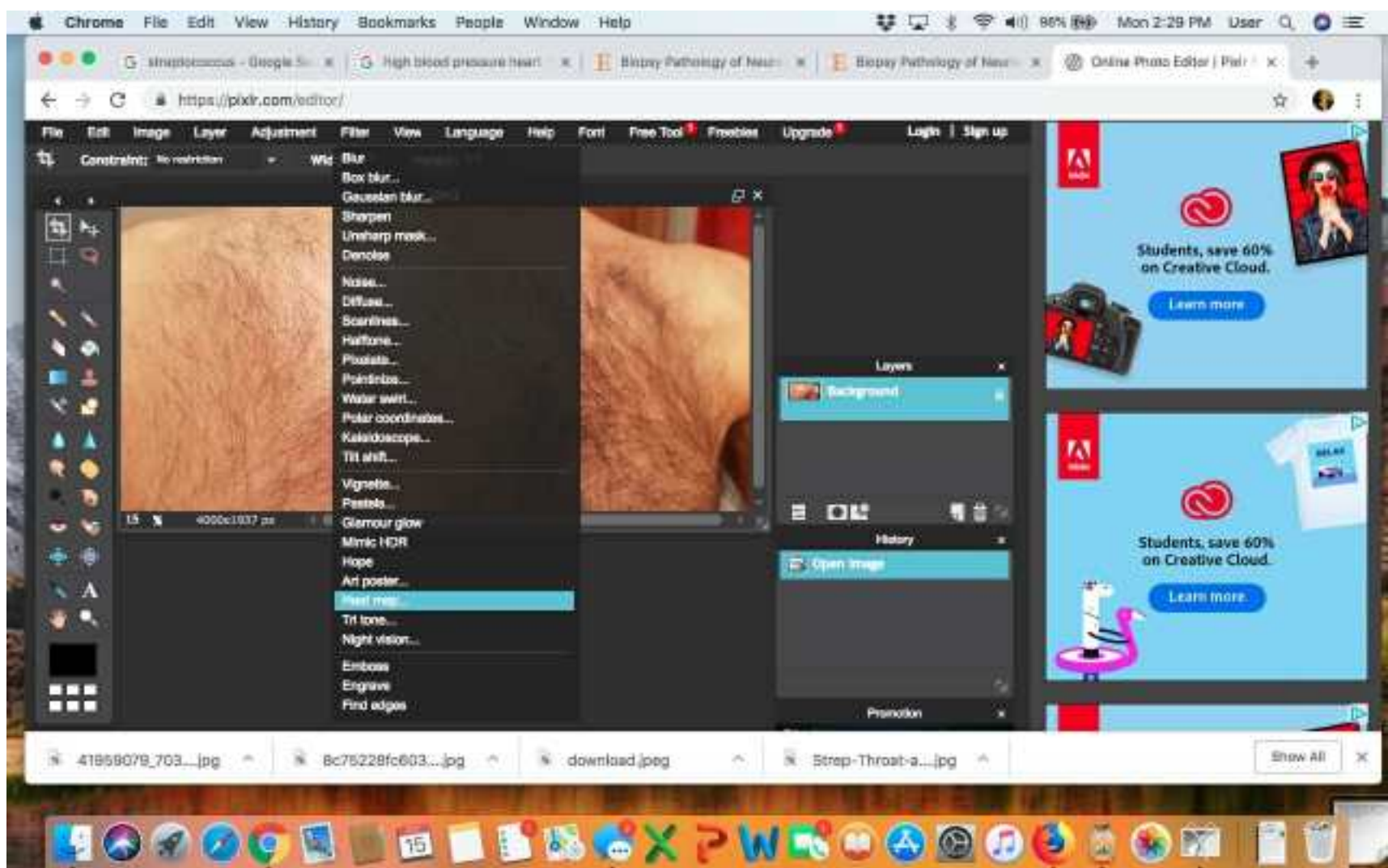
In FILTER choose HEAT MAP from the dropdown menu... In ADJUSTMENT choose INVERT...

Molybdenum should show as a BLUE colour...

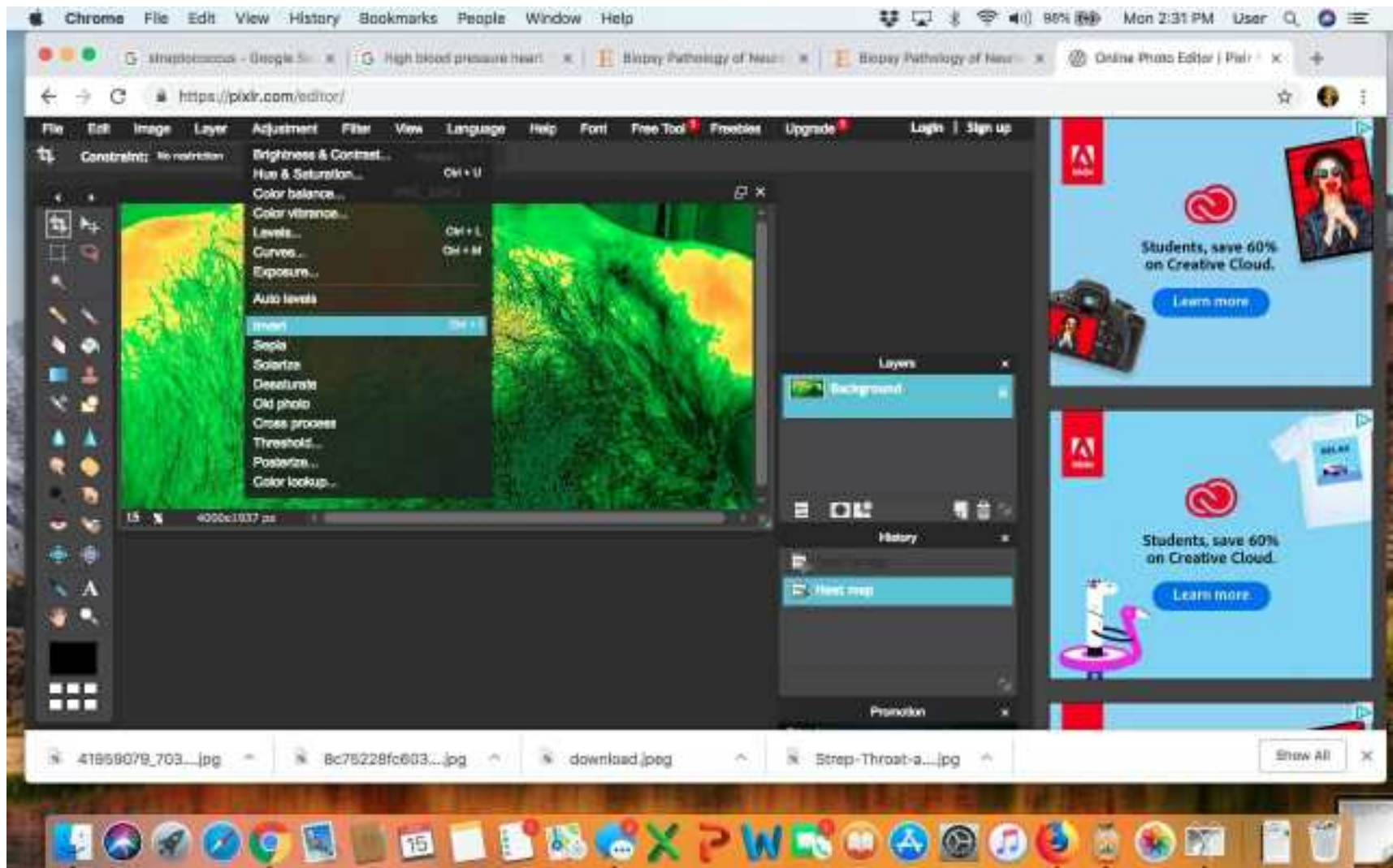


computer

Open image from



Heat Map is in the FILTER menu



INVERT is in the Adjustment menu

BLUE is molybdenum

I have found high Molybdenum in Bartonella(Cat scratch disease)...I have found high molybdenum in Hodgkin's lymphoma...Yes, there is a correlation between cat scratch disease & lymphoma's(including Non-Hodgkin's lymphoma)...

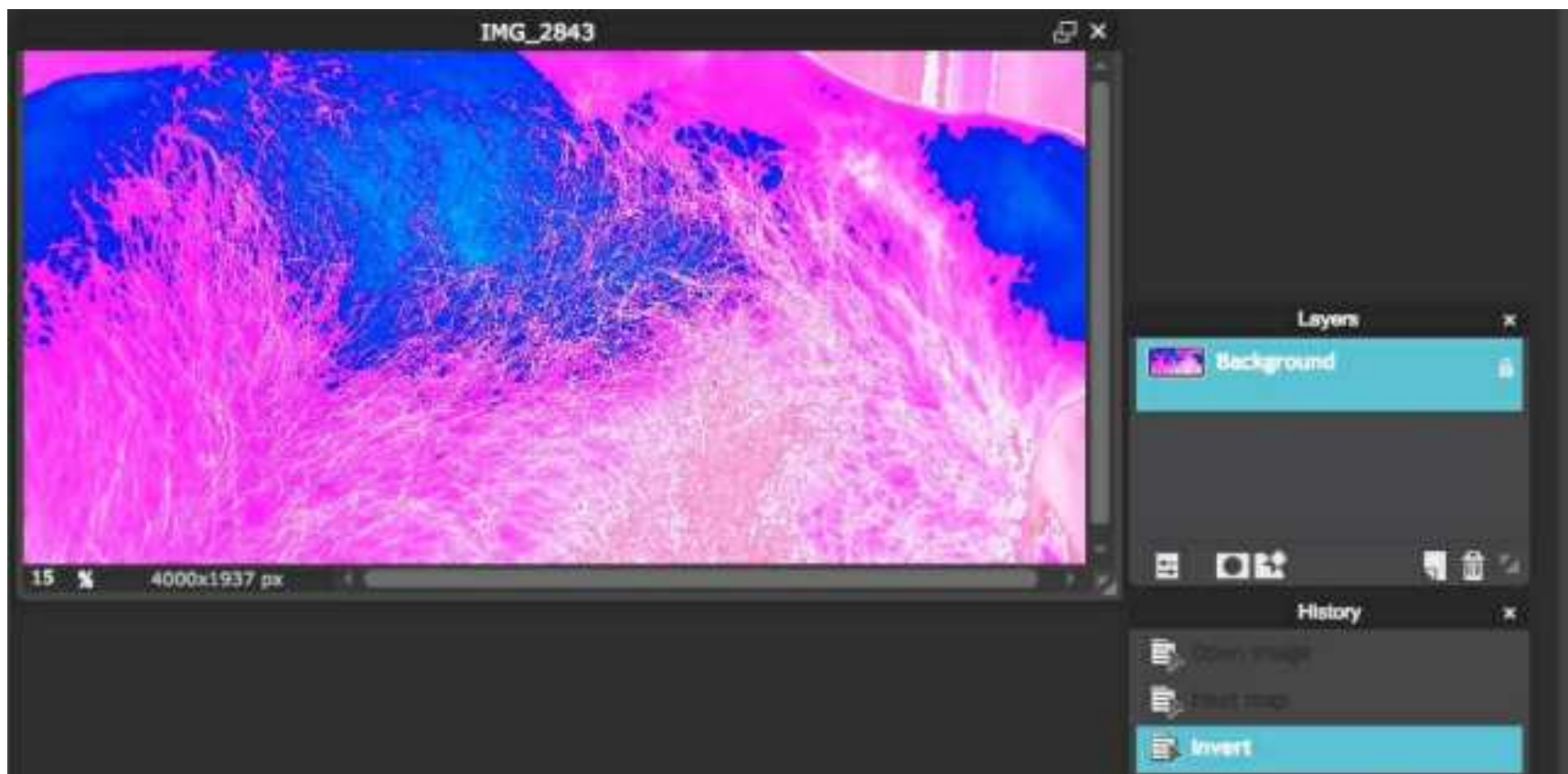
High Molybdenum has also been seen in prostate & ovarian cancers...

You treat the high Molybdenum marker with Boron...

Hakala labs has a 75 mg Boron pill...(most health stores only carry the 3 mg version)...

Zinc chloride is Boron family(found in topical black salves)...

Borax water is also a Boron(dilute 3 tablespoons Borax to one gallon clean spring water in glass container)-take a tablespoon of Boron water a few times daily...You can also add a bit of Borax to bathwater & soak in it...



Crunchy vegetables, raw, are higher in Boron(don't cook them)...Maybe that is why raw plant based diets are so successful? (celery for instance & celery root)...

Also; Molybdenum is a ligand on birth control drugs(sodium molybdate was added to progestin birth control drugs because they found it made the progestin adhere better & not excrete naturally(this is the difference between natural progesterones & prog-

estrogen drugs-it is also why birth control drugs cause tumours, fibrocystic breasts & cancers...

- it prevents them from excreting-which is why they can wreak havoc decades later...Molybdenum is also found in farm soils, fertilizers...Certain regions have more molybdenum naturally-like Vietnam...

Nidi:Phosphorus/Mercury/Nitrogen/Sugar (Lp filter at diyimaging.ca)

<http://grovecanada.ca/nidicancer-lyme-nitrogen-sugar/>

Purple is phosphorus a cancer marker, Mercury is a Lyme marker in yellow,

nitrogen is red, Sugar is cherry colour...

In the new Diyimaging.ca Lp Filter: Purple is phosphorus a cancer marker, Mercury is a Lyme marker in lime,



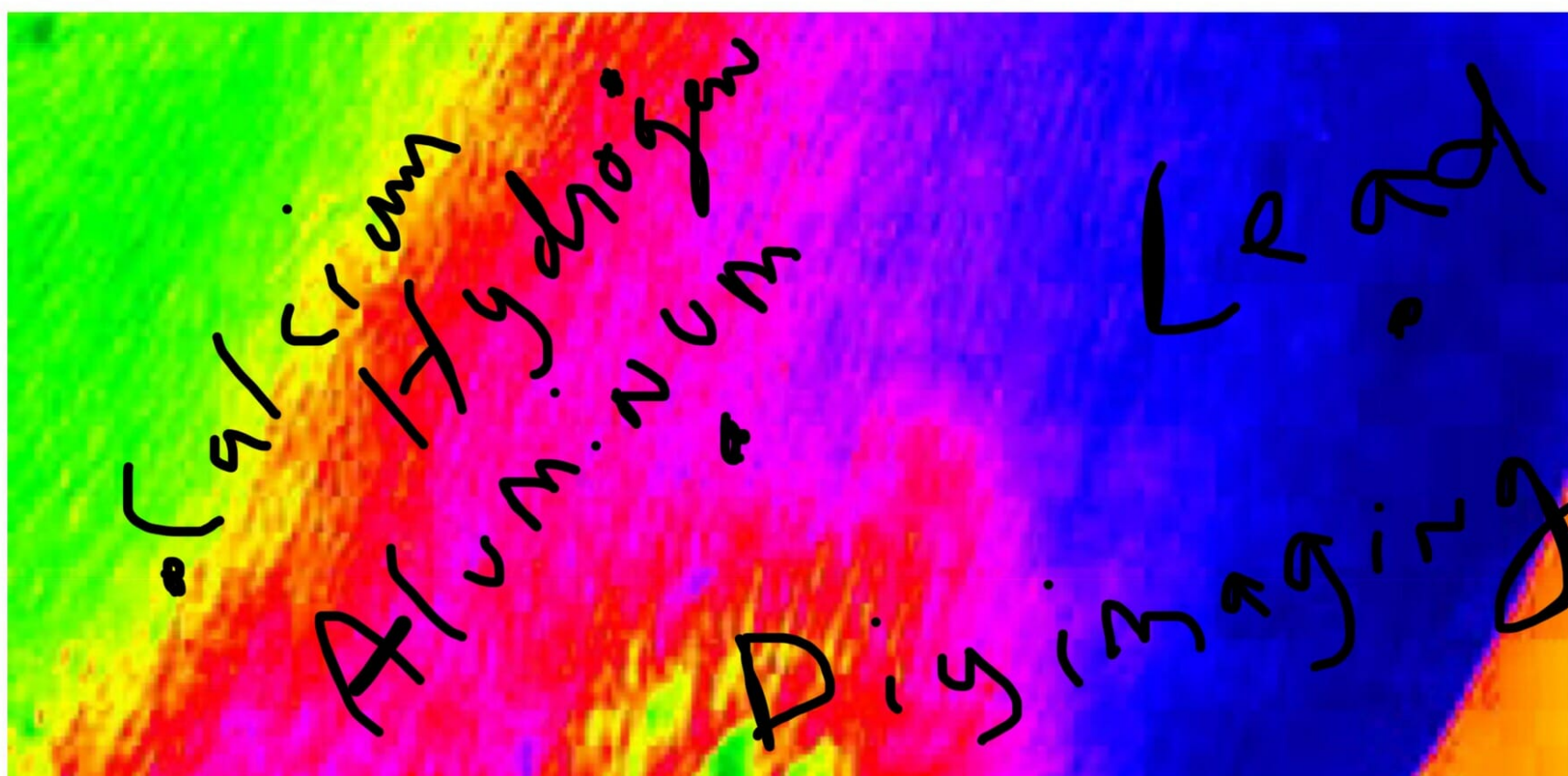
nitrogen is red, Sugar is cherry colour...<https://www.diyimaging.com/filter1>

Nidi:Lead blue, Aluminum pink cholesterol, Calcium yellow pr+ (Ff filter at [diyimaging.ca](https://www.diyimaging.ca))

<https://www.diyimaging.com/filter2/>

Fotoflexer.com has disappeared, so we are going to use the new Ff Filter on the new DIYimaging.ca site, built by CYINT technology for us...

Here is a comparison ...



Above is fotoflexer, below is the Ff Filter on diyimaging.ca

(diyimaging.ca & use the P filter)red is Hydrogen Her2+ inflammation...

<http://grovecanada.ca/go-to-diyimaging-ca-use-the-p-filter/>

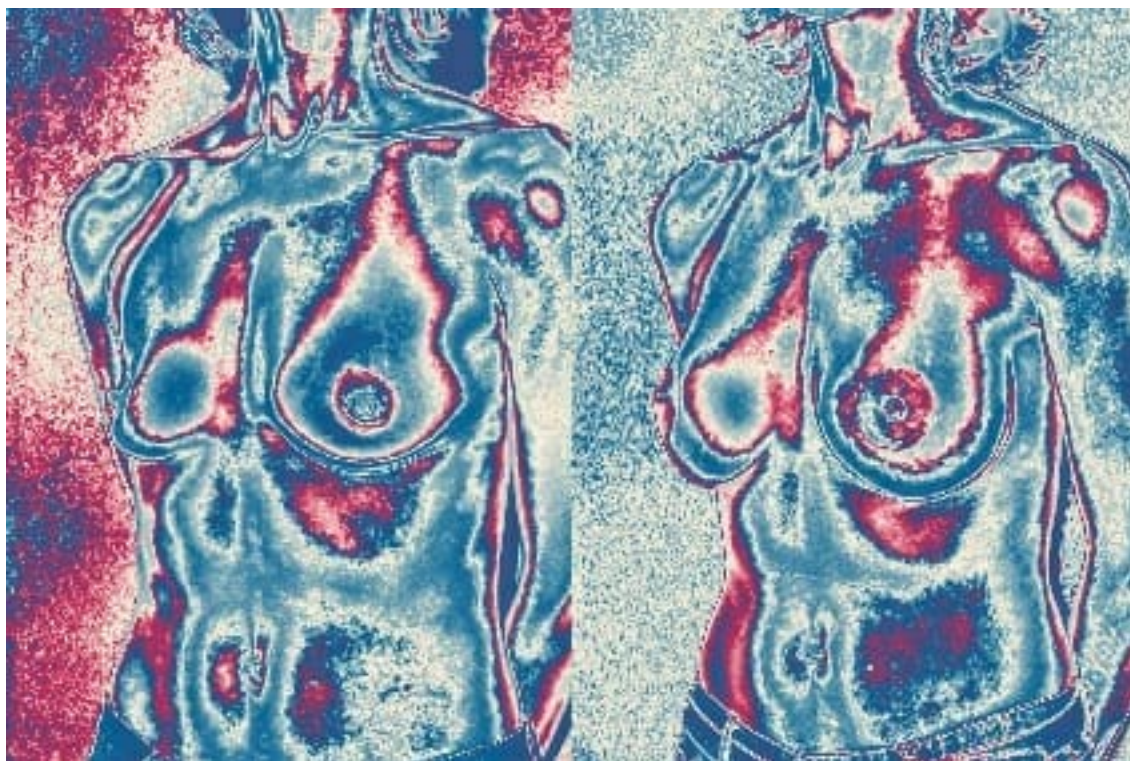
I sometimes get asked to check breast implants for leaks...But it can be awkward, because someone has to send me a picture of the whole breast to check... The P Filter, on the new Diyimaging.ca site is Free and you just upload your own picture there, and it gives you a result like the ones below... If you look closely, you can start to get a sense for what a breast implant leak might look like... Here are a few examples of leaking breast implants to get an idea of what that might look like... Note: Implants don't have to leak to wreak havoc...In fact, every single breast implant I have imaged has shown toxins from the implant leaching into surrounding tissues...(It is called BII for Breast implant illness-women with implants experience all sorts of strange ailments -join the breast implant illness group on Facebook to share your experiences & learn how to explant correctly-you HAVE to remove the capsules, the scar tissue around the implant, as well as the implant-mold & other toxins have been found in the capsule-opt for NATURAL reconstruction after mastectomy!

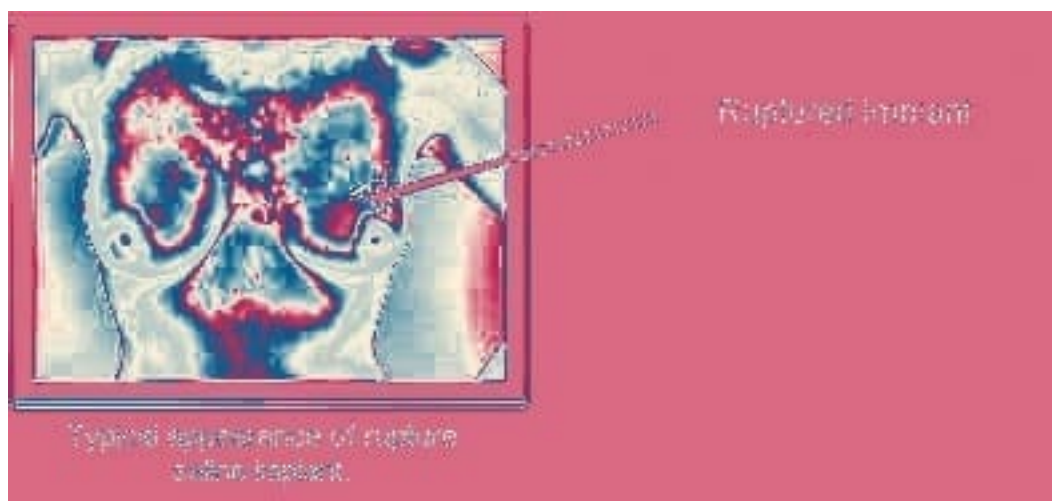
When you first enter my blog site, at grovecanada.ca, a pop up message should pop up, & follow the links to learn more about the various Nidi images you can do yourself...

The automated P Filter is part of our new project to make all the Nidi edits one step...

<https://www.diyimaging.com/filter3><https://www.diyimaging.com/filter3>

Red is inflammation or Hydrogen, which occurs when there is injury, surgery, damage...This picture shows leaking implants as well as some migration of silicone to other organs...

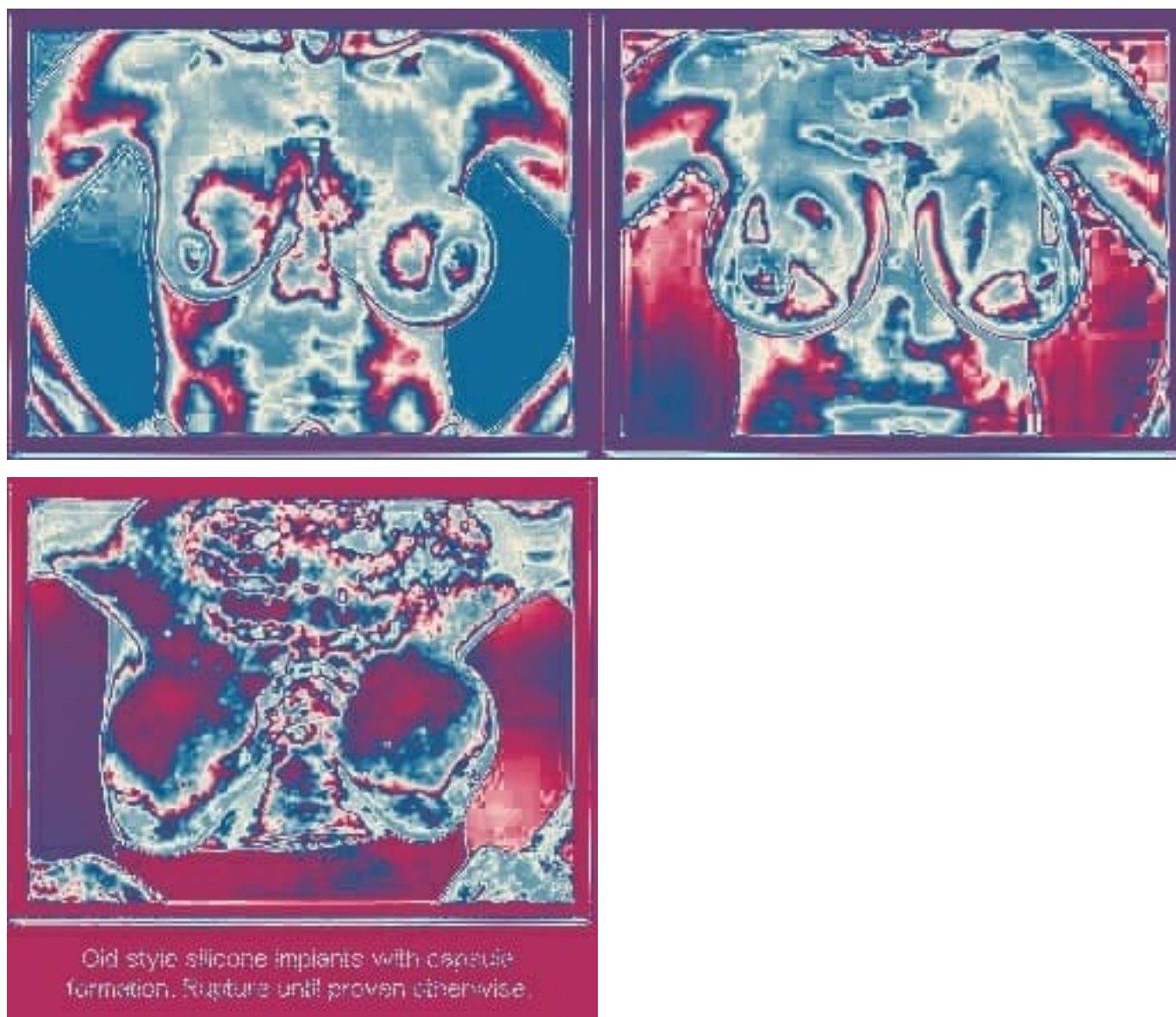




breast implant...

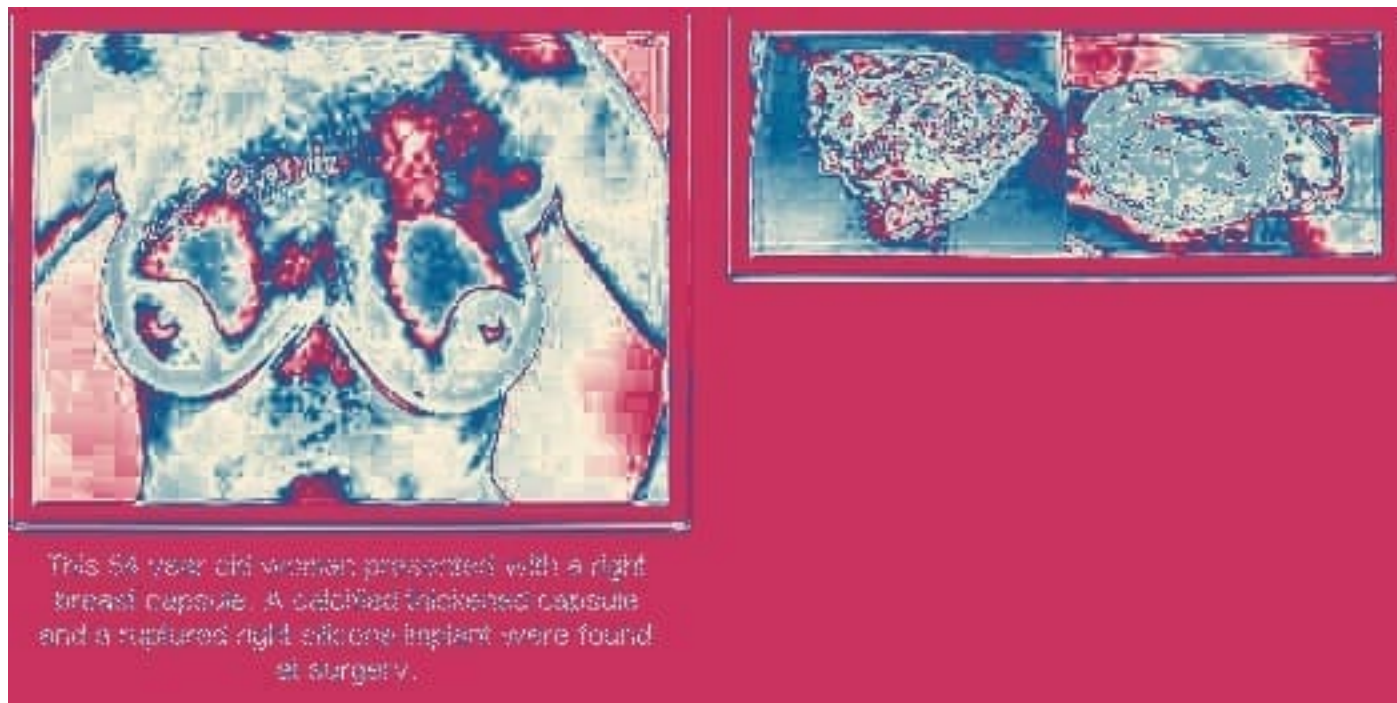
You can see the ruptured implant at left...

ruptured



Leaking implant...with silicone leaking all through the chest...

More



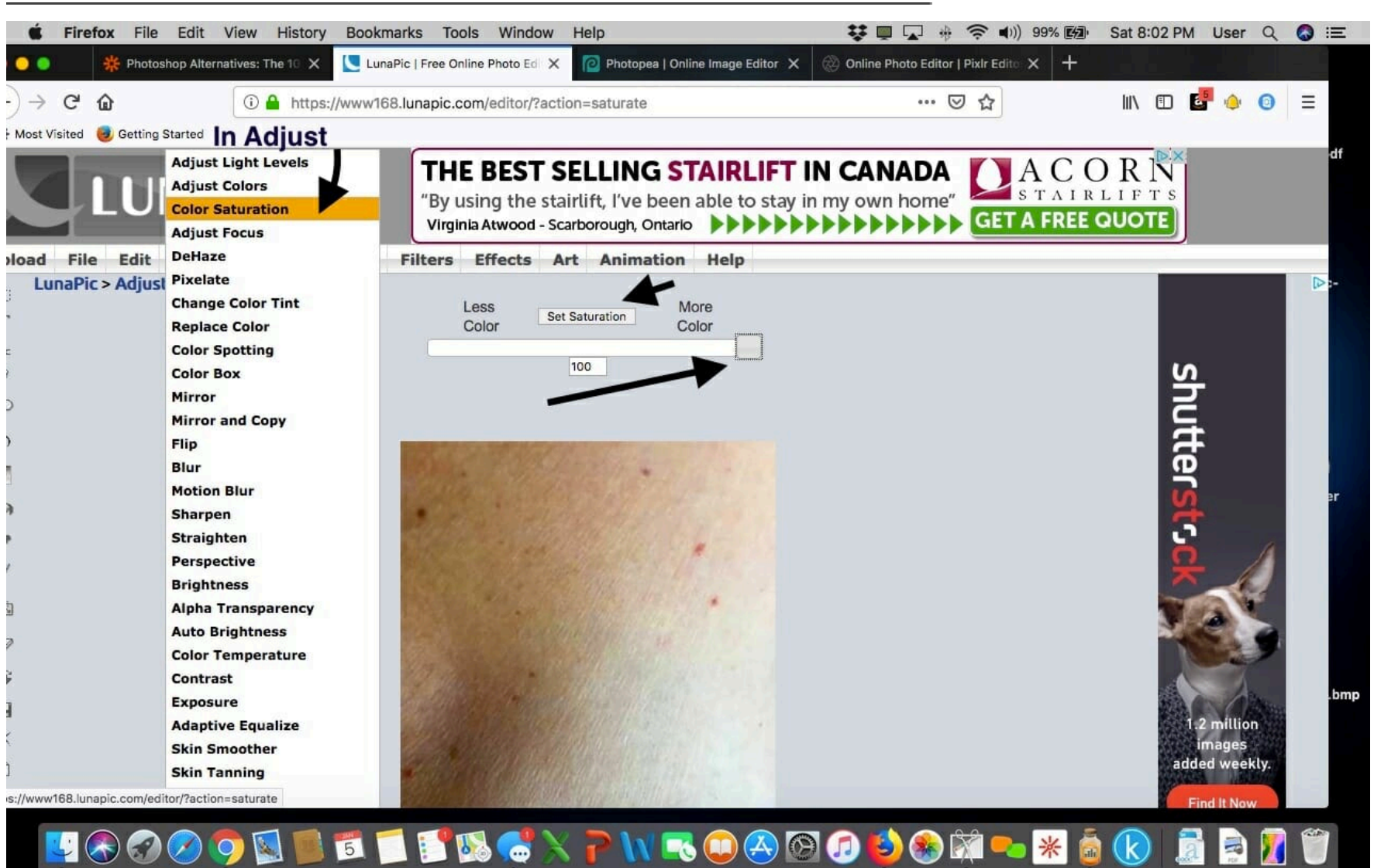
leaking implants...

NIDI:(lunapic.com)doublecheck, sugar, calcium, lead, aluminum
by Sari Grove - Saturday, January 05, 2019

<http://grovecanada.ca/nidi-4-steps-to-4-biomarkersdiy-imaging/>

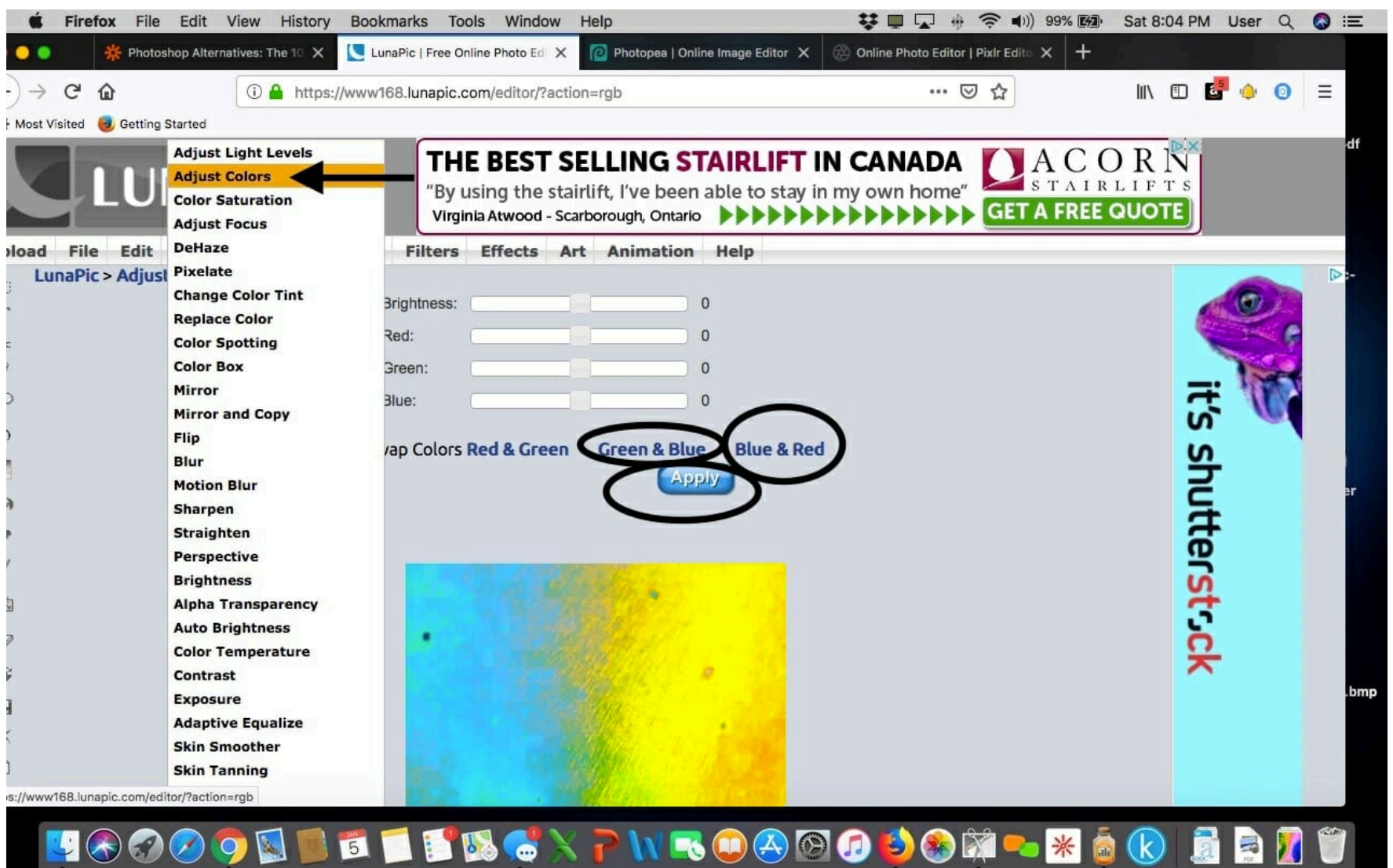
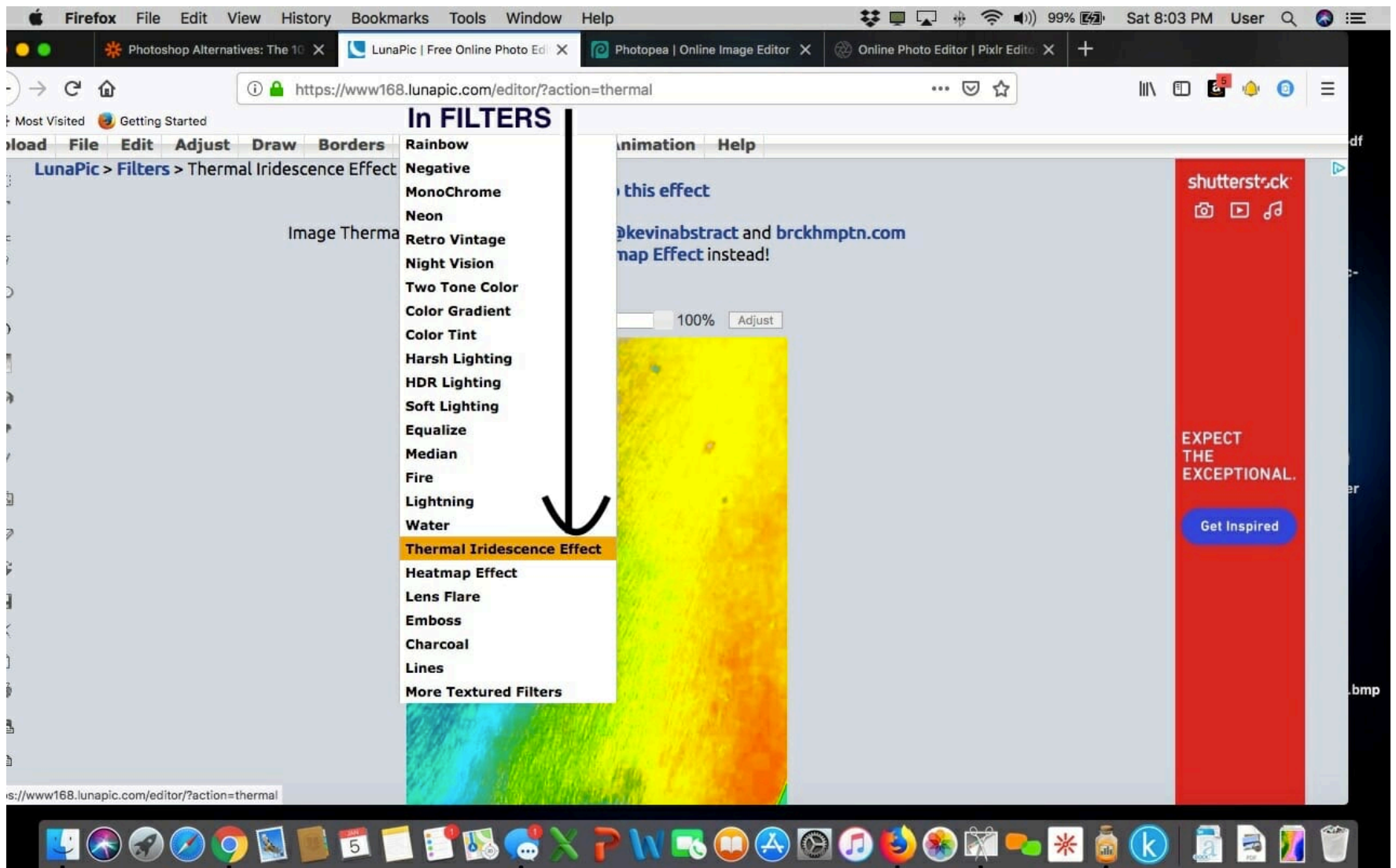


Upload photo to Lunapic.com

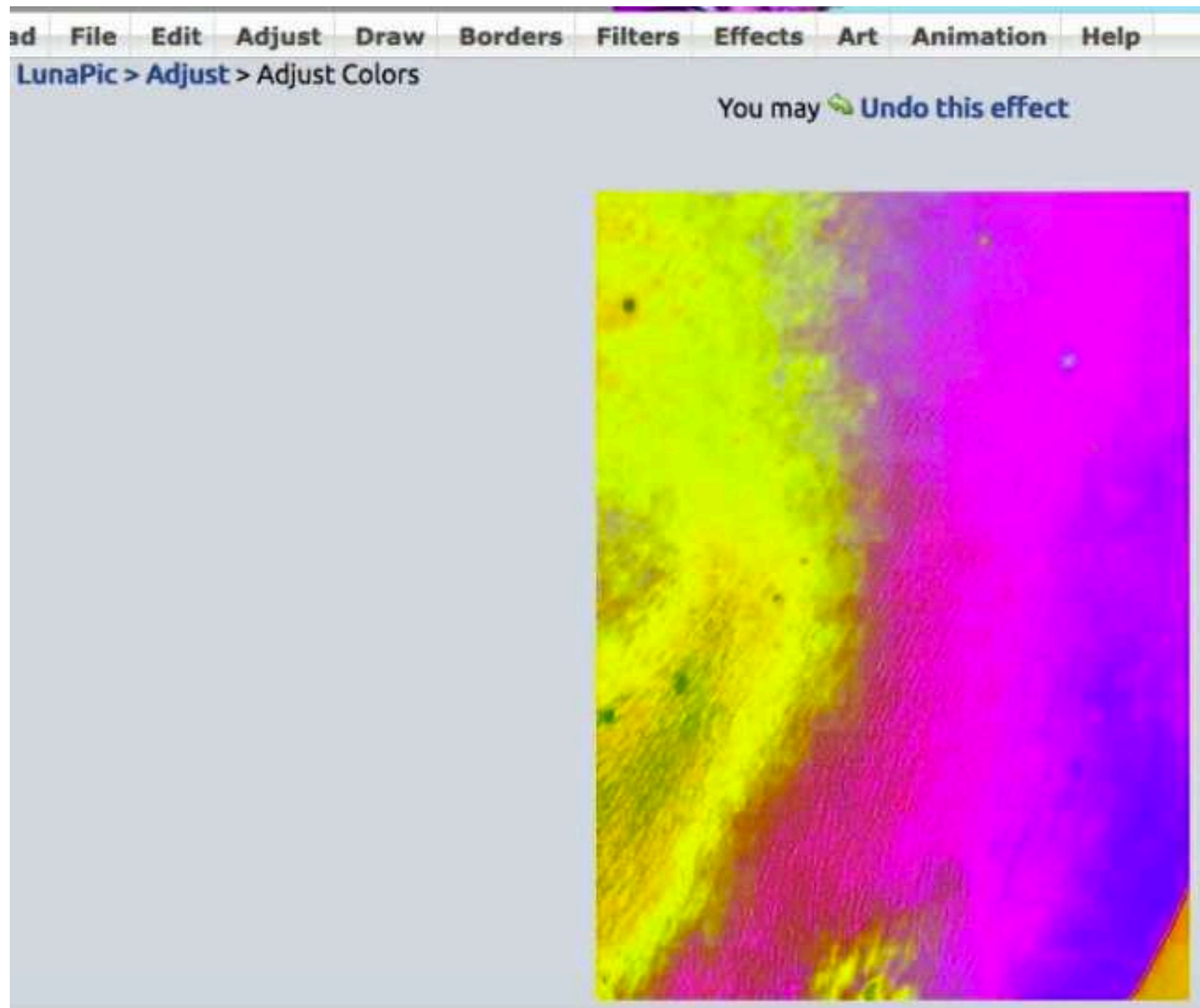


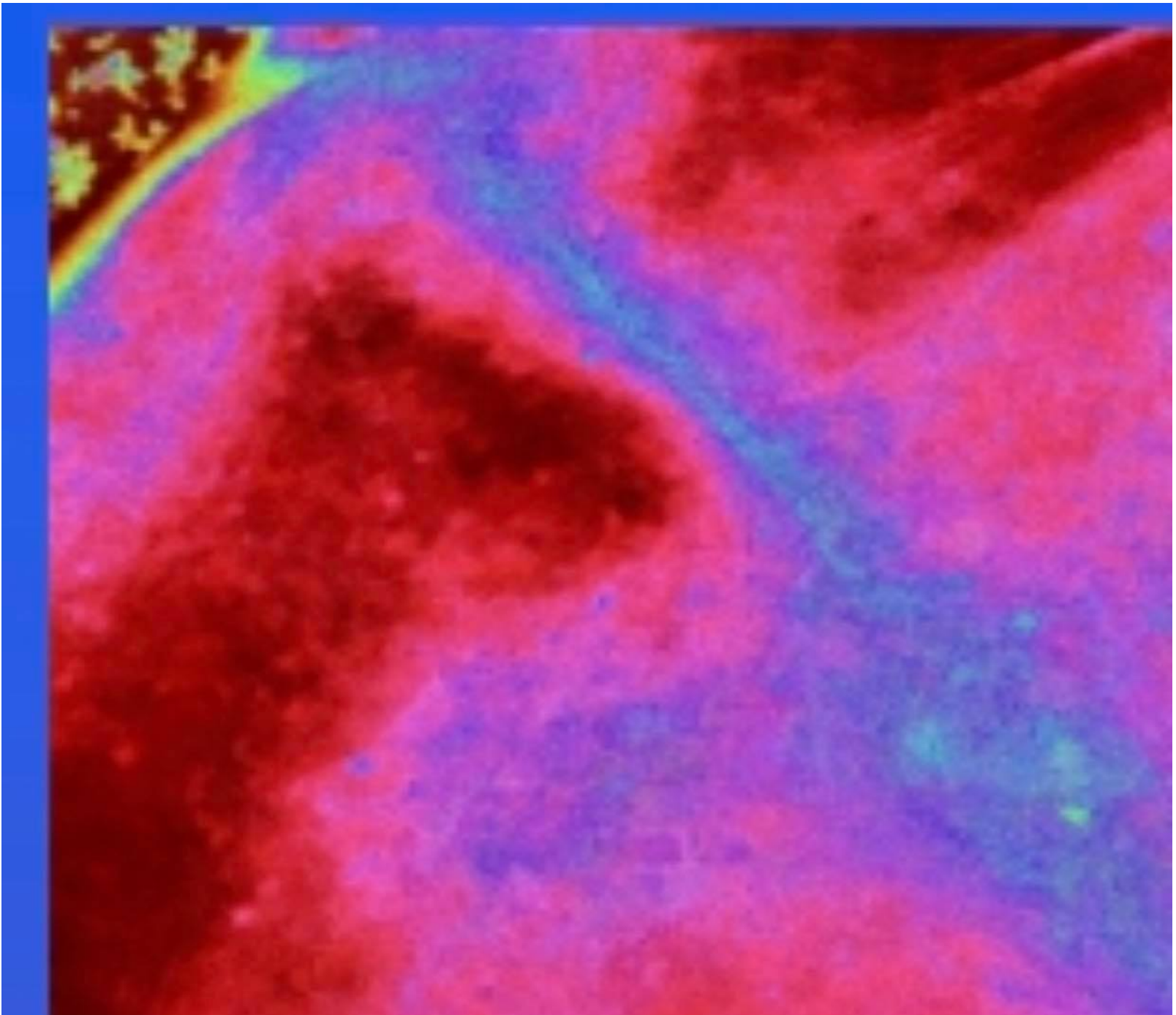
In ADJUST menu: choose Color Saturation, move slider all the way to right(100%), then SET SATURATION!

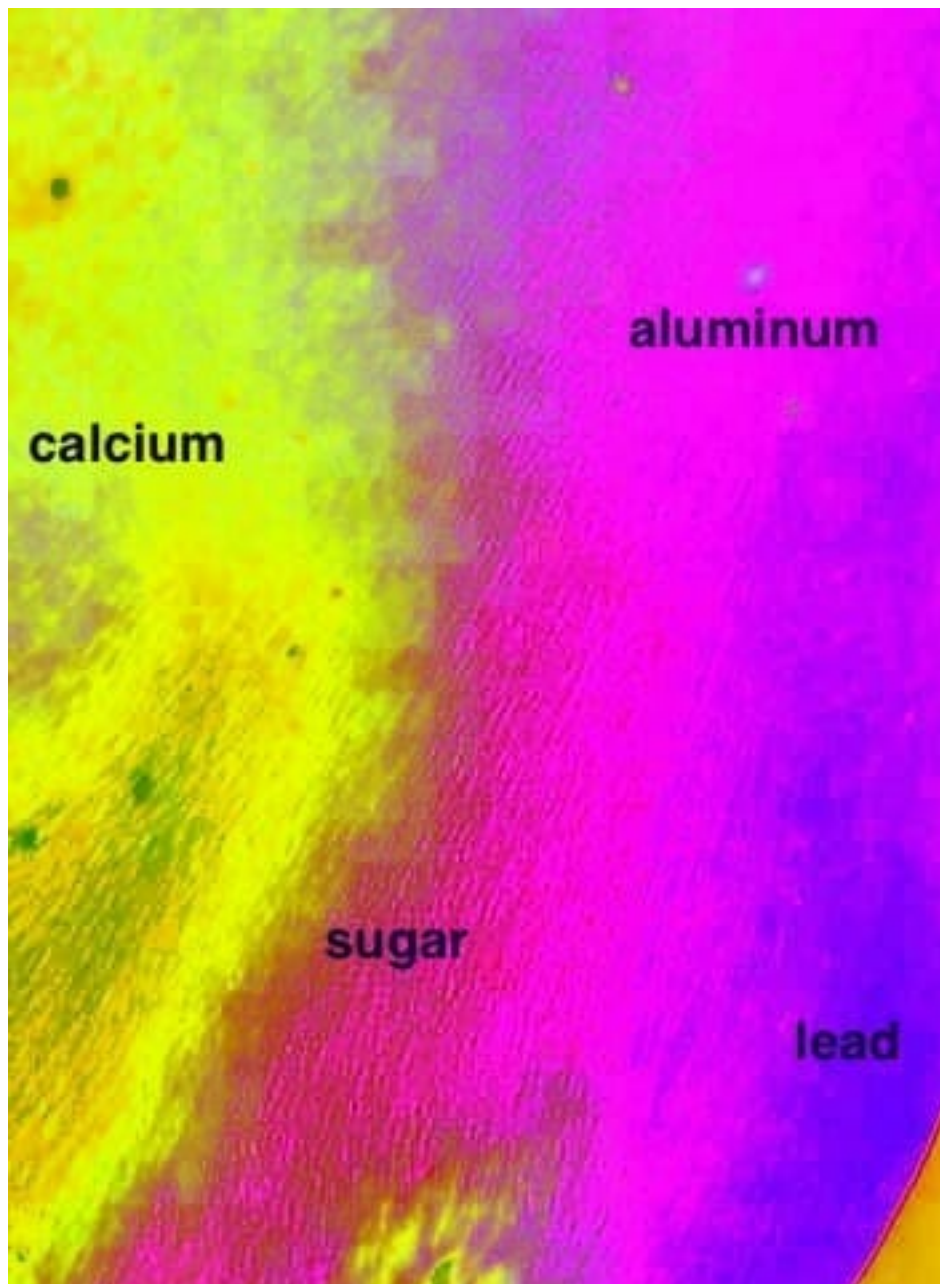
In FILTERS menu, CHOOSE THERMAL IRIDESCENCE EFFECT!



In ADJUST, click on SWAP GREEN & BLUE, then click on SWAP BLUE & RED, click APPLY!



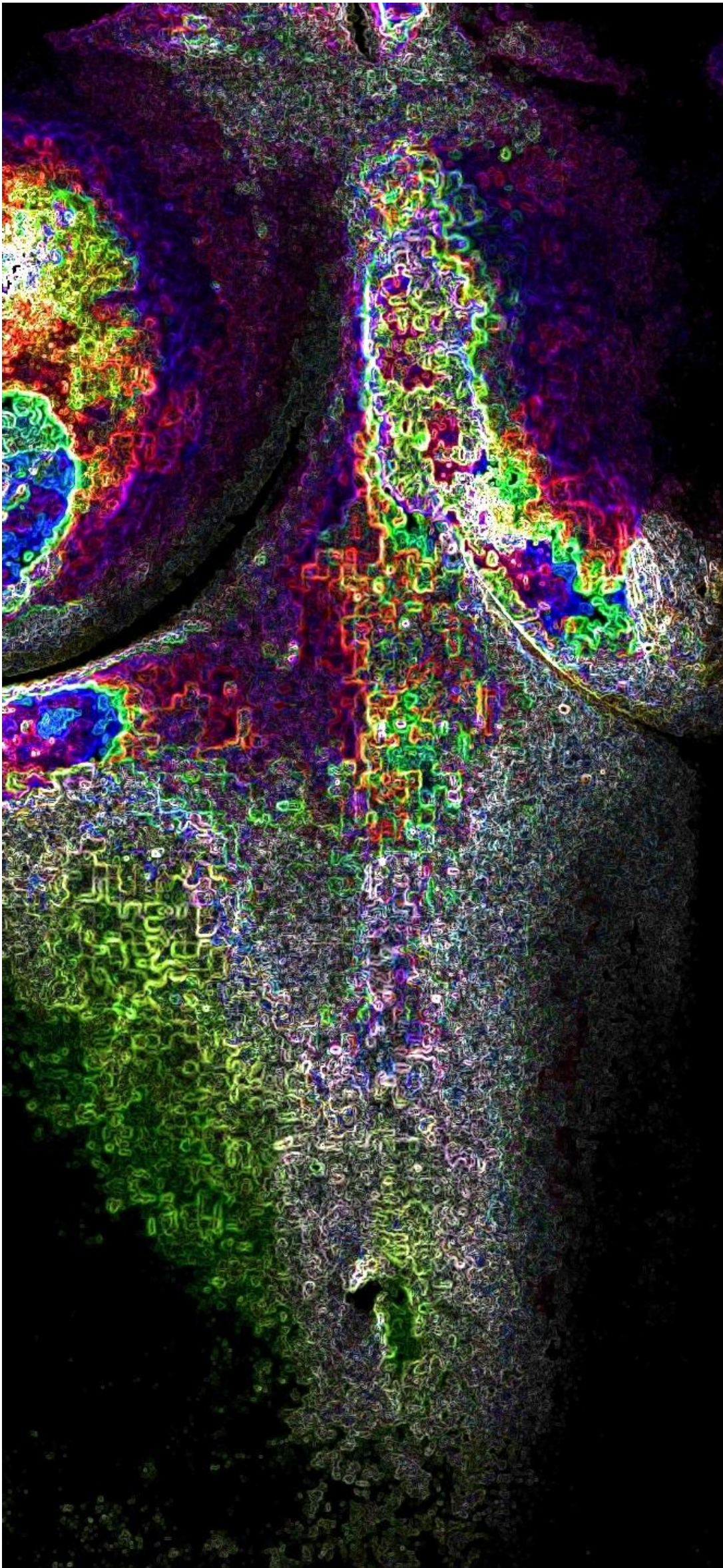




THIS is your result picture(go to file ,save , to save it)
Blue LEAD, Pink ALUMINUM, CHERRY sugar, Yellow
Calcium...

NOTE: I developed this NIDI very recently to try to make
up for the loss of the Fotoflexer filter...

Elements on the Grove Chart & what they mean



Nidi:Diyimaging.ca vs older filters

<http://grovecanada.ca/nididiyimaging-ca-vs-older-filters/>

So, we built diyimaging.ca based on the three Nidi edits, Lunapic, fotoflexer, and Pixlr...

The new site at diyimaging.ca has three choices, Lp, Ff, and P...So named for their predecessors...

The new filters are meant to do the same thing...

But the colours are slightly different...

So we are going to have to learn the differences, but also ascertain that we are getting some reliable diagnostics...

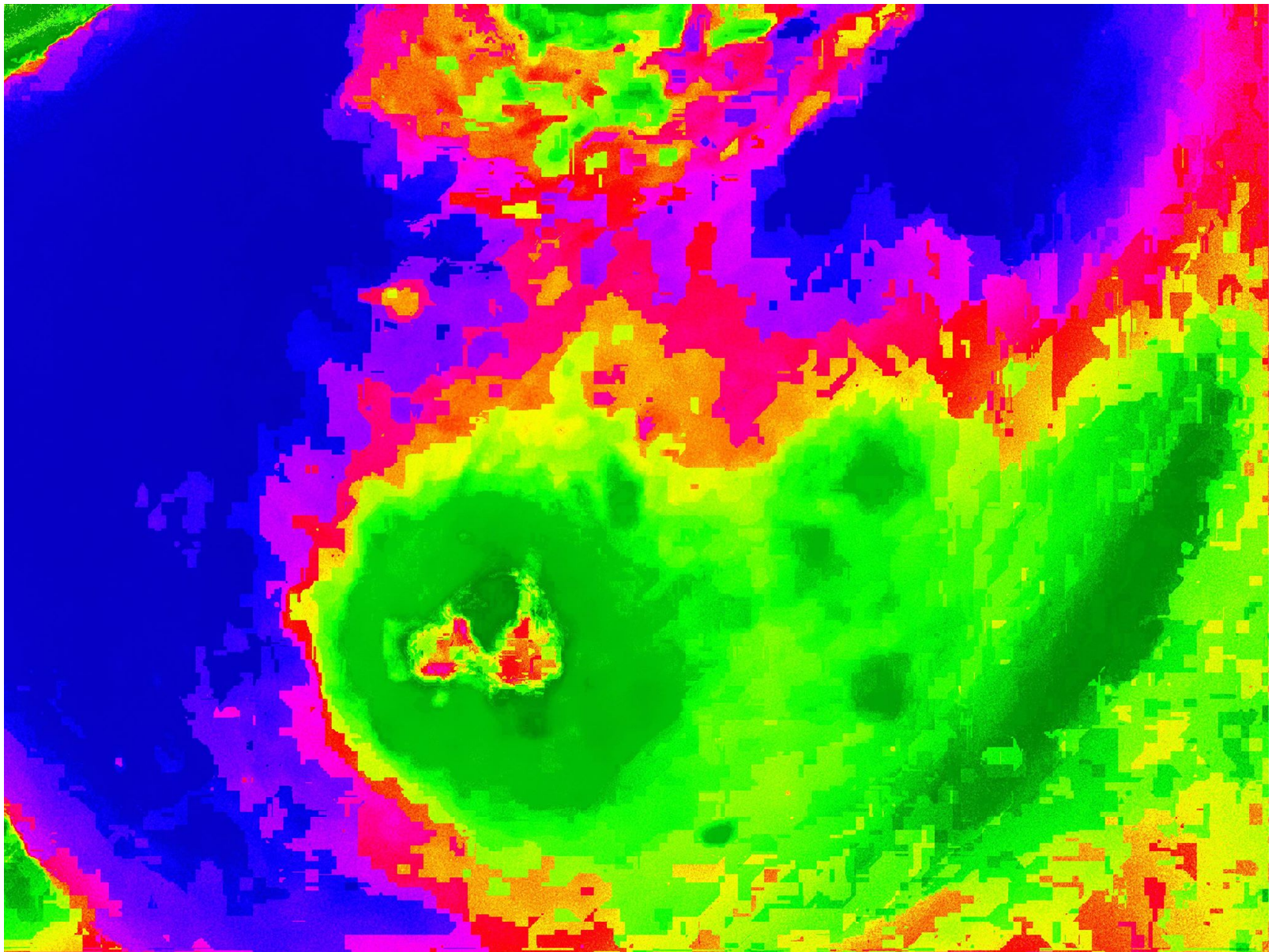
Unfortunately, we recently discovered that the Fotoflexer photo editor is no longer available...Which means that we do not have that option anymore...So The Ff Filter on the new diyimaging.ca site is something we need to get the hang of quickly...

Over Christmas(2018), I discovered that a cherry colour is Sugar,

and a red colour is Nitrogen...It is possible(I have 5 years of clinical data on the manual NIDI edits, but since the automatic site has slightly different colours, we have to gather new information to ensure that what we are seeing is true-bear with us), that these two markers are now apparent in the Lp Filter on the new site...

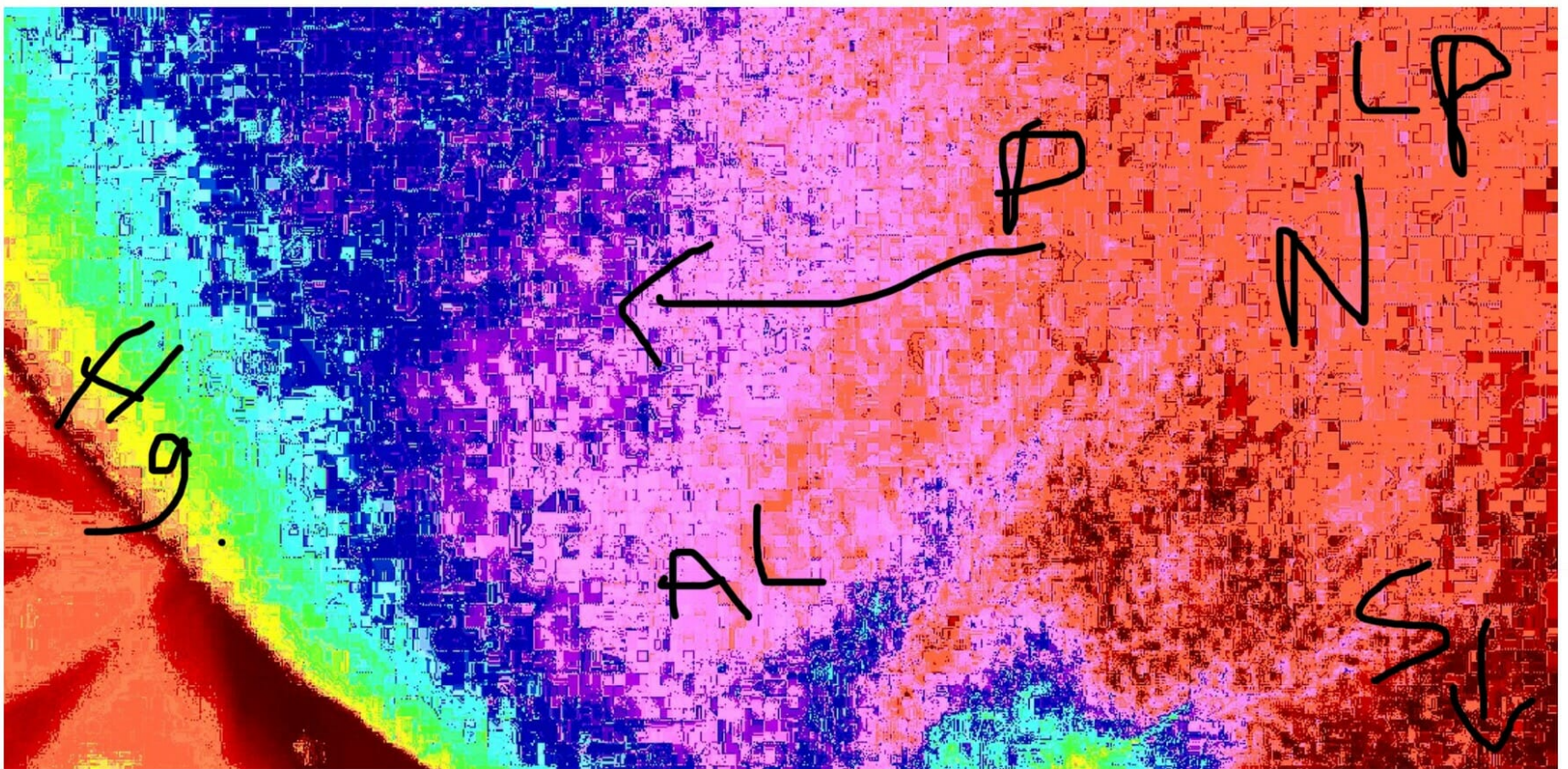
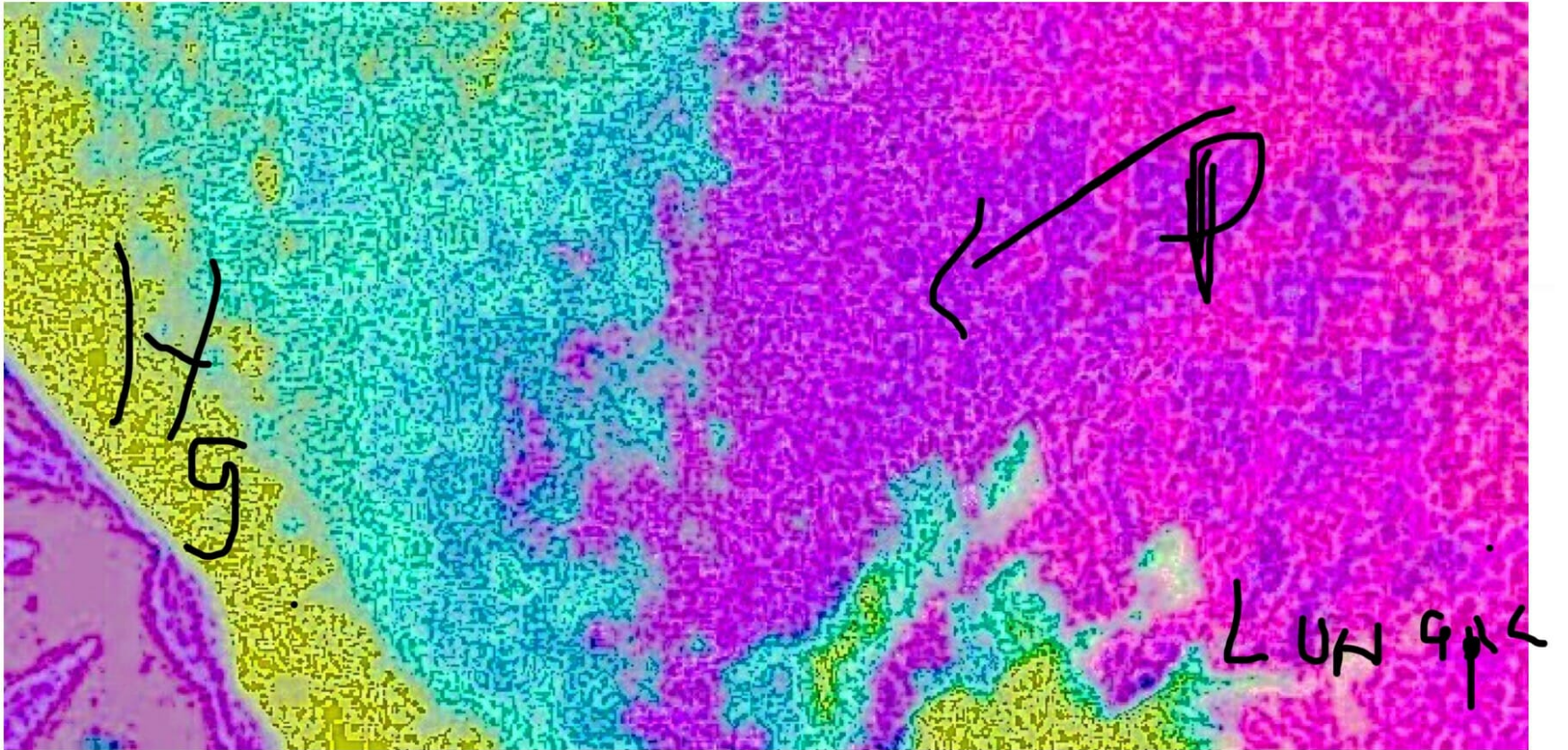
The purple colour in the Lp filter in the new site, is close in colour to the Lunapic result, but does not appear in the same pattern...I think this might be because the new filters are seeing deeper under the skin...

CYINT technology, who built the new diyimaging.ca site, uses



powerful equipment, probably ,more powerful than the consumer equipment that I used to build Nidi...

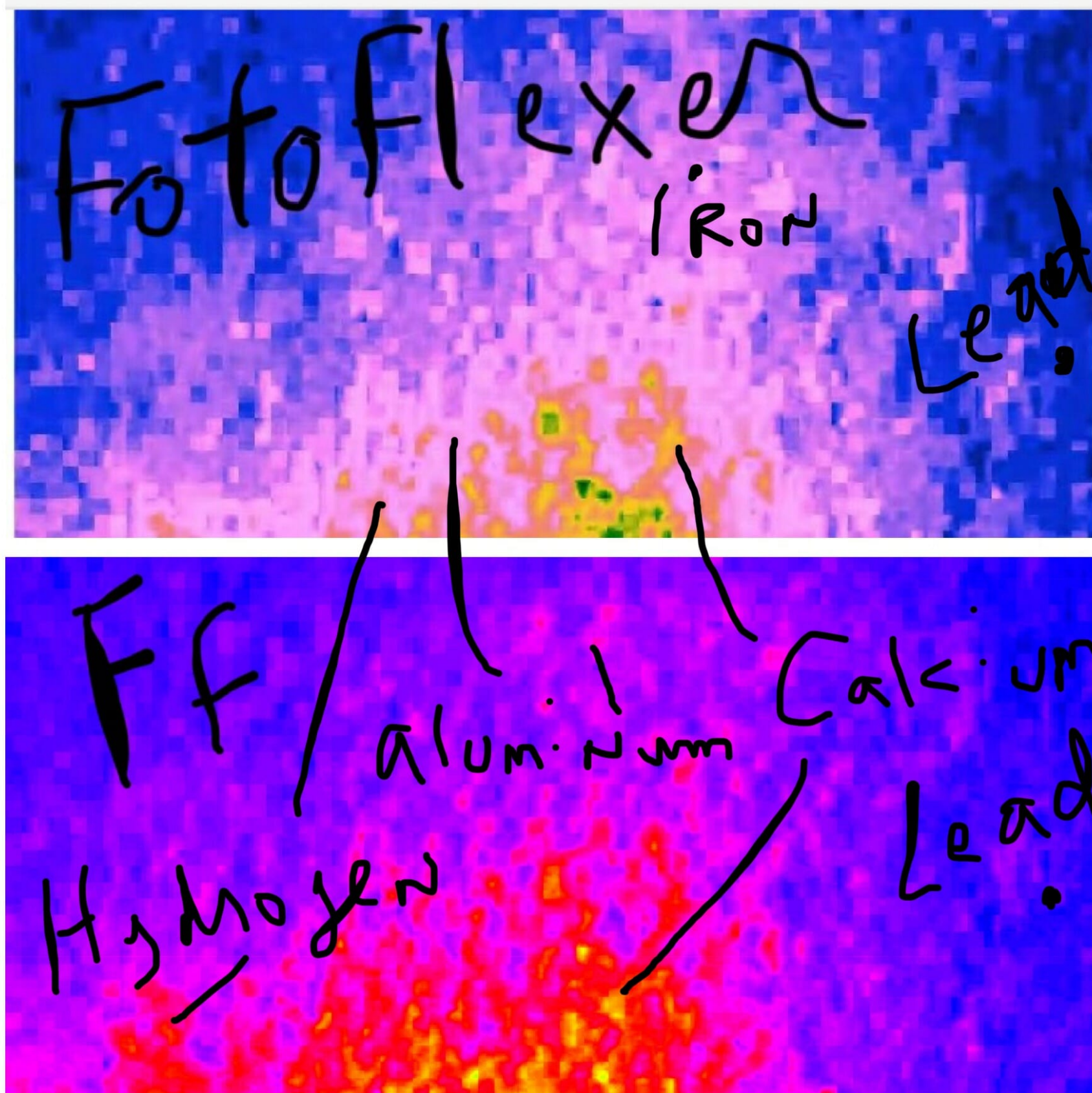
Even comparing my Lunapic edit to someone's Lunapic edit on an LG phone, we found the LG version to be more accurate and less fuzzy...A surprise to me because I had previously thought that my Apple equipment was the best, vis a vis graphic capabilities...

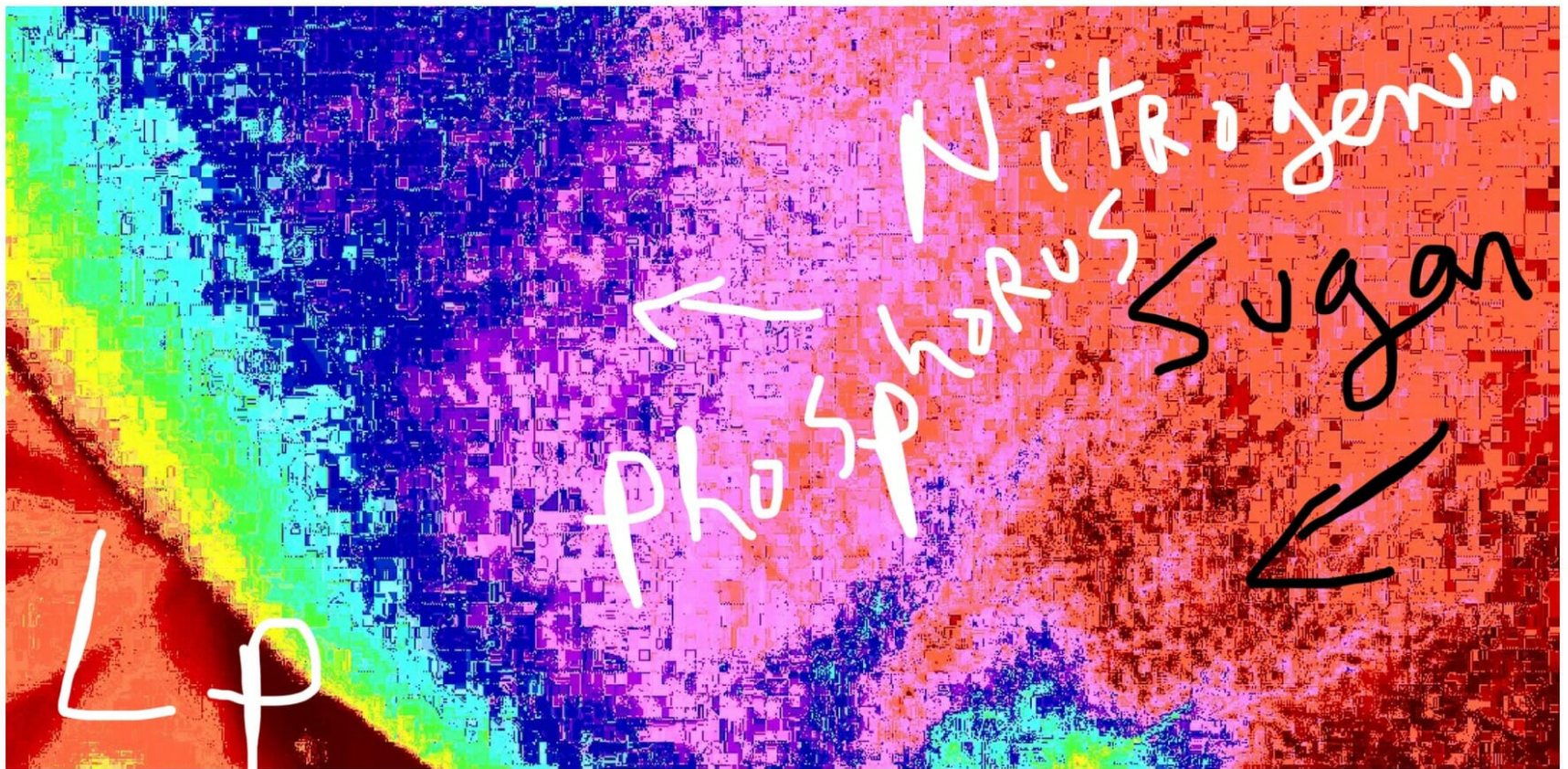


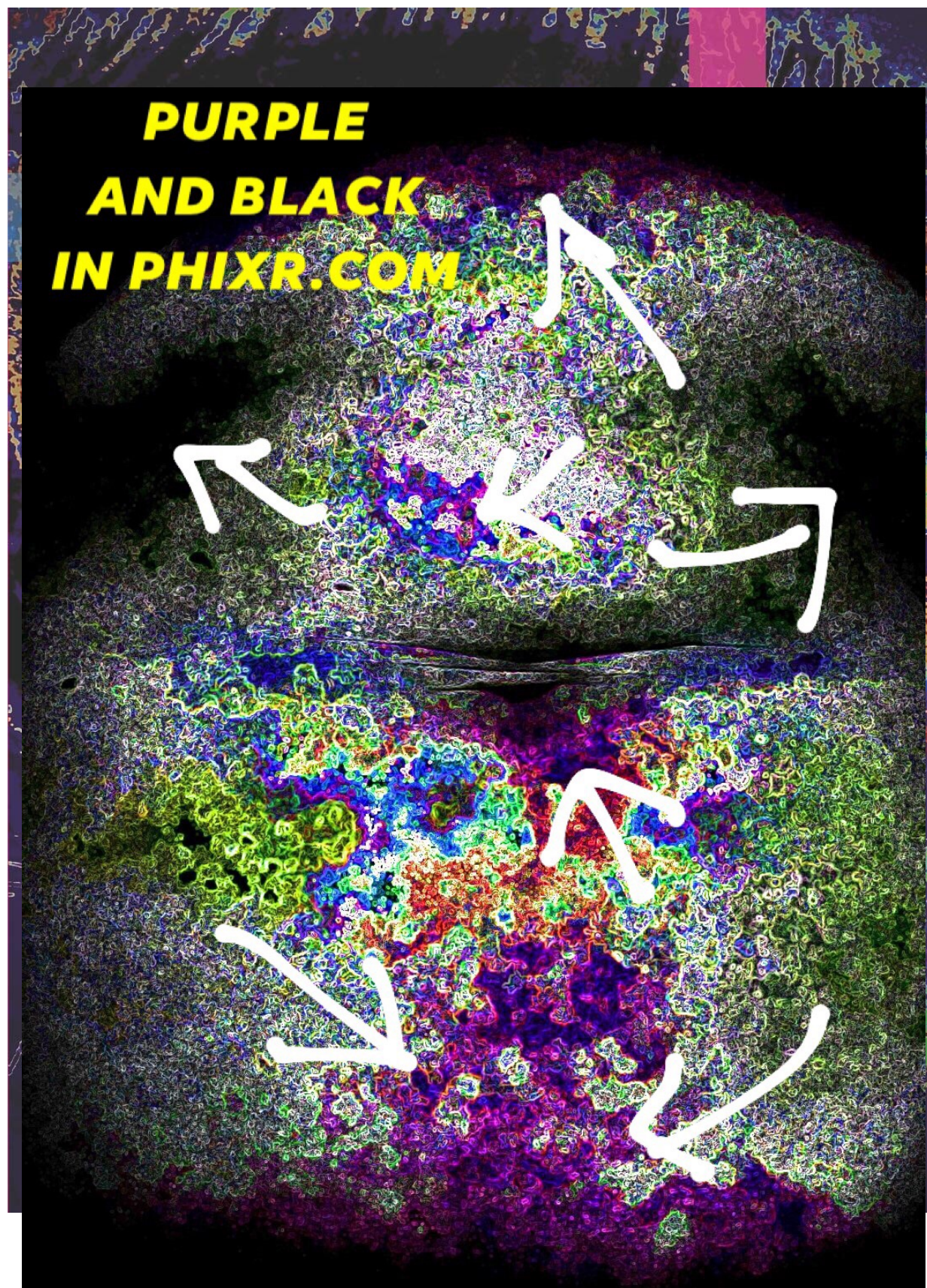
Compare Lunapic to Lp Filter on new diyimaging .ca site

Compare fotoflexer to Ff Filter on new diyimaging.ca site Sugar is a cherry colour in Filterra, but also in the Lp Filter

on the diyimaging.ca site...







NON INVASIVE DIAGNOSTIC IMAGING "NIDI"

Do you want to do your own imaging right now for free?
Go to www.diyimaging.ca & upload a close up picture of the area you want to examine...
The Lp filter looks for cancer as a purple colour...
Find out early if that lump is dangerous or not! It is free!
Nidi is a method invented by Sari Grove, after she experienced her first & last mammogram!
As an artist, she knew there had to be a better way...
Nidi sees cancer & 11 other markers, without needing an invasive biopsy...*ps. Sari Grove in picture wearing her signature skinny overalls because you don't have to wear a bra with overalls! Fashion health tip for women!!!*



A MEAN SO MANY
PEOPLE ARE
STRUGGLING WITH IT
OR MAYBE
DEMYSTIFYING THE
FEAR OF THE WORD
CANCER OR SEEING IT
W DIFFERENT EYES IT
MAY HELP FOR THAT

NIDI NON INVASIVE
DIAGNOSTIC IMAGING

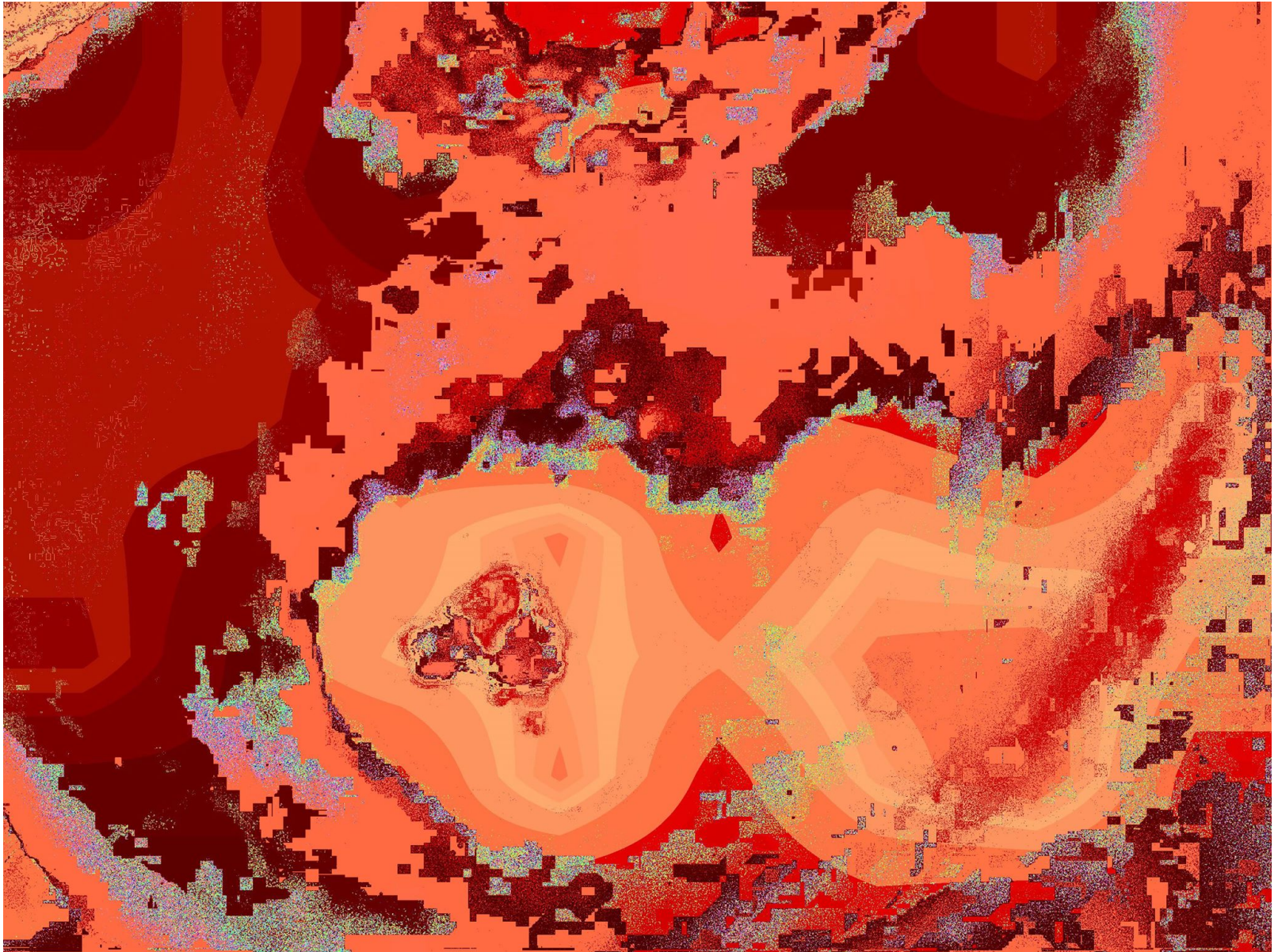
DIYIMAGING.CA

Lp filter at diyimaging.ca :Purple is phosphorus estrogen er+ a common cancer marker...Treat by using the Copper family:coffee enemas, licorice root, rhodora rosea, caffeines, yerba mate, matcha, green tea, chromium, cilantro, coriander, fennel, anise, chicory, coffee, tea...

Lp filter:dark cherry is Sugar...Treat with Se selenium family like:MSM methylsulfonylmethane powder, raw garlic, hot peppers, L-Lysine, Pancreatic enzymes, Colloidal silver...

Lp filter:Primary red is Nitrogen...Treat with Carbon family like:All Oils, for example high phenolic high oleocanthal organic olive oils, senna, slipper elm, sodium biCARBONate (baking soda-be careful of high sodium if you have liver troubles), Vitamin E, tocopherols all 8 types...

Lp filter: green areas are Mercury...Treat with magnesium family like: Epsom salts both oral and in bathwater, magnesium many different types, exercise boosts magnesium, lavender products, ruby stone, amethyst rocks...

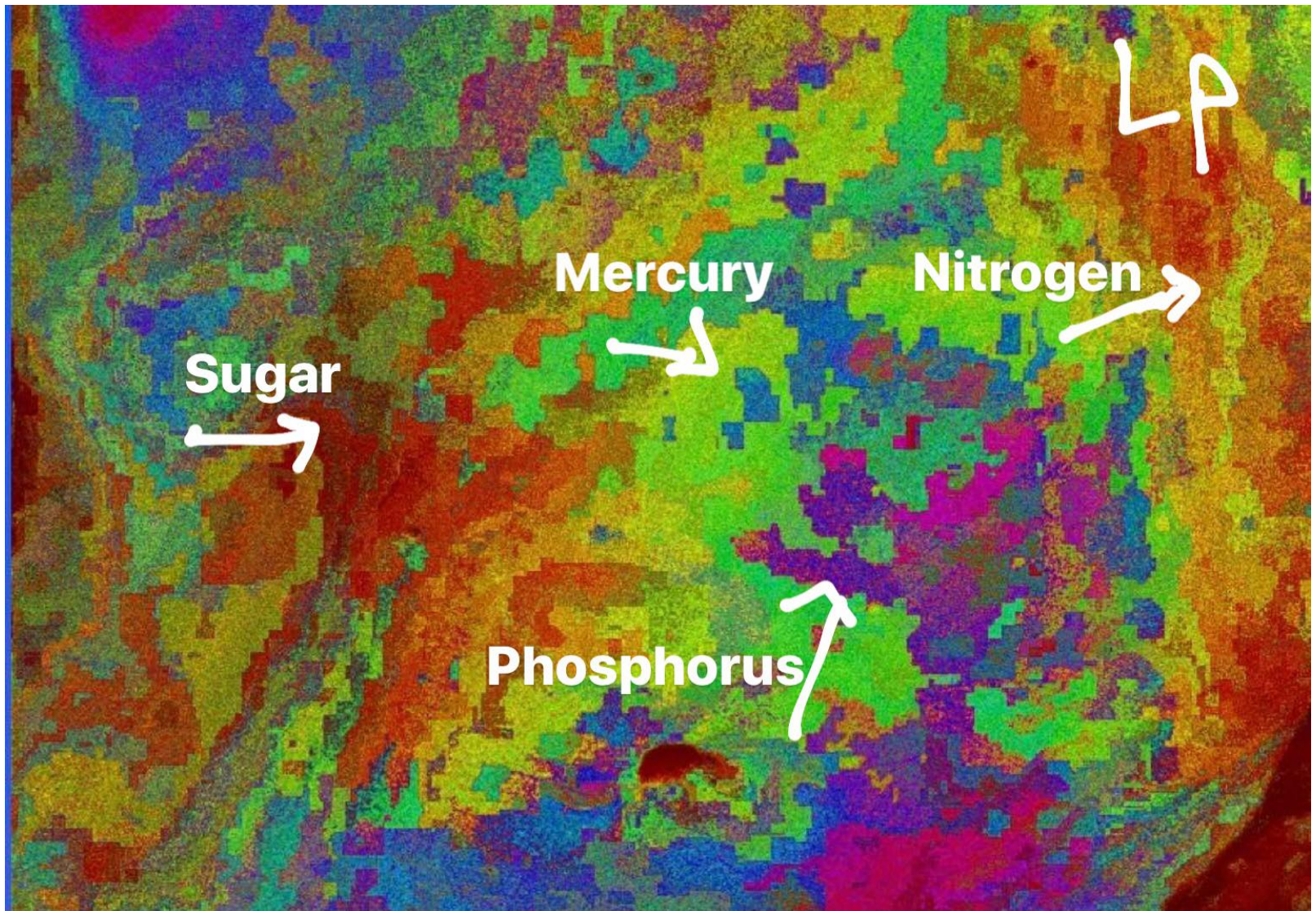


Lp filter: Notice the variation in red colour between the dark cherry red of Sugar and the lighter more primary red of Nitrogen...Squamous cells feed on Sugar...Neuroendocrine tumours, neuromas, mycoplasma, feed on Nitrogen...(glutens are Nitrogen family)...

phixr.com purple is cancer marker, black is a Lyme marker...

Ff filter at diyimaging.ca: Blue Lead can be red meat, Vitamin A or heavy metal (bone building family-not all Lead is bad!), mauve tone is Iron, Pink is aluminum cholesterol, Yellow is Calcium progesterone marker

As cancer starts to be killed and dissolved, patches scatter & form mosaics of colour...RETRACING is when a tumour dies and spits up all the elements it has eaten...So you may see earlier elements on the Grove Body Part chart showing up in visual markers...For example, as you kill a mercury feeding problem like Lyme or HPV or Bladder cancer, you may see the Mercury colour disappear, but the earlier element, phosphorus now appears in greater quantity... This is NOT a worse condition...It is called retracing, or phenotypic reversion in conventional medicine...



More examples of results pictures...

Notes, tips, hints:

If you take high doses of Iodine, that cleans out Calcium...But then you get a dumping” or Herxheimer effect, of increased Phosphorus(estrogen) in the next body part DOWN the chart...

So make sure you clean out ALL body parts...It is NOT enough to just take one thing(ie: cannabis oil a Titanium family), and pray that cancer will disappear...

If you take a Titanium, it will methylate or detox or clean out all Aluminum cholesterol, but then it will dump that stuff into the next body part, the heart...

If you don't clean out the heart as well, your heart will fill up with “aurum” a blood pressure marker...Check ALL 12 PLUS markers to see where stuff is getting dumped, then clean out the organs you have missed...

If you have prostate cancer, you will show as high Molybdenum levels... Taking a Carbon, like Oleocanthal for example, will clean out Nitrogen, and all PLUS elements ABOVE Carbon on the Grove Body Part Chart... BUT Oleocanthal will not clean out body parts below the Kidneys...MAKE SURE to add in MINUS elements BELOW Carbon, if you are trying a one element thing like Oleocanthal from Olive oil...

So cool

Just thought of something Sari

One of the things among many I have felt so compelled to your work is not only the fact we can heal our bodies naturally and not give our power away to just what the main stream says which so much of the time we end up scared and more sick but the fact your are bringing art by seeing and observing the different colors, compare them, is almost like inner child curiosity is coming back to life almost in a playful way

Your art work with the NIDI

has brought at least for me my inner child curiosity and even enjoying and having a bit of fun seeing the different colors showing up and how they associate with different elements

“So the cancer biz can be not only taken on our hands but can bring our inner playful spirits back to life”

“The art of curiosity and playfulness to heal our bodies minds and emotional bodies ❤️”

The FUTURE(CYINT technology is automating more NIDI filters!)

1)The Lunapic.com filter is different from the Lp filter on the new site...But the Lp filter is showing 2 new markers, Sugar a dark cherry, and Nitrogen a primary red...These were not previously shown in the original manual Lunapic.com filter...The Lunapic Filter was designed to look for cancer as a purple colour an estrogen or phosphorus marker...It also shows Lyme disease as a lime colour, mercury...Since the Lp filter shows sugar and nitrogen, it is useful...But the original need for a cancer and Lyme disease diagnostic tool is not fully satisfied by the Lp filter...I was thinking possibly to leave the Lp filter that CYINT technology built, because it is excellent for sugar and nitrogen...And create a reworked version that is closer to the original Lunapic filter, so that cancer and Lyme disease could be seen, as was intended...

2)My Facebook group has over 7,000 people with cancer and other illnesses...I also help people that come to me via other means...By automating the manual filters, it allows people to skip me and just do their own self diagnosis...I do have a free copy of a how to book, or a non profit version on Amazon people can get, to help with results analysis...Also, people around the world will be able to check for cancer and other illnesses themselves, no biopsy...I do teach how to do the manual filters but many people are not able to do them themselves...Automating the filters takes the volume burden off of me, but also allows people who don't go to doctors for reasons of religion or modesty or fear, to self check, and catch things earlier...

3)Yes, I try to check for all 12 possible biomarkers on each one picture I am sent...Most people will do as many filters as they can as well, themselves...

Lunapic= phosphorus purple, mercury lime

Ff Filter= Lead blue, pink Aluminum cholesterol marker, yellow Calcium progesterone marker (between blue and pink, Iron is very hard to see but can be seen- in the now defunct fotoflexer photo editor, Iron was a dark pink colour...)

P filter: Hydrogen

Filterra= Busmuth

Pixlr mobile for iPhone or Pixlr.com/editor sees Molybdenum can be lymphoma marker and Bartonella cat scratch disease also ovarian or prostate cancer...

Phixr.com sees mercury black colour (jpg and bladder cancer marker) and phosphorus purple estrogen marker as well for a deeper check for cancer and Lyme...

Phixr.com sees Aurum a blood pressure marker, cobalamin, b12...

Lp filter can see phosphorus purple, mercury green, dark cherry sugar, primary red nitrogen (phosphorus and mercury markers are difficult to see)

The how to do step by step of all filters not already automated are in the book file...

<http://grovecanada.ca/wp-content/uploads/2019/02/Nidi-nidi-by-Grove-Canada-Mon.March4-2019.pdf/> (for those who cannot afford even the digital Kindle version of the how to book)...a free version of a rough manuscript of the book...

Do it yourself medicine: Thoughts on treating cancer...

My favorite remedy for all types of cancer is Two feathers healing formula...It has a 40 year track record...It is easy to take-put the black paste into an empty gelatin capsule and swallow after a meal-either once, twice or thrice a day...(Call Robert Roy at <http://www.healingformula.net/> to check dosage and other advice, as you take it...It is taken every day for two weeks, the one day rest, then another two weeks, rest, then another two weeks...This is the 6 week program...Do your NIDI imaging...If you feel cancer is still present, repeat the 6 week program...)Cost is about \$140 US per jar, and shipping express costs as well...You will need at least 3 jars for a 6 week program...It sounds expensive, but Two feathers is rather comprehensive, meaning that you could JUST take Two feathers... This is INTERNAL black salve- do NOT confuse this with TOPICAL ONLY black salve information you will find on the internet...The book “Ha, I laugh in the face of cancer” By Susan Liberty Hall is an excellent quick read, and if you want to know more about Two feathers READ THIS...Do NOT rely on internet information to help your decision-this is a Native remedy for cancer, and it is not a part of any BIG Pharma clinical trial, or any other typical paid for published studies online...

I have an extensive list of members of my DIY Cancer repair Facebook group, who have done or are doing two feathers healing formula...I image them during and after, to see how it is working... I have also used Two feathers myself, and still occasionally take some...

Next and new idea:

A man named Joe Tippens got some much needed counsel from a veterinarian named Dr. David Sturgeon...

The whole story is available free to read at this blog post <http://www.mycancerstory.rocks> ...

I have several members of my group who live in very remote locations, and who are also low on funds, and cannot even afford to buy Two feathers, even if they could get it shipped to their location...

The Mycancerstory.rocks blog talks about something though that is widely available all around the world...

The program is based on a canine(dog) dormer, called fenbendazole, brand name Panacur C (although there are other brand names as well available if you cannot find Panacur C)...

Panacur C fenbendazole is 222mg fenbendazole, taken in one gram packets that are relatively inexpensive...(somewhere around \$2 a packet, more or less depending)...

Joe Tippens took one gram of Panacur C every day for 3 days, then 4 days rest...

He is still taking it today...

He also took Turmeric, Vitamin E, CBD...The exact ingredients and product links are at his blog site...(Mycancerstory.rocks)...

In the Mycancerstory.rocks facebook group, several members have been loading the fenbendazole daily at the beginning, taking it continuously for maybe two weeks, before resting, and doing the 3 days on, 4 days off...

Mebendazole can be substituted if fenbendazole cannot be sourced...At around 200 mg daily...

The reason for the Fenbendazole is that it can be bought online without a prescription needed...This frees up many people...

I myself have also taken the Panacur C, and I can say that is was safe, very few side effects besides extra energy, and I feel it is hugely promising in treating cancer, and I myself feel it helped me tremendously in dealing with some issues that I had not solved yet...

Though the Panacur C program is not entirely comprehensive(I feel you should add at the very least a 75 mg Boron daily from Hakala labs), this program is a huge help to people fighting cancer...
Huge...

Members on a too tight budget or in very remote locations, can do the Panacur C...Even if you don't take anything else, it is massively

helpful...People with fungating or ulcerating tumors are seeing huge gains already...

The Fenbendazole molecule on the Grove Body Part Chart is Zinc, Titanium, Selenium, Carbon, Oxygen, and Fluorine...Very powerful...

Mebendazole is almost the same, but switches the Selenium for an extra Oxygen, this makes it slightly stronger...(mebendazole is marketed to humans)...

I do also have members of my group who are attempting to individually supplement each MINUS element on the Grove Body Part Chart...

Ideally, you want one of EACH Minus element families...Minus elements DETOX...(Plus elements repair)...

In particular, whether you do a recipe formula, or individually supplement, you want to key in to the DOMINANT PLUS element you see in your NIDI results, and choose the corresponding MINUS element family to take lots of...

Sometimes internal medicines are not enough...

Parasites/cancer can hide in injury sites, old surgical areas, areas of poor circulation-where internal medicines are not reaching...

If you have tumors right up at the surface, or moles that are malignant(check in Nidi-note that malignancy may not be exactly on the mole area, but will show up nearby)-then you might need a topical medicine...

This is where TOPICAL black salve comes into play...

The very best TOPICAL black salve I have used is made in Australia by a company called Tickety Boo Herbals...

It is the least painful, causes the eschar (scab) to eject the fastest), and is the safest by far...

You apply NO MORE THAN A DIME AMOUNT of Tickety Boo herbals black salve to a tumor site...Wait...IN a few days, a scab appears, and will eject...I used Polysporin on the site to help it to eject faster, but there are all sorts of things you can use or not use, and many Facebook groups you can join, where you will get a myriad of opinions on the subject...Some use coconut oil, others use Vitamin E...I keep Mersyndol from the pharmacist on hand if I feel pain...Some take cannabis oil for pain...Cloves soaked in DMSO can be used topically for pain...Again, there is much advice in these black salve groups about dealing with pain...The main thing is-NEVER USE MORE THAN A DIME AMOUNT OF TOPICAL BLACK SALVE...If you have a giant tumour, be patient...Remove it dime by dime...Do NOT apply topical black salve to more than one location at a time...(Note:Two feathers can be used topically, but it is very mild-I recommend people use a TOPICAL ONLY black salve for topical use-it will be faster,& get all of it out better)...

<https://ticketybooherbal.com/>

Other things you can do topically:

I go to a tanning salon in winter (6 months here), and use their very best, safest, machine for about 7 minutes...This gives me much needed Vitamin D3 in winter, and it stimulates my whole system, boosts mood, and helps my body flow...I do not go for colour...Just the sunshine...(Yonge St. Clair Tanning salon in Toronto, Ontario, Canada has state of the art safe machines)... Note: Fungating or ulcerating tumors respond really well to the tanning machine rays, if you are having trouble controlling them...)

I have a portable cold laser device (got from ebay-cost me around \$330 Canadian currency no tax)-that I use topically on areas of concern...This is a very powerful device...(12 red laser beams with 650 nm and 1 infrared beam with 808 nm!!!-if you are looking for one, use those words)

I have gone to the Xiaolan Institute in Toronto for acupuncture, including acupuncture to the head(brain areas)...I have also gone to other Traditional Chinese Medicine doctors(certified please), to help increase flow, correct injuries...These TCM doctors will also do Shiatsu, & several other techniques,

like Moxubustion, Blood cupping...They may also give you herbal formulas...I love Chinese medicine because they treat your right away, the prices are always affordable, & when you finish a session, you feel better...It is quantifiable...They also tend to do a really nice massage after acupuncture treatment-who does not love that! <http://www.xiaolanhealthcentre.com/blog.html>

Diet:

<http://grovecanada.ca/wp-content/uploads/2018/01/Free-copy-of-My-raw-food-diet-cure-secrets-by-helen-hecker-RN.pdf>

This is a free version of the diet I followed, generously provided by the nurse who cured her breast cancer by going raw plant based...

Exercise:

I walked up to 10 km at least 3 times a week while actively treating cancer...I still try to do this or comparable exercise...Exercise is the key that makes everything else work...Do not sit at home stuffing your face with pills and not exercising...Get outside, even when it rains, even in winter, and just walk...Go far...You do not have to walk fast...If you go far enough, long enough, it will be good...Reward yourself afterwards...Walking far is a full time job...Exercise is key to recovery...Do not ignore regular very far, long, slow exercise...Swimming is good too...Try for a 100 lengths...A saline, saltwater pool is high in Iodine which is great for you...Do not fear chlorine, it will not be bad for people with cancer...(chlorine is fluorine family on the chart, and fluorines help to remove the Bismuth family which includes pollution, car and plane exhaust, smoke)...

