


Cancer: An Intelligent Approach

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Table of Contents



What is Cancer?
Conventional Cancer Therapies
A “Slap-it-Silly” Approach
Step-by-Step Walk Through
Summary



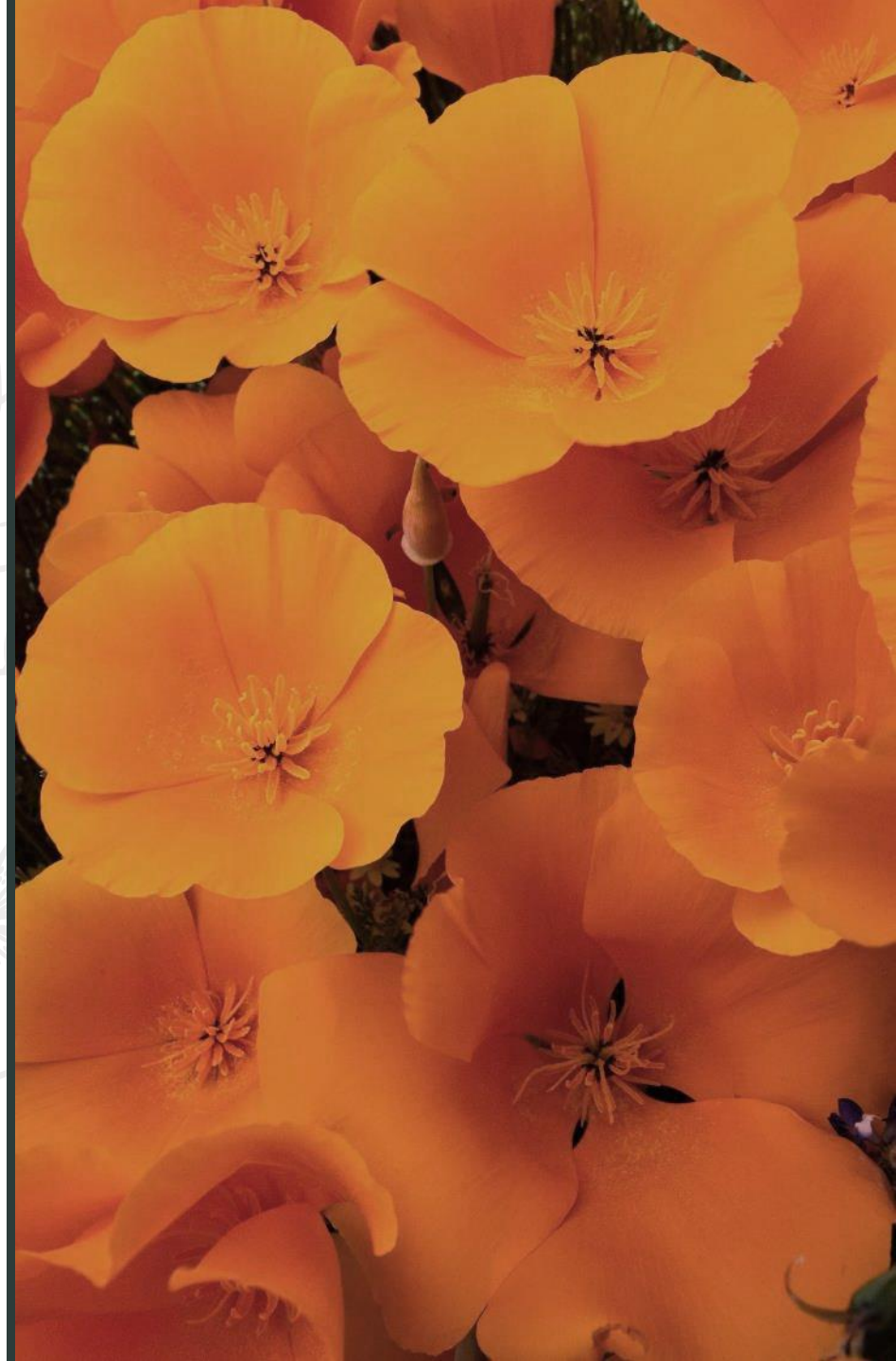


What is cancer?

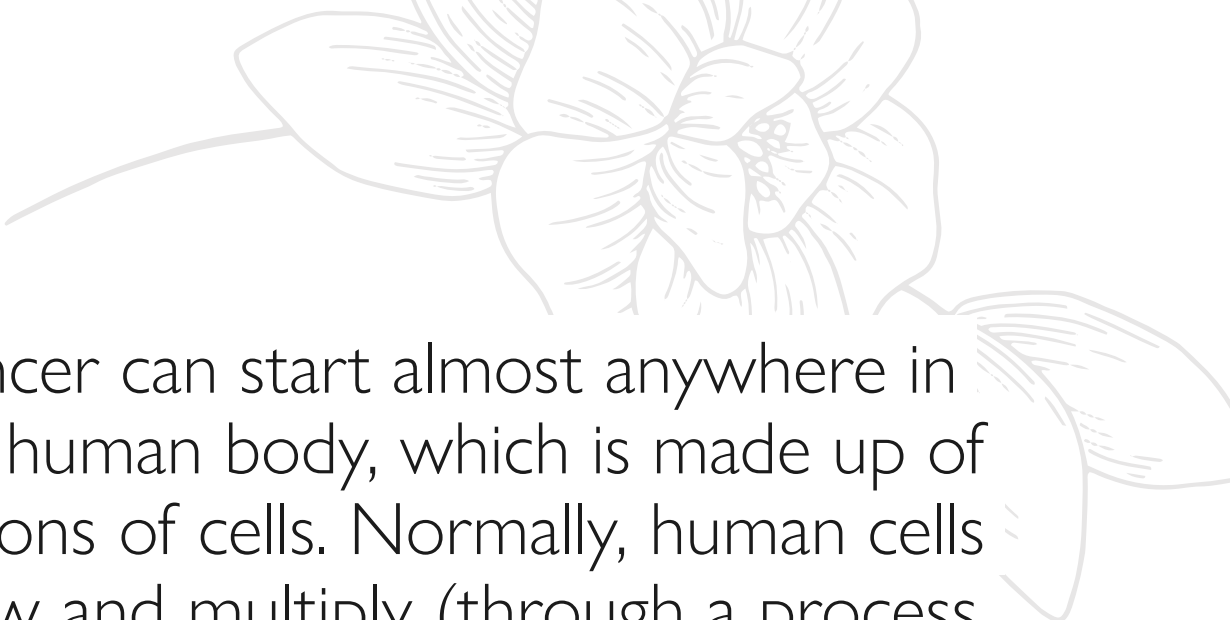
In Short



Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.



Normal cellular activity



Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and multiply (through a process called cell division) to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.

Cancer is aberrant cellular activity



Sometimes this orderly process breaks down, and abnormal or damaged cells grow and multiply when they shouldn't. These cells may form tumors, which are lumps of tissue. Tumors can be cancerous or not cancerous (benign).

Cancerous tumors spread into, or invade, nearby tissues and can travel to distant places in the body to form new tumors (a process called metastasis). Cancerous tumors may also be called malignant tumors. Many cancers form solid tumors, but cancers of the blood, such as leukemias, generally do not.

What Is Cancer? - NCI

Conventional Cancer Treatment

- Surgery
- Radiation
- Chemotherapy

These are the primary tools in the American Medical Association standard-of-care toolkit. At this point in time, cancer is still considered incurable. If cancer is found to be absent following treatment, the person is said to be “in remission.”

Radiation Therapy



Radiation therapy is a type of cancer treatment. You may also hear it called radiotherapy or therapeutic radiology.

Radiation therapy kills cancer cells with beams of high-energy X-rays, gamma rays, or charged particles (called electrons or protons). It can be used in many ways. It depends on the type of cancer you have and where it is in your body.

[Radiation Therapy | Johns Hopkins Medicine](#)

Side Effects of Radiation Therapy



Early side effects typically happen within weeks of starting radiation treatment. Many of these side effects improve once radiation treatment finishes. Early side effects may include fatigue, nausea, skin changes, and hair loss.

Late side effects may not appear until after your radiation treatment ends. For example, if you have radiation to your chest area, it's possible to develop lung or heart disease months or years later.

[Side Effects of Radiation Therapy: List and Management Guide \(healthline.com\)](https://www.healthline.com/health/radiation-therapy/side-effects)

Chemotherapy



Chemotherapy is a drug treatment that uses powerful chemicals to kill fast-growing cells in your body.

Chemotherapy is most often used to treat cancer, since cancer cells grow and multiply much more quickly than most cells in the body.

Many different chemotherapy drugs are available. Chemotherapy drugs can be used alone or in combination to treat a wide variety of cancers.

[Chemotherapy - Mayo Clinic](#)

Chemotherapy Side Effects



Chemotherapy treatment also carries a risk of side effects. Some chemotherapy side effects are mild and treatable, while others can cause serious complications. Some common side effects include:

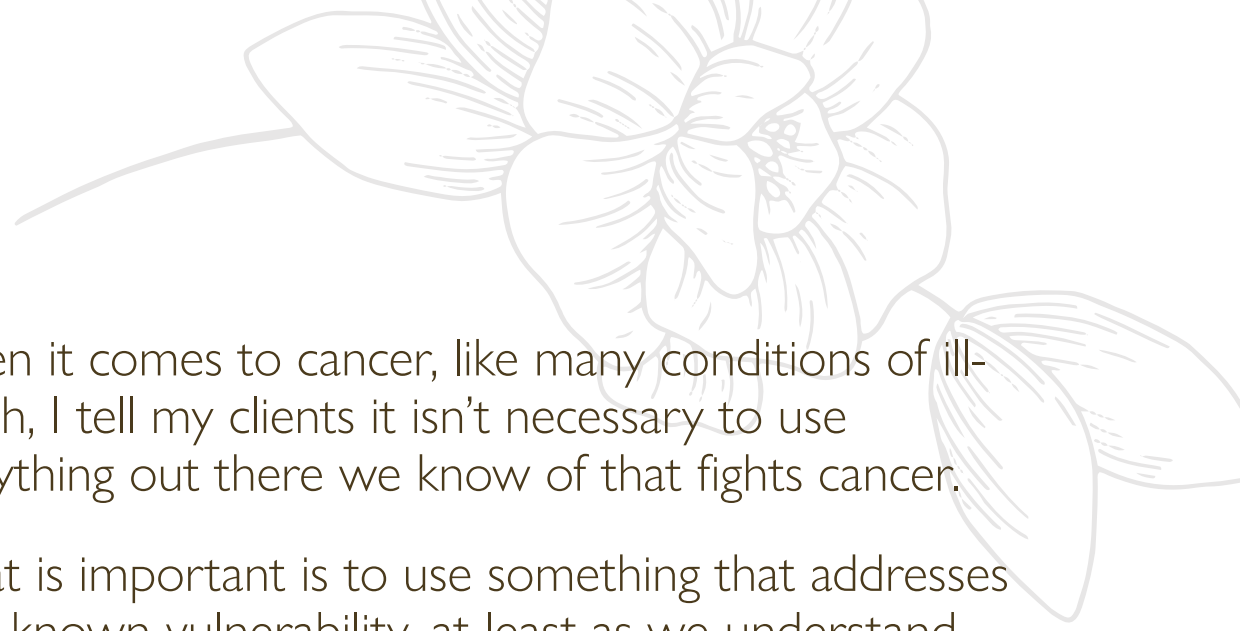
Fatigue	Anemia	Nausea & Vomiting	Hair Loss
Bleeding & Bruising		Infection	Constipation/Diarrhea
Chemo Brain		Mouth & Throat Sores	Nerve Changes
Appetite & Weight Changes		Pain	Skin & Nail Changes
Sex-Related Changes		Mood Changes	Infertility Problems



A Complementary or Alternative Toolkit

A Wondrous Roots “Slap-it-Silly” Approach

My “Slap-it-Silly” Philosophy



When it comes to cancer, like many conditions of ill-health, I tell my clients it isn't necessary to use everything out there we know of that fights cancer.

What is important is to use something that addresses each known vulnerability, at least as we understand those vulnerabilities at the present time.

If we use many things that work in only one way, cancer will be laughing at us from all other directions. We need to keep cancer cells reeling and weakening from every angle we can.

An advantage with my protocol is that it can be used alone or in conjunction with treatments such as radiation and chemotherapy, helping those treatments work better while lessening side effects and toxicity.

An Ever-Evolving Plan



I am always learning new things and changing things up as I do. On my website in the Research Files drop-down you will find my [Cancer Page](#).

Here, I will be editing my recommendations on an ongoing basis, so check in from time to time to see how things may have changed.

Also, as I continue my research, more and more information will be added to that page, so take advantage of this valuable resource!

As those who know me well are very aware, my passion is for sharing information you can learn from and run with....

“You have more power than you know...”

A Word of Caution



My information is not to be a substitute for consulting with your physician. [See my full disclaimer here.](#)

Further, I do not use the same things precisely with every client I work with. Everyone is different. Most people with cancer, like most people without cancer, have other health issues, are on medications of different kinds, etc. I much prefer to work with people one on one and custom tailor my recommendations, taking all medical and health history into consideration. However, I am making my information public so that you can benefit from the rich and targeted education and can, if you wish, advisedly put them into practice. If you are doing this apart from working with me (and even working with me), you are taking full responsibility, but remember that you have full freedom to take care of your health in any manner you choose. Please feel free to [contact me](#) with questions or reach out to me if you would like to work with me in formal consultation.

Do I have to do everything?



As we run through these items, you may feel overwhelmed.

Again, when working with an individual we may not use everything I talk about in this presentation; indeed, everything single thing doesn't need to be used in most cases, and in some cases, something might be inappropriate.

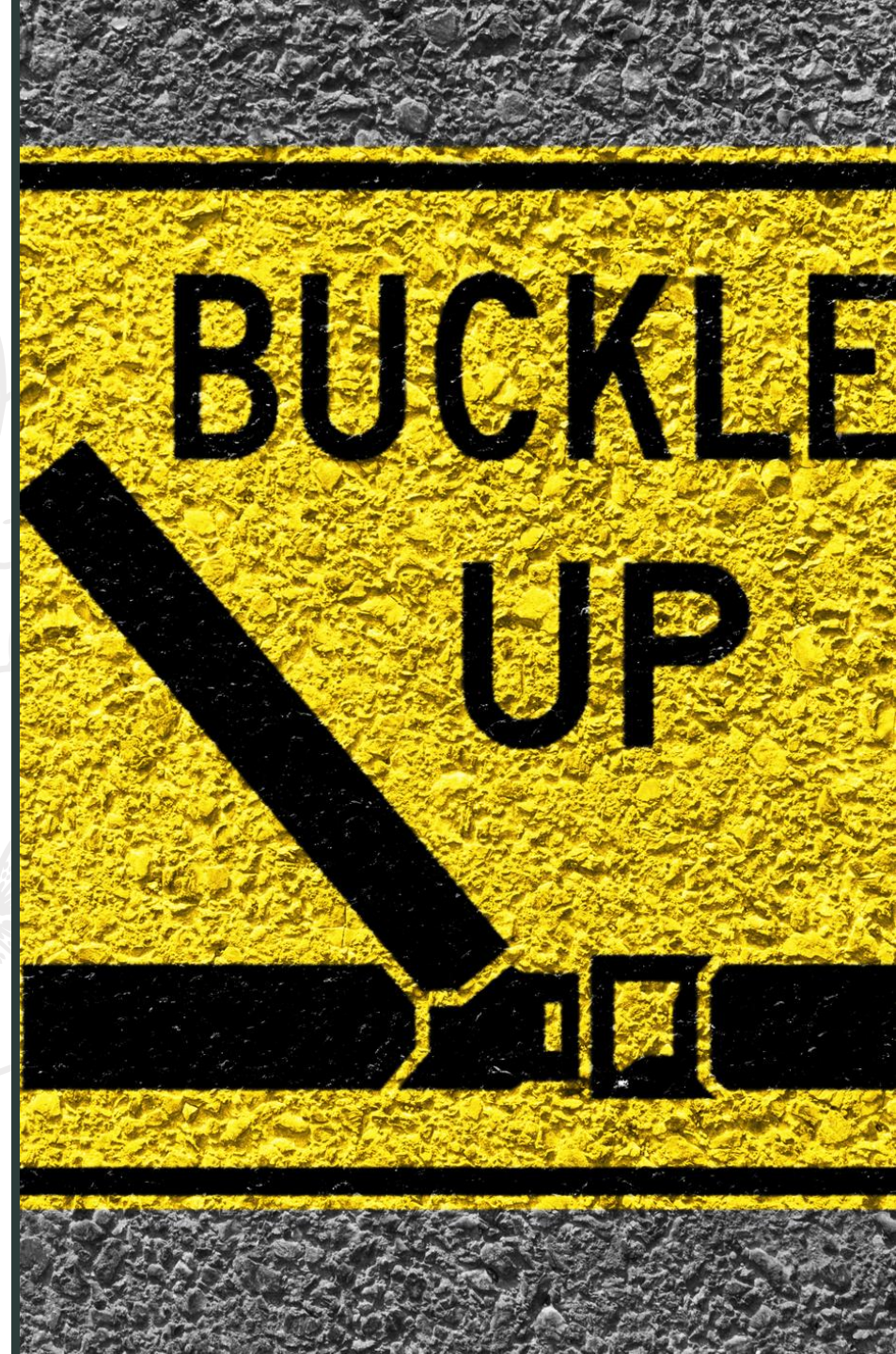
As I go through each, I will mark what are, in my opinion, absolutely essential to achieve that “slap-it-silly” synergy.

At the same time, you will be made aware of other strongly supportive options.

Here we Go!



Buckle Up





Beta Glucan

Cancer cells have an advantage in that they are incognito. Your immune system thinks they're friends and simply waves and says hello. Beta glucan 1,3-1,6 D marks each cancer cell as an enemy and then raises the immune systems macrophage activity to go after them and gobble them up: macrocytosis.

Beta Glucan & Cancer



- Beta Glucan and the Fight Against Cancer
- Yeast Derived Beta-1,3-D-Glucan: An Adjuvant Concept by Leonid Ber, MD
- Orally administered beta-glucans enhance antitumor effects of monoclonal antibodies

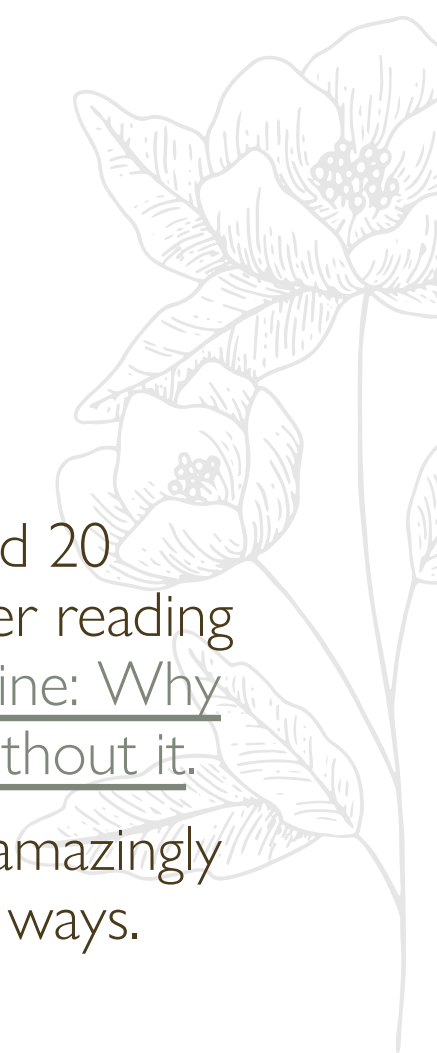


Iodine



We are all iodine deficient if not supplementing. I personally tested 20 people in a row back in 2008 after reading Dr. David Brownstein's book, Iodine: Why you need it, why you can't live without it.

No one was sufficient. Iodine is amazingly effective against cancer in several ways.



Iodine & Cancer – Page 1



- My conversation with Dr. David Brownstein back in 2008
- Iodine and Cancer: A summary of the evidence to date
- Iodine – It's a BIGGIE!
- How Molecular Iodine Attacks Breast Cancer
- Oidne • The Anti-Estrogenic Mineral That Shrinks Fibroadenomas, Growths, Cysts And Tumors
- Iodine is vital for good health
- The Extrathyronine Actions of Iodine as Antioxidant, Apoptotic, and Differentiation Factor in Various Tissues

Iodine & Cancer – Page 2



- iodine deficiency and cancer
- Iodine Deficiency Causes Breast Cancer – The Overwhelming Evidence
- Iodine: This Vital Mineral Treats Breast Cancer Successfully
- Iodine to the Rescue



Iodine: Why you need it; why you can't live without it

The Iodine Crisis: What You Don't know About Iodine Can Wreck Your Life

Books

Glutathione: The Miracle Molecule



Glutathione is a tripeptide we all make within our bodies, but most of us don't make optimal amounts. High levels of glutathione are associated with vibrant health, and every degenerative disease condition is hallmarked by low glutathione levels.

The person with cancer is low in glutathione, but the cancer cells are sequestering as much as they can to themselves, because they “know” it is a powerful protector.

Paradoxically, the way to drain cancer cells of their glutathione while protecting the healthy cells in the body is to raise glutathione levels!

Glutathione & Cancer



- THE GLUTATHIONE/ANTIOXIDANT CANCER PARADOX
- The Role of GSH in Cervical Cancer Glutathione (GSH)
- Glutathione And Cancer Cell Death
- GLUTATHIONE & CANCER



Pa
M

Multivitamin/Mineral

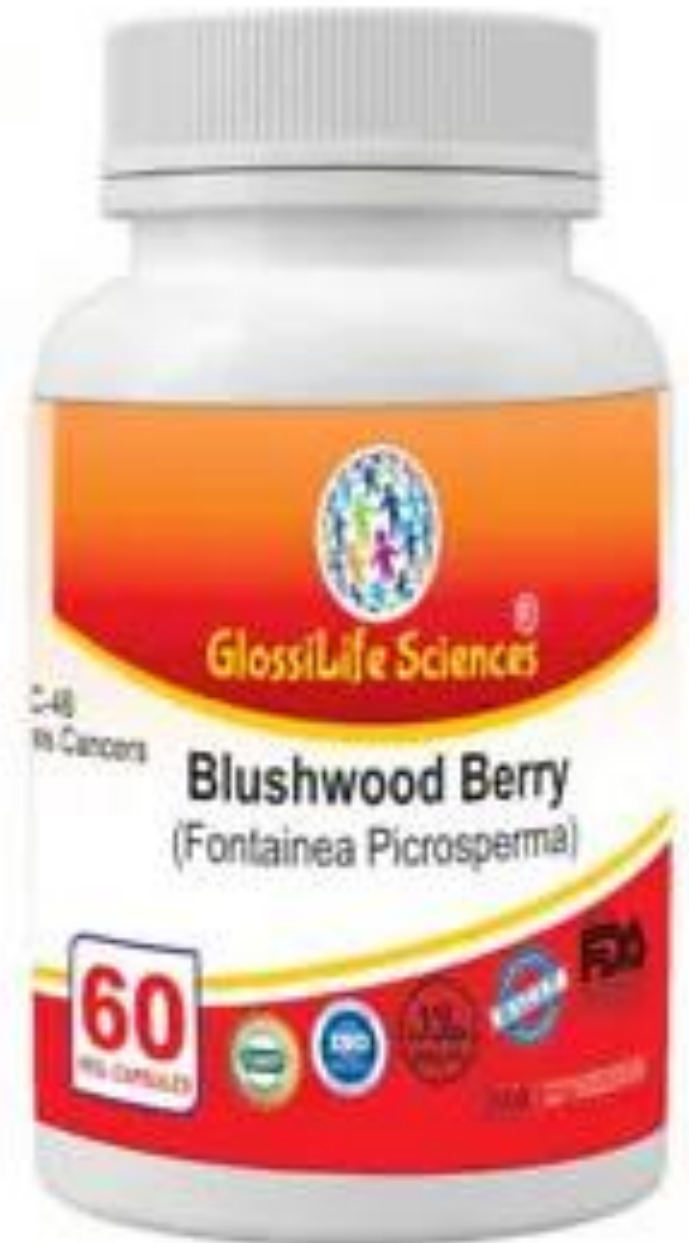


I favor this multivitamin/mineral formula for most, because it contains active forms of folate and B12; good representation of B-complex, a full 200 mcg of anti-cancer mineral selenium, 2000 IU of vitamin D3 and the K2 to go with it. It is very important as a cofactor for using glutathione, as well.

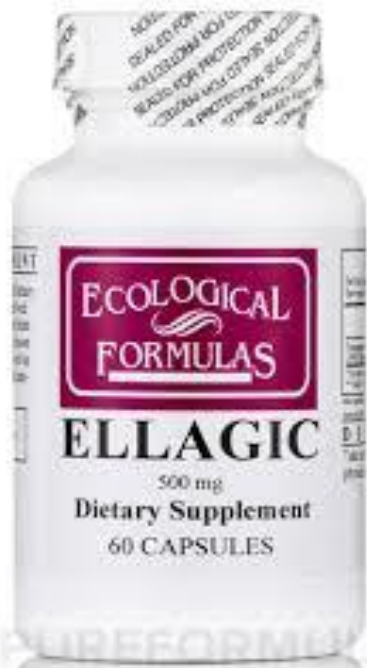
Blushwood Berry



Blushwood berry extracts in cancer prevention: A promising future?



- Determining the effect of ellagic acid on the proliferation and migration of pancreatic cancer cell lines
- Experimental Evidence of the Antitumor, Antimetastatic and Antiangiogenic Activity of Ellagic Acid



Ellagic Acid & Cancer

Ellagic Acid & Cancer Continued



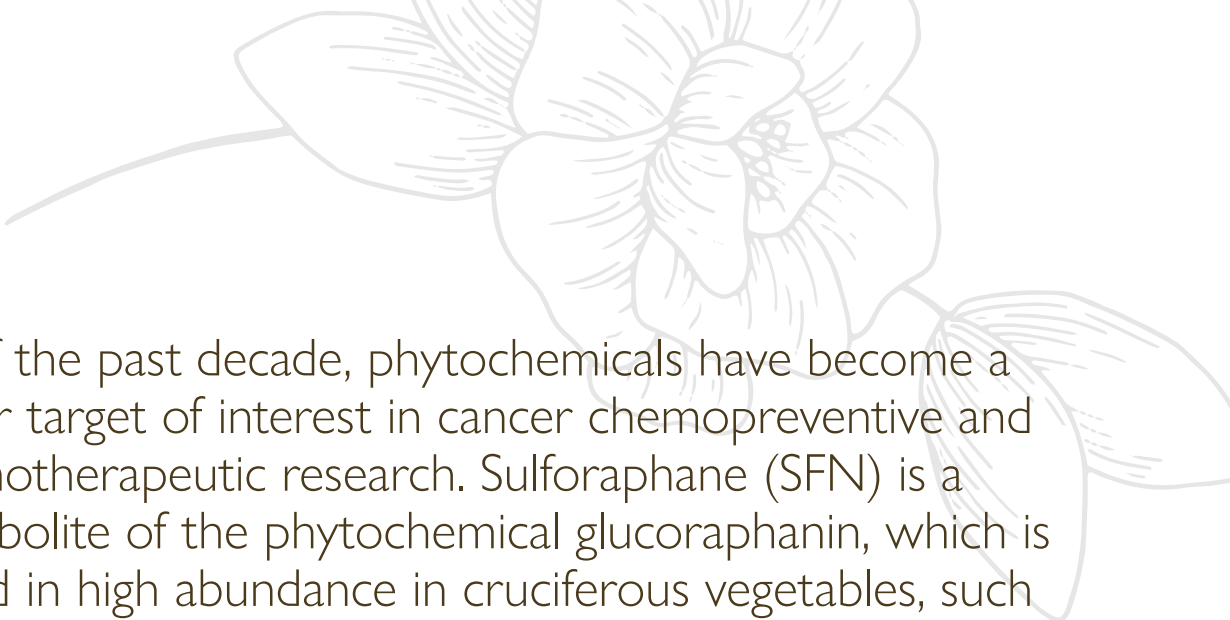
- A comprehensive review on Ellagic acid in breast cancer treatment: From cellular effects to molecular mechanisms of action
- Ellagic acid as a potent anticancer drug: A comprehensive review on in vitro, in vivo, in silico, and drug delivery studies
- Ellagic Acid and Cancer Hallmarks: Insights from Experimental Evidence



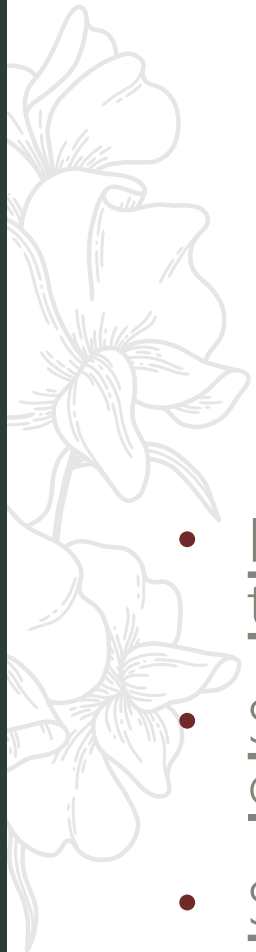
POMEGRANATE:
A POWERHOUSE
FOR HEALTH!



Sulforaphane & Cancer



As of the past decade, phytochemicals have become a major target of interest in cancer chemopreventive and chemotherapeutic research. Sulforaphane (SFN) is a metabolite of the phytochemical glucoraphanin, which is found in high abundance in cruciferous vegetables, such as broccoli, watercress, Brussels sprouts, and cabbage. In both distant and recent research, SFN has been shown to have a multitude of anticancer effects, increasing the need for a comprehensive review of the literature. In this review, we critically evaluate SFN as an anticancer agent and its mechanisms of action based on an impressive number of in vitro, in vivo, and clinical studies.



Sulforaphane



- Nrf2 targeting by sulforaphane: A potential therapy for cancer treatment
- Sulforaphane as a promising molecule for fighting cancer
- Sulforaphane for the chemoprevention of bladder cancer: molecular mechanism targeted approach

More on Sulforaphane & Cancer



- Sulforaphane induces apoptosis in T24 human urinary bladder cancer cells through a reactive oxygen species-mediated mitochondrial pathway: The involvement of endoplasmic reticulum stress and the Nrf2 signaling pathway
- Sulforaphane Normalizes Intestinal Flora and Enhances Gut Barrier in Mice with BBN-Induced Bladder Cancer
- Sulforaphane Suppresses the Growth of Triplenegative Breast Cancer Stem-like Cells In vitro and In vivo
- Sulforaphane, quercetin and catechins complement each other in elimination of advanced pancreatic cancer by miR-let-7 induction and Kras inhibition



Magnesium & Cancer

- A narrative review on the role of magnesium in immune regulation, inflammation, infectious diseases, and cancer
- Magnesium Deficiency and Cancer

DHEA & Cancer

For this one, I like to advise dose individually, but, generally speaking, for women 10-25 mg daily (available in different strengths); for men, 50 mg daily.

There is great confusion regarding the use of DHEA for hormonal cancers. You will find many warnings that are erroneous and misleading. Read on...



What is DHEA?



"Dehydroepiandrosterone (DHEA) is the most abundant steroid hormone in primates, which is predominantly synthesized in the adrenal cortex. A characteristic curve of growth and decline of its synthesis during life was observed, together with the corresponding formation of its sulphate ester (DHEAS). High levels of plasma circulating DHEA are suggested as a marker of human longevity, and various pathophysiological conditions lead to a decreased DHEA level, including adrenal insufficiency, severe systemic diseases, acute stress, and anorexia. More recent studies have established the importance of DHEA in the central nervous system (CNS)." Source.

DHEA & Cancer



- Facilitates Anti-Aging, Enhances Libido, Rejuvenates the Immune System, Prevents Heart Disease, Reduces Body Fat, Tames Stress, Restores Memory, Fights Cancer
- Prevention of diabetes, hepatic injury, and colon cancer with dehydroepiandrosterone
- Medical Studies on DHEA – Cancer
- DHEA-S completely prevents breast cancer metastasis due to estrogen
- An Explanation of Cancer and the Increase in Cancer: High Testosterone, Low DHEA and Breast Cancer
- DHEA (dehydroepiandrosterone): Is It Contraindicated in Prostate Cancer and BPH?

Herbs & Cancer



“Let food be thy medicine...”



Pau d'Arco

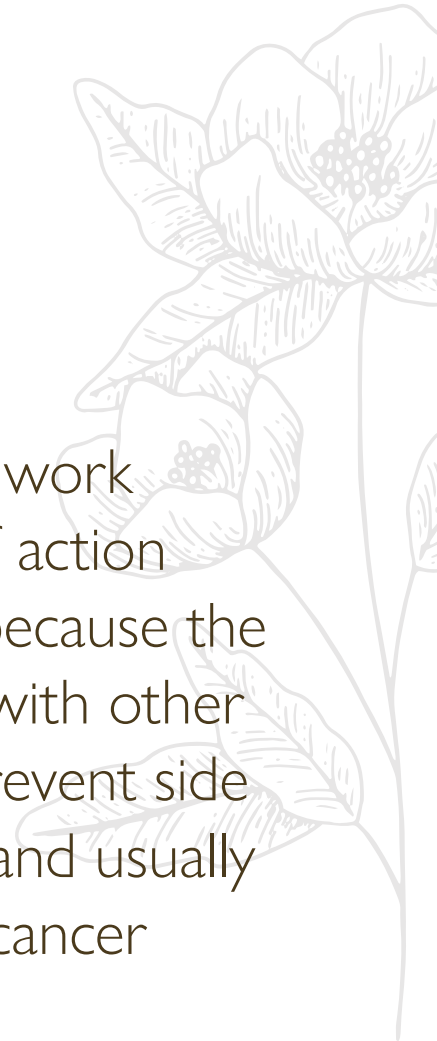




Formula C-Plus



Many botanicals that fight cancer work through the same mechanisms of action chemotherapy does. However, because the cancer-killing part is surrounded with other parts that mitigate toxicity and prevent side effects, they can be comfortably and usually safely used. I only use “safe” anticancer plants in my formulas.



Formula C-Plus



People often think this formula is centered on Vitamin C. No. The C stands for cancer. I just don't label things blatantly with the word **CANCER**.

Turmeric root (*Curcuma longa*), Pau d'arco bark (*Tabebuia impetiginosa*), Cat's claw bark (*Uncaria tomentosa*), Olive leaf (*Olea europaea*), Ashwagandha root (*Withania somnifera*), Devil's claw (*Harpagophytum procumbens*), Yucca root (*Yucca glauca*), Skullcap herb (*Scutellaria lateriflora*), resin of Frankincense (*Boswellia carteri*), Cleavers herb (*Gallium aparine*), Graviola leaf (*Annona muricata*), *Andrographis paniculata*, *Echinacea purpurea* leaf & root, *E. angustifolia* root. Grain alcohol 60%, spring water.

Formula C-Plus – some highlights



- **Pau d'arco:** Lapachol and lapachone analogs: a journey of two decades of patent research(1997-2016)
- **Cat's Claw:** Uncaria tomentosa - PubMed (wondrousroots.org)
- **Olive Leaf:** Evidence to Support the Anti-Cancer Effect of Olive Leaf Extract and Future Directions
- **Ashwagandha Root:** Medicinal Characteristics of Withania somnifera L. in Colorectal Cancer Management

Wondrous Roots



BOTANICAL APOTHECARY
Lymphatic System Support

Detox & Immune System Support

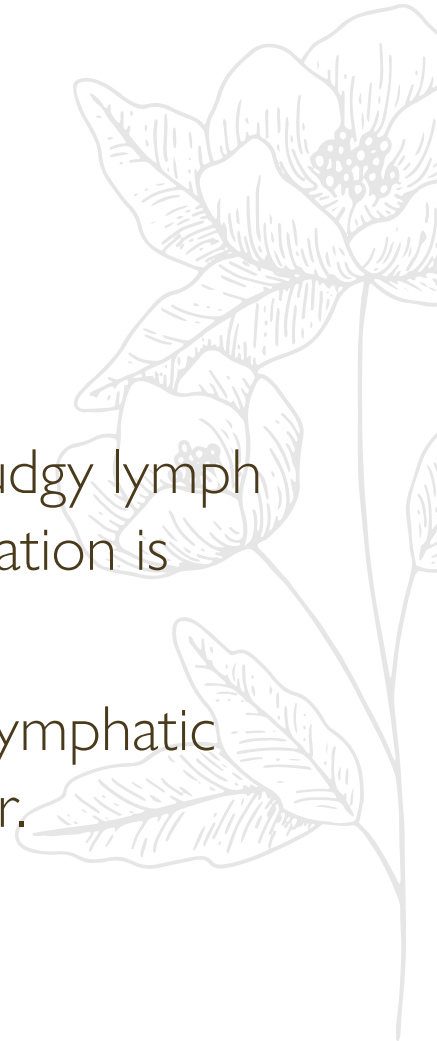
1 oz

Lymphatic System Support



People with cancer have thick, sludgy lymph fluid. Lymphatic system detoxification is essential to healing.

Many plants that strengthen the lymphatic system are also directly anticancer.



Lymphatic System Support



Cleavers herb (*Galium aparine*), Red root (*Ceanothus americanus*), Red Clover leaf & flower (*Trifolium pratense*), Burdock root (*Arctium lappa*), Dandelion leaf & Dandelion root (*Taraxacum officinale*), Gotu kola herb (*Centella asiatica*), Ginkgo biloba leaf, Yellow dock root (*Rumex crispus*), Prickly ash bark (*Zanthoxylum clava-herculis*), Parsley leaf (*Petroselinum crispum*), Echinacea purpurea herb, grain alcohol 60%, distilled spring water. Strength 1:5.

Lymphatic System Support - Highlights



- **Cleavers:** Effects of Galium aparine extract on the cell viability, cell cycle and cell death in breast cancer cell lines
- **Burdock Root:** Discovery of quality control ingredients in burdock root by combining anti-tumor effects and UHPLC/Qq-MS/MS
- **Yellow Dock Root:** In Vitro Antioxidant, Antiinflammation, and Anticancer Activities and Anthraquinone Content from Rumex crispus Root Extract and Fractions

Formula ERA/Essiac Herbs



ERA stands for:

- Emodin
- Anthraquinone
- Rhein

These work primarily via tyrosine kinase inhibition, similar to many chemotherapeutic medications

Wondrous Roots



BOTANICAL APOTHECARY
Formula ERA
Based on the Essiac Formula
1 oz

Essiac & Cancer



Essiac Tea is an herbal tea – a natural supplement – with four specific ingredients: Burdock plant root, Sheep sorrel plant, Slippery Elm tree inner bark, and Turkey Rhubarb root. Essiac is regarded as a natural detox method.

1. There are four ingredients in Essiac tea: Burdock plant root, Sheep sorrel plant, Slippery Elm tree inner bark, and Turkey Rhubarb root. 2. Essiac tea helps release toxins that can be filtered by the liver and excreted by the kidneys. 3. A 2017 study showed that Burdock possesses bioactive immunomodulators, which has anticancer effects. 4. A 2018 report noted that Burdock inhibits the growth of various cancer cells, such as those of the stomach, lungs, liver, and colon. 5. Dr. Daniel Nuzum: “It’s not a cancer-killing, tumor-destroying formula. That's not what it does.”

Black Seed Oil



“Nigella sativa has been used as traditional medicine for centuries. The crude oil and thymoquinone (TQ) extracted from its seeds and oil are effective against many diseases like cancer, cardiovascular complications, diabetes, asthma, kidney disease etc. It is effective against cancer in blood system, lung, kidney, liver, prostate, breast, cervix, skin with much safety.”

source

Black Seed Oil & Cancer



- Anticancer Activities of Nigella Sativa (Black Cumin)
- Black Seed – A Natural Remedy That’s Been Used for Centuries
- Black Seed - 'The Remedy for Everything but Death'
- The effects of thymoquinone on pancreatic cancer: Evidence from preclinical studies

Lithium & Cancer



“Epidemiological data reveal that treatment with lithium, a mood stabilizer, is associated with decreased incidence and mortality of certain cancer types, such as melanoma. Therefore, repositioning of lithium as an anticancer agent has emerged as a promising strategy in oncology.”



Clarification - Lithium



In high doses, lithium acts as a drug, accompanied by potentially serious and debilitating side effects. In low doses, lithium acts as a nutrient required for B12 and folate transport and uptake, neuromodulation, and the function of many biochemical processes in both humans and animals. Studies since the 1970s have shown the ability of lithium to stimulate the proliferation of stem cells. Recent studies have described its ability to up-regulate neurotrophins such as brain-derived neurotrophic factor (BDNF) and nerve-growth factor (NGF), which are important in neuronal function, plasticity, and repair. With its newly described antioxidant and anti-inflammatory activity along with powerful neuroprotective effects, low-dose lithium therapy has largely unrealized potential to prevent or treat a wide-range of neurological disorders such as traumatic brain injury (TBI), Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), chronic pain, mercury toxicity, depression/anxiety, alcoholism, and drug addiction. [See more here](#)

Lithium & Cancer References



- Systems Biology Understanding of the Effects of Lithium on Cancer
- Lithium: A Promising Anticancer Agent
- Lithium and Cancer




Melatonin & Cancer



“Taken together, melatonin has notable anti-cancer effects at malignancy initiation, progression and metastasizing. Further investigations of melatonin impacts relevant for cancer metabolism are expected to create innovative approaches supportive for the effective prevention and targeted therapy of cancers.” [See more...](#)

High Dose Melatonin Therapy: An Ideal Adjuvant Anti-Cancer Therapy - Dr. Frank Shallenberger

High-Dose Melatonin & Cancer



2018 IVC SYMPOSIUM

Melatonin Facts

- Testing for melatonin – AM urine for 6-sulfatoxy melatonin. ZRT Laboratory. Ph 866-600-1636 Fax: 503-466-1636 | info@zrtlab.com
- Peak plasma level after PO ingestion is about 1 hour. Levels sustained for 3-4 hours.
- Rapidly enters the central nervous system and crosses the blood-brain barrier.
- Exogenous melatonin does not alter the levels of any other hormones
- No negative feedback inhibition

IVCandCancer.org

Jordan Clinic


Melatonin & Cancer Info



- An Overview of Melatonin and Breast Cancer
- Melatonin inhibits triple-negative breast cancer progression through the Lnc049808-FUNDC1 pathway
- Melatonin inhibits lipid accumulation to repress prostate cancer progression by mediating the epigenetic modification of CES1
- Melatonin impedes prostate cancer metastasis by suppressing MMP-13 expression
- Metabolic Anti-Cancer Effects of Melatonin: Clinically Relevant Prospects
- Melatonin inhibits lung metastasis of gastric cancer in vivo



Methylene Blue & Cancer



I haven't used methylene blue specifically for cancer with anyone yet; well, for that reason. However, the evidence is quite compelling. I do recommend methylene blue for many other reasons; cognition, mood/anxiety/depression, Alzheimer's/Parkinson's, for mitochondrial support to the entire person but with emphasis on the brain. However, its anticancer properties are being realized and recognized.

Methylene Blue & Cancer



- Methylene Blue and Cancer: Exploring the Connection
- Methylene Blue: A Colorful Breakthrough in Cancer Research and Therapy
- Abstract 2958: Evaluating the therapeutic effects of methylene blue against prostate cancer

Methylene Blue Cautions – G6PD enzyme deficiency



Methylene blue is contraindicated for use in persons with a G6PD enzyme deficiency. This is because its hemoglobin enhancing effect is opposite, robbing hemoglobin from the blood rather than increasing it.

G6PD is an enzyme that protects your red blood cells from damage and supports immune health by producing an antioxidant called glutathione. Although the genetic deficiency is common, it is most often seen in men of African, Asian, and Middle Eastern descent. For more about the G6PD enzyme, go [HERE](#).

Methylene Blue Cautions - Medications



Methylene blue increases serotonin and so is contraindicated with antidepressants and migraine medications. I have used it concomitantly with other natural substances that boost serotonin, such as 5-HTP, Gerovital GH3, and lithium orotate, but I do not recommend use if taking prescription medications.

For more information on methylene blue and its therapeutic uses, which are many, go to my resource page here: [Methylene Blue | Wondrous Roots](#)

Indium – a new addition

I do not consider this part of my core protocol, but I use Indium with many people for overall health, and in the 1960's research conducted at Dartmouth Medical College on 200 treated mice compared with 200 controls demonstrated 26% reduced lifetime cancers and malignant tumors 42%, even though the indium was fed in food, which does not optimize absorption. [You can read more about Indium in this short but fascinating book.](#)



A detailed illustration of a bouquet of flowers. In the foreground, a large, soft pink rose is in full bloom. Behind it, a large sunflower with bright yellow petals and a dark brown center is prominent. To the right, there are several yellow daisy-like flowers. Interspersed throughout are various red flowers, including some with white centers and others that are solid red. The background is filled with lush green leaves of various shapes and sizes, creating a dense and colorful floral composition.

Other Considerations

Other Considerations



Again, this suggested protocol is one I use and adapt to the individual when working one on one, which is my preferred way to counsel people with cancer.

I do have other tools I use depending on the situation.

For blood cancers such as lymphomas and leukemias, I include a **JAK3** inhibition herbal formula comprised of Chinese Skullcap, Green Tea, Berberines as found in Green Tea and Oregon Grape Root, and I will also use other JAK/STAT inhibitors such as genistein and quercetin, EGCG from green tea. For **HER2+** breast cancers I will include an herbal formula containing herbs that work to inhibit epithelial growth factor, similar to the goal of the drug used to treat that aspect of breast cancer, Herceptin.

Dietary Considerations



I don't personally recommend anything extreme, although eating clean might be considered extreme to some. Eating clean means:

- No processed food
- Organic produce, poultry, meat, and wild-caught fish
- Eliminating processed sugar and simple carbohydrates
- Plenty of color in the diet
- Plenty of pure, filtered water
- Avoiding alcohol
- No microwave oven use

Things you might think are missing...



There are very many natural substances that have anticancer properties. As I said at the beginning, we don't have to use everything, but we need to use something that attacks cancer's every vulnerability, at least as far as we are able to understand at the present time. Some things people ask me about that I do not typically work with are:

- IP6 – I did for a while, but because it is cumbersome to take due to timing and frequency throughout the day on an empty stomach, it's difficult to do
- Anti-parasite medications such as Fenbendazole and ivermectin. I have used Fenbendazole in the past but have heard recently of recurrence of cancers. Until I put that to rest in my mind, I don't bother with that.
- Amygdalin – apricot seeds – B17



CK3



CK3 (Apatone) is a combination of calcium ascorbate (vitamin C) and menadione sodium bisulfate (vitamin K3) in a ratio of 100:1.

It requires a prescription, because at high doses vitamin K3 is toxic.

When a client's physician is willing to write for this, we can use it. I have used it in many clients with remarkable success but have seen it not save the day two times.

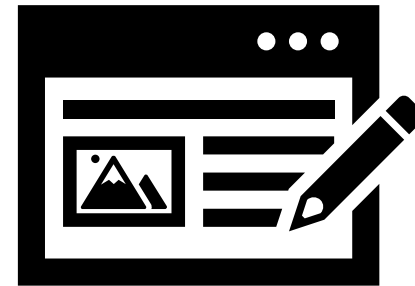
CK3 Info



- Serum Markers Variation Consistent with Autoschizis Induced by Ascorbic Acid–Menadione in Patients with Prostate Cancer
- Autoschizis: a new cell death induced found in tumour cells induced by oxidative stress mechanism
- Vitamins C and K in Prostate Cancer
- CK3 Prescription – this formula must be compounded, and out of necessity I use a compound pharmacy out in Ohio. The owner of that pharmacy was contracted with the FDA for the second phase trials of this formula. He applied for and received his NH pharmacy license in order to be able to accommodate my clients. If you do not live in NH, the pharmacy is licensed in some other states, as well. You will need to check with the pharmacy if you are using this and not working with me as a client.



Short Sheet Example of Protocol - click below to view



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[See More](#)

Be well...



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