

SUPPLEMENTS TO AVOID

WHILE TAKING CANTRON

Compiled by Jerome Godin

JIM SHERIDAN'S AVOIDANCE LIST

The developer of Cantron, Jim Sheridan, only had four substances on his avoid list. They were:

- coenzyme Q 10,
- the mineral selenium
- mega-doses of vitamins C
- mega-doses of vitamins E

He believed these substances could interfere with Cantron's beneficial effect on cellular respiration. Jim stated that you could obtain vitamins C&E from foods and from supplements if not more than 500mg of vitamin C or 400 IU of vitamin E. Jim warned against taking any Co Q10 or selenium. Many of the compounds in Cantron are ortho-quinones. CoQ10 is a para-quinone which he believed may counter Cantron's beneficial effect on cellular respiration by raising ATP and cellular energy levels, whereas Cantron supports normal cellular respiration by lowering ATP and lowering cellular energy levels. They work against each other. In fact, any substance raises ATP and cellular energy levels theoretically will work against Cantron.

I find it necessary to report that we have had people take these substances along with Cantron and still report improvements to their health and Wellness. Regarding selenium, a small scientific study was performed in-vitro and the conclusion was that selenium did not interfere with the cellular respiration properties of Cantron. Regardless, as an abundance of caution I would avoid these substances, especially if dealing with a serious health challenge.

PROCEED WITH CAUTION REGARDING HERBAL FORMULATIONS

Thousands of herbs are reported to be beneficial to a state of 'Wellness' such as Cat's Claw, Essiac Tea, etc., however, there is no way to know whether these herbs will conflict with the bio-electrical nature of the Cantron Electrolyte Formula described above. We simply cannot research and study the chemistry of all the herbs which are available throughout the world. Therefore, we advise that you do not take any other herbs or supplements that are not listed in the 'Cantron Total Wellness Program' which is a comprehensive program that includes several synergistic herbal formulas as well as other supplements. At the present time we can acknowledge that the herbs Paw Paw, Graviola, Lapacho (Pau D'Arco), Aveloz, Green Tea, Milk Thistle and Dandelion Root are compatible with Cantron.

A chemist who was intrigued by and studied the Sheridan formula made up his own avoidance list and his own list of supplements that may be taken with Cantron. This list was published in a book by Tanya Harter Pierce. It must be pointed out that all items on his prohibited list are theoretical and no scientific studies that I am aware of were ever conducted. I am printing his lists in their entirety. I do not endorse this list nor reject the items on this list. I do not know how this chemist came up with these conclusions or if he is right or wrong. I would say however to seriously consider avoiding these substances under the abundance of caution philosophy, especially if you are trying to overcome a serious health challenge.

Definitely AVOID While Using Cantron® Supplements or Therapies to Avoid Because They Promote ATP Production and raise cellular energy levels:

• Vitamin C	• - Vitamin E	• CoQ10
• Selenium	• Essiac Tea	• Hoxsey Therapy
• Poly-MVA	• Acetyl-Cysteine	• L-Cysteine -
• Alpha lipoic acid	• Ginsengs of all types	• LifeOne
• L-Lipoic Acid	• L-Carnitine	• Burdock Root
• Creatine	• Taurine	• Iodine
• Fish Oil	• Resveratrol	• Rhodiola
• Glutamine	• Flax Oil	• Rosea
• Homeopathies	• MSM-	• D-Ribose

Supplements or Therapies to Avoid Because They May Interfere with Cantron for Other Reasons:

• Ozone	• 714X
• Cesium	• Antineoplastons
• Zeolite	• Cat's Claw
• Rife Treatments	

Discussion: It is hard to believe that fish oil or homeopathies would conflict but if possible, avoid them.

Persons who have been taking these prohibited substances for their antioxidant properties should be happy to know that the Cantron Wellness Program contains many antioxidants which are much more potent than those you will be giving up (refer to the 14 products in our 'Cantron Total Wellness Program'). Cantron, itself is a powerful antioxidant. The chemist's list below includes additional supplements that can be taken according to his theory.

MAY Be Taken While Using Cantron

• Any Type of Enzymes	• Reishi Mushrooms	• Graviola
• AHCC	• Willard 's Water (clear)	• Primrose Oil
• Shark Liver oil	• Ellagic Acid (or Ellagitannins)	• Borage Seed Oil
• B Vitamins	• Low Dose Nalcrexone	• DIM
• Milk Thistle	• Vitamin D3	• Laetrile
• Coral Calcium (without vitamin C)	• Hydrazine Sulfate	• B 17
• Larch	• Potassium	• Germanium -132
• Colostrum	• Paw Paw	• Ambrotose (without vitamin C)
• Probiotics (friendly bacteria)	• Indole-3-Carbinol (I3C)	• Turmeric
• Calcium	• Saw Palmetto	• Curcumin
• Magnesium	• Natural Progesterone	•