

Unconventional Cancer Protocols to Heal My Body

6/7/20

My caveat: I created my protocols from what I learned through my independent research. I don't make any claims that these will cure cancer or will be beneficial for others to follow. None of these protocols have brought my bone marrow cancer into remission. However, my goal is to continue to support the natural healing processes of my body while all along maintaining the quality of my life as best as I can.

Here is what I do:

1. **Eat a healthy diet:** I follow the Carnivore (Animal-Based) Diet, which is an organic, gluten-free, nutrient-dense, anti-inflammatory eating plan. I consume a fat-to-protein gram ratio of 2:1 or greater to maintain ketosis the majority of the time. And I eat when I'm hungry and drink when I'm thirsty. The specifics of my diet are:
 - Pastured animal meats¹, their healthy fats, and organs (including skin, cartilage and collagenous parts; I purchase grass-fed, grass-finished pure Wagyu beef from Pasture Prime Family Farm² in Florida)
 - Wild caught seafood – especially sardines with bone-in and skin-on, salmon, shrimp, mussels, and salmon roe
 - Butter, ghee, and tallow from grass-fed and pastured cattle (these provide additional fat to improve my fat-to-protein ratio)
 - Pastured chicken eggs
 - Homemade bone broth
 - Himalayan salt for flavor and electrolytes (I also add ¼ Tsp. daily of “Sea Seasonings Kelp Granules” to my food preparation for iodine)
 - Filtered water or natural spring water for drinking (I like “Flow” alkaline spring water, “Fiji Artesian Water”, or “Alkaline 88 Water”)
 - Two 8-ounce cups of organic coffee with heavy cream and ghee in the morning (cream and ghee provide additional fat to improve my fat-to-protein ratio). I also add Collagen Peptides from Vital Proteins³

¹ <https://www.whiteoakpastures.com/>

² <https://www.pastureprimewagyu.com/beef/>

³ <https://www.vitalproteins.com/products/collagen-peptides>

2. **Fortify my gut and maintain an intact gut epithelial barrier:** I take 2 caps of Megasporebiotic, 4 caps of MegalgG2000, and 1 scoop of MegaPrebiotic mixed with 1 scoop of MegaMucosa in cold water (all products from Microbiome Labs⁴). I also take 2 caps of TerraFlora Deep Immune, which also stimulates the production of interferons (IFNs) as well as activates downstream immune cells (from Enviromedica⁵).
3. **Support my bone:** I take 6 caps of OsteoVegan (from NuMedica⁶), 2 caps of Megaquinone K2-7 (from Microbiome Labs), and 5,000 IU of Vitamin D3 (from NatureWise⁷).
4. **Boost my immune system:** I take 4 herbal liquid extracts: 5 ml. of Ashwagandha 1:1; 5 ml. of Echinacea Premium 1:2; 5 ml. of Astragalus 1:2; and 2.5 ml. of Korean Ginseng 1:2. I add Marshmallow Root 1:5 Glycetract, 5.0 ml. to the 4 herbal liquid extracts for mucous membrane support and as a “sweetener” for the other 4 “bitter” elixirs. (all from MediHerb⁸)
5. **Help repair my mitochondria:** I use PEMF (Pulsed Electromagnetic Field) Therapy using the PureWave PEMI mat⁹ first thing in the morning for 8-minutes at setting “Vital – 9”, afternoon session for 8-minutes at setting “Basis – 10”, in early evening for 8-minutes at setting “Relax – 4”, and at bedtime for 24-minutes at setting “Relax – 2”.
6. **Assure animal-based nutrients for my cells:** I eat 1-2 teaspoons of raw Manuka honey¹⁰, which is made by bees and has none of the hazards of plant foods (1 Tsp of honey = 6 grams of carbs) – most people will stay in ketosis if carbs are less than 25-50 grams/day. I also take 5 caps of Desiccated Organ Complex¹¹ and 4 caps of Desiccated Bone Marrow¹² (supplied by Enviromedica).
7. **Control pain:** I take 200 mg or 400 mg of ibuprofen only when necessary.
8. **Target specific proteins involved in my cancer:** I take 2 human-derived monoclonal antibody immunotherapies – **XGEVA**¹³ injections attack a protein that causes my bones to weaken and inactivate this protein. **Darzalex**¹⁴ infusions attack a specific protein on the surface of malignant plasma cells and kill them. Along with Darzalex, I am given premeds (Tylenol, Benadryl, and Decadron) only the day of infusion to limit any side effects.

⁴ <https://microbiomelabs.com/about/>

⁵ <https://shop.enviromedica.com/terraflora-synbiotic-deep-immune>

⁶ <https://app.numedica.com/catalog/NM306>

⁷ <https://www.naturewise.com/products/vitamin-d3-5000-iu-supplements>

⁸ <https://mediherb.com/>

⁹ <https://www.purewaveenergycenters.com/pemf-home-system>

¹⁰ <https://wedderspoon.com/products/raw-manuka-honey-kfactor-16-500g-17-6oz-jar>

¹¹ <https://shop.enviromedica.com/pastured-organ-complex>

¹² <https://shop.enviromedica.com/pastured-bone-marrow>

¹³ <https://www.amgen.com/media/news-releases/2018/02/results-from-phase-3-xgeva-denosumab-study-in-patients-with-multiple-myeloma-published-in-the-lancet-oncology/>

¹⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5013856/>

9. **Help prevent colds and flu:** I use a Bee Propolis Mouth Spray 4 times a day if I feel any “scratchiness” in my throat (from Beekeeper’s Naturals¹⁵).
10. **Strengthen my body:** I do arm and leg stretches daily. Based on the condition of my bones, I do modified pushups and modified squats several days a week. Also, I walk one mile outside every other day.
11. **Reduce stress:** I meditate and practice diaphragmatic breathing as well as progressive, total body muscle relaxation.

¹⁵ <https://beekeepersnaturals.com/collections/all/products/propolis-spray-4-pack>