

12.13.25

VERY ROUGH NOTES TAKEN FROM DIFFERENT CANCER BOOKS, podcasts, etc.

Cancer-Free: Your Guide to Gentle, Non-toxic Healing

How to Starve Cancer

Cancer Secrets

Busting Breast Cancer

Unfortunately, my notes were not all in order, so the notes may skip around a bit. These are my informational notes “as is” for my reference. Family and friends wanted to read my notes, so it was easier to post this doc on my website instead of sending out individual emails. I am not a doctor or health expert. The notes are not recommendations or medical advice. There may be typos or incomplete information.

Supplements to take:

Beta 1, 3-D Glucan – dose based on your weight (3 for me). Take for 6 weeks, then 1 cap a day after RM10 Ultra

Alkaline water filter. Goal is a pH of 8.5, but 7.4 is easier goal, 6.4 or higher is good. Cancer thrives in 5.5 or less. Cancer does not like an alkaline environment. Test strips with saliva to measure. Rinse mouth first.

Book: The PH Miracle: Balance your diet.

Essential oils -therapeutic grade

MGN3

RM10 Ultra by Garden of Life (triple normal dose). 9 capsules a day

Good brands for supplements: Transfer Point, Garden of Life, Our Health Co-op, Green Supreme

BUDWIG DIET

Flaxseed oil and organic cottage cheese (Good Culture) Premise: With a specific mixture of polyunsaturated fatty acids and sulfur-containing proteins it can “re-oxygenate” cells and restore function. Not only a treatment for cancer but, heart disease, arthritis, and immune deficiencies

Wellness Cancer Guide Budwig

2 to 1 ratio

Ex. 2/3 c. cottage cheese and 1/3 c. flaxseed oil cold pressed. Used immersion blender to combine. Must consume within 20 minutes of mixing. Once or twice a day, in book twice a day – breakfast and lunch

www.Budwigcenter.com to print out book

Recommended fresh flaxseed oil: Barleen’s – 800-445-3529

Book: Amazon, A Day in the Life of the Budwig Diet

Omega -3s

Book recommendation: The Broyce Cancer Cure: How to Fight Cancer and Win

Heart Plus supplement (Vitamin C, Lysine and Proline) combine with Green Tea Extract

Dose for Cancer: 6 Heart Plus a day and 3 Green Tea. Take 2,2,2 and 1,1,1, at the same time

Rose Hips

Cancer and Arthritis – Take Dried Green Barley (enzymes) every day. Cancer and Arthritis can't grow in an alkaline environment.

Enzymes: Barley Power (Green Supreme Inc.) for cancer – 20 tablets a day. You can email directly for cancer discount sales@greensupreme.net. Take this for life.

Must know metabolic type. Need metabolic testing

Book: Eat Right for your metabolism – curing incurable cancer, Dr. Rowen

NO SUGAR!!!! NO PROCESSED FOODS!! NO DAIRY PRODUCTS – except cottage cheese

Documentary: Forks Over Knives – China study

Diet Wise – Dr. Scott Mumby (food allergies)

To avoid: Sugar in any form (can use Stevia), processed foods, Dairy- milk, butter, lactose, gluten – barley, grain, rye, oats, wheat and spelt

Avocados and Spinach are okay

Go to chiropractor and adjust 1 and 2

Supplements:

Beta-1, 3-D Glucan (Beta Glucan 500 by Better Way Health)

Curcum – Eval400, and Thorne's Curcumin Phytosome

DIM – Eval (Designs for Health)

Melatonin 20-80 mg

Probiotic 100 billion CFU (ProBioMed 100, Designs for Health)

Vit. D3 K2 (Vit. D Supreme Designs for Health) 500-15000 IUS, up to 25000 gel cap form

Vit. E tocotrienols (Unique E Tocotrienols AC Grace Co.)

Zinc – chelated 40-80 mg daily

Helpful things to do: Mindfulness meditation, to say: I feel good, I am healed, I am healthy, Hypnotherapy, Deep breathing: 4,4,4 2x daily – imagine breathing in peace, relaxation and success. Exhale: eliminating stress, anxiety and fear
Prayer and meditation (transcendental)
EFT (tapping)

Essential Self-treatment: daily reminder

Immune System Stimulation: Beta1, 3-D Glucan, 1 500 mg capsule per 50 lbs in am – 30 minutes before eating or drinking anything.

Cottage Cheese and Flaxseed Oil: 2-1, eat ASAP, must be fully blended with emulsion blender

Heart supplement (see above) and Green Tea extract, 6 caps of heart – 2,2,2 and 3 caps of GT – 1,1,1 take together 3x a day (Ourhealthcoop.com)

Barley Powder: 20 tablets per day before each meal (Greensupreme.inc.net)

Avoid food on 4 no's list

Vitamins: 2 packets of Daily Advantage (Mountain Home Nutritionals) and D3 25000 per day, gel only (Vita brand)

Maintenance:

Glucan daily – 1 cap a day, up dose if needed

Cottage Cheese and oil – cut in ½

Can eliminate Heart Plus

Barley Power – 2 to 3 before each meal

Test PH level weekly

No processed foods

Avoid: Dairy, sugar, gluten and meat

Take Daily Advantage (Dr. Williams Mineral Supplement)

D3 – 1000 mg per day forever

Raw veg is best – raw food

Vitamin C – Liposomal gel (Liposheric Vit C)

Diet trumps DNA – www.johnbarron.org

Possible Causes:

Emotional Trauma and Stress – reverse the condition, Emotional Freedom Technique (must address)

Book: The Emotion Code Book by Dr. Nelson

Dental Toxins: Root canal, extracted, mercury, metals. (Heart disease and cancer). Remove root canals with biological dentist. Book: Root Canal Cover Up – 98% of breast cancer patients had root canal on the same meridian as the tumor. #1 priority to remove them, very toxic. Book: Roots of Disease Book, Rescued by my Dentist

What we put in our mouth: smoking, food, cooked food, MSG, high fructose corn syrup (addictive)

Limit animal protein

Tests:

MRI – ambiguous

HCG Urine Cancer Test (Dr. Navarro) the higher the number the greater the severity of the cancer. 8 weeks in between each test. 2 tests before treatment. Between 6-8 weeks. Be patient.

Other:

Exercise

EWOT – oxygen concentrator (The Health Spa – Marrion/CR 5001 1st Ave.

Alternativecancer.net
Vibro acoustic sound therapy

ESSIAC TEA – Very important!! You are looking for the following herbs: Burdock root, sheep sorrel, Turkish rhubarb root, red clover, watercress, blessed thistle, kelp, slippery elm bark. If some of the herbs not in the tea, add separately. Renee Caisse.

Integrative Oncology:
After Surgery: NSAID Celecoxib
CBC – complete blood count panel
CMP – comprehensive metabolic panel
Albumin – at least 4g/dl – intravenous if below
CRP – C -Reactive protein
Hemoglobin A1C
Hormones - Full thyroid
IGF-1
Lipid Panel
Tumor Markers – CA15-3
Vit. B12 and D
Salivary Cortisol
Vit. C therapy IV
Mistletoe injections or infusions
Hyperthermia – heat

Lymphatic Therapy

Aspirin low dose 75

PEMF therapy or mat

Lubetskychiropractic.com

Book: Accidental Cure by Simon Yu

Parasite elimination, remove amalgams, food allergies, nutrition

Addioscancer.com (Mexican clinic)

Layatril B-17 and Shark cartilage (Lanelabs.com)

Self-treatment:

Red raspberry capsules (www.heartamerica.com) and graviola
Artemisinin (wormwood) Vitanet. 2 capsules per day for 2 years
Nutricology

Vit. C liposomal and Niacin (till flush – 100 to 200 every 10 minutes until flush) and max carotene (till pumpkin face)

Book: Let's Put an End to Cancer

Taheebo tea and Pau D'Arco tea

Paw Paw

Vibe machine

Procell: www.outsmartyourcancer.com

Garlic, ginger, green tea, Essiac tea, 2 c. coffee daily, 5 or more servings of vegetables, 30 minutes min exercise 6 days a week, intermittent fasting

Plant focused diet, less red meat, eggs no more than 5 a week, fish – 2 to 4x a week (salmon, mackerel, sardines, trout and herring)

Chelation therapy

From Mel Robbins and Dr. Dawn Mussallem podcast

Wild frozen berries – 1 c/day, 2 servings a week, 25% reduction in cancer

Purple sweet potatoes (Japanese) can have 1 a day

Cruciferous vegetables – better to eat raw, cauliflower, Brussel sprouts, broccoli, arugula, cabbage. Add dry mustard seeds if cooked. If cooking, try to have a few bites of the raw first.

Black beans and lentils. Soak and rinse. Fiber reduces risk of cancer by 22%

Edamame (pressure cook if following Dr. Gundry). ½ c. a day helps prevent cancer. Hot flash reduction by 88%. Soy, 25% reduction for breast cancer coming back.

Kiwi: cancer preventer and keeps you regulated. 2 a day helps after 1 week with constipation, reduces oxidated stress, repairs DNA

Red meat and processed meat drives body to diabetes

No processed foods – read the labels, ex. Mono., karangens, food color

Craving sweet – 1 medjool date with a nut inside

Exercise will improve outcome

Top 5 things important if you have cancer: Self-love and love others, exercise, food, sleep (washes the brain), reduce stress

Hemoglobin A1C test

Muscle is very important in your body – it takes up the blood sugar

Personal preference on your treatment options. Don't resist, move forward, what can you learn?

Book: How to Starve Cancer

Supplements: Berberine, Liposomal Ascorbate Vit. C - 5000 mg at a time, Vit. C Infusion – 25 – 75g, 3x a week, shark liver oil and fish oils.

20 minutes of meditation, exercise – muscle soaks up glucose, green tea and curcumin

Cancer needs #1 glucose, then will look for fat and then protein.

Take chromium picolinate and gymnema for glycemic control

Niacin B-3 (fat reducing), butter sparingly, Palmitoleic acid (in Olive oil) is a super nutrient, also Seabuckhorn oil take in capsule, Vit. K3 and maitake D-fraction.

Intermittent fasting – rest after 3 pm to am. Liver is more active in the a.m.

Zinc and raw garlic (can put in guacamole), fish oils and ground flaxseed. Seaweed, folate + B12, melatonin and oral progesterone, spinach, broccoli and other cruciferous vegetables, fish and salads. Arginine supplement for white blood cells.

Do Live Blood Test – testing for red and white blood cells and fungi

Aspirin and magnesium (together inhibit platelet adhesion), Dipyridamole (no side effects like aspirin)

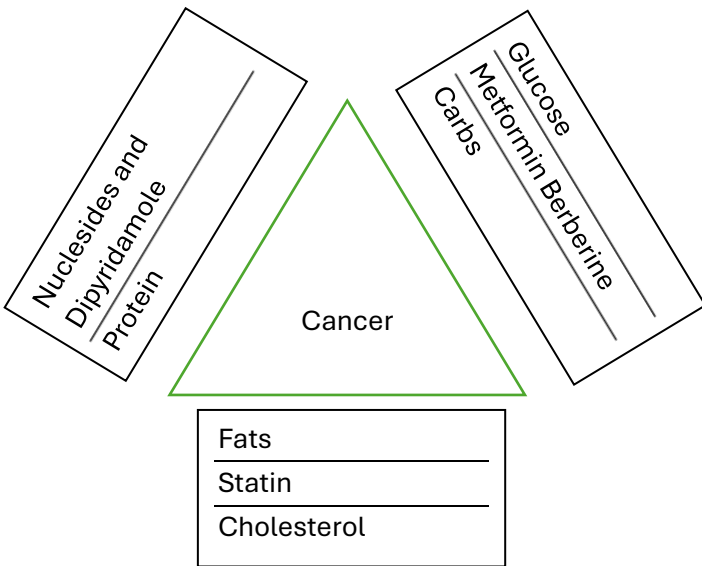
NSAID – like an ibuprofen, Statin/dipyridamole causes apoptosis

Celecoxib (an NSAID) – NSAID + dipyridamole + statin (elodolac)

Metformin (diabetes treatment) – you want to starve cancer of glucose

Exercise 15 minutes after a meal to reduce your insulin and glucose

Cancer has 2 types of cells: stem cells and fast-diving cells. Stem cells cause spread. Drs treat fast-diving cells through chemo, radiation which is a short-term solution because it leaves behind the stem cells.



Then – Vitamin C, ozone, Etodolac (NSAID) and lovastatin combo.
Photodynamic therapy

McLelland Moonshot:

Starve your cancer (triangle)

Stop abnormal cell signaling (PPAR gamma) reduce inflammation

Stop it spreading (block growth factors and MMPs)

Snuff it out - trigger apoptosis through the caspase cascade and oxygenation, use lower doses of chemotherapy, radiology and the new approach of femoptosis.

Recover. Detox, recovering the immune system and mitochondrial loss.

For different types of cancer:

Glutamine driven cancer: vegan – cut out protein and avoid keto.

Melanomas, androgen driven prostate and Braf

TLR-4: Berberine 100, low dose Naltrexone, Berberine + CBD

Oestrogen receptor: Indole – 3- carbinol (13c or DIM) and melatonin and metformin – white button mushrooms eat daily

EGPR – Berberine, green tea, curcumin

HER 2 – Hercpetin, ivermectin and aprepitant. Supplements: cyclocreatine, moringa, oleifera leaves, GLA, danshen, resperine

75 mg aspirin and Boswellia

ASK: What is my cancer's metabolic phenotype

Intravenous Vit. C is 10x more lethal to cancer stem cells than chemo. Combined with doxysycline – 100% more effective

Seabuckthorn oil and Omega 3

Intermittent fasting

Walk 15 minutes after meals

HITT exercises

Avoid stress – propranolol can help

Herbs and Vitamins:

Echinacea, Garlic (ripened garlic extract), Turmeric – curcumin, burdock root, Carotenoids (Rosehips), Green tea, Ginseng, Black cohosh, flax seed, Vit D 4000 IU

Eat to Beat Disease

Proangiogenic Foods for angiogenesis

Soy, tomatoes, broccoli/cruciferous vegetables

Fish: yellowtail, sea bass, bluefin tuna, caviar

Salmon, sardines, trout

Green tea, red wine

Tree nuts and beans

Dark chocolate, spices and herbs

Stem cell boosting foods:

Fish oil, squid ink, turmeric,

Stem cell boosting beverages:

Red wine, beer, green tea, black tea

Foods that kill cancer stem cells:

Green tea, purple potatoes (Japanese), walnuts, EVO oil, soy, quercetin – ex. Capers

Healthy bacteria:

Raw sauerkraut, kimchi, Pao Cai (Chinese fermented cabbage), cheese and yogurt, sourdough bread (made with mother yeast, most store bought not made with the mother, check bakery or natural store)

Benefit microbiome:

Kiwi fruit, cruciferous vegetables, dark chocolate, walnuts, beans (Dr. Gundry must be pressure cooked or Eden or Jovial brands, mushrooms)

What is the cause of my cancer?, Attitude, Research, Emotional correlation, trapped emotion, muscle testing. Hormone-negative tumor or slow growing hormone-positive tumor?

BUSTING BREAST CANCER

Cancer is a metabolic disease. Mitochondria cells suffocate which initiates first cancer cell

Causes:

- Chronic, whole-body inflammation
- Radiation (mammograms)
- Viral infections
- Intermittent hypoxia (sleep apnea)
- Chemical carcinogens
- Inherited gene mutations (BRCA-60: don't ?)
- Aging

Cancer cells ferment – use glucose, not oxygen. MITOCHONDRIA are in charge!!

Keto diet

Today's high rate of recurrent MBC is being cause by frequent biopsies. They increase tumor cells access to glucose and glutamine (main drivers of cancer). Risk is 94%. Cancer also needs to process amino acids, glutamine to survive.

Metabolic therapies, personalized therapeutic keto diets, hyperbaric oxygen treatments, glutamine inhibitor drugs ex DON (because cancer drug market is worth 30.4 billion dollars. Over feed with fat – doesn't increase cancer, over feed with carbs – cancer risk. **CANCER IS A METABOLIC-ENERGY BASED DISEASE.**

Excess body fat is alive. It generates an enzyme called aromatase that converts into toxic estrogen. Only in women's sex organs, which assault the cell's power batteries (mitochondria), bombarding nonstop.

Intermittent fasting

Complete blood panel twice a year to include: Vit. D3 level – indicates current strength of cell-to-cell communication system. C-reactive protein level – multi-sectional immune system marker for whole body inflammation **CAN DIAGNOSE BREAST CANCER.**

Keep Vit. D level above 60 – hormone is able to block breast cancer cells as they form. 15000 IUs daily – with largest meal.

D3 plus small amount of calcium (1000 IUs), Vit K (90-150mg) and magnesium

North American women remain the largest consumers of sunscreen which equals the highest rate of breast cancer in the world, the sunscreen market is \$24.9 billion. Get D3 Vit. Test. Benefit to have adequate D3 in blood year round.

Hormone free IUDs

Ductal carcinoma in situ, or **DCIS, IS NOT CONSIDERED CANCER**

Mammograms = \$7.8 billion annual

Doctor's oath – FIRST DO NO HARM

Mammograms caused 10s of thousands of women to be over diagnosed each month equals overtreatment. Switzerland has closed all mammogram clinics and other European countries are following.

Stage 0 breast cancer, 20% of the women treated didn't have cancer. Stage 1, pea size will disappear on their own. Should be put on watch.

Lumpectomies are a \$10 billion industry.

Treat with metabolic therapies - keto diet, starve glucose, get rid of fat in the body, detox, meditation, yoga, lower your cortisol.

Early breast cancer prevention requires thermography. Thermography helps monitor the current level of breast inflammation – preconditions of invasive breast cancer. Infrared breast cancer breast imaging and regulation thermography for the entire body.

Inflammation can be reversed. Continuously cleansing or detoxing your body makes sense. Functional/holistic medicine sees patient as mind-body whole.

10 paths to cleanliness:

1. Fill your body with clean water, install filter or water pitcher. Filter your shower water. (10 minutes in a shower is equal to drinking a gallon of water.)
2. Keep your lymph system and toxins moving:
 - a. Use dry skin brush before shower, enjoy regular breast massage, engage in no sweat exercise, include high sweat exercise.
3. Increase digestive enzymes and cell to cell communication
 - a. digestive enzymes and glycans
 - i. Ambrotose
 - ii. Eat a variety of mushrooms to improve nutritional absorption (Chaga mushroom tea)
4. build your personal Biome - with probiotics and prebiotic prebiotics
 - a. Example of probiotic, one tablespoon at least once a day of plain, whole fat, organic yogurt with breakfast, one tablespoon fermented sauerkraut or fermented beets with lunch, a glass of kombucha, no sugar in the afternoon, kimchi with dinner.
 - i. Can use probiotics supplement or plain, organic, grass fed, whole milk yogurt, plain Kiefer, fermented Pickles (Bubbies), naturally fermented cabbage, beets or cauliflower, kimchi, kombucha, no sugar, Tempe, miso, tamari
 - ii. Prebiotics - asparagus, garlic, bananas, leeks, dandelion greens
5. Keep Organochlorides (OCS) out of your body. They are chemical compounds found in food, found in commercially grown livestock fish and poultry. Also used in dry cleaning fluids - can be found in commercial dairy products, etc.
 - a. Dirty 12: BUY ORGANIC - Strawberries, spinach, kale, nectarines, apples, grapes, Peaches, cherries, pears, tomatoes, celery, potatoes.

- b. Clean 15 – Non-organic okay. Avocados, corn, pineapple, onions, papaya, sweet peas frozen, eggplant, asparagus, cauliflower, cantaloupe, broccoli, mushrooms, cabbage, honeydew, Kiwi.
6. Use only non-toxic cosmetics and personal care products. Environmental working group free database – Skin Deep.
7. DETOX TASK: Balance your hormones naturally. Unbalanced estrogen levels accelerate the growth of existing cancer cells. Excess hormone can feed existing cancer cells. (**Glucose and glutamine are two primary fuels;** Both required to keep cancer cells alive), Progestin drugs can both initiate and accelerate breast cancer while you use them.) Test type of hormone imbalance. (Zava Labs – Estrogen Metabolite test), (ZRT Labs – Estrogen balancing test). Less toxic is plant-based hormones – bioidentical hormones – estriol.
8. DETOX TASK: Reduce the recurrence of hormone-positive breast cancer.
9. Cleanse your mind. Detach from our emotions as much as possible. Daily meditation can help lower cortisol hormones (high cortisol attack mitochondria in our breast). Just 15 minutes or 30 minutes, once or twice daily can lower cortisol for hours. Too much cortisol, along with too much estrogen, mitochondria can lose their ability to process oxygen, enabling the cells to suffocate: The first step in cancer creating process. Lower cortisol levels equals lower inflammation. Intuitive healing – Andrea Brier and Prajna Avalon.
10. Consider cannabis. Rick Simpson protocol. Cannabis oils can help prevent and treat various stages of cancer. CBD with THC can help.

DETOX SHOPPING LIST:

Shower filter and kitchen faucet filter
 dry skin brush
 massage oil for breast massage
 Ambrotose glyconutritional powder (Mannatech, Inc.)
 Chaga tea
 Probiotic foods or supplements
 prebiotic foods
 Infrared sauna
 Meditation cushion, stool or Back Jack chair
 Estrogen metabolite test
 Hormone balancing test
 CBD and/or TCH tinctures and edibles

Maintaining sufficient levels of D3 helps create and maintain an immune system that is able to block cancer cells or help evolving cancer cells to self-destruct.

Prevention Guidelines for BRCA Women

1. Eliminate all of your excess body fat: lower toxic estrogen levels and strengthen the mitochondria in your breast cells.
2. Keep vitamin D3 levels above 60 ng/mil throughout the entire year.
3. Use thermograms to measure precancerous inflammation in breasts (breast cancer cannot develop if your breast tissue is not inflamed.)
4. Use only breast self-exams, Clinical breast exams, ultrasound diagnostic tests and MRIs to detect and diagnose fast growing cancerous tumors. (Women under 35 – 1 single mammogram can significantly increase a young BRCA woman's risk of developing invasive breast cancer later in life.)
5. Use thermography, SonoCine, Prenuvo, if had cancer – breast MRI for follow up. SureTouch scanner

6. Measure your body's ability to balance estrogen and to eliminate toxic estrogen. How to access – saliva-based hormone balancing test and urine-based estrogen metabolite test.
7. Pregnancies can increase BRCA women's cancer risk
8. Avoid progestin drugs for birth control, hormonal imbalance and or for menopausal release.

Federal breast Cancer Research program - \$150 million a year.

The Polish Cancer Prevention Goulash recipe. Where you live and how you live, matter more than whether you were born with a damaged BRCA gene.

Ingredients to follow: More Vit D3 (low SPF!), Fewer progestin drugs, Fewer mammograms - instructed to never have a mammogram until they are postmenopausal; usually over 50 years old. The Swiss have banned them. More cruciferous vegetables (ex. Cabbage)

RADIOACTIVE TRACERS:

TI – 201 – Three day half-life

TC-99 – Six hours half-life

Can be detectable for several weeks. Wash hands and take showers

For Sentinel lobe biopsy - used to see if cancer has spread to lymph nodes

Omitting sentinel lymph node biopsy: 1. If under 2 cm, 2. Ductal carcinoma insitu – not recommended for pure DCIS unless high risk of invasive cancer.

INSEMA AND SOUND Study (Cancer World)

ASK: Did my ultrasound show involvement of the lymph nodes? If none, and tumor is less than 2cm, no need for lymph node biopsy. Can I do a laser ablation instead of lumpectomy?

Our Hush Husk Epidemic

There are NO true statistics on breast cancer

Metastatic breast cancer drugs, we are told, create a vibrant market and us today. All of these toxic drugs, including immunotherapies, are used to extend metastatic patients' lives, and are considered the largest and most profitable segment of today's entire breast cancer drug market. NONE Of the drugs are described as resolving the disease period 1 research report tells us, "As stated by the WHO, The rate of death by breast cancer is increasing in number and predicted to increase. This is expected to increase the market share for the metastatic breast cancer industry.

TUMOR DATA, NOT PEOPLE DATA

If the mitochondria and cancer cells run out of their two fuels, they can no longer keep the cancer cell alive. Those mutating genes, along with the entire mitochondria-powered cancer cell, simply die. The US has the highest breast cancer rate in the world.

Thermography is the most significant early signal or precursor to the development of DCIS (stage 0) and invasive breast cancer (stages 1-4). It is the best way for women to annually monitor the amount of inflammation in their breast tissue. Once inflammation was identified, a woman can begin to mitigate or eliminate this inflammation, using: Busting Breast Cancer's prevention steps.

Koman Foundation refuses to fund any organization for any programs if they mention, educate, or offer any services related to the breast self-exams! The American Cancer Society also instructs women not to have regular clinical breast exams.

More non-toxic metabolic therapies! We need to Protect our breast cells' mitochondria, those tiny but mighty power batteries, from suffocation.

We need only metabolic cancer treatments that starve cancer cells to death.

Physicians can lose their state medical licenses if they stray from the industry's dogmatic path of "standard of care" treatments.

Parasites

Cancer doesn't begin with the mutating gene, but with our suffocating mitochondria. Manage cancer diagnosis by blocking cancer cells from processing or fermenting their favorite fuels: glucose, along with glutamine. Within the cancer formation process, our cells mitochondria call the critical shots.

RECAP:
Burn off excess fat, especially around the middle, raise your vitamin D blood level above 60 ng/ml. Choose hormone free contraceptives. Have an estrogen balancing and estrogen metabolite test, to see if hormones are balanced. Choose personal care products, cosmetics, and foods with non-GMO ingredients. Exercise, infrared saunas, high sweat exercise, intermittent fasting, clean water. Goodbye to mammograms. Do breast massage and self-exam, clinical breast exam with sure touch scanner. Annual thermogram.

If a lump is found, ultrasound breast diagnostic test, not a mammogram. Daily meditation lowers cortisol. Meditation is clearly one of the most important ways to nurture and protect your breasts mitochondria. Who knew?

The concept that a breast biopsy can initiate recurrent metastatic breast cancer is very controversial research.

Remember, **you are in charge!**

To do blood work – not just once a year:

Comprehensive blood test

Thyroid: T4, free T3, free T4, TSH, TPO

Cortisol

Comprehensive metabolic panel

Complete blood count

Urine analysis

Cholesterol and lipid panel

Diabetes risk test
Estradiol test
Micronutrient test
Female: hormone female

Podcast: Dr. Leigh Connealy

The typical medical doctor gets paid by how many diagnoses and time and more of them - better the reimbursement.

You should have a history of your health: physical and bloodwork. C-reactor protein (inflammation), Hemoglobin A1C (diabetes), Vit. D levels, SAID rate, complete thyroid and immune status. Ex. Immune function panel by Syrex Lab. What can we do to correct it?

Factors: Aging, environment, stress, etc. Remove offending things and then support your body.

Number 1: State of mind is number 1. PMA everyday (positive mental attitude). Be conscious of our thoughts. Affirmations daily, example thank you God... (Cortisol creates inflammation). Self-care is the new healthcare.

Breathing before bed to reset your mind and body. Your day begins when you go to sleep. Options to take before bed: magnesium, 5 milligrams of melatonin, pancreatic enzymes, progesterone, hydrogen water.

Cancer Revolution book - about how cancer works. Cancer is an 8-to-10-year process.

Our cells have a voltage, .07 millivolts. Cancer is a decrease in voltage. When cells become acidic, voltage and the cells go down. Like a battery, if it is low, the cells can't function properly. Things to do. Be barefoot on the grass slash earth, get grounded. Get in the sunshine. Be around nature (forest bathing – trees, grass, clean air, running water). Book – The Healing is Voltage (bio charger).

To enhance the immune system:

1. Purification: Get the toxins out. Examples, baths with Epsom salts, baking soda and clay. Infrared sauna, liver flushes, fasting. Remember, not always one-size-fits-all. Each body is different. Eliminate EMF's when possible. EMF's affect the cells, carcinogenic. (Faraday cage – cocoon from Team wellness). NO electricity in your bedroom. Grounding.

Thymus alfa peptides, thymus injectable BRM4, Turkey Tail, Vit D&C, Bone marrow peptides, Mito Organelles

Must eat REAL foods: eggs, meat and fish, fruit, vegetables and fats.

For cancer: KETO DIET. Remember, each individual is different. It is not always one-size-fits-all. Great information on Cancer Center for healing in California at centerfornewmedicine.com. Conventional medicine alone is not the best, you must also care for the human.

Book: The Cancer Revolution

Mainstream approach to cancer is inadequate: chemotherapy, radiation and surgery do not eliminate these circulating tumor cells (CTCs) or cancer stem cells (CSS). They are responsible for the majority of metastases and cancer deaths. Conventional treatments weaken the immune system.

Integrative medicine - beneficial! It treats the root cause of the disease, not just the tumor or cancer and works to heal the entire person.

We need to support the body before, during, and after cancer treatment. (Nutrition, detoxification, protect and support the entire body.

Address the root cause: Low thyroid, inflammation, high blood sugar, methylation issues or liver detox problem. Must treat along with the cancer so that the body becomes inhospitable to the cancer.

Our genes are not our destiny. Only about 10% of cancers can be linked to genetic changes. We can modify our lifestyle. It's within our ability to change.

Parasites and infections - well evidenced carcinogenic. 3.5 million people worldwide have parasitic infections.

Excess fructose and sugar equals an increase in cancer risk. A sedentary lifestyle (no oxygen) equals an increase in cancer risk. Also, bacteria, viruses, toxins, parasites, and heavy metals – can create a compromised immune system.

Screening tests: IFM.org, Work with an integrative doctor (oncologist). OncoDeclare – early cancer detection – 93%, RGCCs test – CTC and CTS should be zero. Oncotrace. Blood test – lymphocyte map, bio meridian practitioner. Live blood cells analysis.

Treatments: IV High-dose Vitamin C, HBOT (high oxygen), hyperbolic treatment, PEMF therapy, IV ozone therapy, IV EBU therapy, IV Curcumin therapy, peptides (peptidesstore.com or perfectlyhealthy.com), PEMF therapy, antioxidant supplements, hypertherapy (heat kills cancer) or cryotherapy (cold).

INFLAMMATION IS THE ROOT OF ALL DISEASES. DCA therapy.

VOLTAGE – muscles = battery

MEAD device. measures bioenergy/conductivity for wellness assessment. Calculates voltage to heal – should be around 50 mu. Tenant biotransducer transmits frequencies and electrons to the body. This provides the voltage that is necessary to create new and healthy cells.

Diet: Meat, especially organ meat (grass-fed only, free-range), nuts, healthy oils, KETO – NO SUGAR, low carb.

Raw liver – swallow whole in small chunks. Add HCL with it. Free-range, organic chicken, leave the skin on. Wild caught fish – sardines, mackerel, and salmon. Eat with chlorella to remove contaminants, or a heavy metal binder. Eggs – free-range, native diet, no hormones. Red meat – wild or grass-fed diet (no corn). The more fat the better. Too much meat can cause too much acidity – check it. If too much, replace with other protein. Perfect Amino – if vegetarian. Bone broth – lowers inflammation and helps with infections. Vegetables – garlic, leeks, onions, cruciferous. Fruit – avocados and berries. Nut oils and coconut oil. Limited nuts. Coffee – add MCT oil and tea – green, ginger and turmeric.

Sweeteners: Stevi and monk fruit – do not change glucose level (blood sugar) and no calories, no carbs. Allulose in small amounts.

Vera salt and pink salt.

Drinks: Wheat grass, protein shakes – vegan. Hydrogen water (active H₂) Perfectlyhealthy.com

Echogo Plus. Homemade lemonade with fresh lemon juice and stevia.

PH – Alkaline (7.4 neutral). Cancer loves an acidic environment.

Note: Do not fry or grill – will damage DNA

Thermography – can still see if cancer is still in the body even after a lumpectomy.

Remove toxins to boost your health. Metals: mercury and aluminum. Check all of your household items, cleaning supplies and cosmetics. Pesticides. Plastics (one of the biggest). How to remove:

1. Infrared sauna.
2. Blood draws.
3. Water filters.
4. Amalgam fillings – biological dentist only for removal

EMFs: Put all cell phones in airplane mode or away from your body. Laptop keep in battery mode, not plugged into the wall. When sleeping - unplug all electricity, use red spectrum light. Grounding - outside, or mats/sheets. Detox the house. Iodine can help bind to radioactive elements in the body and carry them out.

Detox baths: Epsom salts, baking soda and mineral clay.

Parasites Create an imbalance in the body, inflammation, and a low immune system. Parasites equal a host of health concerns. Work with an integrative physician. Herbal extracts, garlic (crushed raw), cloves, clove oil, oregano essential oil BERBERINE.

RESTORE YOUR GUT HEALTH! – fungal infections and viral infections

Detox therapies: The lymphatic system removes waste.

1. Dry skin brushing towards the heart – whole body daily.
2. Bouncing for ten minutes daily
3. Massage therapy (if cancer work with practitioners familiar with cancer massage)
4. Oil pulling – swish an oil (organic coconut or organic olive oil) around in your mouth for five (minimum) to 20 minutes daily. Spit in the trash – not down sink or drain. Don't swallow!
5. Epsom salts bath. Recipe: 1-2 c. salts, 1-2 c. baking soda, ¼ c. magnetic clay. Put in a bowl with water, mix, then add to running tap water. Soak for 20 minutes.
6. Castor oil pack. Castor oil, 8" x 10" cotton cloth, heating pad or hot water bottle, piece of heavy plastic (between the heating pad). Fill water bottle with hot water, saturate cloth with oil, lay down and place on the liver (right side), cover with plastic, then heat for 30-60 minutes. After, clean skin with baking soda and water.
7. With a practitioner – coffee enema.
8. Liver flush cleanse (recipe in book).
9. Infrared therapy or infrared sauna therapy (110 – 130 degrees F is safer and more comfortable) daily. Fabric tent 200-300 degrees (need to sweat).
10. Hydrotherapy – colonics and chelation therapy for heavy metals, with a practitioner
11. Toxin removal with chlorella

DETOX FOR LIFE – very important

Side note: neuropathy – detox from heavy metals.

Supplements:

Should have therapist test you for which ones you need. RBCC testing, CTC and CSC's will respond to. Nutravel test – nutritional components in your body – deficiencies. Ordered by doctor.

FOUR CORE THINGS TO TAKE:

#1. Vitamin C to boost your immune system. Infusions and high doses are linked to cancer eradication. It produces lethal hydrogen peroxide inside the cancer cells which causes them to self-destruct. Oral vitamin C 8000 milligrams daily, for prevention 4000 milligrams daily. Take water cellular vitamin C. Brand: Perfectly Healthy vitamin C.

#2. Vitamin D is a powerful nutrient, acts like a hormone. 5000 to 15,000 ius daily. In your blood/body, you want to have 50 to 70 ng/ml.

#3. PEOs – Essential Fatty Acids. Omega 3 and 6 essential fatty acids. The body demands them. They oxygenate the cells. (3 – supplemental, 6 – linoleic acid)

#4. Pancreatic enzymes. Broad-spectrum, proteolytic enzyme formulas: pancreatin, bromelain... Consult with integrative practitioner or follow product instructions.

#5. Hydrochloric acid, digestive enzymes and probiotics.

If have cancer add: CoQ10, Queratine, melatonin, arteminisan (malaria), garlic, EGCG green tea extract, Essiac tea, (essiactea.com), medicinal mushrooms (Host Defense).

EXERCISE!!!! Boosts immune system, moves lymph system, increases oxygen in your body, drives down insulin levels, causes the body to sweat (eliminates toxins), reduces estrogen, reducing body fat (excess body weight is not good), things your blood (cancer can't stick as easily), reduces stress, reduces depression, removes metabolic waste.

Move – at least one hour a day with non-exercising activities: washing dishes, doing laundry, gardening, etc.

30 -60 minutes, 3-5 times per week of exercise you like. MOVE AROUND – 30 – 60 minutes every day.

STRESS: Chronic stress plays a role in cancer and other diseases. It suppresses the immune system and promotes cortisol, which increases inflammation. Too much cortisol can signal your immune cells to stop working. Also stressors - emotional and relationship issues.

To help: yoga, deep breathing and meditation, Qigong, Tai Chi, massage, essential oils (reduce stress and pain and promote emotional well-being – ex. Frankincense, lavender (not for hormone related cancer), rose, chamomile.)

Evox Voice Mapping therapy: The voice map consists of samples of the frequencies present in your voice and identifies areas of conscious and subconscious stress.

Recall healing: Cancer can be caused by profound emotional conflicts (conflict shocks) that manifest in your brain and organs. Work with a practitioner.

Journaling – write down thoughts, feelings, gratitude, goals or draw. 10 -15 minutes daily. Share with your friends and connect with others – support. Make humor and laughter a part of your day. Nightly hot bath.

Immunotherapy – helps boost immune system

Thymus extracts – can support immune system and thymus. Work with a physician

Microbiome – keep it balanced. Eat cruciferous vegetables, NO SUGAR, probiotics, fiber daily, no antibiotics if possible, prebiotic foods (garlic, fermented foods), sleep (minimum 7 hours), exercise is vital (goal of 30/min. daily)

Important highlights:

- IV Vitamin C – vital for immune system
- IV Mistletoe (600mg 3x per week) – stimulates immune system
- Hyperbaric oxygen (HBOT)
- Lymphatic stimulation – dry brush, massage, rebounding (jumping)

Supplements to strengthen:

Zinc, D3 – 5,000-15000 iu/daily, Turkey Tail mushrooms/extract, BRM4 -immune support (rice bran, safe), Probiotics – billions cfus

Sleep – 7-9 hours a night is CRITICAL. Lack of sleep is worse than no exercise (esp breast cancer post menopausal)

Listen to an audio: meditation audio (Headspace or Calm apps, Center Point Research – Holosync Wholetones)

Exercise every day

Factors: poor nutrition (must have magnesium), meds can affect hormone imbalance, EMFs, alcohol, excess caffeine.

Helpful: 5HTP (amino acids), melatonin, herbs

Your support system. Educate yourself and research. Find a good doctor. (ACAM.org), Interview your doctor (do they resonate? Listen?) integrative and conventional. ASK for help. You need support.

(Kaiser Integrative Oncology – improve well-being)

Your environment. Detoxify your home. Remove toxic cleaning products and cosmetics. (Ammonia, chlorine...)

To clean: vinegar, hydrogen peroxide, essential oils, baking soda. Look in your kitchen – cookware. Ex. Remove aluminum, Teflon and plastics. (Extrema is good). Stainless steel – if a magnet sticks to it, it's okay. Store food in glass or ceramic. Put waxed paper over food, not plastic wrap. Cooking: avoid microwave, deep-fryer and grill (cook too high and remove the healthy enzymes). Microwave – NO. When purchasing furniture and carpets – look for non-toxic. Add a HEPA air filter. Try to reduce VOCs in your home.

Air: mold toxins. Test if you live in a humid area or have humid conditions in your home. Air purifier (Austin Air), Propolis diffuser (Beehealthy Farms), Open windows when you can. Add Plants (aloe vera, queen fern, rubber tree, snake plant, English ivy, weeping fig, red edged drasena, philodendron, heart leaf, peace lily, gerbera daisy, spider lant, devils ivy and money plant.

Electro magnetic pollution. Unplug electronics when not in use.

Detox your life! Eat like your survival depends on it!

Note: Everyone is different, bodies are different, not one-size fits all for diets, etc.

Breast cancer: Vit. C Infusion, heavy metal chelation, melatonin for rest. Alkaline water, organic soaps, aluminum-free deodorant, toxin binders, colonics, infra-red sauna.

14-day plan

Keto diet (not for diabetics), exercise, meditation and baths.

Perfect Amino supplements – especially if you don't eat meat.

Wheatgrass, 2-4 oz daily (wheatgrass juice powder if fresh not available)

Fat – no seed oils, beef tallow (grass fed) – 1 tablespoon

pH, monitor daily ketones (2-8), alkaline water, Bile salts?

Make a to-do-list of AM, PM and evening activities. Important to have goals and tasks, even if small
