10 Real Cancer Reversals: Nutritional Immunotherapy In Action Transcript

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Introduction to Cancer Case Histories

In this presentation, I want to go over with you ten sample cancer case histories from my practice that are fascinating in the outcomes and the message of hope they give us.

Also, we can review how this works with or without chemotherapy based on the type of cancer. I'm also going to discuss how you modulate protein intake and about the keto diet for cancer, and of course, how to get enough protein without eating animal protein.

Let's roughly break up cancer types into three general types. The first cancer type are the slow growing and the cancers that are rarely life threatening, such as ductal carcinoma in situ, a type of breast cancer, and prostate cancer with a Gleason score of six or below.

Thyroid cancer, basal cell carcinoma, esophageal cancer, and CL or leukemia. These very slow growing cancers are not responsive to chemo. So the reason chemo is not effective here is because when a cell is growing and dividing rapidly, it opens up the tightly wound ball of DNA during replication, making it susceptible to be poisoned by chemotherapy.

That's why chemo doesn't destroy our muscles, our heart, or a brain. We can lose our hair or injure our digestive tract because those are cells that are more actively dividing.

So the slowest growing cancers are the ones where chemo generally is ineffective.

Cancer Types and Chemotherapy Response

The second cancer type are still somewhat slow growing, but can more likely to impact lifespan. And here chemo still doesn't work very well, and it doesn't significantly extend lifespan, such as the garden variety estrogen positive breast cancer like like which common breast cancers like invasive ductile or lobular carcinoma, lung cancer and prostate cancers with Gleason scores between 8 and 10 and colorectal cancers.

So that's the second type. And now type three are cancer types that are more aggressive and can result in early death if not treated. Those are cells obviously aggressively replicating faster like pancreatic cancer.

Certain types of lung cancer, liberal varying cancer clearly obvious and melanomas and testicular cancer and Hodgkin's lymphoma and acute leukemias. This group includes the triple negative breast cancers that are more aggressive and the more aggressive premenopausal types of breast cancers because these are growing faster and therefore can be more deadly.

But it also means they're going to respond more favorably to chemotherapy. The stolen ones are like semi cancerous conditions like doctor carcinoma and guard variety prostate cancer.

Not only did they not respond to chemo, but they do respond to nutritional interventions. For example, I've seen hundreds of men with prostate cancer respond to the neutral diet with the appropriate supplements and see their PSA velocity slow, and then stop and then even see their PSA drop back into a normal range.

The same is seen with early stage breast cancers. Chemotherapy yields little benefit, but nutritional excellence can be used and even induce remission.

Consider a 2018 study involving over 10,000 females with Pomona with HR positive Her2 or HDR two negative and axillary. No negative breast cancer found that 70% of them did not get any benefit at all from chemotherapy.

Another recent study, called the Taylor X trial, found that the these thousands of women with early stage hormone positive, that's estrogen positive HDR two negative breast cancer did just as well with hormonal therapy alone compared to those cancers that got hormone therapy or with chemotherapy.

So common variety of breast cancers that are extremely positive and negative for H for her to have a low risk of recurrence. And if you have a locally confined cancer and spread to the lymph nodes, these individuals can skip chemotherapy and just take hormone therapy with nutritional therapies and get better outcomes.

And those who don't tolerate hormone therapy, which not everybody can take it. The mushroom extracts in higher doses. Can you be used as natural aromatase inhibitors.

And they can keep the estrogen nearly undetectable. So we can adjust that. Now invasive ductal carcinoma is the majority of most diagnosed breast cancer.

Nutrition, Protein, and Keto Diet Discussion

And unless it's left the breast then local surgical removal of the cancer is just as effective as surgery plus chemo. So here it's where the nutrition where this approach is to approach shines.

Because most women can avoid chemo and just do the nutritional approach presented here. And of course with better and safer outcomes. You just have the surgery, remove the the cancer and just do the nutritional approach.

The exception, just to be clear, is women that are younger, they have, you know, below the age of 60. Generally they have more aggressive cancers and have more benefit when chemotherapy is added to the home therapy.

So in many cases, even those with cancer can avoid chemo and only do immunotherapies or hormonal blocking treatments or even no treatments. Certainly, this protocol I've developed as an adjunct cancer intervention is a form of immunotherapy, right?

It enhances our body's own ability to recognize and successfully block abnormal cancer cell replication, abnormal cell replication, right block abnormal cells.

And this is effective even when the person needs chemo. Because chemo doesn't kill all the cancer cells. Some cells escape or hide as cancer stem cells.

And then in a few years later, when the cancer can reappear, grow back from that cell line. That line that grow back is the line that was resistant to chemo to begin with, and can be resistant to chemo so the person could die from the reoccurrence of their cancer.

So what happens now with this new protocol that we're talking about, and we're learning here, is that we heighten the ability of the body to seek out and destroy abnormal cells, meaning those cells that are remaining that escaped being killed by chemo initially because instead of attacking a mass that the immune system can't get to, it can get to the stray cells.

So chemo was needed because the mass of cancer cells and the rate of growth was too much for the immune system to control. But now, after chemo, when the load of cancer cells has been decimated to very low levels, the immune system, now supercharged with nutritional excellence, can successfully take over and finish the work.

And this is what we've seen. There's one additional tweak I want you to learn about that. We change in the protocol when chemo is needed. It's just a few days before chemo and one day after chemo.

What we do is we cut the calories back. Whatever your normal caloric intake is or your normal needs are. Now we're cutting back to about a third of that to about 400 to 600 calories a day, just for the three days prior to chemo, the day of chemo, and the day after chemo.

We do that to reduce the side effects of chemo, because when we cut back our calories and we follow this diet program, this protocol, it prevents normal cells from replicating because they don't have enough calories to replicate.

So when a normal cells are not replicating, it protects them from damage from chemo, reducing the side effects of chemo so the doctor can give you the chemo with less side effects.

All right, you guys understanding what this is about? It's not that complicated. We just follow the same healthy diet, but we have to cut it back to much less calories.

And then then you don't worry about weight loss here because your body will catch up and regain the weight. And it's very it's important to add this proven process to reduce the side effects of chemo.

That means the 416 hundred calories you're eating is mostly green vegetables, mushrooms, onions, garlic seeds, nuts, and avocado. Right. It's a little bit carbohydrate restricted for those days.

And don't worry if you get into a little ketosis, that's okay. So this brings up the question of why I don't recommend keto diets for those with cancer, because there is some science that shows that cancer cells can be stressed by keto, but to make it easier to kill but it's not really doesn't really work.

How Calorie Restriction Supports Chemotherapy

Let me explain. Now, first of all, we know that most keto diets are full of animal products, and animal products are rich in methionine and other types of amino acids, which can promote and accelerate tumor growth.

But here's the thing they promote the growth of unfavorable bacteria in the gut, which then produce byproducts that can drive inflammation, and substances like TMH or trimethylamine oxide, which is an inflammatory substance, and p crystal sulfate from eating animal products.

The bacteria in the gut, which produce pea crystal sulfate, which can make cancer worse in the long run. One of the problems here, one of the advantage of attacking the nutritional diet is when you avoid animal protein, you lower methionine and the amino acids that can allow cancer cells to replicate.

And now we have several studies that utilize traditional keto diets in people with cancer, and they don't show better long term outcomes. What we found from the research already is that the tumors metabolically adapt to the ketosis, and they don't really and they're not hurt by it after a time, even though they may aid in the shrinkage of the or slowing the primary tumor initially, they can induce cells to leave the primary site and metastasize faster.

So the advance the stage of the cancer. The cells attempt to escaped the glucose deprived environment. And we see more metastatic nodules developing. So not a great idea.

Cancer is a whole body disease and with a new diet we get the whole body healthier. To combat the cancer, we get the immune system stronger. To combat the cancer.

We don't just try to damage the primary tumor. Now I want to give you ten quick cases, summaries of my patients to highlight the effects of this type of nutritional excellence.

I'm withholding the names on request. Case one was a 58 year old woman with a diagnosis of grade two, stage four nine, Hodgson's lymphoma. In 2003. She began my recommended nutritional protocol at that time, and she received no chemo and no medical treatment at all.

Ten Patient Case Studies

Within four months, she lost 40 pounds. Her total cholesterol had dropped from 230 to 164, and her CT scan showed that the tumors had reduced in size by more than a half, and in two years later there was no signs of any a

further tumors that completely disappeared with no residual, no residual tumors confirmed by T by CT scan, which was further confirmed in 2019.

16 years later that she followed up in a no further recurrence of cancer or any other health condition. Case number two was a 35 year old man who weighed approximately 250 pounds and was diagnosed with stage four melanoma in December of 2009.

He had additional severe health conditions, including vision loss in his left lie and his left eye due to retinal occlusion. He of course, he had high blood pressure.

He had obstructive coronary artery disease at this young age, and he underwent surgery to remove the primary tumor and to biopsy the lymph nodes. It confirmed that the melanoma had spread, and at this point he was told he had a very small chance of two year survival, let alone five year survival.

But he started on an original protocol in January of 2010, in improvement in his eye and his heart conditions were no. It were were pretty noted pretty quickly.

And after one year on the diet, he weighed 165 pounds. That's 185 pounds. 85 pounds lighter is elevated, blood pressure is arterial blockages. His visual loss went away, his lymphedema all resolved and all signs of his melanoma were gone.

So his melanoma literally disappeared. At present, this is 12 years later. He's experienced no recurrences and his weight remains right at 165. And he's an excellent health case.

3 in 2011, a 46 year old woman was diagnosed with estrogen positive invasive stage four breast cancer that had metastasized to three locations in the liver, and she was treated with six months of of Rio added chemotherapy followed by lumpectomy and radiation.

Know her and colleges reported that they expected her to live, you know, less than two years. She began the new protocol between the first and second chemotherapy treatments.

And as of 2019, which is eight years later, she has had no recurrence and has lost approximately 100 pounds. And she feels confident about her health and future and she has no health issues.

Case for is a 41 year old man who was diagnosed with testicular cancer, lose a classic Seminole and this was diagnosed in 2012 after six years of taking purine as a treatment for his ulcerative colitis.

So he had ulcerative colitis and now he has to stick the cancer. And his physicians had concerns about surgery and chemotherapy and radiation because of history is also of colitis.

So the use of the immunosuppressive drugs could have hurt his colitis. So he delayed treatment and began this new protocol. And within six months the imaging showed shrinkage of the Seminole, which eventually became undetectable one year later.

And during this time, under medical supervision, he gradually reduced and eliminated the Mercato purine for Ulster colitis, and his ulcerative colitis went away and never returned and as of 2020.

He's an excellent health with no recurrent medical problems and, you know, no medical conditions anymore. Case five is a woman, age 52, visited us in 1997 immediately after being diagnosed with stage four metastatic ovarian cancer.

Her right lung had collapsed and four liters of fluid was removed from her chest. The patient was given a poor prognosis in spite of treatments with 12 rounds of chemotherapy, and she opted to start a new protocol.

And now, over 25 years later, she remained healthy for decades and her cancer remains undetectable. K, six, was

an overweight female with elevated platelet counts for 30 years before diagnosed in 2016 at age 55 with Jack two induced thrombocytopenia with spent spent a year and other complications.

Her platelet count then was approximately 900,000, so following this diagnosis she was prescribed hydroxy Orea, but decided to delay treatment and try the new diet in this approach first, and within nine months her platelet counts had dropped to 300,000, and she's maintained a normal platelet count since, with no further additional problems and her weight loss and her blood pressure and cholesterol, of course, all normalized as well.

Case seven was a normal weight, previously healthy woman who was diagnosed with premenopausal invasive ductal carcinoma breast cancer in 2010 at the age of 46.

The 3.7cm mass was palpable in her breast, and she began the new diet with vegetable juicing. Immediately upon diagnosis, and neoadjuvant chemotherapy was given prior to mystique and lymph node excision, but no residual tune was found on pathology after surgery.

In other words, the tumor disappeared before the surgery, so she remained in the nutrition diet since then and remain free of cancer with subsequent evaluations for the last 15 years.

Case eight was a 68 year old female diagnosed in 1995 with invasive ductal carcinoma breast cancer that already was metastatic to the bones shown on bone scan.

She had poor hope for survival with chemo and therefore refused treatments. Believe it or not, she made a complete recovery in one year and the bone scan cleared and repeated bone scans since then confirmed that the cancer was no longer detectable.

She c survived more than 20 years after the initial metastatic cancer diagnosis. Case number nine was a young 45 year old female vegan with metastatic ovarian cancer, a germ cell tumor.

She went through chemotherapy combined with the nutritional approach, which was recommended, and she took the supplemental the supplemental protocol to and she had a complete remission and no reoccurrence of her cancer.

Now, 18 years later, generally speaking, most people with these severe cancers have reoccurrence of the cancer six years, five years and later. And in these cases, we're not seeing that happen.

Case ten the last case, which is common theme with prostate cancer, is 2011 and 2011. A 66 year old male with a PSA reaching the height of 20, with a subsequent biopsy being positive for prostate cancer with a Gleason score of seven.

He was told he needs surgery and radiation to the prostate, which he chose watchful waiting not to do that. So that means he received no treatments.

Closing Thoughts on Nutrition and Hope

He just followed his PSA every four months for the next two years on this program, and his PSA in four months dropped from 20 to 16, then in 12 to 18 months to ten.

And if the first year of the program in year two is PSA was below five and then became eventually stayed at 2.5 thereafter. Now, over ten years later, he said no further health issues and obviously no prostate cancer.

Now you have a pretty full picture of how effective this approach can be, and I hope most of you don't have to have a diagnosis of cancer, and I hope most of you don't have it yet.

But then don't wait and start to embrace this nutrition diet, which just means nutritional excellence or eating super healthfully. Right? And those of you who have a cancer diagnosis, I hope this program helped you to be more

positive about your future and realize you can still control your future health.

I'm wishing you all good health and happiness always. It can be yours.