Clinic follow-up and discharge planning

We do follow-up with patients. Before they go home, a week before, we start talking with them about their home program. That's very individual, depending on the case, of course, so the treating doctor starts talking to them.

We have a meeting every morning at 9 o'clock in the morning, here with all the doctors and the staff, where we talk about each patient and we define what we're going to send them home with depending on each case.

So yeah, everything is decided as a team. Obviously I have the last word and then it's explained like a week before patients are discharged. And then when they go home, we follow up with them.

We are calling them periodically or also they leave with all the information to contact us if necessary. Welcome to the Belgiansky Cancer Talk Show where integrative science and holistic healing come together.

Show introduction and guest welcome

I am Sylvie Belgiensky and in each episode we explore nutrition, lifestyle, mental health and research-backed approaches to support the whole person through cancer and chronic diseases.

Hello and welcome to the Belgiansky Cancer Talk Show. I am very excited to be with you today and to introduce you Dr. Carlos Bonistag. Dr Carlos is with the Immunity Center.

It's a beautiful clinic in the area of Tijuana, Mexico and one of those clinics that are very well known and bring different kinds of hope to people here in the States by offering things that they not always find in States.

And I understand that for some it can feel like a little bit scary to get outside of the United States, but the Immunity Center in Tijuana has long record of safety and efficacy.

So I thought I should share with you this information and welcome to the Dr. Bautista. Thank you. Thank You, Sylvie. Hi, thank you for having me. And yes, we are here in Tijuana Immunity Therapy Center and we've been here for some years now.

Yeah, like you mentioned, We have state-of-the-art facilities and newest and most successful alternative and immunotherapies. Yes. So, for how long has this clinic been created?

Well, we started very small, many years ago, and back in 2006, that's when I opened Immunity Therapy Center. That's 20 years! Yes, 20, yes. So, well, before that I worked in other places, but then I decided to open my own clinic.

It was very, small and then, Well we, started to have, thank God, success treating patients, and we grew from there.

Immunity Therapy Center overview

And now we have an eight-story building where we all the facilities where can give treatments that are needed, you know, from surgeries to alternative treatments to immunotherapies.

We'll talk a little bit more about specifically what we do, but yeah, it's been already 20 years. Yeah. So tell me about, you're saying, I mean, grow with the success, which is always good.

That's what the patients want to hear. What is the recipe behind the successes of your clinic? Well, we are, first of

all, the human part that we always trying to find a solution.

We don't stop until we get a good response and that combined with state-of-the-art equipment and facilities and devices and having the best doctors and the dedication to, in a very individual manner, to each of the patients that come to us.

I think that's the recipe for the success that we have for these years. So tell me more about this thing about making sure that the experience of the patients will come to you.

Well, first of all, we offer treatments that are not available in the United States or in other parts of Canada or Europe. Like what? Can you give me some examples?

The immunotherapies, the alternative treatments that we do, different opinions. Can describe those alternative treatment? Yes, we have our treatment divided in five pillars, mainly.

The first pillar is immunotherapy, and the second pillar are alternative therapies. The third pillar is intravenous solution. The fourth pillar oxygen and oxygen therapies.

And the five pillar, is nutrition. Our first pillar immunotherapies are different treatments that we do have here that are going to stimulate in different ways the immune system to detect and destroy cancer cells.

As you know, one of the main problems that happen is that immune system does not recognize that a cancer is growing. So we have to teach the immune systems to recognize and give the weapons so they are able to destroy the cancer cells.

We do that through different procedures like mononuclear cell activation, like application of different antibodies that we have available here.

Why the clinic was founded

The second pillar are the alternative treatments where we do therapies. that work really well in combination with the rest of the pillars, but mainly we're talking about whole body hyperthermia, local hyperthemia, rife treatment, biofrequency therapies, halo therapy, which is a bio-frequency therapy as well.

mainly ultraviolet blurry radiation treatment. So it's a combination of different therapies that are going to synergize with one another to maximize the effect.

We try with these alternative therapies, take advantage of cancer cell weaknesses and use that to our advantage to destroy those cancer cells. Our third pillar will be the intravenous solutions where we use, these are customized to each patient depending on their need.

We have everything available for Methylene Blue to B17, chelation, well, all type of intravenue solutions. Or fourth pillar, which is the oxygen treatments.

As you know, oxygen is very necessary. A rich cancer cannot grow in a rich oxygen environment. So we use hyperbaric, we used therapies, We use hydrogen peroxide.

We used ozone therapies. we'll use different ways to hyper oxygenate the body to create an environment where cancer cannot grow and our fifth pillar will be nutrition.

As you know, cancer feeds on sugar. So we are using here in our center, a low glycemic index diet where we definitely making sure that the cancer is not receiving the food that it needs to grow.

Okay. That will your five pillars in a nutshell, Sylvie. Yeah. Do you use chemotherapy also? Yes, but in a very different way than conventional. We have a therapy that is called DPT, where we stands for DMSO potentiation

therapy.

And this DmsO will carry them in whatever medication we use in low dose. Normally we used 10% to the cancer site. So that's the main way that we us the chemotherapies here.

With this method, you won't have any side effects or any bad reactions because of the low dose that we use, but we are able to maximize that low-dose by directing it only where it's needed.

And the therapy is called DPT. Excellent.

The clinicu2019s five treatment pillars

So generally, I mean, people are coming down to Tijuana and they are staying at the clinic and are taken care of or is it, like, inpatient, outpatient?

What is the protocol? We have different programs and we are a full certified hospital in Sylvie. We had an in-patient program where Patients that cannot move too much or they are in a compromised situation and they need constant care.

We have that patient here. That's inpatient program. The majority of our patients coming in the outpatient programs where they stay in our facilities where our patient stay, which is some apartments that we have where can stay.

Or sometimes they can stay also in hotels or areas that are around our center. But we prefer that they stay with us because we can control transportation and their times and everything.

So usually that's how, where they stayed. And generally, what is the typical length of the stay? Normally, we would request patients to come for a three-week program, but normally, usually they stay a little bit longer, depends on each case.

But to begin with, will request patience to call for three week program. And what kind of accommodation do you have for companions that would travel with somebody who is sick?

Yeah, the accommodations that we have, well, they can stay in the apartments, but here in a hospital, I want to make a parenthesis. You're going to come here and in that meeting that I will be presenting at the Beljasque in June, who I'll be representing.

And after that, there will very selective clinics that you're gonna visit. And they will be able to see the areas where companions can stay. We have a very nice facility with patios and areas, where, companions, can, stay during the day when their relatives are doing treatments.

So yeah, we have, a nice dining room where you're going to have lunch when you come to visit us in June. so it's very, nice areas. Very good. It's important, yes, that for companions also, it's already so difficult to accompany somebody with a loved one who is sick.

Yes. Does, you mean, to offer a minimum also of comfort for the companion? Yes, we always recommend that everybody comes with their companion, so they're not alone.

And we have special areas for companion. Definitely. So you were mentioning that you are coming to present the Belgian Ski Cancer Conference in San Diego, and we are very appreciative of your presence and very much looking forward to your conference.

What are you planning to speak about? I mean, those five pillars? Well, yes, I'm going to talk a little bit about my personal history, you know, why I do this, which is And I'm going to also talk about specifically the treatments and the five pillars that we have here and we're going present the facility.

So hopefully it will be a good talk and I can transmit the message of what we do and why we are being successful dealing with this serious cancer diagnosis.

So I'm sure that, I mean, your success comes also from your passion and your passions come from why. So tell us a little bit since you mentioned that.

Why are you doing that? When you are facing cancer, you're suddenly facing a myriad of questions. Questions about nutrition, lifestyle, mental and emotional support.

And how integrative approaches can work alongside conventional care. The Belgiansky Integrative Cancer Conference brings the conversation together in one place.

From June 26 to 28, join leading oncologists, integrative physicians, researchers and survivors in San Diego, California, for three days of science-informed all-person cancer care.

These live events expose evidence-based integrative strategies, emerging research, and practical tools you can apply immediately while connecting with a community that understands the journey.

Whether you attend in person or virtually, this conference is designed to educate, empower, support and inform decision-making. Learn more and reserve your spot at integrativecancerconference.com because better outcomes begin with better conversations.

Well, when I was almost graduating from medical school, this was 1997, 1996, my dad unfortunately was diagnosed with lung cancer.

Chemotherapy approach with DPT

a small cell lung cancer, and when we realized that he was with a cancer it's because he had a seizure and it was already in the brain. So, back then I went to my teachers and some of my friends and he went through chemotherapy, he through radiation, full dose, He died within two or three months.

He didn't last long at all. And that's when I realized that definitely something else was needed for those type of patients. Cause it was really no hope, you know, when something like that happens.

So that when decided to start researching. working in some other hospitals that were practicing alternative medicine. So then I started learning more and then started traveling to other countries like Cuba, Germany, and those other country that had a little bit more experience with alternative treatments.

And I learned about them and I organized this program after some years. And my best reward is when I see a patient in a serious condition that we're able to help and put in remission.

That's my biggest reward. So that's the reason, Sylvie, why I do what I.

Inpatient and outpatient care model

That's a beautiful story and definitely a nice tribute to your father, and I'm sure that he's very proud of what you have made of your suffering and your pain, absolutely.

Kind of similar to the story, I was reading a little bit about your motivation as well, it was kind of a similar, right? Yeah, yeah. So now you have this clinic.

You went from a difficult time with your father to building a clinic, right? This is pretty amazing. So on the Monday, June 29, I believe it was Monday after the conference.

We are organizing a little tour for 50 people who are buying their tickets now because it's already filling fast. And

those people will have the opportunity to visit your clinic.

Yes. What do you think is going to, I mean, what do plan to show them that will really, you Well, there's many things. Not only one first, that we have state of the art facility, but also they will see how well organized we are as a team.

I think that's also very important that I emphasize that it's not only me, I have a very good team of doctors and nurses and administration and kitchen and everybody gives their best.

And I think they're going to get or feel the warmth that we put into every patient. I just want them to know us and for them know that, we are a possibility, an option, hopefully not.

But if they have the need for something like this, that they are their first option. When you are facing cancer, the choices can feel overwhelming, conflicting advices, endless options, and very little clarity.

At Maison Belchanski, everything begins with science. For decades, molecular biologist Dr. Mirko Belzhansky studied how specific plant extracts interact with cancer cells, work that continues today through independent research and real-world use.

Companion accommodations and conference tour

Maison Beljanski offers carefully formulated supplements inspired by that research, along with targeted support for immune health, cellular resilience, digestion, detoxification and overall wellness.

You will also find educational books, organic teas, personalized health coaching and wellness programs designed to support the whole person, not just the diagnosis.

This is not about quick fixes. It's about informed choices, thoughtful formulations and supporting the body alongside conventional care. Explore the products, the research and the resources at maisonbelchanski.com because when science leads, wellness follows.

Yeah. How many patients do you have on the average time in the clinic? Normally we have between 25 and 35. Okay. And that's the amount of patients that we feel comfortable treating at one time.

That's how everything is designed, you know, to give the best service. Yeah, I like that the fact that it's not a big hospital where you feel anonymous and just a number and the protocol.

Not at all. We want, like I mentioned to you, we want to make us individual customized treatment as possible. But for that, sometimes we were like with a little above 35, but we don't feel comfortable.

So we try to be between 25 and 35. That's where our staff feels comfortable and where everything works well. A little bit more than that. Sometimes we're overwhelmed that we didn't like it.

And you were speaking of nutrition, I mean, and I understand it's one of your pillars about fulfilling, to heal. Can you give us a little bit an idea for people who have, you know, nausea?

Do your patients have nauseas if they have almost no chemotherapy? I assume they don't. So they are able to appreciate the delicious food that you are giving at, I mean, having in Mexico, right?

Personal motivation and medical background

Yes. Well, we have very Aaron, one of our head chefs. He specializes in this type of food and we, when you visit us, you're going to have a little bit of a taste for what we prepare here.

But yeah, We serve everything with organic, organic vegetables and everything that we do here is without any

additives or, and like I mentioned, we try to make it as low glucose index as possible.

We have our nutritional department here, or we have, our nutrition department that sees everybody. Also at the same time, We, have to, make sure that the patients are receiving the amount of calories that they need, because we don't want them to lose weight or more weight.

Sometimes they come very depleted. So each case is customized as nutrition goes. But again, following the guidelines that we have with a low glycemic index diet, but patients love the diet.

They always, that's one of my, you know, when the patients qualify us at the end or we ask for their opinion, they always tell us that our kitchen is one the best that they've tasted.

So it's not an easy thing to do to combine good taste with what we're trying to do, but Aaron, he's doing a very good job. Okay. Can you tell us more about the kind of diet?

I mean, is it all vegetarian? Is it, do you include proteins? Generally, we, again, want to a low glycemic index diet. The glycymic-index diet refers that each food will raise glucose to certain degree, okay?

So, each fruit, each protein will definitely have increased the glycemic index. So we want to keep it between 54 or less, the Glycemy index, of all food items.

And that will include vegetables, that would include different type of fruits, That will included, The thing is that we don't want deprive the body of nutrients that are needed.

But at the same time, we don't want the glucose to peak. You know, so there are fruits that have a low glycemic index diet that are giving the nutrients that aren't needed but are not going to increase glucose level in the blood.

So we do serve different type of proteins, meaning sometimes we'd do organic meat or chicken. So sometimes, we would do vegetables, fruits, but everything within a low glycemic index diet.

We do that because we need to give certain amount of calories to the patients because also, If there's no good nutrition, also that will depress the immune response.

And that is being supervised and directed by our nutritional department. The head nutritionist is Mariana Bolaños, that's her name, and likely you're going to meet her when you come.

When cancer enters your life, the questions don't stop at treatment.

Conference presentation and clinic tour

You start asking, why? What else? And what more can I do to support my body? At the Beljansky Foundation, we believe cancer care deserves deeper answers.

Answers rooted in science, not in shortcuts. For decades, groundbreaking molecular research by Dr. Mirko Belzhansky explored how specific natural compounds selectively target cancer cells while spearing healthy ones.

That work continues today through independent research, education, and global collaboration. At belgianski.org, you will find evidence-based resources, expert-led conferences, books, and conversations that explore integrative approaches to cancer and chronic disease alongside conventional care.

Whether you are a patient, a caregiver, or practitioner, this is the place to learn, to question, Visit belgianski.org to explore the research, attend upcoming events, and connect with the Belgiansky community.

Because informed choices begin with credible science. I like very much his answer that, you know, he's not leaving out completely any in a complete group of food because I think, as my grandmother said, a little bit of everything

and not much of anything is the way to go.

She was not a doctor, but she was. And she lived to the age of 93 without any disease. Well, the thing is that we have a problem when patients come and they are following kind of extreme diets.

Which are good, but sometimes, for example, an acetogenic diet or indefinitely they are depriving the cancer from nutrients. But the problem with restrictive diets is that you're going to lose weight.

And when you are dealing with a stage four cancer or any type of cancer, definitely nutrition is very important and you need to maintain your weight you know, to achieve a good immune response.

So that's why we very selectively, we know that cancer mainly feed on sugar. That's a nutrient that we try to keep under control.

Patient volume and personalized care

Besides nutrient-rich, food with low glycemic index, what do you suggest, I mean, for the lifestyle of those people? And tell me what is the average day of a patient?

What does it look like? Okay, normally we, when they come in, well, they go through all the administrative forms that they need to sign. And normally, we have two shifts here.

The morning shift is from eight to two. They come at eight o'clock in the morning and normally their day finish like at 2 p.m. and the afternoon shift patients come like around one and they finish like around seven in the afternoon.

In those hours, they do the different treatments, the difference therapies, one after the other in a treatment area where the treatments will come to them and have their nurses that are going to provide them.

And we provide patients in our packages. We normally include two meals, so they have breakfast and lunch or lunch and dinner, depending on the times that they're coming in.

So it's a very intensive program. we give treatments Monday through Saturday and they are doing treatments basically the whole time. That's indeed pretty intensive for three weeks.

I'm sure it is a life changing experience. It is. And again, it's very rewarding when they see that they are improving day by day. I see all the patients one or two times a week myself.

They are seen by their treating doctors every day and we are in constant communication with them, making sure that their going in the right direction.

Nutrition and low glycemic diet

We do all of the blood work and all blood work needed and testing that are needed. We do have our CT scanner here in the hospital, so also whatever CT scans.

And also we have the oral laboratory here, in this hospital. So everything is done here and we had the results quickly. That's a big advantage as well.

And after those three weeks, what happens to the patient when it's time to go home? I mean, do you offer a follow-up? Is there a kind of program to continue to see you through Zoom or something?

We do follow up with patients before they go a week before we start talking with them about their home program. That's very individual. depending on the case, of course.

So the treating doctors start talking with them. We have a meeting every morning at nine o'clock in the morning

here with all the doctors and the staff where we talk about each patient and we define what we're going to send them home with depending upon each case.

Everything is decided as a team. Obviously, I have the last word and then it's explained like a week before patients are discharged. And then when they go home, we follow up with them.

So we are calling them periodically or also they leave with all the information to contact us if necessary. Okay. You make some recommendation of supplements, of specific diet.

Yeah. Normally we send them home with some supplementation sometimes, therapies that they need to continue and immunotherapies that need continue. So yeah, so that's how we make the recommendations.

Again, it's very individual depending on each case what we recommend. Of course, I like also the fact that it's not one size fits all because that's one of the big problems of conventional medicine.

I mean, us big hospitals have one protocol and then everybody has to fit into the same protocol, whether their cancer cells respond or not to that protocol.

And sometimes you are lucky, but sometimes, you're not. Yes, definitely here we know that each patient is different, even with the same diagnosis, so definitely I agree with that.

Okay. So if you had one thing you would like to say to somebody who has been just diagnosed with cancer and feels overwhelmed and doesn't know where to turn, what would you say that person?

Well, that there's always hope. You know, one of the first things, unfortunately, in the US is that when you're diagnosed with cancer, they always go to the negative, you know?

And they'll always tell you that there's no fault. many times, unfortunately. I want them to tell you there's hope that there are other treatments, that they are things that work that are non-conventional.

And to make an appointment to talk with us on the phone and so we can explain to them what can be done.

Daily treatment schedule and diagnostics

We have a lot of testimonies and many years practicing this and we have the experience and the knowledge to deal with complicated cancer situations. We do have other programs as well, not only cancer, but we treated all kinds of patients in the same manner.

What are the programs, what are conditions besides cancer, are you also addressing? We have cancer. A program for cancer we have a program of chronic degenerative diseases, diabetes, high blood pressure, those type of things.

For neurodegenerative disease, Parkinson's, Alzheimer's ALS, we had the Lyme disease program and infectious disease programs as well. We had immunotherapy.

autoimmune diseases program. We have a stem cell program as well when we provide umbilical cord stem cells. And we do surgeries here as So we do have all of those services available.

I think that's a very, very valuable piece of information. And I am sure also for companions who do not have cancer, I mean, the opportunity to address something else that would concern the companion can be a valuable opportunity for both of them going back home in better shape.

What happens often, actually, when they come in and they see all the things that we do, and they get into a program with us, companions. Also, we have dental services and all that.

So yeah, were very complete again. All the doctors here are certified, board certified doctors, in the hospital. We have a full licensed hospital as well.

Very good, very good. So, can you tell again the audience where they can find you? The name of the clinic, the website? Definitely, our website is immunitytherapycenter.com.

And what is the other part of information, Sylvie?

Discharge follow-up and home program

Yeah, so you are in Tijuana. Where are you in here when I compare to the, I mean, what is the best way to come to describe? We are, if you were in New York, it will be Manhattan.

You know, the busy business district of the city is just like five minutes crossing the border from San Diego. into Mexico. It's very close to the border and it's a very secure area and very safe.

You know, sometimes what you hear on the news is not that all true. So yeah, so definitely it is very save and uh, very closed to border. Also, when you fly to San Diego, we pick you up there and bring you to center here, to hospital.

So transportation, it will be arranged for patients that want to come to us. And we are located, its called Sona Rio here in Tijuana, and it's a very nice area.

Very good. Dr. Bautista, we have very much looking forward to seeing you as Belgian Ski Cancer Conference this June in San Diego. And you, your team, I know you are coming with a booth.

There will be information available. We are going to be treated with your presentation. I already know that there is a big group of people who want to come to visit you and visit the clinic on Monday.

Hope, other programs, and clinic location

Thank you so much, Sylvie. It's a pleasure to have you. here in the hospital and it will be a pleasure saying hello when I see you in, in a conference.

It's an honor and thank you for inviting me. I feel very honored. Thank you. For joining us. Our pleasure and our own honor. Thank you for listening to the Belgianski Cancer Talk Show.

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