The Top 8 Cancer-Fighting Supplements (Backed by Science) Transcript

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Introduction to the cancer supplement protocol

Hi, everybody, and welcome to my second presentation. And in this presentation I'm going to briefly review the eight most important supplements to use if you have cancer.

This means you can improve your survival, improve your chance of remission, or remaining intermission without poisoning a body with harmful substances.

And these therapies can be used when chemotherapy and immunotherapies are also used, when chemo has significant benefits and importance in aggressive cancers, and also they can be used in those cancer cases when chemo is not indicated, like in slow growing cancers.

The beauty of this protocol I've worked on for my patients and, you know, over the years is that it's so simple and easy to follow because you don't have to adjust the program based on the type of cancer that you have.

These substances are just helpful for all cancer types as they have anti effects and many are cytotoxic to cancer cells, yet has no side effects or harmful effects to normal cells.

That's the beauty of it. I know it seems impressive or beneficial to have some nutritional and supplemental protocol designed precisely for you and the precise cancer you have, but that's mostly marketing hype, because there's almost no beneficial natural therapies that are helpful and target just one type of cancer and not the others.

Diet basics: sprouts, vegetable juice, and garlic

The beauty of using these natural interventions is because they serve as a natural immunotherapy to enhance immune surveillance and recognition of abnormal cells, so your body can mount a defensive attack and prevent, right, the rapid replication of cells that are abnormal without negatively affecting normal cells.

These are the natural interventions I've come up with and picked the eight best because I've thoroughly investigated this field right, investigated this for years, and this group not only have significant evidence of being effective in many different types of cancer, but they also have an excellent, excellent safety profile with virtually no side effects.

This means you do not have to go to dozens of advisors natural path, integrative or alternative practitioners spending thousands of dollars to formulate your supplemental regiment.

You can do it yourself based on the information I'm going to present here. So before I start with the supplements, let me remind you of some key dietary features that you have to use.

The first one is the use of sprouts or microgreens. I want everyone to have a sprout or in their home, and use a generous amount of sprouts on their salad every day.

I use the simple, elegant sprouts made by the Sprouting Company because you can mix all types of sprouts, even the like. Tiny broccoli sprouts seeds with larger seeds like lentils and 1 to 1 sprouts.

And it works great mixing them all together. So I use their mixed seed bag with the broccoli, the lentil, the radish and the alfalfa sprouts, and the monk beans seeds all mixed together.

And I add a little extra broccoli sprouts to it usually, and I have 2 or 3 sprouting jars going. So it was one empties. And I put that, you know, put it into my that batch and the refrigerator to use it for a few days.

And the others are still growing and ready to harvest three days later. So I usually have 2 or 3 jars going at the same time, and I take the small scoop, which measures the perfect amount of seeds I use, and I fill that up about three quarters of the way, and then I fill in the top the values of the extra broccoli sprouts to fill up the rest of the scoop.

Or I put in like a third of a cup, third of a scoop of broccoli sprouts. I'm using the sprouting company sprouts because they're clearly they're very clean in the sense that they don't have fungus and bacteria.

They're organic, but also those they sprout at 100% of the sprouts in there. You put the sprouts in there and all the sprouts grow, and you don't have leftover sprouts that's in sprout.

There's no leftover unspotted seeds in the jar. So the first thing is that you sprouts every day. The second hack here is to use the fresh vegetable juice.

The purpose of the juice is to enhance the concentration of phytonutrients in the cells. Without the fiber that can suppress your appetite, because it's hard to eat all these vegetables, we can get more vegetable derived phytonutrients in your cells.

If we add juicing to the food you're eating without getting too full to eat all of it. So when people get cancer, they most always have a low level of these nutrients in the cells.

So we can measure that level, right? The level of nutrients in the cells with a bio photonics scanner that measures the skin carotenoid levels to get a rough estimate.

And I found from doing that over the years is that would the juicing I can get their levels pretty good in 3 to 4 months, and without the juicing, it could take, you know, 9 to 12 months to get the levels high enough to that's really going to offer good protection.

So the juice, this all organic juice that has the three parts to it, right. Three parts of the juice, one part carrot beat mostly beets. Right. And then one third cruciferous, mostly bok choy because it produces more juice and more liquid in it.

But could be cabbage and other, you know, other cruciferous juices too. And then the third part is mostly like a young mixed salad mix, like mostly lettuces.

Now, like I was explaining, if a person makes 20oz of juice, they can have five ounces twice a day, which is ten ounces one day. And the fresh juice they made that day, they can save and use the next day, and then the next day after that, they can make another batch of 20oz of juice or extra juice to put into their soups.

When they make the soup once or twice a week, prepare to make the juicing about three times a week and getting yourself a good quality juicer. The next food item that we're talking about is raw, dehydrated garlic granules to sprinkle on your foods and to chew those raw garlic granules well to you know, you can add a clove of garlic twice a day, but that tastes too strong and is, you know, pretty hard to get down.

And to me it tastes pretty bad. But I love the dehydrated, raw garlic sprinkles in my food because you can use the exact amount that that tastes good to make to enhance the flavor of the dish. Right?

That's a great seasoning and it adds more the anti-cancer power to whatever dish here you're making. So I have that those anti-cancer raw organic garlic sprinkles sitting next to my plate on my table at every meal.

Right. And I want you to use that like something like a quarter to a third of a teaspoon twice a day. Let's go on to the other anti-cancer supplements to recommend.

Let me briefly state the eight products or ingredients right now, and then I'll get more information about each one and how to use it. The first one is mixed mushroom extracts.

That means a combination of many types of the most powerful anti-cancer mushrooms in powder form. Mushroom extracts have been studied in human clinical trials, both to improve the immune defenses against cancer and to reduce the immunosuppressive effects of chemo on chemotherapy.

Are normal cells right? With positive results including improvements in survival, they've been shown to both prevent cancer from developing and to help the body's defenses in removing a cancer, whether you're using chemo or not.

So they've shown to improve the function of natural killer T cells to a cancer cells or cancer cells that escape the primary tumor. When chemo killed the tumor are killed most of the massive of the cells, any remaining cells that could have escaped the mushroom extracts have been shown to help the natural killer T, T cells and the immune system recognize an attack.

Those escaped cells. The second supplement we're using is specific types of green tea extracts.

Eight key anti-cancer supplements overview

Because research has shown that these phytochemicals in green tea, called catechins, can influence many cellular processes, whether it's a cancer such as DNA repair, cell proliferation, apoptosis, metastasis, and angiogenesis.

So I know I said a lot right there, but we're talking here. I'll review that again. We're talking about they prevent cells from replicating abnormally.

That's what cancer is. Apoptosis means they help the body's immune system recognize and kill abnormal cells. And they prevent the spread of cancer cells sloughing off the primary tumor.

They prevent metastasis. And of course, the word angiogenesis means the growth of blood vessels, that is, that needs to feed. Cancer. Growth in these mushroom extracts are anti angiogenic.

They don't let cancer cells gain the nutrients they need via the blood supply to spread, grow and the task size. So mushrooms are the most powerful anti angiogenic food.

And that's why we're using a lot of these different mushrooms in the diet all through life. Right. But all specially when you have cancer. We're using more of these mushroom extracts.

Observational studies here suggest is a decrease in the risk of of right of getting cancer, of developing lung cancer, breast cancer, prostate cancer in green tea drinkers.

Right. And supplementing with the EGCg, the green tea derived phytonutrients. That's so effective. It was shown to reduce PSA in prostate cancer. Right.

And and biomarkers and cancer related biomarkers and breast cancer. So we're showing that these there are lots of studies showing the benefits that this really does work.

There's one interesting study I want you to be aware of. It was about 110 people without a diagnosis of cancer. And their average age was about 60 years old.

And they were tested for the presence of the Enoch's two protein, which is significant for indication of an early cancer that's begun to replicate. So what I'm saying right now, people have some cancer cells in the body, but it can't be diagnosed or found.

It can't find the cancer yet. So they find that there is some cancer cells replicating somewhere in the body. And they found 40% of people without cancer to be positive for the next two protein to have cancer cells in the body, which is consistent with what we think, because we think about half the people above 60 years old have some cancer cells in their body already.

Already. Right. Because you eat the standard American diet like other Americans eat, you're going to get, you know, cancer cells to form in your body and eventually going to get cancer.

But the interesting result of this study was that 94% of these people tested negative for the next two proteins. Six months later, after taking the EGCg supplement every four hours.

So they were put on this, the supplement with EGCg and with this special type of green tea extract in it, you know. Throughout the day and while their cancer cells all disappeared from the body.

The point is, just because cancer cannot be detected does not mean you don't have cancer. And the other point is that these early cancers that sometimes start in a person's life can be squashed or removed by our immune system, by an excellent diet and spa and smart supplementation.

And here it was found around the clock use of this green tea extract was able to reverse these early stage cancers with no dietary change. And these people were not eating a healthy diet healthy diet that I recommend.

They were even more of a standard diet. They still the cancer still went away with these high green tea extracts. The third supplement we're talking are turmeric and the Kirkman's that are derived from turmeric.

These curcumin and other turmeric derived phytochemicals have displayed anti-inflammatory and anti-cancer effects in multiple studies. The human clinical trials show that a reduction in DNA damage and an improvement in other cancer related biomarkers.

Impact of cancer and colorectal cancer. So they're broadly effective in a wide variety of cancers. We're talking about utilizing these substances in a regular ordinary food, right, that we can eat, that we can put into our diet.

But when we put them in supplemental form, there's an advantage to eating them at the meal, because now in supplemental form, just like with the EGCg from green tea, we can spread it out through most of the day.

So you have a more a broader exposure. So the cancer cells never get a chance to breathe or replicate. We're always suppressing the replication because we have these particular compounds working in our bloodstream.

Most of our hours were living right. Okay. The fourth one, which we talked about, which I mentioned already, is the raw garlic granules. Garlic has been heavily researched, demonstrating its powerful anti-cancer effects.

The active metabolites of raw garlic have shown to actually be toxic to malignant cells, right. And not lack toxicity. Normal cells. So these garlic derived compounds have been tested for their effects against skin, ovarian, prostate, gastric, breast and lung cancer.

Colorectal, liver you know ovarian right. The pancreatic they've been oral cancers. They've been shown to be effective in retarding the growth of almost every cancer type.

So garlic reduces the risk of developing cancer such as breast cancer and prostate cancer, and also activates cell cycle arrest and cancer cells, supporting the death of abnormal cells.

Like cancer cells, cell cycle arrest means cancer cells die. And number five, the herbs Pao Pereira and Rorschach Pao Pereira is from the bark of an Amazon tree and.

Sounds like vomit, right? It's not wolf, Armin. It's from the leaves of an African shrub. Right. So in these studies, both Pao Pereira and Rolf inhibit cancer stem cell growth and promote cancer cell apoptosis, or cell death.

These are lots of herbs have been studied, but these have shown to be very powerfully in having these effects. So they've been studied to have the powerful a strong effect inhibiting the growth of many different types of cancer cells.

We're talking about colorectal cancer cells, liver cancer cells, pancreatic cancer cells, ovarian cancer and prostate cancer. Right. Most all these and breast cancer. Right.

So they have been shown to have anti effects which means slow down the growth. And this has studied breast cancer cells breast cancer cells and in breast cancer stem cells and cells that even escape chemo.

These natural extracts may also be useful just in helpful in benign prostatic hypertrophy. Right. Just one person doesn't have cancer just enlarging the prostate because these extracts inhibit the development of BPH in rats and of course induce a apoptosis in BPH cells or in prostate cancer cells that have been comes to Solan.

That's another important addition to the overall protocol. Okay. Six fugue fermented Whitchurch tract studies in cancer cells in animals have shown that fugu fermented reach extract has anti-Polish and apoptosis inducing effects.

That means the cells die when you dispose these extracts. The E of the fermented wheat germ extracts appear to work in part by reprograming the dysregulated energy metabolism in characteristics of cancer cells called the Warburg effect, so they change the functioning of the metabolism in the in the mitochondria.

For example, a clinical trial compared adjunctive chemotherapy alone to adjuvant chemotherapy plus the food or the fermented reach of extract in patients with melanoma.

After seven years of follow up, the mean overall disease free survival rates were a much higher in the fermented which are mixed tract group. Right. So but but remember we're using this for in selected cancers fermented which from extract we do not use with breast and prostate cancer with all the other cancer.

Now I also don't use fermented which extract in general for people who don't have a cancer diagnosis. In those cases I use the organic raw which on flakes number seven is Halen 951, a fermented soy drink.

It's grown from an ancient heirloom soybean in the mountains of Mangalore to on pristine soil in the mountains, and it takes over 25 pounds of these beans to nitrogen.

Ferment it down to eight ounces of this soy beverage. What happens is you get the most concentrated and absorbable soy isoflavones with strong anti estrogen and anti-cancer properties.

Halen 951 specifically has been shown to inhibit the growth and induction of cancer cell death in pancreatic tumor cells in the lab, and they may even help to reduce chemotherapy side effects.

So the gut bacteria are instrumental in the potential health benefits that you get from getting all these fermented soy isoflavones in such a concentrated formula drink, and it benefits both digestive disorders and even autoimmune diseases.

So it's been shown and it is a clean, safe and effective and test well-tested adjunct to for cancer therapies. But you have to remember it tastes pretty bad.

Dosing guide for the supplement protocol

So and it's pretty expensive. So I've tried it of course. And I've had to, you know, have some other food in my mouth to put in my mouth right away, immediately to cover the distasteful flavor of the drink.

But we definitely use it with great effects when people have cancer. Okay. Number eight is modified citrus pectin. Modified citrus pectin is obviously pectin is the fiber derived from the peel, the peel of citrus fruits and its natural form.

It's not absorbed into the bloodstream well, but with modified citrus pectin. It's broken down by a specific enzymatic process, by heat and adjustments that produces this MCP modified citrus, which now can be absorbed from

through the walls of the small intestines and have effects on the gut bacteria.

The anti-cancer effects of MCP are modified. Citrus pectin has been intensively studied, and it works primarily by inhibiting a protein called galactic three, which is instrumental at several points in the process of tumor cell metastasis and cell replication.

So for shown to inhibit the growth and spread of malignancies in animals with cancer, it helps keep the cancer shrink it and to keep it confined. Human clinical trials have shown promising results.

For example, it's been demonstrated to show benefits in lowering PSA in people who have enlargement of prostate or of early stage prostate cancer and halting the progression of prostate cancer.

Those are the top eight, and likely that's mostly what you need to know if you have cancer. Of course, I'm still recommending that people in general, especially have cancer.

Take my specially designed multivitamin, which has the nutrients, which has extra nutrients people need when they're eating a plant based diet, and my refrigerated for freshness to prevent rancid, the fresh omega three, EPA and DHA supplement.

So you're still taking both of those plus these additional supplements we're talking about. So people have cancer, still needs those basic supplements, just like people who don't have cancer.

I wanted to explain that the multiple the multiple vitamins I design to recommend are unique because I don't want anybody using folic acid and vitamin A in a supplement because they can promote cellular replication and accelerate cancer growth.

Very important. So you need the extra B12, zinc, iodine, vitamin D. Those are valuable additions to plant based diet. But but not to supplement with things like folic acid, vitamin A and vitamin E or beta carotene.

These are contraindicated, right? Complete Greens is the name of my powdered multi that contains these. The assortment of the beneficial plant compounds we're talking about.

And the and also contains the supplemental ingredients that we mentioned were the plant eaters should have like extra B12 zinc and I died. So now let's review the supplements that I'm going to recommend you utilize to incorporate these eight categories and go over the dosing for you okay.

First is the suffering what we call ultra cell biotech. It's a supplement that I designed by myself and my PhD researchers that work with me. And we use it for a patient with cancer.

It combines the most clinically researched and absorbable green tea extracts called green Select Phyto, and it mixes that with turmeric and a SERT max, a special type of extract from turmeric and black turmeric and curcumin C3 compounds that we have these this concentrated group of of extracts which then includes grapeseed extracts.

And by pairing which from black pepper that are added for enhanced absorption of these compounds. And we're recommending right. I'm recommending one caps will be taking five times a day if you have cancer.

And we spread them out by about five hours between dosage. So we're using it all day and even part of the night. So it gives you the cancer. So it doesn't give the cancer cells a chance to breathe or replicate.

Typically it's taken at seven in the morning, 12 noon, 5 p.m. 10 p.m. and then if you wake in the middle of the night to go to the bathroom, you know, between 2 and 4 the morning, take another one.

Now, if you don't have cancer, you should still take 1 or 2 of these a day just because it's still so protective to take green tea in the in these compounds that are derived from turmeric.

The second one is a supplement that I call immune biotech. And I want you to take two of them twice a day. And of course, we talked about that. The immune biotech is the one that contains all the various types of the mushroom extracts that have been shown to be most protected against cancer.

And you're doing that in addition to the mushrooms you're eating in your diet. To third, which we've mentioned all this already, are the herbs that were studied by a foundation by doctor.

Is the poor Pereira and the Rorschach. And those were taking either one with each meal or two twice a day. So that's with cancer. And then number four is the healing 951.

That's the fermented soy drink that with cancer. We're talking about one ounce twice a day. The bottles eight ounces. So that's going to last you. So one bottle every four days.

But some people are using it as stretching it out to make it less expensive. So instead of using. But it depends on the type of cancer they have, where they need that one ounce twice a day, or maybe a half an ounce twice a day, which is just one tablespoon twice a day when in the bottle last you for eight days.

Number five is the modified citrus pectin, which people take one scoop one five gram scoop twice a day, number six, which is the fermented return extract.

And we use the band, the brand Metatron, and we take two of those twice daily. But remember, we don't use that with breast prostate cancer. That's with all other cancers instead of that with breast and prostate cancer.

Obviously we're using the the Halloween 951. Lastly, number seven is the raw which the organic we use usually the raw turn.

Prevention use and closing remarks

It's the liquefies brand. It's organic return flakes. And we use one tablespoon a day for cancer prevention or with breast or prostate cancer using this wheat germ, instead of using the fermented we turn.

So there you have the relatively simple list of the top eight supplements when you have a diagnosis of cancer. And you may know I've had significant number of patients with metastatic cancer that blew survival statistics out of the water by obviously by combining nutritional excellence with a diet, with dietary excellence, with smart supplementation, it's that combination that's incredibly powerful.

And you can use these same supplements in small amounts as a preventive measure when you don't have cancer, right. For example, I use for me, I use my immune biotech, the mixed mushroom extract, and I use the ultra cell biotech.

I take them twice daily just as prevention, not the four times or five times daily like you would use them if a person had cancer. All right, thanks for joining this presentation.

And stay tuned for my next presentation. When we go into even more exciting and interesting information about preventing cancer.