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 in remission without poisoning your 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 that they can be used in those cancer cases when chemo is not indicated, like in slow growing cancers.

The beauty of this protocol that I've worked on for my patients and open now 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 proliferative 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 Foundations: Sprouts, Juicing, 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? I have investigated this for years, and this group not only have significant evidence for 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 naturopath, integrative, or alternative practitioners spending thousands of dollars to formulate your supplemental regimen.

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 on microgreens. I want everyone to have a sprouts 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 among 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 as one, empty. And I

put that, you know, put into my that batch in 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 screw 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 one I use, the extra broccoli sprouts to fill up the rest of the scooper.

I put in like a third of a cup, third of a scoop of broccoli sprouts. I'm using the Sprout and 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 they sprout 100% of the spouts in there. You put the sprouts in there and all the sprouts grow, and you don't have leftover sprouts 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 vegetables.

Arrive 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, the cells with a bio food photonic scanner that measures the skin carotenoid levels. We get a rough estimate.

And I found from doing that over the years is that with 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 beet, mostly beets. Right. And then one third cruciferous, mostly bok choy because it produces more juice and more liquid in it.

But it 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 that 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 soup, and they make their 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 raw 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 you did tastes good to make to enhance the flavor of the dish.

Right? And it's a great seasoning, and it adds more of the anti-cancer power to whatever dish you're 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.

Eight Key Anti-Cancer Supplements Overview

And I want you to use that like a, something like a quarter to a third of a teaspoon twice a day. Let's go on to the other anti-cancer supplements I 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 and chemotherapy in 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 using chemo or not.

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

The second supplement we're using is specific types of green tea extracts, because research has shown that these phytochemicals in green tea, called catechins, can influence many cellular processes added to 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 a review that again we're talking about they prevent cells from replicating abnormally. That's what cancer is a pop ptosis 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 antiangiogenic.

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

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

Observational studies here suggest as 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 are so effective it was shown to reduce PSA in prostate cancer. Right. And all and biomarkers and cancer related biomarkers in 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.

There 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, SIG, which is significant for indication of an early cancer that's begun to replicate.

So I'm saying right now, people have some cancer cells in the body, but it can't be diagnosed if found it can't find the cancer yet. So they find that there are some cancer cells replicating somewhere in the body.

And they found 40% of people without cancer to be positive for the next two proteins have cancer cells in the body, which is consistent with this. What we think, because we think about half the people above 60 years old have some

cancer cells in the body already. Already. Right?

We have because we meet the standard American diet. We like other Americans eat. You're going to get, you know, cancer cells, the 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 round 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 eye in spot 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, a healthy diet that I recommend.

They be more of a standard die. And they still the cancer still went away with these high green tea extracts. The third, the third one we're talking about are turmeric and the Kirkman's that are derived from turmeric.

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

So they're 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 of, that we can put into our diet.

But when we put them in supplemental form, there's an advantage to eating them at a meal, because now in supplemental form, just like with the EGCg from green tea, we can spread it out for 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 that work you know bloodstream.

Most of our hours were living right okay.

Dosing and Use of the Core Supplement Stack

The fourth one, which we talked about, which I mentioned already, is the raw garlic and 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. But and not unlike toxicity normal cells. So these garlic derived compounds have been tested for the effects against skin, ovarian, prostate, gastric, breast and lung cancer, colorectal, liver you know, ovarian white to 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 in cancer cells, supporting the death of abnormal cells like cancer cells. Right? Cell cycle arrest means cancer cells die.

And number five, the herbs Pao Pereira and Rauf Pao Pereira is from the bark of an Amazon tree and Ralf Varma terrier sounds like vomit for it's not wall Fineman is from the leaves of a of a of an African shrub.

Right. So in these studies, both Pao Pereira and oral fire 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 and having these effects.

So they've been studied to have a 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. Almost all of these and breast cancer. Right. So they have been shown to have anti proliferative effects which means slow down the growth. And this is studying 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 and helpful in benign prostatic hypertrophy.

Right. Just when a person doesn't have cancer, just margin of the prostate. Because these extracts inhibit the development of BPH in rats and of course induce a apoptosis in B cells or in prostate cancer cells that have spins comes to swollen.

That's another important addition to the probe overall protocol. Okay, six GE fermented wheat germ extract studies in cancer cells in animals have shown that fermented rich extract has anti proliferative and apoptosis inducing effects.

That means the cells die when you dispose of these extracts. The F 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 tea or the fermented rich 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 wheat germ extract group. Right? So but but remember we're using this first in selected cancers fermented wheat trim extract.

We do not use with breast and prostate cancer with all the other cancers. Now I also don't use fermented wheat term extract in general for people who don't have a cancer diagnosis.

In those cases, I use the organic raw wheat germ flakes. Number seven is halo 951 or fermented soy drink. It's grown from an ancient heirloom soybean in the mountains of Mongolia, 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.

Halo 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 on the potential health benefits that you get from getting all these fermented soy isoflavones in such a concentrated form in this drink.

And it benefits both digest disorders and even autoimmune diseases. So it's been shown, and it is a clean, safe and effective and test well tested adjunct to the cancer therapies.

But you have to remember it tastes pretty bad. 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 modify citrus pectin. Modified citrus pectin is obviously pectin is the fiber derived from the speedy, 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 pH adjustments that produces this MCP modified citrus pectin, 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, a modified citrus pectin, has been intensively studied, and it works primarily by inhibiting a protein called galectin three, which is instrumental at several points in the process of tumor cell metastasis and cell replication, so far shown to inhibit the growth and spread of malignancies in animals with cancer.

It helps keep the cancer cells 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 enlarged the 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 mice specially designed multivitamin, which has the nutrients, which 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 dhea supplement. So you still taking both of those plus these additional supplements we're talking about.

So people who have cancer still needs those basic supplements, just like people who don't have cancer. Right? I wanted to explain that the multi, the multiple vitamins I design and 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 night 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 that assortment of the beneficial plant compounds.

We're talking about. And the and also contains these supplemental ingredients that we mentioned. One of the plant eaters should have like extra B12 zinc and iodine.

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 supplement 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 Soames, and it mixes that with turmeric and a certain max, a special type of extract from turmeric and black turmeric and curcumin C3 these compounds.

So we have these this concentrated group of of extracts which then includes grapeseed extracts. And by pairing which I'm from, black pepper that are added for enhanced absorption of these compounds.

And we're recommending right. I'm recommending one capsule 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 it the cancer. It doesn't give the cancer cells a

chance to breathe or replicate.

Prevention Strategy and Closing Remarks

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 in 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 former 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's is the one that contains all the various types of the mushroom extracts that is shown to be most protective against cancer.

And you're doing that in addition to the mushrooms you're eating in your diet. Two third, which we've mentioned all this already, are the herbs that were studied by a Belgian ski foundation, by Particle Genki is the power Pereira and the ro Ophir.

And those were taken either one with each meal or two twice a day. Right. So that's what it was with cancer. And then number four is the Hailey in 951.

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

But some people are using it and stretching it out to make it less expensive. So instead of using. But it depends on the type of cancer they have, what 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 year 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 wheat germ 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 or prostate cancer. That's with all other cancers instead of that with breast and prostate cancer.

Obviously we're using the, the the Hailey in nine, five, one. Lastly, number seven is the raw we term, the organic we use usually the raw we term it's the Kate Lee kept this brand.

It's organic wheat germ flakes. And we use one tablespoon a day for cancer prevention or with breast to prostate cancer. We're using this wheat germ instead of using the fermented wheat germ.

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 a significant number of patients with metastatic cancer, that blue survival statistics are out of the water by obviously by 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 bio to act the mixed mushroom extract, and I use the ultra sel biotech.

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

When we go into even more exciting and and interesting information about preventing cancer.