

## Unconventional Cancer Protocols to Heal My Body

11/1/20

**My caveat:** I created my protocols from what I learned through my independent research. I don't make any claims that these will cure cancer or will be beneficial for others to follow. None of these protocols have brought my bone marrow cancer into remission. However, on 5/8/20, my PET Scan showed no active cancer cells in my entire body. My oncologist is amazed by my progress, especially since I rejected all chemotherapy. My goal is to continue to support the natural healing processes of my body while all along maintaining the quality of my life and enhancing my immune system as best as I can. I have tweaked these protocols frequently along my cancer journey.

Here is what I do currently:

1. **Eat a healthy diet:** I follow my animal-based diet, which I call the [Better Belly Blueprint](#).<sup>1</sup> It is an organic, gluten-free, nutrient-dense, anti-inflammatory eating plan. I consume a fat-to-protein ratio measured in grams of approximately 2:1 per meal. I eat when I'm hungry and drink when I'm thirsty. I occasionally eat some plants (no more than 10% by volume of a plate of food) that are low in phytates, oxalates, and lectins. I also cycle out of ketosis once a week by eating approximately 100 grams of carbs for that one day to maintain my [Metabolic Flexibility](#).<sup>2</sup>
2. **Fortify my gut and maintain an intact gut epithelial barrier:** I take 2 caps of MegasporeBiotic (from Microbiome Labs<sup>3</sup>). I also take 2 caps of TerraFlora Deep Immune, which also stimulates the production of interferons (IFNs) as well as activates downstream immune cells to support my immune system (from Enviromedica<sup>4</sup>).
3. **Support my bone:** I take 6 caps of OsteoVegan (from NuMedica<sup>5</sup>), 2 caps of Megaquinone K2-7 (from Microbiome Labs), and 5,000 IU of Vitamin D3 (from NatureWise<sup>6</sup>).
4. **Help repair my mitochondria:** I use PEMF (Pulsed Electromagnetic Field) Therapy using the PureWave PEMF mat<sup>7</sup> first thing in the morning for 30-minutes at setting

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<sup>1</sup> [https://www.amazon.com/Better-Belly-Blueprint-strengthen-immune-ebook/dp/B08DX9N9RB/ref=sr\\_1\\_1?crid=37871FYI09SC&dchild=1&keywords=better+belly+blueprint&qid=1602258244&srefix=better+belly+blu%2Caps%2C221&sr=8-1](https://www.amazon.com/Better-Belly-Blueprint-strengthen-immune-ebook/dp/B08DX9N9RB/ref=sr_1_1?crid=37871FYI09SC&dchild=1&keywords=better+belly+blueprint&qid=1602258244&srefix=better+belly+blu%2Caps%2C221&sr=8-1)

<sup>2</sup> <https://drdanenberg.com/metabolic-flexibility-the-way-of-your-body/>

<sup>3</sup> <https://microbiomelabs.com/about/>

<sup>4</sup> <https://shop.enviromedica.com/terraflora-synbiotic-deep-immune>

<sup>5</sup> <https://app.numedica.com/catalog/NM306>

<sup>6</sup> <https://www.naturewise.com/products/vitamin-d3-5000-iu-supplements>

<sup>7</sup> <https://www.purewaveenergycenters.com/pemf-home-system>

“Basis – 1”, afternoon session for 30-minutes at setting “Basis – 5”, and at bedtime for 30-minutes at setting “Basis – 1”.

5. **Assure animal-based nutrients from organs for my cells:** I take 5 caps of Desiccated Organ Complex<sup>8</sup> and 4 caps of Desiccated Bone Marrow<sup>9</sup> (from by Enviromedica).
6. **Control pain:** I take 200 mg or 400 mg of ibuprofen rarely and only when necessary.
7. **Target specific proteins involved in my cancer:** I take one human-derived monoclonal antibody immunotherapy. **Darzalex**<sup>10</sup> attacks a specific protein on the surface of malignant plasma cells. Along with Darzalex, I am given premeds (Tylenol, Benadryl, and Decadron) only the day of the injection to limit any side effects.
8. **Help prevent colds and flu:** I use a Bee Propolis Mouth Spray 4 times a day if I feel any “scratchiness” in my throat (from Beekeeper’s Naturals<sup>11</sup>).
9. **Strengthen my body:** I do arm and leg stretches daily. Based on the condition of my bones, I do modified pushups and modified squats several days a week. Also, I walk one mile outside every day, weather permitting.
10. **Reduce stress:** I meditate and practice diaphragmatic breathing as well as progressive, total body muscle relaxation.

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<sup>8</sup> <https://shop.enviromedica.com/pastured-organ-complex>

<sup>9</sup> <https://shop.enviromedica.com/pastured-bone-marrow>

<sup>10</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5013856/>

<sup>11</sup> <https://beekeepersnaturals.com/collections/all/products/propolis-spray-4-pack>