

Unconventional Cancer Protocols to Heal My Body

1/1/21

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 10 protocols frequently along my cancer journey.

1. **Eat a healthy diet:** I follow my animal-based diet, which I call the [Better Belly Blueprint](#). 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 100-150 grams of carbs for that one day to maintain my [Metabolic Flexibility](#).
2. **Fortify my gut and maintain an intact gut epithelial barrier:** I take 2 caps of [MegasporeBiotic](#) (from Microbiome Labs). 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).
3. **Support my bone:** I take 6 caps of [OsteoVegan](#) (from NuMedica), 2 caps of [Megaquinone K2-7](#) (from Microbiome Labs), and 5,000 IU of [Vitamin D3](#) (from NatureWise).
4. **Help repair my mitochondria:** I use PEMF (Pulsed Electromagnetic Field) Therapy using the [PureWave PEMF mat](#) 3 times a day –
 - First thing in the morning: “Vital – 10” for 24 minutes immediately followed by “Basis – 1” for 8 minutes
 - Afternoon session: “Basis – 10” for 24 minutes immediately followed by “Basis – 1” for 8 minutes
 - At bedtime: “Basis – 1” for 24 minutes

5. **Assure animal-based nutrients from organs for my cells:** I take 5 caps of [Desiccated Organ Complex](#) and 4 caps of [Desiccated Bone Marrow](#) (from by Enviromedica).
6. **Target specific proteins involved in my cancer:** I have included 2 human-derived monoclonal antibody immunotherapies –
 - [XGEVA](#) injections attacked a protein, which caused my bones to weaken, and inactivated this protein - (Started on 11/11/19; Ended on 6/16/20).
 - [Darzalex](#) infusions attacked a specific protein on the surface of malignant plasma cells and killed them. It also stimulated the innate immune system to send out macrophages to eat up these plasma cells - (Started on 11/11/19 and continue to take sporadically today). Along with the Darzalex, I was given Tylenol, Benadryl, and Decadron only the day of the infusion to limit any side effects.
7. **Control pain:** I take 200 mg or 400 mg of ibuprofen rarely and only when necessary.
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).
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. While walking outside, I use a rollator as support if my legs weaken. Once a week, I incorporate high intensity interval training (HIIT) by doing rapid sets of anaerobic squats.
10. **Reduce stress:** I meditate and practice diaphragmatic breathing as well as progressive, total body muscle relaxation.