

# Cancer Protocol



DISCLAIMER: Whether you decide to do conventional therapy or not, it is recommended that you do this protocol as your foundation. For those people also doing chemo/radiation, they too can benefit from this same protocol as the nutrients and diet below may also help protect against the side effects and damage of chemo and radiation. This data (diet, nutritional protocol) is not a treatment or replace for any medical treatment or prevention for any medical diseases including cancer and is only research data. No promise of any claim is given in this document.

**The higher-level strategy** is to target at cancer's weakest link, which is the metabolic enzyme called SCOT (abbreviation of the longer chemical name). You can look at SCOT as a door to cancer's food and building blocks. If left open it will keep it growing.

There is two ways we will block SCOT: **(1)** specific herbal compounds, which chemically block SCOT and **(2)** reducing dietary fat (and their byproduct called ketones). It is a lot more complex as you can see below.

There will be additional strategies as well. One is to inhibit those factors that affect the growth of cancer (called proliferation). The enzyme that controls growth in the body is called mTOR. The most powerful way to turn this off is through: **(1)** Fasting and **(2)** a low protein diet.

Arginine and glutamate are two amino acid that also must be reduced. The diet listed below will give you examples of foods to eat.

All the herbs recommended to help block SCOT also have additional anti-cancer properties.

**FASTING (daily and periodic prolonged) is THE most important action to implement when addressing cancer. This is because of the following:**

1. It works epigenetically, which means it controls your genes in the direction of anti-cancer effects.
2. It stops mTOR (the growth factor)
3. Decreases IGF-1 (another growth factor)
4. Increases immune stem cells (giving you your immune defense).
5. Stimulates autophagy, which rids damaged mitochondria and inhibits inflammation.

Carbohydrates also can feed cancer, so your carbs must be low. Cancer hogs sugar from the rest of your cells, however without getting too far into the weeds, it takes large amounts carbs to feed cancer. This is why some carbs will be okay but keep it under 50 grams of net carbs per day. Net carb is taking the total carb and subtracting the fiber.

Fiber being a carbohydrate can not feed cancer so the foods recommend should be high in fiber. Fiber keeps your friendly bacteria thriving and they are a big part of your immune system. The carb to eat are vegetables. Certain types of vegetables fight cancer more than others especially CRUCIFEROUS vegetables.

- ARUGULA
- BOK CHOY
- BROCCOLI
- BRUSSELS SPROUTS • CABBAGE
- CAULIFLOWER • COLLARD GREENS
- HORSERADISH • KALE
- RADISHES • RUTABAGA • TURNIPS
- WASABI
- WATERCRESS

There are some fruits that can also be eaten, however, not too many because of the higher sugar levels. The fruits recommended do have anticancer properties, fiber and are lower on the glycemic index. Adding some of these will help slow down weight loss but keep the carbs under 50 net carb.

- BERRIES

In this plan, we will use a combination of strategies:

### **1. OMAD (one-meal-a-day) and Periodic Prolonged Fasting**

**2. Diet: low fat, low protein, and low carb. At the heart of this diet is vegetables, especially vegetables that have anti-cancer properties. To maintain weight, certain lower glycemic fruit can be eaten.**

**There is one type of dietary fat that is acceptable: omega 3 fats.**

### **3. Key herbal supplements**

# DIET

**The diet recommended for cancer is not the same diet to prevent cancer. The diet to help prevent cancer is the Ketogenic Diet (high fat, moderate protein and low carb) and Intermittent Fasting. Cancer uses a different metabolic pathway, so the diet macros needs to be different.**

Here are some specific points:

1. The lion-share of food should be vegetable, especially cruciferous vegetables.
  - a. Unlimited but at least 10 cups per day.
  - b. Avoid corn and soy.
2. The fruits you can consume were chosen for their lowered amounts of sugar, nutrient density and with anti-cancer properties. You will not be exceeding 50 grams per day of fruits.
  - a. Berries
3. Fats feed cancer, except omega 3 fatty acids. Fatty fish has high amounts of omega 3 fatty acids but fish also is high in protein. However, cod liver (canned) is 20 percent omega 3 and low in protein not to mention high in vitamin D and A. Consuming this 2x per week could be done.
4. How much protein is low protein? Roughly 4 ounces (21 grams) per day or you could use this formula to be more exact:  $0.28 \text{ grams / kg of weight}$ . This would look like roughly the size of the palm of your hand. And when we talk about grams of protein, we are talking about the actual protein in protein. For example, you have the gram weight of an egg, which is 50 grams, but the protein in that egg is only 7 grams. All your calculations will be the grams of protein in each protein source.

Examples of 4 ounces of protein

  - a. Sardines (1/2 can and wild caught) or
  - b. Cod Liver (canned and wild caught) or
  - c. 3 eggs (organic and pasture-raised) or
  - d. 4 ounces of meat / fish / sea food
5. There is also some additional protein you can have in the form of straight amino acids if needed and you feel week. Essential Aminos Certain amino acid blends have a 99% absorption rate and have no glutamine (Perfect Amino™ or KION Amino™ are options). This may or may not be needed but it is there if you need it.
6. The type of protein needs to be organic, grass-fed and wild caught.
7. Typically, nuts are high in arginine, which can increase the growth of cancer. However, two types of nuts are low in arginine.
  - a. Hickory nuts
  - b. Pistachios
8. You want foods that are low in arginine. This is an amino acid that can trigger the growth of cancer.
  - a. Eat fish, chicken, beef, lamb, and eggs.
  - b. Avoid turkey, pumpkin seeds, peanuts, walnuts and hazelnuts, chocolate, grains and squash.

9. Avoid dairy due to growth factors (milk, cheese, yogurt, kefir).
10. Hummus (only with olive oil, no soy) can be consumed at no more than 1 cup per day.
11. Use garlic liberally on your food.
12. Avoid omega 6 fatty acids (corn, canola, soy and cotton seed).
13. Avoid all sugar.
14. Avoid all grains and grain products.
15. Liquids: consume minimally 2.5 liters per day of water. You can also have herbal teas through the day.
16. Limit coffee to only 8 ounces per day.

## **FASTING**

Vary fasting with different patterns but keep these constant:

- OMAD daily
- 48-hour fast each week
- 72-hour fast each month

Every other month do a 7-day fast.

The more fasting you do the better. The severe your cancer prognosis, the longer you need to fast. If you could go 30 or 40-days, do it. However, you must balance your weight. If you have extra fat to lose, longer faster would be much better.

Sea salt (Himalayan) is vital. 1 and ½ teaspoons per day is recommended. You can add it to your food or mix it in your electrolyte drink. Your basic nutrient supplements while fasting should be minerals (electrolytes); trace minerals; vitamin C, B vitamins, vitamins D, E and K2; omega-3s (from virgin cod liver oil) and amino acids if you're too thin or feel weak. Fasting produces acidity, so a high-quality green drink would be advised. Spirulina powder would be best because it is also one of the compounds to block SCOT.

### **SCOT Inhibitors (METABLOC)**

Alpha lipoic acid: .4 grams to 1.8 grams per day; start with less and gradually increase over 3 weeks.

Hydroxycitrate (garcinia): 1.2 grams to 3 grams per day; start with less and gradually increase over 3 weeks.

Red Algae: take 8 grams per day

Spirulina: take 10 - 14 grams per day (you may need to work up to this dosage) Black Seed Oil: 500mg 2x per day as this can increase somatostatin, which lowers insulin and glucagon, which will slow the ketone fuel to the cancer.

### **Salvage Pathway Inhibitor**

Garlic (allicine): Take different forms—raw, freeze-dried, fermented—and take lots, yet go gradually due to the potential for irritation to the stomach. Garlic is high in BI and can reduce lactic acid from the cancer. If you want to take them as a supplement, take 500 mg, 4x per day.

### **Glutamine Inhibitor**

Green tea (EGCG): Take as a supplement as well as drinking green tea through the day.

### **Phytonutrients**

Broccoli sprouts, cruciferous vegetables with olive oil (oleocanthal) at 2 Tbs per day.

### **Anti-Angiogenesis (reduce blood supply to tumors)**

Any of these food and natural herbs can be taken. Foods and herbs that assist include cruciferous vegetables, curcumin, quercin, ginger and many others.









## References

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