

Emma Weil (Galit) — Complete Teaching Knowledge Base

Extracted from ClickUp Wiki — All Programs, Lessons, YouTube Scripts & Business Model

February 20, 2026

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you are eating

CANCER

Dr Leonid Kim

- [WORST Supplement That Feeds CANCER Cells](#)
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- [Hot Flashes, Heart Disease, and What Women Are Missing](#)
- [Warning! Top 'Healthy' Foods Harming Your Liver](#)
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 - <https://www.youtube.com/watch?v=225PDu4RCCc>
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 - [2nd Video - The best supplement that fights cancer -SHOCKING!](#)
 - [3rd VIDEO - Eat High-Fat foods WITHOUT Gaining Weight](#)
- Research Idea
 - [Eat Bread, Rice, Potatoes WITHOUT Blood Sugar Spikes](#)
- Packaging - Title & Thumbnail
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- 4th Video - Foods that fuel cancer

you are fueling

CANCER

-
-
- [5th Video - Foods that fight cancer \)](#)
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- Website
 - Model of “About”
 - [What You Actually Need](#)
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 - [One Supportive Cancer-Free Protocol](#)
 - [SLIDE 3:](#)
 - [This Is For You If...](#)

Emma Weil Biz Wiki

Call Recordings

Session 1 - <https://fathom.video/share/2HXwZSM4xZyLFCbNX-Hhs2E1Bisut-B> Session 2 - <https://fathom.video/share/6X9wkZw8bPvMXNzKxkRuwkhcNCQRzyE> Session 3 - <https://fathom.video/share/Xxmj2rh3AQGw9KJByFzESwITkhE3Z65R> Session 4 - <https://fathom.video/share/x3mU2bf-GKWK2C9eRwZA23Qw4CX7swLh> Session 5 - <https://fathom.video/share/eeUcAwz55bgvAxTzmfRoaeNsKkNoc3a> Session 6 - <https://fathom.video/share/6hM0EF1oX4IEV22YpxzBPDlsCMcSmw> Session 7: Part 1 - <https://fathom.video/share/BFveKpNvpRkxzCmw1UxKkkVNzWwriOZ> Session 8 - https://fathom.video/share/di4nyub58oQ1s0Nnk5Ui0hAxGo_rVgI Session 9 - <https://fathom.video/share/dnuuRGEsRjIBqZCRNCbEHNFywRYsbX5f> Session 10 - https://fathom.video/share/FBKuDZWx-kyk9jV_zvhgysvaROTI3omG Session 11 - <https://fathom.video/share/xuFmRD51HWA7rtcy7BhFMxXvMmDBsic> Session 12 - <https://fathom.video/share/ZuiyAospxcWDLm256Xe7NTUcEVTBYHR> Session 13 - https://fathom.video/share/AxwfZ5-pyREH8CzoNaqc_VoVsFtoTk-

Resources

How to build an Offer:

[
www.canva.com
https://www.canva.com/design/DAGQ6XYLr5U/a_eqbeGilBW_NdZAQ7aiNQ/view?utm_content=DAGQ6XYLr5U&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utld=he63097509d
https://www.canva.com/design/DAGQ6XYLr5U/a_eqbeGilBW_NdZAQ7aiNQ/view?utm_content=DAGQ6XYLr5U&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utld=he63097509d)

Links to Services/products

Descript - <https://descript.cello.so/EZOEWiQfNb> ManusAI <https://manus.im/invitation/C3SKZWXCTOK> Skool - <https://www.skool.com/signup?ref=7ce3ce21b8e845286b899fb903002d1> Teleprompter - <https://apps.apple.com/cy/app/teleprompter-com/id1420515755>

Q&A

I don't like/relate dr amy's channel, how should i use it? I've noticed images of food have peaks in replays in youtube. how should i insert images to the video, what kind, is there a system?

Program 1

Start Here

Actions: * Read Welcome Post → "Here's how to start your 7 days." * Go through Module 1 → 2-3 (6-7) short lessons (each <10 mins) * Book reminder for the live call *

Transformation:

Goal:

Bird's eye view syllabus: L1 - title small description

L2 - title small description

L3 - title small description

L4 - title small description

Lesson 1- Welcome

Goal: Welcoming the lead

Deliver the psychological goal (to which community he has arrived)

You've finally found a place that teaches what no one else talks about : how to rebuild trust in your body and prevent recurrence naturally."

Resources: 1.Videos - welcome to the community

COPY: The purpose of this community is to minimize the risk of cancer and cancer. By understanding the true underlying root cause of cancer we recognize that the power to prevent it lies in our hands. The body's wisdom is endless but unfortunately in the context of our modern society a great deal of these inherent healing mechanisms have been indefinitely muted. The vision of this community is for its members to gradually learn and especially understand these healing mechanisms and for every one here to incorporate them in their daily routine in a seamless manner.

Google form: In the link below you can write down your information you would like to share with other members in the community, such as occupation, how old are you, do you live with other loved ones, and what is his interest in cancer prevention. ?? Can be postponed to paying members : Optional to answer a short questionnaire regarding your current health status, different aspects of life style such as sleep, exercise, nutrition, what is your most important personal quality that helped you overcome a serious challenge regular drugs and what is your goal in terms of health: Where would you want to see yourself in terms of health in the next month, 6 months and 2 years from now.

Lesson 2- How to make the most out of your 7 day free trial

Goal: Demonstrate how to make the best of your 7 day free trial: What are the next steps 1. Navigating on the community: what is the feed, how to comment and post posts, Level definition), what other members are in this community, how to communicate with them, how to ask questions etc... knowing the main knucks and crannies of the community 2. This is how to book your slot in the weekly live zoom call 3. Watch lessons 1-7 in module 1, follow the instructions of each lesson.

what you can expect, how the community is operating, going over the complete roadmap, community goals, how it works (available resources, exercises, challenges, checklists, charts, recipes, training videos and practice by home work, surveys, summaries, recordings etc), what to expect on a weekly, monthly basis, what are the expectations from the members,

Lesson 1 - The Classroom

Goal: Clarify How They Continue (Self-Guided Learning)

The community isn't time-bound — it's a library of wisdom designed for personal exploration. Each member chooses which area of their health they want to focus on first.

Examples: * Someone dealing with fatigue might start with "**Strengthening Immunity.**" * Someone facing

mood swings might go straight to “**Balancing Hormones.**” * Someone wanting a full reset might begin with “**Detoxifying the Modern Body.**” The order doesn’t matter — every module is complete in itself and can be revisited anytime.

Galit can occasionally suggest “recommended starting points,” but there’s no fixed path. In the future version .2 we’ll develop a more personalized path inside the classroom

Resources:

A summary flow chart/checklist (for printing) on next steps

Lesson 2 - The Community Feed

The feed becomes the everyday support system — not built around a timeline, but around connection. Members can: * Share their experiences as they move through the lessons. * Ask questions about what they’re practicing. * Get feedback from Galit or peers. * Find motivation, reminders, and small insights. Instead of reminders tied to a “current module,” posts focus on **universal themes** like energy, resilience, or mindset. This keeps the space alive and relevant for every member, no matter where they are in the material.

Lesson 3 - Live Calls

Join the live call any week to connect, ask questions, and deepen your understanding. Recordings are uploaded for anyone who can’t attend (PAID FEATURE) How to make the most of the live call

The weekly call becomes the anchor of the community — a place to connect, ask, and integrate. Each call is open for: * Questions about any module or personal challenge. * Guidance on applying the tools correctly. * Sharing wins and insights. * Receiving encouragement and direction from Galit and other members. Recordings are always uploaded to the classroom so everyone can access them later.

Lesson 3 - How to ask questions (user levels)

Lesson 4 - How to move to the free module

The Tiers and what would you get

Define - FREE, Premium and VIP.

VIP: Potential ideas: 1v1 = High-ticket product (\$1K+).

Module 1- (7-day trial) Reconnecting to the body's ancient wisdom in a natural manner

Theme:

Transformation: Goal: ## Engineer an initial transformation attained within the 1st week of the free trial. ## Pay attention to addressing the main pains: fear, worry, lack of energy, confusion, uncertainty, hot flashes, bad sleep, sometimes pain (some due to medication)

כל יום מוסיפים עוד דבר לבר... ביום הראשון ויצואים החוצה לשמש ביום השן שותם עוד 2 כוסות ים - עם התמונה של הבוקר לו, ביום השלישי מלים אף מודעות לצאת יתר הוהנה, סע הדם ליקוטם בו הרבי דרבין על יגיאולין או סוכר שמתן חשב שלא יוו בגאות - איזה תחומי לא האראה כי השונה ולכן אם אלכליים או ריבוטים עלי כרמיים שמיינטן פונטמות תהי ששלמים ביום ההמיש גוף של סרפן העור לפי ארנון הכריאות העולמי - הדברים הם לא תמיד מוכנים מימיים לנו. בדילה אזת את אמת קפלן את האמתות העובדות והחוויות את השילשה לדיים

Day 1- Sun light in the morning (meet Cortisol)

health is all about hormonal balance and a strong immune system that is working for us and not against us.

cortisol represents stress. but it is actually a good hormone. when he is balanced that is when we feel the best.

this is how it is out of balance what disrupts cortisol balance?

excessive exercise, chronic stress, chronic inflammation.

how does balanced cortisol look like?

how can we contribute to the curve with highest cortisol in the morning?

light and raising heart beat?.

[SelmaouiLSReprod2003 \(1\).pdf](#)

Day 2 - Adding 2 glasses of water in the morning

day 3 - How the body translates light?

Day 4 - Meet another the main character playing behind the scenes (Insulin)

Day 5 - What we are told by the official experts

Day 6 - Reflection

What did you decide to change in your morning routine? Why did you decide to change it? What made you take these decisions? How does your morning look like today?

Goal: send the member to Comment on his own initial comment with his intentions and what he have managed to do.

Day 7 - Soft transition to what comes next

“What’s in it for me” WIIFM Go over all modules, how each module is constructed, recommendation on how to use the modules. Comm feed - how to use Live call recording - (paid feature)

Setting the Intention

The goal: to send the member to write his intentions on the dedicated community post.

Create Post: Set The Intentions for your first Week (Set yourself to Win your first win in the community).

Comment Day 1 + Comment with outcomes day 6. Describe (where) your morning routine, what do you do in the first 2 hours from the moment you get up from sleep,

Legit member

Examples: * Someone dealing with fatigue might start with “**Strengthening Immunity.**” * Someone facing mood swings might go straight to “**Balancing Hormones.**” * Someone wanting a full reset might begin with “**Detoxifying the Modern Body.**” The order doesn’t matter — every module is complete in itself and can be revisited anytime.

C.R Module 1 - The Root Cause of Cancer No One Shared With you

/Short Description:

We'll explore the latest studies and theories and uncover the new scientific principles that explain how disease develops — and the simple mechanism that fuels cancer. we'll understand why the control over our health is in our hands ## Goal: Member will understand the mechanism behind the initiation of cancer and feel empowered and excited and maybe a bit anxious about the journey ahead. Understanding is crucial for implementation.: Key understandings the member should acquire: 1. Cancer initiation is a long continuous process of chronic damage, insufficient repair that is largely caused by our daily lifestyle. 2. Genetics is controlled by us - “Genes load the gun - environment pulls the trigger” 3. The body is smart, it has the solutions against cancer. it is our life style that determines if the proper solutions are implemented and our current lifestyle prevents these solutions from

manifesting themselves. 4. the strategy must be holistic, perfecting only 1 component of the whole will not be able to bring us to lasting health, all components need to be applied. 5. Each component in the strategy need not be implemented with 100% perfection. Instead, it needs to be supported by, and balanced by all the other components at different levels of implementation.

החבר יבין את מנגנון הוויזרות הסרטן. הבנה זאת היא המפתח לשיטות אמצעי למתלהר הסרטן ומקומות בריאות ריאוכת שיטם

/

[טקסט מוקטור R8.pptx](#)

Lesson 2 - The "truth" about cancer

Short Description:

what are free radicals Presenting Cancer as a genetic disease theory

Goal:

The member will understand the current "truth" about free radicals and how sporadic mutations in certain genes are responsible to cancer initiation and progression and how the pharma uses that concept to develop cancer drugs.

Slides:

37 39-41 43-52 minutes 22-35

short lessons 1-3:how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the enemy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medicatoxin, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

Lesson 4- An empowering lesson-the power is in our hands we solve the problem of insulin and cortisol as key factors that govern hormonal balance, and restore immune protection. Presenting the holistic strategy to restore and rejuvenate the natural defenses of the body including the immune system to ward off diseases and cancer-addressing all known carcinogenic factors: mutations, hypoxia, inflammation, toxicity, viruses, age, [[by using nutrition, exercise, stress management and relaxation, sleep enhancement, and sunlight]] also talk about epigenetics

WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson recordings written summary of the key concepts and takeaways

Lesson 1 - How are bacteria related to a cancer cell

Short description:

The difference between a bacteria and a mammal cell as the foundation to understand how cancer develops. The relevant features unique to the mammalian cell that are lost on its journey to become a cancer cell. what are genes? 10-12 Not only the sequence but the epigenetics... (find slide from ppt 6 what are proteins? need to find slide. how does it like it's sugar? 13 a mammal cell : 15-31+38 (minus a few...) * multi cellular * specialized and differentiated * form equals function * self destruct button - mitochondria * energy also with oxygen amount of ATP with oxygen amount of ATP from glucose w/o using oxygen

Goal:

member will get the emphasis on the cardinal issue which is energy!

Member will understand that a cancer cell uses its fuel much like a bacteria uses its fuel to grow and multiply. This phenomena is aberrant and it is the common denominator of 99% of major cancer cells. it is caused by the damage to the mitochondria and not by random mutations. The program is intended to restore the proper function of mitochondria. Member will understand why cancer is 1 disease and why the program is suitable for any cancer survivor.

Slides:

10-31 8- minute 22

Lesson 3 - The proven true cause of cancer known for a hundred years

Short Description:

Completely debunking the established "truth" and presenting the metabolic theory of cancer. How is it that cancer runs in families, and why it is still crucial to activate our defenses against mutations ### Goal: The member will realize he'd been lied to or at least will start to question the conventional beliefs and look at his oncologist from a different and new point of view as someone who has a large gap in understanding cancer or at least as a professional in drugs but not in health.

Slides:

54-56, 58-59, 60-64, 69-103, 106-114 ppt 6 - 37-38

short lessons 1-3:how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the enemy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medicatoxin, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson recordings written summary of the key concepts and takeaways

Lesson 4 - The future non-toxic cancer treatment

Short Description:

The press pulse strategy, that should be the first line in any cancer treatment.

Goal:

To solidify the concept of cancer is a metabolic disease and give hope that in the worst case scenario the disease returns the treatment will not be horrific

short lessons 1-3:how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the enemy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medicatoxin, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson

recordings written summary of the key concepts and takeaways

Prelude - Why is understanding the root cause key to prevent cancer

Short Description:

The Circle of Concern and Influence, how in order to fix a problem you must know its source first. Use an example of fixing a car maybe...

Goal:

The member will be curious as to the root cause of cancer and excited about the possibility to actually prevent the disease.

Slides:

4-7 minutes 0-8

Not relevant: short lessons 1-3:how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the energy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medication, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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Lesson 6 - Our unique holistic strategy to prevent cancer

Short Description:

Our unique holistic strategy to prevent cancer by re-activating all the built-in defenses for a future of health, resilience and wellbeing (also reverse aging) Rejuvenating mitochondria and protecting it from all the daily insults around us. the basis would be hormonal rebalance and immune supreme competence to be achieved by: Cancer free Nutrition, 360 stress management, healing physical activity, sleep optimization and immune restart and detoxification. ### Goal: Member needs to understand everything is connected and in order to repair a system we need to address all the factors that influence it (not only nutrition, not only meditation, not only exercise etc... everything affects everything, like the musicians in an orchestra. It is enough for one to

Slides:

text from lesson 12 in the rebalance program

short lessons 1-3:how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the energy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medication, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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Lesson 5 - Why cancer returns

Short Description:

toxicity no such thing as cancer cured. instead - 5 year survival, 1- year ...

Goal: The member who learns things he never heard of starts to lose confidence in the system and realizes hes arrived to the right place.

C.R. Module 2 - Maintaining Hormonal and & Energy Balance in your routine

Short description:

How the modern way of living is affecting Insulin, dopamine and cortisol and metabolism. What are the consequences and what is the simplest way to reverse the situation and restore proper function.

Goal:

Member will understand the simple concepts that are crucial for correct implementation. the concepts are : 1. Hormones are a tool of the body to respond to "information" from the environment. For example, information can come in the form light, food, stress, temperature etc. 2. If the tool (specific hormone) is activated and used continuously the body will start to ignore its signal, what is called resistance. 3. We will give examples of resistance to insulin, cortisol, dopamine.

Resources:

Lesson 1 - We are our hormones

short description:

An orchestra of instruments, they respond to input from all sorts (light, darkness, temperature, touch, food, thoughts. When 1 hormone is off balance the whole body's harmony is disrupted. Who is the conductor of the orchestra - it is you. You decide what the music will sound like. What is the meaning of imbalance: resistance

Goal:

Hormones as activators of transcription.

Resources:

Part 1 - hormones are social media

Description:

The member will learn the role of hormones in communication between cells and systems, the concept of the holistic strategy because every thing is connected to everything. (why medicine is will need to adjust and revers the compartmentation of the body to specific systems) gastrologist needs to be an endocrinologist and an immunologist and a neurologist all in one) Hormones as the body's tool to respond to its environment to information etc. There is no such thing as a bad hormone. It is the context that matters. the general problem with hormones in cancer, after cancer, medication, the concept of resistance to hormones: the story about the obob rat (leptin, gh, insulin, cortisol, dopamine) ### Goal: Member will understand the bigger picture regarding hormones purpose and action that no one sees.

Slides:

need to create or take from old ppt on stress and sun glasses

Lesson 3 -Mental energy is all about quality, quantity and timing**Goal:**

Member will start practicing dopamine rebalance and increase the giving up temptation ### Short Description: Restoring mental energy and the zeal/passion for life We'll learn how to restore mental energy and increase our sensitivity to life's natural rewards

Dopamine – The Hormone of Anticipation Dopamine is the brain's key messenger of motivation and reward — the hormone that drives our anticipation, curiosity, and pursuit of pleasure. But when its delicate balance is disrupted, it can lead us to make impulsive choices that gradually erode our health and vitality.

In today's world, many aspects of modern life — from digital media to processed foods — are intentionally designed to keep our dopamine system overstimulated, trapping us in a cycle of constant craving and dissatisfaction.

In this session, we'll reconnect with the deep, sustainable sense of satisfaction that fuels true well-being and inner freedom.

optional - emotional eating (located in detox) Finding your JOMO - Joy of missing out resources: Lesson recordings written summary of the key concepts and takeaways Weekly checklist to print - simple fun actions to do during the day to rebalance Dopamine

Accountability: Once lesson is completed system sends survey on which steps do you choose to start with in order to fill your dopamine pool

1 week challenge on - reclaiming your morning. Mindset reboot. 4 assignments to perform in the morning:

- a. stepping outside to have the sunlight and fresh air (as opposed to indoor light and air)
- b. doing 5 minutes of stretches during that time
- c. increasing heart rate for at least 1 minute
- d. drinking 2 glasses of water

Part 1 - Carbs - Fructose - evil twin brother of glucose**Short description:****Goal:**

Slides: 20-27, 29, 32-33, 35+38, 36, 41-43, 57-60

Fructose causes more insulin resistance reminder of insulin resistance in slides 45-54

Part 2 - Dopamine**Short description:****Goal:**

We are all addicted to something, the key is to get addicted to what builds us and not what ruins us. ###

The problem:

watch this video: a baby's reaction to tasting ice-cream for the first time - with a text explanation to those w/o internet... 61-66 69-73 79-81+82 84-86 74+108 leave out the metabolically flexible, we feel we don't have energy, despite the fact our tank is full. we need more carbs. every 2 hours when gretel wakes up, 108-109 ### The solution: 67-69 87-88 metabolic flexibility (according to previous lesson ?) 94-98 105 - microbiome will create exorphins from anything you eat. if you eat junk you will be addicted to junk if you eat plenty of vegetables you will be addicted to vegetables. 110 exercise and dopamine sun and dopamine 117-118

unlocks for level x : The simple trick to resisting the dessert of your dreams."

Lesson 2 - Energy as fuel molecules**Goal:**

The member will understand the different forms of glucose and the importance of its different natural presentations

how his daily routines influence his hormones insulin. ##

Short description:

The most influential hormone that governs metabolism (root cause of cancer) and the health of the immune system - Insulin

Goal:

Member will understand 1. Who is insulin? 2. How does a work-shift look like for insulin 3. Who are his colleagues? 4. What does he need from us and what do we want from him to stay healthy 5. Release the concept of calories: not calories, but how they impact your hormones is what's matters 6. Start reducing carbs in the diet and replacing them with fats 7. Start cutting insulin shifts w/o cutting calories

Short description:

1. Carbohydrates, glucose, and starch fundamentals
2. Insulin as the storage hormone
3. Development of insulin resistance over decades
4. Glycemic index and factors affecting insulin peaks
5. Sweeteners analysis (Splenda, Sweet'N Low, Atkins bars, allulose)
6. AGEs (Advanced Glycation End Products) and aging
7. Hemoglobin A1C testing
8. Human evolution and carbohydrate dependency
9. Energy reserves (glucose vs. fat storage)
10. Types of insulin resistance
11. Primitive man's diet
12. Nutrients for mitochondria
13. Insulin's role in cell replication and cancer risk

[ישור - גלקוז ואיסולוז.pptx](#)

Resources:

Written summary in bullets for each lesson Attached written recipes

Written summary of allowed sweeteners and recipes for example Recipes for wholesome gluten free breads and deserts, and sparkling water

Accountability: Post in comm (create a comm post) : reduce 1 'food event' / 'insulin shift' from your daily routine, and implement at a dopamine booster (overcoming temptation)

Post in comm (create a comm post) : Add to each insulin shift 1+ vegetables/green leaves from the table

Part 3 - Insulin and Sleep

short description:

we'll get to know the sleep mechanism, learn which critical hours directly affect the quality of our sleep, and what's important to pay attention to in order to achieve a night of deep cellular-level healing and hormonal balance in the body.

WATER - much before blood, water is the first/true fluid of life - in the right hours.

hormones: food, exercise, light-darkness,

Goal:

Resources:

Part 1 - Insulin - the hero playing in the back stage

Goal :

member will learn and understand why insulin is a key hormone related to the root cause of cancer, how is it linked to metabolism and what are the factors that influence its balance

13. Insulin's role in cell replication and cancer risk - segment 57-59 pregnancy and skin tags as an example for hyperplasia and physiological insulin resistance (verify progesterone's role in the resistance, where on the body can you find skin tags) up to 59 What triggers insulin secretion - segment 14 - 4. Glycemic index and factors affecting insulin peaks and the role in metabolism - Insulin as the storage hormone 3. Development of insulin resistance over decades - up to segment 33 10. Types of insulin resistance - 54:46 11. Primitive man's diet - up to 56.3 6. AGEs (Advanced Glycation End Products) and aging- 33 7. Hemoglobin A1C testing - up to 40 the party analogy, no place for repair and maintenance. and the highway to disease what insulin needs to return to balance

1. Carbohydrates, glucose, and starch fundamentals
2. Insulin as the storage hormone
3. Development of insulin resistance over decades
4. Glycemic index and factors affecting insulin peaks
5. Sweeteners analysis (Splenda, Sweet'N Low, Atkins bars, allulose)
6. AGEs (Advanced Glycation End Products) and aging
7. Hemoglobin A1C testing
8. Human evolution and carbohydrate dependency
9. Energy reserves (glucose vs. fat storage)
10. Types of insulin resistance
11. Primitive man's diet
12. Nutrients for mitochondria
13. Insulin's role in cell replication and cancer risk

Part 2 - Carbs the universal redundant fuel

Goal :

member will learn and understand

1. Carbohydrates, glucose, and starch fiber and microbiome fundamentals- start up to segment 13 5.
- Sweeteners analysis (Splenda, Sweet'N Low, Atkins bars, allulose)- segment 40-46 carbohydrate dependency and natural preference - 4-5:13 + 46-53 Energy reserves (glucose vs. fat storage) - 53-56.5
- Nutrients for mitochondria - segment 56.5-57 examples of carbs in different foods 100 gr vs 50 gr- segment 60

Lesson 5 - Repairing the Hunger Mechanism

Note:

ppt is in folder Rebalance 6 ## Goal: Member will view hunger from a new angle, opposite to the one he holds today (hunger is natural, the body acclimates slowly and develops metabolic flexibility that gives us a new kind of energy) . he will want to start practicing mastering hunger. ##

Short description:

We'll correct old misconceptions and learn how the hunger mechanism works — and why mastering it is essential for protection from cancer and lasting antiaging effects

Resources:

Written summary in bullets for each lesson

Written summary of allowed sweeteners and recipes for example Recipes for wholesome gluten free breads and deserts, and sparkling water

Accountability: Post in comm (create a comm post) : reduce 1 'food event' / 'insulin shift' from your daily routine, and implement at a dopamine booster (overcoming temptation)

Post in comm (create a comm post) : Add to each insulin shift 1+ vegetables/green leaves from the table

Part 1 - How Long Can You Live with only water?

short description:

1. what is metabolic flexibility and how it is related to increased feeling of energy what happens when we eat whenever we feel like it? also remind the member of the store of glucose and fat in the body ### slides: 19-47 in the ppt

Part 2 - What is cellular hunger?

short description:

1. what is the meaning of cellular hunger, how do our cells feel /look like when they are never hungry (the refrigerator example), what happens when our cells experience cellular hunger? why do our cells never experience cellular hunger and what is the vicious circle ? ### Goal: Member will realize that his cells in the body are corrupted with junk and will want to reverse the situation or at least will want to know that he can and to hear there is a simple solution that starts by skipping a meal ### slides: 47-62 in the ppt

Part 3 - Players in the hunger orchestra

short description:

1. gremlin, glp1, their daily disruptors, and what do we do about it? ### slides: 62-115 in the ppt

Part 4 - What is intermittent fasting

short description:

1. Intermittent fasting, what is it? it is missing without the gam and gam!
2. what is the right strategy and why ? is it the only strategy ### slides: 116-129 in the ppt

Part 5 - Practice befriending with hunger for more energy

short description:

1. Practical h.w. assignment open from * * *

level x -Q&A - Fasting When Traveling (discussion in the recording)

slides:

130-139 in the ppt

Lesson 4 - Anti Cancer Nutrition

Note:

ppt is in folder Rebalance 6 ## Goal: Member will view hunger from a new angle, opposite to the one he holds today (hunger is natural, the body acclimates slowly and develops metabolic flexibility that gives us a new kind of energy) . he will want to start practicing mastering hunger. ##

Short description:

We'll correct old misconceptions and learn how the hunger mechanism works — and why mastering it is essential for protection from cancer and lasting antiaging effects

Resources:

Written summary in bullets for each lesson

Written summary of allowed sweeteners and recipes for example Recipes for wholesome gluten free breads and deserts, and sparkling water

Accountability: Post in comm (create a comm post) : reduce 1 'food event' / 'insulin shift' from your daily routine, and implement at a dopamine booster (overcoming temptation)

Post in comm (create a comm post) : Add to each insulin shift 1+ vegetables/green leaves from the table

Part 1 - The simple tool to eliminate confusion

short description:

1. The Table of recommended nutrition, and how to use it. Low carbs vs. balanced carbs
2. where can i find carbs? everywhere, but from where should i cut carbs? ### Goal: ### slides: PPT (Rebalance ppt 1, at the end of the ppt) PPT (Rebalance ppt 2, slide 125-126)

Resources:

1. PDF Food table by category + from right to left

Part 2 - What is a ketogenic diet

short description:

1. Explanation on how ketones are created.

metabolic garbage or a natural component of a healthy metabolism, what are they good for?

What the most balanced and healthy keto diet and why?

2. how to design a simple keto diet with the help of the Table? ### slides:

Part 5 - Example of a daily menu

short description:

slides:

130-139 in the ppt

Part 3 - How to chose ingredients?

short description:

1. the perfect product - tasty, cheap, self life, convenient and addictive.
2. Examples of product analysis ### Goal: Member will realize that what the stores are manufacturers are interested in is the bottom line. they supply what they know will sell and will keep on selling, with the lowest cost possible. more expensive doesnot nesecarily mean higher quality just means more process more marketing costs more transportation costs. we are interested in only 2 parameters. ingredients and nutrition value in 100 gr.

3. slides:

4. Rebalance lesson 3 ppt - 99-101 2. Rebalance lesson 6 - 114-119 (but take products from i herb)

Part 4 - Nutraceuticals

short description:

1. star/basic nutraceuticals you must know about:

vitamin d, melatonin (the anticancer part and the light pollution, with out the research on low melatonin when exposed to light)

2. slides:

116-129 in the ppt

[LATER] C.R. Module 5 - Living in Harmony

Integrating everything into a sustainable rhythm — your body, mind, and environment in alignment.

Transformation:

Goal:

C.R. Module 3 - Our ultimate army

Short Description: We'll understand how every moment of the day — and night — can either strengthen or weaken our body's natural defense wall against cancer.

Lesson 1 (core?) What is inflammation? why you need your army to work for me and not on/against me.

lesson 2 your army has another side you should be aware of - microbiom, why is the the immune system there? The first gate into the body where the secret headquarters of the immune system is located, and how to guard it Rocket salad

The foreign agents that come into our bodies (nutrition, stress, exercise) on a daily basis that triggers our immune system to erinate and cause damage throughout the body (chronic inflammation) L3 - The trojan horses

L5 - STRESS IS THE CURE FOR STRESS

We'll learn how the stress mechanism regulates cortisol — when stress harms us, and when it actually helps us heal. We'll identify the kind of stress that is vital for a cancer-free life and for recovery. L5 - Perceived stress Permanently change the conversation inside your head - CEO no.1 and 2 1. Scientifically proven quick techniques for Stress reduction available from anywhere and at any time ([what does breathing have to do with it])

2. Practice using daily struggles as hormetic stress ([learning to let go - wim hof example, befriending hunger])
L4 - Cortisol addiction L5 - EXERCISE Lesson 1: How can sport harm us?

lesson 2: what is the miracle hidden in the muscle [[that protect us from metastasis]] Keep moving - Sedentary Gym potato

the 3 elements of exercise [[steps, heart rate, muscle]] Resources: Written summary in bullets for each lesson 'rocket salad' recipe

Lesson 1 - The immune system

1. How is a robust immune system crucial for protecting us from cancer including mechanism of action of checkpoint inhibitors? (take from old webinar)
2. What is inflammation - is there good inflammation? 6-31
3. Connection Between Chronic Inflammation and Cancer and 32-41
4. Causes for chronic inflammation, diving into food contributors (fructose, alcohol and gluten)- 43-50, 84-102 w/o 98-99
5. Emotional eating feeding stress and emotional eating - 104-112
6. location of the immune system - microbiom, pre biotics, whats in my control? 51-78, 98-103, 113-133
7. Practice supporting the immune system with H.W. assignments - 137-142

Part 1- Immune system - 1st line of defense 24/7

How is a robust immune system crucial for protecting us from cancer including mechanism of action of checkpoint inhibitors? (take from old webinar)

Part 2 - What is inflammation ? can it be good for me?

short description:

What is inflammation - is there good inflammation? ### slides: 6-31

Part 3 - Link between Chronic Inflammation and Cancer

short description:

Connection Between Chronic Inflammation and Cancer and 32-41

Part 4 - Causes for chronic inflammation, diving into food contributors

short description:

Causes for chronic inflammation, diving into food contributors (fructose, alcohol and gluten)- 43-50, 84-102 w/o 98-99

Part 5 - Emotional eating feeding stress and emotional eating - 104-112

Short description:

Emotional eating feeding stress and emotional eating - 104-112

Part 6 - Integral part of the immune system - Microbiom

Short description:

Location of the immune system - microbiom, pre biotics, whats in my control? 51-78, 98-103, 113-133

Part 7 - Practice

Short description:

Practice supporting the immune system with H.W. assignments - 137-142

Lesson 2 - Good stress - is there such a thing?

?

Part 1 - What is stress, by whom is it represented?

Short description:

1. Autonomous nervous system, hormones involved and the body's "solution" for stress,
2. What is belly fat and how is it causing insulin resistance and stress due to chronic inflammation
3. Alcohol and fructose as stressors ### slides:
4. 7-38
5. 76
6. 77-80

Part 2 - How to respond to stress (exercise to use up glucose)

Short description:

1. Leveraging our body's solution for stress

slides:

39-55

Part 3 - Sedentary living as a contributor to stress

Short description:

1. Sedentary living and chronic micro inflammation ### slides: 57-75

H.W Post 2 out of a few options/solutions to restore proper blood flow (setting an hourly timer stretching, jumping in place, exercising, going to drink water, going to the rest room etc.)

Part 4 - Water and stress

Short description:

1. how is water related to stress and chronic inflammation 82-87

Part 5 - How does good stress look like?

Short description:

1. The comfort zone is harmful to us
2. hormetic stress in daily physical activity, in sun exposure, in exercise, in heavy lifting, in cold exposure, in holding our breath, in everything challenging that lasts for a short period of time.
3. What happens to stress when we breath

slides:

1. 88-
2. 92-
3. 96-106

Part 6 - practice

Short description:

- 1.

slides:

107

Lesson 3 - Perceived stress

Goal:

Short description:

1. How are beliefs affect our stress
2. hard wired for worrying and the CEO in charge
3. Microbreaks in stress
4. Letting go
5. practice

Slides:

1. 16-33
2. 34-60
3. 61- 68
4. 69-85
5. 86-88

Part 1 - Beliefs - "You Are the Placebo"

Short description:

1. How are beliefs affect our stress
2. hard wired for worrying and the CEO in charge
3. Microbreaks in stress
4. Letting go
5. practice

Slides:

1. 16-33
2. 34-60
3. 61- 68
4. 69-85
5. 86-88

Part 2 - hard wired for worrying and the CEO's in charge

Hard wired for worrying and the CEO in charge ### Slides: 34-60

Part 3 - Microbreaks in stress

Mindfulness, microbreaks in stress breathing techniques

61- 68, 82-84

Part 4 - Letting go

Letting go - Physical stress to build mental stress, cold water therapy,
69-85 w/o 82-84

Part 5 - Practice - Building a strong mindset is key

Letting go - Physical stress to build mental stress, cold water therapy, suffering - letting go of want, הנזק
ההנזה, בעקבות שיח קשיה, בעקבות דאגה, בעקבות נזק נעימה, בעקבות שיח קשיה, בעקבות דאגה...
86-88

Lesson 4 - Meet your body guard - the Muscle

Goal:

Member will understand that not all exercise is good for you, it needs to be in the right context to improve health and not cause damage. Context can be the wrong hour in the day The wrong duration The wrong type of exercise The wrong location The meaning of recovery (need to create) ###

Short description:

1. Exercise is a double edge sword - 17-31, 81-89
2. How does the body perceives exercise and who is the main character (hormone)? 32-52
3. The wrong exercise that can weaken the immune system 53- 72
4. Optimal training model - maximum benefit, minimum stress 73-80, 91-103

Part 1 - Exercise is a double edge sword

Short description:

WHO recommendations, how exercise can harm (high cortisol) or protect us (metabolic shield research) ###
Slides: 17-31, 81-89

Part 2 - The main character in exercise

Short description:

How does the body perceives exercise and who is the main character - cortisol, changes in all systems in the body, exercise is stress=inflammation, aerobic vs anaerobic, which fuels are used and why ### Slides: 32-52

Part 3 - The wrong exercise that can weaken the immune system 53- 72

Short description:

The wrong exercise that can weaken the immune system, cortisol resistance, cortisol threshold study, exercise should be done as hormetic stress ### Slides: 53- 72

Part 4 - Optimal training model - maximum benefit, minimum stress 73-80, 91-10

Short description:

Optimal training model - maximum benefit, minimum stress, suitable after cancer and why, how to implement during the day, when should we exercise, at what time and should we eat something before? ### Slides: 73-80, 91-103 ! Need to create a slide on the opposing hormonal profile after eating and during exercise

Part 5 - Practice - weekly table of 4 elements of exercise

Short description:

Practice - weekly table of 4 elements of exercise (pulse, movement, muscle and stretching) ### Slides: 17-31, 81-89

[LATER] C.R. Module 4 - Detoxifying the Modern Body to Restore Balance

Short Description: Gentle methods to reduce toxins from food, environment, and stress, creating more vitality

and clarity.

ketogenic diet Could this menu be the Cure for cancer? - fasting/fast mimicking diet examples of detoxification - self vs chemical what are extreme detox, low protein for 40 days, killing the immune system etc. all about the hormonal profile

The 3 things to know about your farmacy

Best course of mineral and vitamins Too much of a good thing can be toxic The formulation is as important as the active ingredient (ethanol, emulsifiers, sweeteners etc) Outcome:

Transformation:

Goal:

Bird's eye view syllabus: L1 - Emotional eating small description What is the meaning and tools to manage it constructfully.

L2 - title small description

L3 - title small description

L4 - title small description

Program 2 - Lean

Start Here

Welcome to the Cancer-Free Lifestyle Protocol You've joined a warm community of health-conscious individuals and cancer survivors who are committed to taking an active role in their health, building meaningful support, and moving forward with the intention to thrive like never before .

This community is built on a simple principle: When you're in the right environment, progress becomes easier and more sustainable. This community is designed to empower health-promoting decisions through current, science-based insights and experienced professional leadership that understands both the biology of cancer and the realities of recovery.

Together with meaningful connection, it helps you move toward lasting health with clarity and confidence, while developing the understanding needed to become an expert in your own health.

To get started: Visit the Classroom tab to begin your 7-day free trial ↗ Engage with the community at your own pace, participation earns points Reserve your seat for the live support calls through the Calendar

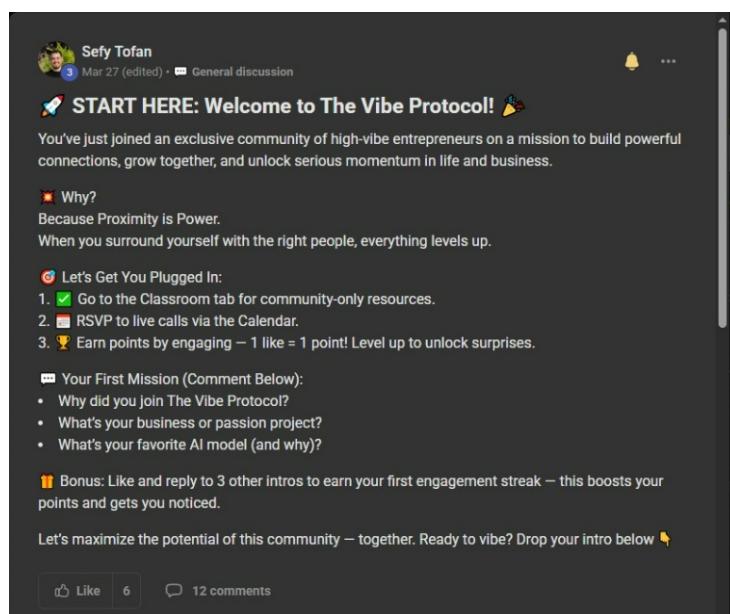
Let's maximize the potential of this community together When you're ready, start below .

Your First Mission (Comment Below): ✨What does your current morning routine look like? ✨ Which parts would you like to keep, and which would you like to improve or upgrade? ✨ What's your favorite small habit that helps you take care of *you* during busy days?

For me, it's a short walk outside with no phone, even 10 minutes helps me reset

Actions: * Read Welcome Post → "Here's how to start your 7 days." * Go through Module 1 → 2-3 (6-7) short lessons (each <10 mins) * Book reminder for the live call *

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Goal: encourage engagement in the community:

Rev 1: high energy (based on Sefi's model)

START HERE: Welcome to the (Cancer) Free Lifestyle Protocol!

You've just joined an exclusive community of cancer survivors on a mission to take back the control over health, build a powerful network of support and thrive like never before.

Why? Because Proximity is Power. When you surround yourself with the right people, everything levels up.

Let's start the healing journey 1. Go to the Classroom tab for your 7-day free trial 2. earn points by engaging → 1 like = 1 point! (level up to unlock surprises?) 3. Reserve your seat in the live calls via the Calendar

Your First Mission (Comment Below):

↳ What does your current morning routine look like? ↳ Which parts of it would you like to keep, and which would you like to improve or upgrade? ↳ What's one of your talents or strengths most people don't know about, you'd like to share?

Let's maximize the potential of this community – together. Ready to take the first step to thrive? share your thoughts here

Rev 2: balanced energy !!! START HERE: Welcome to the Cancer-Free Lifestyle Protocol You've joined an exclusive community of health-conscious individuals and cancer survivors who are committed to taking an active role in their health, building meaningful support, and moving forward with the intention to thrive like never before.

This community is built on a simple principle: Who you surround yourself with... matters! When you're in the right environment, progress becomes easier and more sustainable. This protocol guides you step by step, combining clear structure, current science-based insights, and experienced professional leadership that

understands both the biology of cancer and the realities of recovery.

Together with meaningful connection, it helps you move toward lasting health with clarity and confidence, while developing the understanding needed to become an expert in your own health.

This protocol guides you step by step, combining structure, current science-based insights, and meaningful connection, so you can move toward lasting health with clarity and confidence, while developing the deep understanding required to become an expert in your own health.²

To get started: * Visit the **Classroom** tab to begin your 7-day free trial * Engage with the community at your own pace—participation earns points and ??? * Reserve your seat for the **live support calls** through the Calendar ** # ## **Your First Mission (Comment Below):** • What does your current morning routine look like? • Which parts would you like to keep, and which would you like to improve or upgrade? • What's one talent or strength you have that most people don't know about, and you'd like to share? ** Let's maximize the potential of this community - together. When you're ready, start below.

Rev 3: clam and supportive

START HERE: Welcome to the Cancer-Free Lifestyle Protocol

You've joined a thoughtful community of people who are choosing to take an active role in their health, reconnect with their bodies, and support one another along the way. This space is built on a simple idea: **healing is easier when you're not doing it alone.** Being surrounded by people who understand your journey can make a meaningful difference. This program is here to guide you, step by step, as you begin, or continue your healing path at a pace that feels right for you. **To get started:** * Visit the **Classroom** tab to begin your 7-day free trial * Participate in the community in whatever way feels comfortable. Engagement earns points and helps unlock additional content??? * Reserve your place in the **live support calls** through the Calendar ** # ## **Your First Invitation (Comment Below, If You Feel Ready):** • What does your current morning routine look like? • Are there parts of it you'd like to keep, and others you'd like to gently improve? • Is there a strength or talent you have—something others may not know—that you'd like to share? ** Let's build a community that feels safe, supportive, and empowering—together. Take your first step below.

START HERE: Welcome to the Cancer-Free Lifestyle Protocol

You've joined a warm community of health-conscious individuals and cancer survivors who are committed to taking an active role in their health, building meaningful support, and moving forward with the intention to thrive like never before.

This community is built on a simple principle: Who you surround yourself with... matters! When you're in the right environment, progress becomes easier and more sustainable. This protocol guides you step by step, combining clear structure, current science-based insights, and experienced professional leadership that understands both the biology of cancer and the realities of recovery.

Together with meaningful connection, it helps you move toward lasting health with clarity and confidence, while developing the understanding needed to become an expert in your own health.

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To get started: * Visit the **Classroom** tab to begin your 7-day free trial * Engage with the community at your own pace—participation earns points * Reserve your seat for the **live support calls** through the Calendar

Let's maximize the potential of this community - together. When you're ready, start below. ** # ## **Your First Mission (Comment Below):** • What does your current morning routine look like? • Which parts would you like to keep, and which would you like to improve or upgrade? • What's your favorite small habit that helps you take care of you during busy days? ** For me, it's a short walk outside with no phone — even 10 minutes helps me reset.

Purpose of Community

Goal: Welcoming the lead

Deliver the psychological goal (to which community he has arrived)

You've finally found a place that teaches what no one else talks about: how to rebuild trust in your body, to feel vital and healthy and prevent cancer recurrence naturally.²

Resources: 1. Videos—welcome to the community— a. how long should the video be? (minutes?) b. is there a recommended structure? pains, resolution etc...

COPY: You've found a place that talks about what's often missing after cancer: learning to trust your body again. Not through fear, rules, or extremes—but by understanding how the body is designed to protect, repair, and stay resilient.

Losing my father to cancer shaped my life in ways I never expected. He was the ultimate example of healthy living, so when he was diagnosed with cancer for a second time, we were stunned. It challenged everything we believed about health, prevention, and control.

My path into cancer prevention began unknowingly through my studies in clinical nutrition. I later earned a Master's degree in Biochemistry, then took an unexpected turn into engineering, working in optics at a leading global microprocessor company.

After eight formative years, I returned to my original career path—in global biotech and pharmaceuticals, where I helped to develop and manufacture human hormones and other biological therapies used worldwide. In that role, I later worked closely with health authorities around the world, including the FDA, explaining why these therapies met the highest standards of safety, quality, and effectiveness. After my father's death, I lived with constant anxiety about cancer. Like many people, I was taught that cancer is mainly genetic—something we can only hope to avoid. That fear became very real when a routine checkup revealed a suspicious lump in my breast. As a scientist trained in nutrition and biochemistry, with deep experience in hormones, immunity, and medications, I began researching intensively to be ready in case the diagnosis shows I have cancer.

What I discovered challenged one of the most common beliefs about cancer—that mutations in specific genes are the primary drivers of the disease. Fortunately the finding was benign but I had already resigned to find the way to prevent it from happening. It was my engineering background that shaped how I think, more than anything else. You can't fix a complex problem without understanding its root cause. Cancer, I came to realize, develops through many interconnected factors that share a common source—not simply isolated mutations. When you address the source, you prevent the downstream consequences of its dysfunction, meaning cancer prevention is in our hands.

Today prevention isn't mysterious or out of reach. Once we understand the true source of the disease we see that much of its prevention lies in everyday choices. That understanding led me to create a holistic protocol focused on addressing the true source of the disease, treating the body as a whole rather than as separate parts, with 2 goals in mind: long-term protection from cancer and other diseases and a solid state of well-being. The cancer-free protocol was developed over more than a decade of research and hands-on work with hundreds of cancer survivors. It was continuously refined by listening closely to survivors' experiences, adjusting to their needs, and fine-tuning the approach based on what truly supported recovery in everyday life. This lifestyle is holistic by design. It integrates sleep, hormones, immunity, stress regulation, nutrition, and movement, because these systems constantly influence one another. When they are aligned, the body can regain resilience, whether you are at increased risk for cancer or you were already diagnosed with cancer. This community exists to help you go to sleep knowing you're doing what truly matters for your health. To wake up with more energy, more confidence, and a clearer sense that you're minimizing the risk of cancer and recurrence by working with your body's natural systems. Prevention isn't a mystery anymore. We now know powerful, practical ways to support the body's natural defenses because the body's wisdom is endless. But unfortunately, in our modern society a great deal of these inherent healing mechanisms have been indefinitely muted. At the same time, we're surrounded by health information—AI-created avatars, social media algorithms, and endless opinions that often contradict each other. Knowing what to trust has become harder than ever. That's why this community is guided by real, experienced leadership—so you have someone you can talk to, ask questions, who brings clarity when things feel confusing. The vision is simple: to help you learn and especially understand your body's healing systems and integrate them into daily life in a way that feels clear, easy and seamless.

I deeply believe that with the knowledge I have today, my father's second cancer could have been prevented. If cancer has touched your life in any way, whether you carry a genetic mutation, monitor a benign condition, have

a strong family history, or simply want to reduce your cancer risk — this community was created, so you could go to sleep knowing you're doing what truly matters for your health, wake up with more energy, and vitality. Prevention isn't a mystery anymore. We now know powerful, practical ways to support the body's natural defenses. This community is here to turn anxiety into knowledge, action, and real prevention all in a space where you are supported, understood, and never alone. If you're ready to feel empowered like never before, join us and start protecting your future health with clarity and confidence starting right now.

what brings me to this realm? Google form:
In the link below you can write down your information you would like to share with other members in the community,and what is his interest in cancer prevention:

Optional to answer a short questionnaire regarding your current health status, different aspects of life style such as sleep, exercise, nutrition, what is your most important personal quality that helped you overcome a serious challenge regular drugs and what is your goal in terms of health: Where would you want to see yourself in terms of health in the next month, 6 months and 2 years from now:

chat gpt rephrase: You've finally found a place that focuses on what's rarely talked about: how to rebuild trust in your body, feel truly vital, and support long-term health after cancer — naturally. This community exists to help you trust your body again. To go-to-sleep knowing you're doing what truly matters for your health. To wake up feeling more steady, energized, and confident that you're reducing the risk of cancer and recurrence — by working with your body, not against it. When we understand the real root conditions that allow cancer to develop, we also see something empowering: prevention is not outside of us. Much of it lies within our daily choices. The body holds remarkable wisdom. Yet in modern life, many of its natural healing systems have been quieted or overlooked. At the same time, health information now comes from everywhere — algorithms, AI-generated avatars, and endless opinions that often contradict each other. It's hard to know what to trust. That's why having a real expert you can talk to, ask questions, and think things through brings clarity and grounded guidance that online information alone can't provide. The vision of this community is simple: to help you understand these natural healing mechanisms, step by step, and integrate them into your daily life in a way that feels practical, natural, and sustainable.

The Tiers and what would you get

Define - FREE, Premium and VIP.

VIP: Potential ideas: 1v1 = High-ticket product (\$1K+).

Who am I? - video

Goal: Welcoming the lead

Formal:

My name is Emma Weil, and I guide cancer survivors in implementing a cancer-protective lifestyle—an approach I developed, tested, and refined over the past decade. This is the result of my multidisciplinary background in engineering, scientific research, pharmaceutical and regulations, nutrition, and clinical practice.

I am a Registered Dietitian Nutritionist and hold a Master's degree in Biochemistry. Before entering the pharmaceutical industry, I worked as an engineer in a global company, and later spent eight years in the biotechnology sector, contributing to the manufacturing and development of human hormones and other biological therapies distributed worldwide.

In my most recent role, I worked closely with regulatory health authorities, including the FDA, explaining why our therapies met the highest standards of safety, efficacy, and quality. If the FDA trusted my professional judgment, I believe it is reasonable to trust the guidance I share here.

My years as an engineer shaped a core principle that still guides my work today: to truly solve a problem, you must first identify and address its root cause. The method and lifestyle I developed follow this same engineering mindset—designed to target the underlying drivers of cancer, not merely manage its symptoms.

This lifestyle is holistic by design. It views the body as one integrated system, not a collection of isolated parts. It focuses on optimizing sleep, hormonal balance, stress regulation, nutrition, and movement—because these systems are deeply interconnected and continuously influence one another. When one is disrupted, the others follow; when they are aligned, the body can regain resilience and stability. This integration is precisely why this lifestyle works.

Understanding and applying a cancer-protective lifestyle is about restoring control over your health, maximizing overall well-being, reducing daily risk factors, easing anxiety, and building confidence in long-term, lasting recovery.

Informal:

My name is **Emma Weil**. I guide cancer survivors in implementing a cancer-protective lifestyle—one I engineered, developed, tested, and refined over the past decade. My background is multidisciplinary. I'm a **Registered Dietitian Nutritionist**, and I hold a **Master's degree in Biochemistry**. Before entering pharma, I worked as an engineer in a global company. Later, I spent eight years in the biotechnology industry, helping develop and manufacture human hormones and other biological therapies used worldwide. In my most recent role, I worked closely with health authorities, including the **FDA**. My responsibility was to explain why our therapies were safe, effective, and of the highest quality. If the FDA trusted my professional judgment, I believe it's reasonable to trust the guidance I share here.

how i arrived to this field? . . My years as an engineer taught me something fundamental: to truly solve a problem, you must first understand its root cause. That principle shapes everything I do today. The lifestyle I developed follows this same mindset. It doesn't focus on symptoms. It targets the underlying drivers of cancer. It is **holistic by design**. It views the body as one connected system. Not separate parts. It works on improving sleep. Balancing hormones. Managing stress. Optimizing nutrition. And restoring healthy movement. These systems are deeply interconnected. When one is disrupted, the others are affected. When they are aligned, the body regains resilience. That is why this lifestyle works. Applying a cancer-protective lifestyle means regaining control over your health. Reducing daily risk. Lowering anxiety. And building confidence in long-term, lasting recovery.

Module 1- (7-day trial) Reconnecting to the body's ancient wisdom in a natural manner

Theme

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Transformation: Goal: ## Engineer an initial transformation attained within the 1st week of the free trial. ## Pay attention to addressing the main pains: fear, worry, lack of energy, confusion, uncertainty, hot flashes, bad sleep, sometimes pain (some due to medication)

בום הראשון יוציאים החוצה לשמש ביום חמישי שבוע עד 2 סוכות מיס - עם התמונה של הברקווי, התבש, בום חלשי מילוי אל המודעות לאටה וויר החוץ, עם מגד לולקסים ביום הבכרי עלי איסולין או סור שמשת צבוק של אל יייז'ן בוגוט - ריגחת בוגוט היא לא אהורה כי משובגת ולכך גם אוכלט רוחות בוך דיא שחיי שמתה בום חתמייש גוף לש רוטן העור לפי ארגון הרכיאות העולמי - הדברים הם לא תמיד כמו שמציטים לנו. בקווילה זאת את האמת מאחריו העודתו ונזהירות את השילשה לדיים

Setting the Intention

The goal: to send the member to write his intentions on the dedicated community post.

Create Post: Set The Intentions for your first Week (Set yourself to Win your first win the community).

Comment Day 1 + Comment with outcomes day 6.

[LATER] C.R. Module 5 - Living in Harmony

Integrating everything into a sustainable rhythm — your body, mind, and environment in alignment.

Transformation:

Goal:

C.R. Module 3 - Our ultimate army

Short Description: We'll understand how every moment of the day — and night — can either strengthen or weaken our body's natural defense wall against cancer.

Lesson 1 (core?) What is inflammation? why you need your army to work for me and not on/against me.

lesson 2 your army has another side you should be aware of - microbiom, why is the the immune system there? The first gate into the body where the secret headquarters of the immune system is located, and how to guard it Rocket salad

The foreign agents that come into our bodies (nutrition, stress, exercise) on a daily basis that triggers our immune system to egnite and cause damage throughout the body (chronic inflammation) L3 - The trojan horses

L5 - STRESS IS THE CURE FOR STRESS

We'll learn how the stress mechanism regulates cortisol — when stress harms us, and when it actually helps us heal. We'll identify the kind of stress that is vital for a cancer-free life and for recovery. L5 - Perceived stress Permanently change the conversation inside your head - CEO no.1 and 2 1. Scientifically proven quick techniques for Stress reduction available from anywhere and at any time [[what does breathing have to do with it]]

2. Practice using daily struggles as hormetic stress [[learning to let go - wim hof example, befriending hunger]] L4 - Cortisol addiction L5 - EXERCISE Lesson 1: How can sport harm us?

lesson 2: what is the miracle hidden in the muscle [[that protect us from metastasis]] Keep moving - Sedentary Gym potato

the 3 elements of exercise [[steps, heart rate, muscle]] Resources: Written summary in bullets for each lesson 'rocket salad' recipe

Lesson 1 - The immune system

1. How is a robust immune system crucial for protecting us from cancer including mechanism of action of checkpoint inhibitors? (take from old webinar)
2. What is inflammation - is there good inflammation? 6-31
3. Connection Between Chronic Inflammation and Cancer and 32-41
4. Causes for chronic inflammation, diving into food contributors (fructose, alcohol and gluten)- 43-50, 84-102 w/o 98-99
5. Emotional eating feeding stress and emotional eating - 104-112
6. location of the immune system - microbiom, pre biotics, whats in my control? 51-78, 98-103, 113-133
7. Practice supporting the immune system with H.W . assignments - 137-142

Part 1- Immune system - 1st line of defense 24/7

How is a robust immune system crucial for protecting us from cancer including mechanism of action of checkpoint inhibitors? (take from old webinar)

Part 2 - Chronic inflammation is stress

Goal:

member will understand how is chronic inflammation causing stress and will want to eliminate these causes to feel more calm ### short description:

slides:

Part 3 - Link between Chronic Inflammation and Cancer

short description:

Connection Between Chronic Inflammation and Cancer and 32-41

Part 4 - Causes for chronic inflammation, diving into food contributors

short description:

Causes for chronic inflammation, diving into food contributors (fructose, alcohol and gluten)- 43-50, 84-102 w/o 98-99

Part 5 - Emotional eating feeding stress and emotional eating - 104-112

Short description:

Emotional eating feeding stress and emotional eating - 104-112

Part 6 - Integral part of the immune system - Microbiom

Goal :

Member will want to take care of his microbiom cause he will understand how important it is to our mental and

physical health, ### Short description: it is part of our immune system because of its location. Roles of balanced microbiome - what it does for us can protect us from whole body inflammation from celiac, keeps our first gate into the body strong. studies on immuno cancer treatment and microbiom 51-78, 98-103, 113-133

Part 7 - Practice practice should be included after each part

Short description:

Practice supporting the immune system with H.W. assignments - 137-142

Part 3 - Sedentary living as a contributor to inflammation and stress

Short description:

1. Sedentary living and chronic micro inflammation ### slides: 57-75

H.W Post 2 out of a few options/solutions to restore proper blood flow (setting an hourly timer stretching, jumping in place, exercising, going to drink water, going to the rest room etc.)

Part 2 - What is inflammation ? can it be good for me? (copy)

short description:

What is inflammation - is there good inflammation? chronic inflammation is a growth factor loonapark and signals to mitochondria?

slides:

6-31

Goal:

Member will realize Proper inflammation is what is protecting us from cancer

Part 2 - Stress is chronic inflammation

Goal:

member will want to practice what he has learned to reduce chronic inflammation because now he understands it causes stress ### short description: thoughts of stress are making the cortisol resistance which leads to chronic inflammation ### slides: rebalance lesson 11 - 40

Lesson 2 - Good stress - is there such a thing?

?

Part 1 - What is stress, by whom is it represented?

Short description:

1. Autonomous nervous system, hormones involved and the body's "solution" for stress,
2. What is belly fat and how is it causing insulin resistance and stress due to chronic inflammation
3. Alcohol and fructose as stressors ### slides:
4. 7-38
5. 76
6. 77-80

Part 2 - How to respond to stress (exercise to use up glucose)

Short description:

1. Leveraging our body's solution for stress

slides:

39-55

Part 5 - How does good stress look like?

Short description:

1. The comfort zone is harmful to us
2. hormetic stress in daily physical activity, in sun exposure, in exercise, in heavy lifting, in cold exposure, in holding our breath, in everything challenging that lasts for a short period of time.
3. What happens to stress when we breath

slides:

1. 88-
2. 92-
3. 96-106

Part 6 - practice

Short description:

- 1.

slides:

107

Lesson 3 - Perceived stress

Goal:

Short description:

1. How are beliefs affect our stress
2. hard wired for worrying and the CEO in charge
3. Microbreaks in stress
4. Letting go
5. practice

Slides:

1. 16-33
2. 34-60
3. 61- 68
4. 69-85
5. 86-88

Part 2 - hard wired for worrying and the CEO's in charge

Hard wired for worrying and the CEO in charge ### Slides: 34-60

Part 3 - Microbreaks in stress

Mindfulness, microbreaks in stress breathing techniques

61- 68, 82-84

Part 4 - Letting go

Letting go - Physical stress to build mental stress, cold water therapy,
69-85 w/o 82-84

Part 5 - Practice - Building a strong mindset is key

Letting go - Physical stress to build mental stress, cold water therapy, suffering - letting go of want, להטהור הלא נuemם, במקלה, בעקבות דאגה, בריעב...
86-88

Part 1 - Beliefs - "You Are the Placebo"

Short description:

1. How are beliefs affect our stress
2. hard wired for worrying and the CEO in charge
3. Microbreaks in stress
4. Letting go
5. practice

Slides:

1. 16-33
2. 34-60
3. 61- 68
4. 69-85
5. 86-88

Lesson 4 - Meet your body guard - the Muscle

Goal:

Member will understand that not all exercise is good for you, it needs to be in the right context to improve health and not cause damage. Context can be the wrong hour in the day The wrong duration The wrong type of exercise The wrong location The meaning of recovery (need to create) ###

Short description:

1. Exercise is a double edge sword - 17-31, 81-89
2. How does the body perceives exercise and who is the main character (hormone)? 32-52
3. The wrong exercise that can weaken the immune system 53- 72
4. Optimal training model - maximum benefit, minimum stress 73-80, 91-103

Part 5 - Practice - weekly table of 4 elements of exercise

Short description:

Practice - weekly table of 4 elements of exercise (pulse, movement, muscle and stretching) ### Slides: 17-31, 81-89

Part 4 - Optimal training model - maximum benefit, minimum stress 73-80, 91-10

Short description:

Optimal training model - maximum benefit, minimum stress, suitable after cancer and why, how to implement during the day, when should we exercise, at what time and should we eat something before? ### Slides: 73-80, 91-103 ! Need to create a slide on the opposing hormonal profile after eating and during exercise

Part 3 - The wrong exercise that can weaken the immune system 53- 72

Short description:

The wrong exercise that can weaken the immune system, cortisol resistance, cortisol threshold study, exercise should be done as hormetic stress ### Slides: 53- 72

Part 2 - The main character in exercise

Short description:

How does the body perceives exercise and who is the main character - cortisol, changes in all systems in the body, exercise is stress=inflammation, aerobic vs anaerobic, which fuels are used and why ### Slides: 32-52

Part 1 - Exercise is a double edge sword

Short description:

WHO recommendations, how exercise can harm (high cortisol) or protect us (metabolic shield research) ### Slides: 17-31, 81-89

C.R Module 1 - The Root Cause of Cancer No One Shared With you

a ppt containing 5 lessons on cancer root cause and prevention:

[Class room -module 1.pptx](#)

need to add our lesson 6 - unique holistic strategy to stay cancer free

/Short Description:

We'll explore the latest studies and theories and uncover the new scientific principles that explain how disease develops — and the simple mechanism that fuels cancer. We'll understand why the control over our health is in our hands ## Goal: Member will understand the mechanism behind the initiation of cancer and feel empowered and excited and maybe a bit anxious about the journey ahead. Understanding is crucial for implementation.: Key understandings the member should acquire: 1. Cancer initiation is a long continuous process of chronic damage, insufficient repair that is largely caused by our daily lifestyle. 2. Genetics is controlled by us - "Genes load the gun - environment pulls the trigger" 3. The body is smart. It has the solutions against cancer. It is our life style that determines if the proper solutions are implemented and our current lifestyle prevents these solutions from manifesting themselves. 4. The strategy must be holistic, perfecting only 1 component of the whole will not be able to bring us to lasting health, all components need to be applied. 5. Each component in the strategy need not be implemented with 100% perfection. Instead, it needs to be supported by, and balanced by all the other components at different levels of implementation.

חברו יבין את מנוגן היזוכיות הסרטן. ההבנה והא מומנות שמתאפשרת להציג הנטול הנטון ומידות בריאות אמונה "ארוכת חיים"

/

[unit 8莖癌细胞的策略.pptx](#)

Done - Lesson 1 - How are bacteria related to a cancer cell

need to split the ppt to each lesson and then upload.

Short description:

The difference between a bacteria and a mammal cell as the foundation to understand how cancer develops. The

relevant features unique to the mammalian cell that are lost on its journey to become a cancer cell. what are genes? 10-12 Not only the sequence but the epigenetics... (find slide from ppt 6 what are proteins? need to find slide. how does it like it's sugar? 13 a mammal cell : 15-31+38 (minus a few...) * multi cellular * specialized and differentiated * form equals function * self destruct button - mitochondria * energy also with oxygen amount of ATP with oxygen amount of ATP from glucose w/o using oxygen

Goal:

member will get the emphasis on the cardinal issue which is energy!

Member will understand that a cancer cell uses its fuel much like a bacteria uses its fuel to grow and multiply. This phenomena is aberrant and it is the common denominator of 99% of major cancer cells. it is caused by the damage to the mitochondria and not by random mutations. The program is intended to restore the proper function of mitochondria. Member will understand why cancer is 1 disease and why the program is suitable for any cancer survivor.

Slides:

10-31 8- minute 22

Done - motivation vs habit

[Class room -module 1 - motivation vs habits.pptx](#)

Short Description:

Habit is the new motivation, your biggest motivation in life is to brush your teeth every morning. How do I know it? Because you do it every day... In order to be habituated we need 2 things and 2 things only: 1. repetition 2. the reason why 1 without the other would not become a habit. Since you are a small child your parents taught you what you will gain and what you will avoid if you brush your teeth every morning, and the repetition was engraved in your brain. Now if you get stranded in an island, despite the fact you need to survive you will look for something that will replace your toothbrush because this is hard-wired in your brain. ### Goal:

Slides:

Lesson 3 - The proven true cause of cancer known for a hundred years

Short Description:

Completely debunking the established "truth" and presenting the metabolic theory of cancer. How is it that cancer runs in families, and why is it still crucial to activate our defenses against mutations ### Goal: The member will realize he'd been lied to or at least will start to question the conventional beliefs and look at his oncologist from a different and new point of view as someone who has a large gap in understanding cancer or at least as a professional in drugs but not in health.

Slides:

54-56, 58-59, 60-64, 69-103, 106-114 ppt 6 - 37-38

short lessons 1-3: how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the enemy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medication, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

Lesson 4 - An empowering lesson - the power is in our hands we solve the problem of insulin and cortisol as key factors that govern hormonal balance, and restore immune protection. Presenting the holistic strategy to restore and rejuvenate the natural defenses of the body including the immune system to ward off diseases and cancer - addressing all known carcinogenic factors: mutations, hypoxia, inflammation, toxicity, viruses, age, [[[[by using nutrition, exercise, stress management and relaxation, sleep enhancement, and sunlight]]]] also talk about epigenetics

WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson recordings written summary of the key concepts and takeaways

Lesson 2 - The "truth" about cancer

Short Description:

what are free radicals Presenting Cancer as a genetic disease theory

Goal:

The member will understand the current "truth" about free radicals and how sporadic mutations in certain genes are responsible to cancer initiation and progression and how the pharma uses that concept to develop cancer drugs.

Slides:

37 39-41 43-52 minutes 22-35

short lessons 1-3: how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the enemy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medication, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson recordings written summary of the key concepts and takeaways

Lesson 5 - Why cancer returns

Short Description:

toxicity no such thing as cancer cured. instead - 5 year survival, 1- year ...

Goal: The member who learns things he never heard of starts to lose confidence in the system and realizes he arrived to the right place.

Lesson 4 - The future non-toxic cancer treatment

Short Description:

The press pulse strategy, that should be the first line in any cancer treatment.

Goal:

To solidify the concept of cancer is a metabolic disease and give hope that in the worst case scenario the disease returns the treatment will not be horrific

short lessons 1-3: how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the enemy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medication, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson recordings written summary of the key concepts and takeaways

Lesson 6 - Our unique holistic strategy to prevent cancer

Short Description:

Our unique holistic strategy to prevent cancer by re-activating all the built-in defenses for a future of health, resilience and wellbeing (also reverse aging) Rejuvenating mitochondria and protecting it from all the daily insults around us. the basis would be hormonal rebalance and immune supreme competence to be achieved by: Cancer free Nutrition, 360 stress management, healing physical activity, sleep optimization and immune restart and detoxification. ### Goal: Member needs to understand everything is connected and in order to repair a system we need to address all the factors that influence it (not only nutrition, not only meditation, not only exercise etc... everything affects everything, like the musicians in an orchestra. It is enough for one to

Slides:

text from lesson 12 in the rebalance program

short lessons 1-3: how cancer develops - the primary root cause, what is the one true key factor within our cells that is responsible for protecting us from cancer - it's not a coincidence it relates to the energy of life - the mitochondria, chronic inflammation, senescence and aging, why cancer returns, 5 year survival is 5 years. chemo, radiation, and medication, the problem with insulin and cortisol - anabolic and immunosuppression - show the studies

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WATER - much before blood, water is the first/true fluid of life - 1 of the tools to reduce hypoxia resources: Lesson recordings written summary of the key concepts and takeaways /

Prelude - Every thing is allowed in the cancer free lifestyle

[Class room Module 1 Cancer_Free_Lifestyle_Intro.pptx](#)

Short Description:

new: we don't need a magic drug that costs 100000 dollars a month. the magic is in the little things. the most magical solution is the simplest most accessible and under the nose solution. you don't have to suffer, on the contrary, your quality of life will improve significantly once you start implementing these small changes. what you need to practice is going out of your comfort zone for brief periods of time and this is what will keep you going forward.

cancer free lifestyle is all about making choices out of respect for the body. our decisions should not be taken out of fear and confusion, but out of love for the body and a profound understanding of what the body need to have in order to thrive and lead us through life in the best possible manner. that is why everything is allowed and nothing is not allowed because health is all about balancing the quantity and frequency of things in life.

Goal:

Member will lower the anxiety sourcing from ignorance and false beliefs that healthy living is about making sacrifices. he will realize that he is expected to lead a very fulfilling and satisfying life through healthy living even more so relative to the western current lifestyle because there's an entire world of health just waiting to be discovered. when you choose not to do something you think what do i gain rather than what do i lose or miss out on.

slides:

need to create.

Done - cycle or influence and cycle of worry

Short Description:

[Cycle_of_Worry_and_Influence_Correct_Notes.pptx](#)

Goal:

slides:

C.R. Module 2 - Maintaining Hormonal and & Energy Balance in your routine

Short description:

How the modern way of living is affecting Insulin, dopamine and cortisol and metabolism. What are the consequences and what is the simplest way to reverse the situation and restore proper function.

Goal:

Member will understand the simple concepts that are crucial for correct implementation. the concepts are : 1. Hormones are a tool of the body to respond to "information" from the environment. For example, information can come in the form light, food, stress, temperature etc. 2. If the tool (specific hormone) is activated and used continuously the body will start to ignore its signal, what is called resistance. 3. We will give examples of resistance to insulin, cortisol, dopamine.

Resources:

[Lesson 4 - Anti Cancer Nutrition](#)

Note:

ppt is in folder Rebalance 6 ## Goal: Member will know why the nutritional table is the right way to go. ##

Short description:

We'll correct old misconceptions and learn how the hunger mechanism works — and why mastering it is essential for protection from cancer and lasting antiaging effects

Resources:

Written summary in bullets for each lesson

Written summary of allowed sweeteners and recipes for example Recipes for wholesome gluten free breads and deserts, and sparkling water

v Part 2 - What is a ketogenic diet

Goal:**short description:**

1. Explanation on how ketones are created.
2. metabolic garbage or a natural component of a healthy metabolism, what are they good for?
3. how to design a simple keto diet with the help of the Table?
4. metabolic flexibility and increased energy cause not relying on carbs. ### slides:
5. 15-22
6. 23-27
7. 28-29
8. rebalance ppt lesson 3 : 87-88 ### Resources: summary in bullets example of daily menu with less than 20 grams of carbs

Accountability:

post a photo of a plate featuring your balanced, nutritious wholesome ketogenic meal, including dessert.

Part 1 - The simple tool to eliminate confusion**Goal:**

get the outline of the anticancer nutrition ingredients. there are also timing issues and quantities and frequencies of deviations that will be discussed in later lessons ### short description: 1. The Table of recommended nutrition, and how to use it. Low carbs vs. balanced carbs 2. where can I find carbs? everywhere, but from where should I cut carbs? 3. proteins 4. fats - animal fat is not recommended. not because it is saturated, it is not all saturated, but it contains concentrated pollution not present in plant fat. 5. general rules from the blueprint: ### Nutrition blueprint Each meal should contain and start with planning non-starchy vegetables and green leaves Then need to add diverse plant sources of fat, i.e. oleic acids, saturated fats from coconut, polyunsaturated omega 6 and 3 fats from nuts and seeds, and protein sources. Recommended amount of carbohydrate-based foods is 10-100 grams per day. Preferably less than 50 grams of carbs per day. OK to be vegetarian Ok to be vegan Ok to be omnivore Weekly mean protein per kg of recommended body weight should range from 0.5 to 1.5 grams. Above the age of 60 amount needs to tend towards the higher end of range, the older the person the higher the protein content within this range. For omnivores it is recommended to get half the recommended protein from plant sources while the other half from animal sources. Omnivores and vegans and vegetarians should diversify their animal protein sources. Consume fish, poultry, meat and eggs and not only meat or only poultry or only fish. The same goes to vegans. Diversify protein sources with different nuts and seeds and lentils. Ok to eat 12 eggs per week, preferably organic and enriched with omega 3 fats Milk of any sort is not recommended. Dairy is not recommended. Ok to eat milk and dairy up to 2 times a week but not more. Dairy from sheep and goat is preferred over cow dairy.

slides:

PPT (Rebalance ppt 1, at the end of the ppt) PPT (Rebalance ppt 2, slide 125-126) 3. rebalance ppt lesson 6 - 65-66

Resources:

1. PDF Food table by category + from right to left
2. examples of 50 grams of carbohydrates

v Part 3 - How to choose ingredients?**Short description:**

1. the perfect product - tasty, cheap, self life, convenient and addictive.
2. preservatives and non food items in process foods such as dairy, Carrigan, etc
3. Examples of product analysis ### Goal: Member will realize that what the stores are manufacturers are interested in is the bottom line. They supply what they know will sell and will keep on selling, with the lowest cost possible. More expensive does not necessarily mean higher quality just means more more process more marketing costs more transportation costs. We are interested in only 2 parameters. ingredients and nutrition value in 100 gr.

4. slides:

5. Rebalance lesson 3 ppt - 99-101
6. need to create 3. Rebalance lesson 6 - 114-119 (but take products from i herb) ### Resources: summary in bullets - 2 main things to look at example of junk, and of a good product

Accountability:

post a photo of a bad product and/or a good product

v Part 4 - Nutraceuticals**Goal:**

Member will be familiar with the most important vitamins and appreciate they are like medications but w/o side effects and realize much of the nutraceuticals industry is also making us spend money on products which are easily replaced by the right nutrition

short description:

1. star/basic nutraceuticals you must know about:
vitamin D, melatonin (the anticancer part and the light pollution, without the research on low melatonin when exposed to light), senolytics, sulfurophanes, - damage from cancer medication, etc
2. more is not necessarily better
3. vitamins and minerals are like processed sugar anything we ingest into the body needs to protect the mitochondria from free radicals. What we need is real food containing the vitamins and minerals but also all the thousand molecules, fibers etc

slides:

1. 15-51 but brief
2. 95-96
3. 75-76, 98-99

Lesson 3 - Mental energy is all about quality, quantity and timing**Goal:**

understanding how the endless pursuit over satisfaction is resulting in the exact opposite - a deep lack of satisfaction ### Short Description: Restoring mental energy and the zeal/passion for life. We'll learn how to restore mental energy and increase our sensitivity to life's natural rewards

Dopamine - The Hormone of Anticipation Dopamine is the brain's key messenger of motivation and reward — the hormone that drives our anticipation, curiosity, and pursuit of pleasure. But when its delicate balance is disrupted, it can lead us to make impulsive choices that gradually erode our health and vitality.

In today's world, many aspects of modern life — from digital media to processed foods — are intentionally designed to keep our dopamine system overstimulated, trapping us in a cycle of constant craving and dissatisfaction.

In this session, we'll reconnect with the deep, sustainable sense of satisfaction that fuels true well-being and inner freedom.

optional - emotional eating (located in detox) Finding your JOMO - Joy of missing out resources: Lesson recordings written summary of the key concepts and takeaways Weekly checklist to print - simple fun actions to do during the day to rebalance Dopamine

Accountability: Once lesson is completed system sends survey on which steps do you choose to start with in

order to fill your dopamine pool

1 week challenge on - reclaiming your morning. Mindset reboot. 4 assignments to perform in the morning:

- a. stepping outside to have the sunlight and fresh air (as opposed to indoor light and air)
- b. doing 5 minutes of stretches during that time
- c. increasing heart rate for at least 1 minute
- d. drinking 2 glasses of water

v Part 1 - Carbs - Fructose - evil twin brother of glucose

Goal:

Understanding how fructose is harming the body, harming metabolism harming hormonal balance insulin cortisol over weight is fructose, and that the packaging and speed of fructose ingestion is key. Fructose causes more insulin resistance reminder of insulin resistance in slides 45-54 ### Short description: it's not about calories, it's about hormones. If you substitute your salad with a cake - same calories more insulin more fattening. - need to find slides... ### Slides: 20-27, 29, 32-33, 35+38, 36, 41-43, 57-60

accountability:

post a picture of a fruit you're eating together with nuts to slow the rate of entry of fructose to the liver.

v Part 2 - Dopamine

Goal:

We are all addicted to something, the key is to get addicted to what builds us and not what ruins us. we need to learn to resist temptation and "earn" each treat or indulgence. ### Short description: ### The problem: watch this video: a baby's reaction to tasting ice-cream for the first time - with a text explanation to those w/o instagram... 61-66 69-73 79-81+82 84-86 74+108 leave out the metabolically flexible, we feel we don't have energy, despite the fact our tank is full. we need more carbs. every 2 hours when ghrelin wakes up, 108-109 ### The solution: 67-69 87-88 metabolic flexibility (according to previous lesson ?) 94-98 105 - microbiome will create endorphins from anything you eat. if you eat junk you will be addicted to junk if you eat plenty of vegetables you will be addicted to vegetables. 110 exercise and dopamine sun and dopamine 117-118

Resources:

what do you do when you give up for temptation? check list for actions to balance dopamine

Unlocks for level x : The simple trick to easily resisting the dessert of your dreams."

Accountability

prepare post: what are the methods of balancing dopamine do you commit to implementing ? post: i did it! i tried 30 seconds of cold water in the shower?

Lesson 2 - Energy as fuel molecules

Goal:

The member will understand the different forms of glucose and the importance of its different natural presentations

how his daily routines influence his hormones insulin. ##

Short description:

The most influential hormone that governs metabolism (root cause of cancer) and the health of the immune system - Insulin

Goal:

Member will understand 1. Who is insulin? 2. How does a work-shift look like for insulin 3. Who are his colleagues? 4. What does he need from us and what do we want from him to stay healthy 5. Release the concept of calories: not calories, but how they impact your hormones is what's matters 6. Start reducing carbs in the diet and replacing them with fats 7. Start cutting insulin shifts w/o cutting calories

Short description:

1. Carbohydrates, glucose, and starch fundamentals
2. Insulin as the storage hormone
3. Development of insulin resistance over decades
4. Glycemic index and factors affecting insulin peaks
5. Sweeteners analysis (Splenda, Sweet'N Low, Atkins bars, allulose)
6. AGEs (Advanced Glycation End Products) and aging
7. Hemoglobin A1C testing
8. Human evolution and carbohydrate dependency
9. Energy reserves (glucose vs. fat storage)
10. Types of insulin resistance
11. Primitive man's diet
12. Nutrients for mitochondria
13. Insulin's role in cell replication and cancer risk

[הרצאה על איסולין - 2 שיעור.pptx](#)

Resources:

Written summary in bullets for each lesson Attached written recipes

Written summary of allowed sweeteners and recipes for example Recipes for wholesome gluten free breads and deserts, and sparkling water

Accountability: Post in comm (create a comm post) : reduce 1 'food event' / 'insulin shift' from your daily routine, and implement at a dopamine booster (overcoming temptation)

Post in comm (create a comm post) : Add to each insulin shift 1+ vegetables/green leaves from the table

v Part 2 - Carbs the universal redundant fuel

Goal :

Member will learn and understand that glucose is everywhere and we don;t need to consume it.

Outline:

1. Carbohydrates, glucose, and starch fiber and microbiome fundamentals
2. Carbohydrates sources - from table and from the nutrition site
3. Why is excess glucose damaging the body? like in the example of diabetes, AGEs
4. Sweeteners analysis and the importance of clean food (Splenda, Sweet'N Low, Atkins bars, allulose)- segment 40-46
5. Glucose is manufactured from non glucose sources, main Energy reserves are in the form of fat (glucose vs. fat storage) we don't need to eat glucose 5. the party analogy, no place for repair and maintenance, and the highway to disease what insulin needs to return to balance 4. Glycemic index and factors affecting insulin peaks and the role in metabolism - Insulin as the storage hormone metabolic flexibility and increased energy cause starts to learn how to use fats more efficiently

Slides:

1. 6-20
2. 126, 125
3. 63, 65-68
4. 69-72
5. 9
6. rebalance ppt lesson 3 - 45-54, 122
7. 41-53

Resources:

link to free nutrition site table of nutrition list of ok sweeteners and a few recipes

Accountability:

cut carbs in half and cut 1 food event

v Part 3 - Insulin and Sleep

Goal:

Hormonal balance is influenced from sleep as well as nutrition as well as exercise ## short description: 1. how sleep deprivation influences insulin levels and what we can do about it 2. what can we do today to improve our sleep? be active, keep sleep regularity and avoid eating late most days of the week 3. what to do with caffeine

Slides:

1. rebalance ppt lesson 11 - 12-20
2. rebalance ppt lesson 11 - 35-37
3. rebalance ppt lesson 11 - 30-34 ## Resources: checklist on 5 parameters to improve sleep quality: do 30 minutes of exercise every day commit to regular sleeping hours finish eating by 20:00 most days of the week stop caffeine after 18:00 avoid alcohol consumption

After posting accountability: Discover what is the ideal time of sleep for you: is it 7 hours? Closest to sun hours and the amount that enables you to get refreshing sleep

Accountability:

post on at least 3 parameters you've committed on to your self and to the community

v Part 1 - Insulin - the hero playing in the back stage

Goal :

member will learn and understand why insulin is a key hormone related to the root cause of cancer, how is it linked to metabolism and what are the factors that influence its balance ### Out line: 1. Insulin's role in cell replication and cancer risk 2. pregnancy and skin tags as an example for hyperplasia and physiological insulin resistance (verify progesterone's role in the resistance, where on the body can you find skin tags) up to 59 3. What triggers insulin secretion - carbs - role as storage hormone- who is dependent on insulin and who is influenced by insulin - all the rest 4. what makes insulin go out of balance - chronic inflammation, sleep, nutrition, exercise, carbohydrates, stress

Slides:

1. 118-122, rebalance ppt lesson 9 - images of activated igf1r... insulin can attach
2. 118-122
3. 23-25, 101-106
- 4.

Accountability:

Post in comm (create a comm post) : reduce 1 'food event' / 'insulin shift' from your daily routine, and implement at a dopamine booster (overcoming temptation)

Post in comm (create a comm post) : Add to each insulin shift 1+ vegetables/green leaves from the table

Lesson 5 - Repairing the Hunger Mechanism

Note:

ppt is in folder Rebalance 6 ## Goal: Member will view hunger from a new angle, opposite to the one he holds today (hunger is natural, the body acclimates slowly and develops metabolic flexibility that gives us a new kind of energy) . he will want to start practicing mastering hunger. ##

Short description:

We'll correct old misconceptions and learn how the hunger mechanism works — and why mastering it is essential for protection from cancer and lasting antiaging effects

Resources:

Written summary in bullets for each lesson

Written summary of allowed sweeteners and recipes for example Recipes for wholesome gluten free breads and deserts, and sparkling water

Accountability: Post in comm (create a comm post) : reduce 1 'food event' / 'insulin shift' from your daily routine, and implement at a dopamine booster (overcoming temptation)

Post in comm (create a comm post) : Add to each insulin shift 1+ vegetables/green leaves from the table

Part 1 - How Long Can You Live with only water?

short description:

1. what is metabolic flexibility and how it is related to increased feeling of energy what happens when we eat whenever we feel like it? also remind the member of the store of glucose and fat in the body ### slides: 19-47 in the ppt

Part 2 - What is cellular hunger?

short description:

1. what is the meaning of cellular hunger, how do our cells feel /look like when they are never hungry (the refrigerator example), what happens when our cells experience cellular hunger? why do our cells never experience cellular hunger and what is the vicious circle ? ### Goal: Member will realize that his cells in the body are corrupted with junk and will want to reverse the situation or at least will want to know that he can and to hear there is a simple solution that starts by skipping a meal ### slides: 47-62 in the ppt

Part 4 - What is intermittent fasting

short description:

1. Intermittent fasting, what is it? it is missing without the gam and gam!
2. what is the right strategy and why ? is it the only strategy ### slides: 116-129 in the ppt

Part 3 - Players in the hunger orchestra

short description:

1. grehlin, glp1, their daily disruptors, and what do we do about it? ### slides: 62-115 in the ppt

Part 5 - Less eating- more energy

short description:

1. Practical h.w. assignment open from ***

level x -Q&A - Fasting When Traveling (discussion in the recording)

slides:

130-139 in the ppt

Lesson 1 - We are our hormones

Description:

hormones are social media Hormones as the body's tool to respond to its environment to information etc. There is no such thing as a bad hormone. It is the context that matters. the general problem with hormones in cancer, after cancer, medication, the concept of resistance to hormones: the story about the oboe rat (leptin, gh, insulin, cortisol, dopamine) Hormones as activators of transcription. ### Goal: Member will understand the bigger picture regarding hormones purpose and action that no one sees. The member will learn the role of hormones in communication between cells and systems, the concept of the holistic strategy because everything is connected to everything. (why medicine is will need to adjust and reverse the compartmentalization of the body to specific systems) gastrologist needs to be an endocrinologist and an immunologist and a neurologist all in one)

Slides:

need to create or take from old ppt on stress and sun glasses An orchestra of instruments, they respond to input from all sorts (light, darkness, temperature, touch, food, thoughts). When 1 hormone is off balance the whole body's harmony is disrupted. Who is the conductor of the orchestra - it is you. You decide what the music will sound like. What is the meaning of imbalance: resistance

Legit member

Examples: * Someone dealing with fatigue might start with "**Strengthening Immunity.**" * Someone facing mood swings might go straight to "**Balancing Hormones.**" * Someone wanting a full reset might begin with "**Detoxifying the Modern Body.**" The order doesn't matter — every module is complete in itself and can be revisited anytime.

[LATER] C.R. Module 4 - Detoxifying the Modern Body to Restore Balance

Short Description: Gentle methods to reduce toxins from food, environment, and stress, creating more vitality and clarity.

ketogenic diet Could this menu be the Cure for cancer? - fasting/fast mimicking diet examples of detoxification - self vs chemical what are extreme detox, low protein for 40 days, killing the immune system etc. all about the hormonal profile

The 3 things to know about your farmacy

Best course of mineral and vitamins Too much of a good thing can be toxic The formulation is as important as the active ingredient (ethanol, emulsifiers, sweeteners etc) Outcome:

Transformation:

Goal:

Bird's eye view syllabus: L1 - Emotional eating small description What is the meaning and tools to manage it constructfully.

L2 - title small description

L3 - title small description

L4 - title small description

YouTube Videos

Video Creation Template

Research Idea

Potential Topics

List down all the potential topics you come across during your research. ### **Winning Topic** Select the topic that you believe has the most potential based on your research. ### **Inspiration** Note any channels, videos, or creators that inspire you and align with your chosen topic.

Packaging - Title & Thumbnail

Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical. ### **Potential Titles:** List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines. ### [GLYCINE: The Cheapest Anti-Aging Supplement That Actually Works](#) 351K 3 weeks

[The Misunderstood Science of Intermittent Fasting](#) 22K 1 month [Why You Should Take Apple Cider Vinegar](#) 127K 2 months [Top 5 Fruits to Lower Blood Pressure Fast!](#) 84K 3 months [Top 10 Foods to Lower Blood Sugar QUICKLY \(Without Medications\)](#) 367K 3 months ### [This Vitamin D Mistake Is Making You Sicker \(Do This Instead\)](#) 151K 2 months ### [Fastest Way to Shrink Visceral Fat \(Backed by Science\)](#) 1.2M 1 month ### [Eat Bread, Rice, Potatoes WITHOUT Blood Sugar Spikes](#) 2.1M 1 month

WORST Foods That Feed CANCER Cells

[Warning! Top 'Healthy' Foods Harming Your Liver](#) 678K 11 months [Warning Signs of Colon Cancer You Should Never Ignore](#) 3.6M 9 months ### [The FASTEST Way to Reverse Fatty Liver, Naturally | NAFLD Treatment](#) 4.4M 2 years

Title & Thumbnail inspiration:

Screenshot titles and thumbnails from other creators that worked well on similar ideas. ### **Describe the Thumbnail Creative:** Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery.

Thumbnail Text:

Include the text that will appear on the thumbnail, ensuring it complements the title without duplicating it.

Questions

Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks. ### **Identify Potential Questions:** Based on the thumbnail and title, brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title.

Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. (Ranked + ordered for maximum engagement and retention) * Relevant Question 1: * Relevant Question 2: * Relevant Question 3: * #1 — “Is this actually possible, or is it clickbait?” * Why it’s #1: If this isn’t answered immediately, nothing else matters. * Can you really eat fat without gaining weight? * Does this violate basic nutrition science? * Is there real biology behind this claim? * **This must be addressed in the first 15-30 seconds.**

1 “Is it really safe for someone like me to eat fat without increasing cancer risk or gaining weight?”

Emotional state: fear + vigilance **Why this is first:** Cancer survivors are hyper-aware of risk. Safety comes before curiosity. * Will eating fat raise insulin, estrogen, or inflammation? * Could this increase recurrence risk? * Is this different for someone who’s been through treatment? If you don’t answer this early, many survivors won’t keep watching.

#2 — “How does eating fat NOT turn into body fat?”

Why it’s #2: Viewers need a mechanism, not motivation. * What happens hormonally when I eat fat? * Why doesn’t fat automatically get stored? * What role does insulin play here? This is where you establish **scientific authority**.

2 “If fat doesn’t automatically make me gain weight, what actually causes fat storage after cancer?”

Emotional state: confusion → relief **Why this is second:** This reframes years of self-blame. * Why did I gain weight after treatment? * Why did “healthy eating” stop working? * What changed in my metabolism? This is where survivors feel **seen and understood**.

“Which fats are we talking about?”

Why it’s #3: Without clarity, viewers assume the worst. * Are all fats okay? * Is this about olive oil and avocado — or butter and animal fats too? * Which fats sabotage the whole strategy? This prevents confusion and drop-off.

3 “What role does insulin play — and why is it so important after cancer?”

Emotional state: insight + seriousness **Why this is third:** Insulin is the bridge between weight, recurrence risk, and metabolism. * Why are cancer survivors more insulin resistant? * Why do standard blood tests miss this? * Why does insulin matter more than calories? This establishes your **clinical authority** and relevance.

4 “Which fats are supportive — and which ones could actually work against recovery?”

Emotional state: clarity + control **Why this is fourth:** Survivors want guidance, not extremes. * Are saturated fats safe? * What about olive oil, avocado, nuts? * Are there fats that reduce inflammation?

This shifts fear into informed choice.

#4 — “What’s the real reason people gain weight when eating fat?”

Why it’s #4: This reframes blame — from the person to the mechanism. * If fat isn’t the problem, what is? * Why do some people gain weight on high-fat diets? * What have I been doing wrong? This creates an **aha moment** and emotional relief.

5 “Is it the fat — or the combination of fat and carbohydrates — that causes weight gain and metabolic stress?”

Emotional state: aha moment **Why this is fifth:** This explains why previous advice failed. * Why does “low-fat” often backfire? * Why do certain foods spike insulin so strongly? * Why do mixed meals matter more after cancer? This is usually the **most memorable insight** of the video.

#5 — “Is it the fat... or the combination with carbs?”

Why it’s #5: This is the hidden landmine most people sense intuitively. * Can I eat fat with carbs? * Why does fat + sugar feel different? * Is insulin the real issue? This is where the video becomes eye-opening.

6 “What is one simple change I can make now to eat fats more safely and confidently?”

Emotional state: empowerment **Why this is last:** Cancer survivors need **gentle, doable action**, not overwhelm. * What’s the safest first step? * What mistake should I stop making? * How can I support my metabolism without restriction? This ends the video with **hope, not pressure**.

#6 — “How much fat can I eat without gaining weight?”

Why it’s #6: This is about permission — but also boundaries. * Do portions still matter? * Is this unlimited or strategic? * Where do people cross the line? Answering this builds **trust and safety**.

#7 — “Does this work for someone like me?”

Why it’s #7: Viewers are silently asking this the entire time. * What if I’m insulin resistant? * Post-menopausal? * A cancer survivor? * Already overweight? This is where **personal relevance** locks them in.

#8 — “Does timing matter?”

Why it’s #8: This aligns perfectly with your circadian / insulin-rest message. * Is fat better earlier in the day? * Can I eat fat at night? * Does fat disrupt metabolic rest? This adds **depth** without overwhelming.

#9 — “Will this actually help me feel better — not just weigh less?”

Why it’s #9: Weight loss alone isn’t enough anymore. * Will I feel fuller? * Will cravings improve? * Will energy and mood stabilize? This broadens the value beyond the scale.

#10 — “What should I change first?”

Why it’s #10: This converts insight into action. * What’s the simplest first step? * What mistake should I stop making today? * What swap gives the biggest benefit? This is where **behavior change begins**.

Meta-Insight (important for your brand)

Your top 10 questions follow this emotional arc: 1. **Skepticism** 2. **Understanding** 3. **Clarity** 4. **Relief** 5. **Insight** 6. **Safety** 7. **Relevance** 8. **Optimization** 9. **Well-being** 10. **Action** That arc is **perfectly aligned** with your “**Healing is freedom, not restriction**” philosophy.

synthesis of general questions and cancer specific questions: 1 * Can you really eat fat without gaining weight? * Does this violate basic nutrition science? * Is there real biology behind this claim? 2

“Is it really safe for someone like me to eat fat without increasing cancer risk or gaining weight?”

What changed in my metabolism?

3

Which fats are supportive — and which ones could actually work against recovery?

- Are all fats okay?
- Is this about olive oil and avocado — or butter and animal fats too?
- Which fats sabotage the whole strategy? 4 # ## **"What's the real reason people gain weight when eating fat?"** If fat isn't the problem, what is? Why does "low-fat" often backfire?
- Can I eat fat with carbs?
- Why does fat + sugar feel different?
- Is insulin the real issue?

"What is one simple change I can make now to eat fats more safely and confidently?"

- What's the safest first step?
- What mistake should I stop making?
- How can I support my metabolism without restriction?

Hook + Setup

*Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video. ## Inspirational Hooks Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start. * Example from Competitor 1: * Example from Competitor 2: * Example from Competitor 3: ## Potential Hooks Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention. ## PRIMARY OPENING HOOK (RECOMMENDED) > **If you're a cancer survivor, you've probably been told to be extremely careful with your diet — especially with fat. **After cancer, food can start to feel stressful. Suddenly, every bite feels like it might matter — especially when it comes to fat. Many survivors ask me: *'Is it really safe for me to eat fat-rich foods without harming my health or gaining weight?'* In this video, I'm going to explain why fat itself is often **not the problem**, what actually drives weight gain after cancer, and how to eat fats in a way that supports — not stresses — your metabolism.*

Visual and Audible Hooks

*Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement. * Visual Elements: * Audible Elements: ## Setup The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care. ## ## Address Key Questions: Identify the key questions viewers are likely to have based on your thumbnail and title.*

Provide a Roadmap:

*Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. * What you will cover: 1. 2. 3. ## ## Make it Compelling: Ensure your setup is engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3: ## ## Example of a Setup: Use this structure to create your own setup. Hook: 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. Setup: In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results. # Script Writing Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations. ## Points (Content) ## ## Develop Main Points: List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 3. Main Point 3: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - * * * ## Detailed Script Writing Tips ## ## Addressing Key Questions: Anticipate the questions viewers will have based on your thumbnail and title. Address these questions early on in the video to hook viewers and set expectations. ## ## Storytelling: Use storytelling to make your points. Begin with an interesting or dramatic part of the story, then build up to the main point. This method keeps viewers engaged and makes the content more relatable and memorable. ## ## Balancing Payoff and Engagement: Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early. ## ## Examples and Case Studies: Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented. ## ## Revisions and Practice: Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging. ## ## Reading Out Loud: Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken. ## Common Mistakes to Avoid ## ## Paying Off the Point Too Soon: Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged. ## ## Lack of Specificity in Setup: Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue. ## ## Overloading with Information: Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.*

Video research ideas

Research Idea

Potential Topics

List down all the potential topics you come across during your research.

Problem unaware: ## ## Eat Bread, Rice, Potatoes WITHOUT Blood Sugar Spikes 2.1M 1 month How to eat fats without gaining weight ## ## WORST Foods That Feed CANCER Cells 2M 5 months ## ## Fastest Way to Shrink Visceral Fat (Backed by Science) 1.2M 1 month Warning Signs of Colon Cancer You Should Never Ignore 3.6M 9 months The Misunderstood Science of Intermittent Fasting 22K 1 month ## ## This Vitamin D Mistake Is Making You Sicker (Do This Instead) 151K 2 months Top 10 Foods to Lower Blood Sugar QUICKLY (Without Medications) 367K 3 months Why You Should Take Apple Cider Vinegar 127K 2 months Top 5 Fruits to Lower Blood Pressure Fast! 84K 3 months

Warning! Top 'Healthy' Foods Harming Your Liver 678K 11 months ## ## The FASTEST Way to Reverse Fatty Liver, Naturally | NAFLD Treatment 4.4M 2 years

The Misunderstood Science of Intermittent Fasting 22K 1 month Why You Should Take Apple Cider Vinegar 127K 2 months

you are eating **CANCER**

Dr Leonid Kim



WORST Foods That Feed CANCER Cells <https://www.youtube.com/watch?v=l6ss5y1WBSc> Galit's idea: you are fueling cancer worst supplement that fuels cancer cells

The cheapest supplement that fights cancer (backed by science)

Idea 2: immune system/chronic inflammation No. 1 "healthy" habit destroying your immune system after cancer (do this instead) 5 "healthy" foods loaded with pro-inflammatory omega 6 fats? - not good

Idea 3: Stress You are eating stress Worst foods that increase stress after cancer Idea 4: hormonal disruption/imbalance/metabolic dysfunction The tell-tale sign on your skin for hormonal imbalance / Warning signs of hormonal imbalance you should never ignore (skin tags, fatigue post meal) how to prevent cancer recurrence tiny signs on your skin increasing risk for breast and prostate cancer

cancer prevention immune system chronic inflammation fasting insulin blood test blood test vitamin d Melatonin Look for this sign on your skin to know if you are at increased risk for chronic disease idea 5:

<https://www.youtube.com/watch?v=P9XwBGk3ZiQ>

The #1 worst supplement feeding cancer Stop taking this supplement if you have cancer

Winning Topic

Select the topic that you believe has the most potential based on your research.

Inspiration

Note any channels, videos, or creators that inspire you and align with your chosen topic.

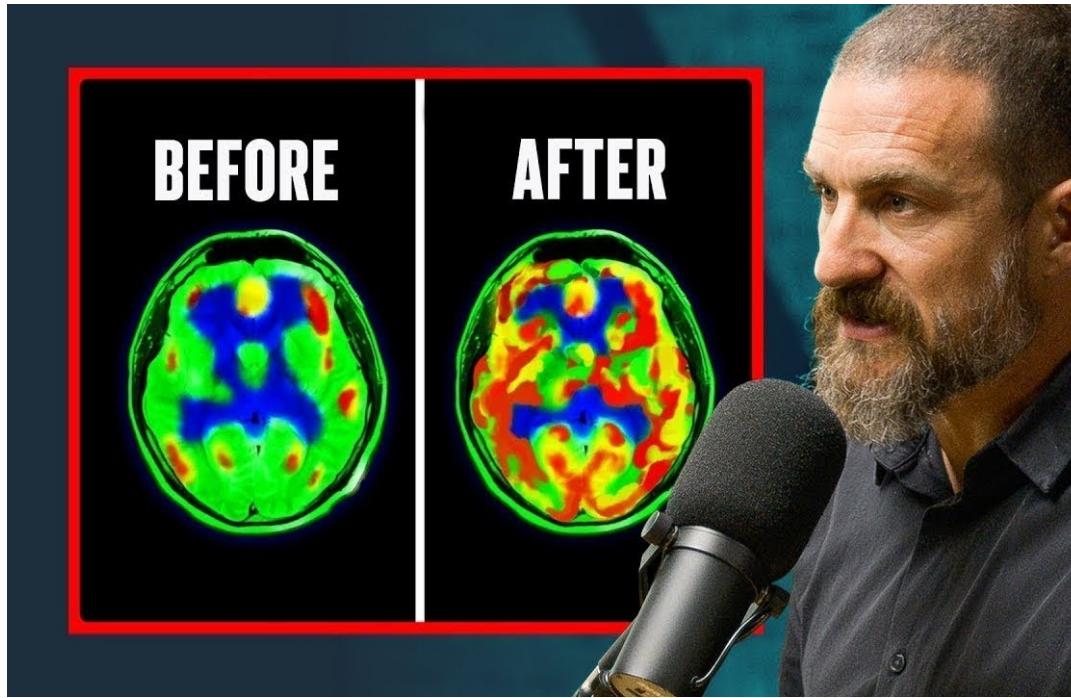
Packaging - Title & Thumbnail

Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical.

you are eating **CANCER**

Dr Leonid Kim





Potential Titles: List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines. Worst foods that cause stress Worst foods that increase daily stress

Title & Thumbnail inspiration:

Screenshot titles and thumbnails from other creators that worked well on similar ideas. **Describe the Thumbnail Creative (to google Gemini):** Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery. I am creating a new video for my youtube channel and i need help in designing the thumbnail. i've attached the thumbnail concept image. the video's title is: warning signs cancer may have recurred you should never ignore. Creative: instead of the brain we can show a human. text : instead of don;t detox we can write: ignore signs

Thumbnail Text:

Include the text that will appear on the thumbnail, ensuring it complements the title without duplicating it.

Questions

Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks.

1. How is food related to stress?
2. What are the foods that cause stress
3. Why are these foods causing stress
4. What happens on the body during stress
5. How can i decrease stress
6. Are there foods that are decreasing stress
7. Why did no one tell me that

Identify Potential Questions:

Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks. Based on the thumbnail and title, brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title. the video's title is: warning signs your cancer may have come back you should never ignore. thumbnail is attached. **Identify Potential Questions Based on the thumbnail and title:** brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title.

Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. * Relevant Question 1: * Relevant Question 2: * Relevant Question 3: # Hook + Setup Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video.

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Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start. * Example from Competitor 1: * Example from Competitor 2: * Example from Competitor 3: ## Potential Hooks Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention.

Visual and Audible Hooks

Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement. * Visual Elements: * Audible Elements: # Setup The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care.

Here is the video hook: today I'm going to go over the very

subtle symptoms and signs of colon

cancer that you should never ignore now, based on the questions please take the example set up i've attached above. The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care. **Address Key Questions:** Identify the key questions viewers are likely to have based on your thumbnail and title.

Provide a Roadmap:

Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. * What you will cover: 1. 2. 3. **Make it Compelling:** Ensure your setup is

engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3: **Example of a Setup:** Use this structure to create your own setup. **Hook:** 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. **Setup:** In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results. # Script Writing Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations. ## Points (Content) ### Develop Main Points: List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 3. Main Point 3: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - * * * ## Detailed Script Writing Tips ## Addressing Key Questions: Anticipate the questions viewers will have based on your thumbnail and title. Address these questions early on in the video to hook viewers and set expectations. ## Storytelling: Use storytelling to make your points. Begin with an interesting or dramatic part of the story, then build up to the main point. This method keeps viewers engaged and makes the content more relatable and memorable. ## Balancing Payoff and Engagement: Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early. ## Examples and Case Studies: Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented. ## Revisions and Practice: Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging. ## Reading Out Loud: Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken. ## Common Mistakes to Avoid ## Paying Off the Point Too Soon: Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged. ## Lack of Specificity in Setup: Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue. ## Overloading with Information: Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.

LATER Video - 7 signs of insulin resistance you should never ignore

Research Idea

Warning Signs You Have a FATTY LIVER (Silent Threat)

[
www.youtube.com
<https://www.youtube.com/watch?v=MHCe1Baof1U>
(<https://www.youtube.com/watch?v=MHCe1Baof1U>)

Potential Topics

List down all the potential topics you come across during your research.

tiny signs on your skin increasing risk for breast and prostate cancer true link between mutations and cancer risk i have mutations- so what?

Winning Topic

Select the topic that you believe has the most potential based on your research. ## Inspiration Note any channels, videos, or creators that inspire you and align with your chosen topic.

Packaging - Title & Thumbnail

Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical. ## Potential Titles: List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines.

Title & Thumbnail inspiration:

Screenshot titles and thumbnails from other creators that worked well on similar ideas.





Describe the Thumbnail Creative: Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery.

Thumbnail Text:

Include the text that will appear on the thumbnail, ensuring it complements the title without duplicating it.

Questions

Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks. **Identify Potential Questions:** Based on the thumbnail and title, brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title.

Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. * Relevant Question 1: What exactly is the "hidden link" between skin tags and breast cancer risk? * Relevant Question 2: Are skin tags themselves dangerous, or are they just a sign of something deeper? * Relevant Question 3: Do skin tags indicate insulin resistance or metabolic problems? * How does insulin resistance influence breast cancer risk? If I have skin tags, what should I actually do? # Hook + Setup Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video. ## Inspirational Hooks Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start. * Example from Competitor 1: You could have fatty liver right now and never know it. You don't have any pain, maybe some vague symptoms, but nothing that really screams something's wrong. ** Example from Competitor 2:

When you sit down to work and you can't focus, it's not because you lack discipline or willpower. It's because your mental ram is maxed out. You're one brain dump away from the best work of your life.

- Example from Competitor 3: Dr. Bur here. Today we're going to talk about how to avoid making mistakes with your blood sugar. So, I have 13 common mistakes that people make when they're testing their blood sugar. So, we're going to clear that up. I'm going to also give you some basic very important information about blood sugar.

Potential Hooks

Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention. today i am going to go over the innocent looking, aesthetic concern and talk about the possible link to breast cancer and other cancers as well.

Visual and Audible Hooks

Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement. * Visual Elements: * Audible Elements: ## Setup The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care.

"Now, before anyone gets worried, let me reassure you: skin tags themselves are not dangerous, and they are not a form of cancer. But here's where things get interesting — they can sometimes tell us something important about what's happening inside the body." "In this video, we're going to look at why these tiny, innocent-looking bumps might actually be early clues to deeper metabolic issues — specifically insulin resistance — and how that, in turn, can influence breast cancer risk." "You'll learn what skin tags really mean, why they show up in certain places, what the science says about metabolism and breast cancer, and most importantly, what you should actually do if you have them." "The goal here is not to scare you — it's to give you clarity. By the end of this video, you'll understand the true 'hidden link,' the real risk factors to pay attention to, and simple steps you can take to protect your long-term health." **Address Key Questions:** Identify the key questions viewers are likely to have based on your thumbnail and title.

Provide a Roadmap:

Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. * What you will cover: 1. 2. 3. **Make it Compelling:** Ensure your setup is engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3: **Example of a Setup:** Use this structure to create your own setup. **Hook:** 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. **Setup:** In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their

current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results. # Script Writing Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations. ## Points (Content) ### Develop Main Points: List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - * * * ## Detailed Script Writing Tips ## Addressing Key Questions: Anticipate the questions viewers will have based on your thumbnail and title. Use storytelling to make keeps viewers engaged and makes the content more relatable and memorable. ## Balancing Payoff and Engagement: Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early. ## Examples and Case Studies: Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented. ## Revisions and Practice: Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging. ## Reading Out Loud: Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken. ## Common Mistakes to Avoid ## Paying Off the Point Too Soon: Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged. ## Lack of Specificity in Setup: Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue. ## Overloading with Information: Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.

1. Central (belly) fat

- Weight gain mainly around the abdomen
- Even in people who are not "overweight" overall
- Strongly associated with insulin resistance ## 2. Skin changes
- **Acanthosis nigricans:** dark, velvety skin on the neck, armpits, or groin
- Skin tags (especially many of them)
- Both are classic signs of chronic high insulin ## 3. Fatigue after meals
- Feeling sleepy, foggy, or drained 1-2 hours after eating
- Especially after carb-heavy meals ## 4. Difficulty losing weight
- Particularly resistant fat around the waist
- Despite calorie control or exercise

Strong cravings for carbohydrates or sugar

- Especially in the afternoon or evening
- Insulin resistance causes unstable blood sugar swings that drive cravings ## 7. Frequent hunger
- Feeling hungry soon after eating
- Needing snacks to "function" ## 8. Energy crashes
- Peaks and crashes in energy during the day
- Reliance on caffeine or sugar to stay alert

Associated Conditions That Raise Suspicion

If someone has these, insulin resistance is **very likely present** even if glucose is "normal": * Prediabetes * Type 2 diabetes * PCOS * Fatty liver disease * High triglycerides or low HDL * Hypertension * Sleep apnea

Important Perspective

Many people with insulin resistance: * have **normal fasting glucose** * have **normal HbA1c** * are told "everything looks fine" That's why insulin resistance is often **missed for years** — until disease appears.

Ideas for Videos -

Research Idea

GLYCINE: The Cheapest Anti-Aging Supplement That Actually Works 351K 3 weeks

The Misunderstood Science of Intermittent Fasting 22K 1 month **Why You Should Take Apple Cider Vinegar** 127K 2 months **Top 5 Fruits to Lower Blood Pressure Fast!** 84K 3 months **Top 10 Foods to Lower Blood Sugar QUICKLY (Without Medications)** 367K 3 months ## **This Vitamin D Mistake Is Making You Sicker (Do This Instead)** 151K 2 months ## **Fastest Way to Shrink Visceral Fat (Backed by Science)** 1.2M 1 month ## **Eat Bread, Rice, Potatoes WITHOUT Blood Sugar Spikes** 2.1M 1 month

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Warning! Top 'Healthy' Foods Harming Your Liver 678K 11 months **Warning Signs of Colon Cancer You Should Never Ignore** 3.6M 9 months ## **The FASTEST Way to Reverse Fatty Liver, Naturally | NAFLD Treatment** 4.4M 2 years

Potential Topics

List down all the potential topics you come across during your research. The cheapest supplement that fights cancer (backed by science)

No. 1 "healthy" habit destroying your immune system after cancer (do this instead) 5 "healthy" foods loaded with pro-inflammatory omega 6 fats? - not good

Idea 3: Stress You are eating stress Worst foods that increase stress after cancer Idea 4: tiny signs on your skin increasing risk for breast and prostate cancer ## **Winning Topic** Select the topic that you believe has the most potential based on your research. ## **Inspiration**

[Transcript - DR Leonid Kim - Glycine.docx](#)

Note any channels, videos, or creators that inspire you and align with your chosen topic. Dr Leonid Kim

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1st Video - The blood-Test that Reveals Cancer- Risk Years Before Diagnosis

Research Idea

<https://www.youtube.com/watch?v=GKsPNHPjOhw> # The Most Important Blood Test: MUST WATCH! - 321K views 6 years ago

5 Critical Blood Tests EVERYONE Should Get (But Very Few Do) ## The Scan That Reveals Heart Disease Years Before Symptoms 51K views 3 weeks ago Lily Johnston, MD MPH

The Scan That Reveals Heart Disease Years Before Symptoms https://www.youtube.com/watch?v=It_2swYFhy

<https://www.youtube.com/watch?v=MHCeIBaofIU&t=8s> # Warning Signs You Have a FATTY LIVER (Silent Threat)

Potential Topics

List down all the potential topics you come across during your research.

Winning Topic

Select the topic that you believe has the most potential based on your research. ## Inspiration Note any channels, videos, or creators that inspire you and align with your chosen topic. Dr Leonid Kim DR BERG # Packaging - Title & Thumbnail Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical. ## Potential Titles: List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines.

1. The most critical blood your oncologist must order after cancer
2. your oncologist must order this blood test (but rarely does)
3. no.1 blood test cancer survivors should do (but very few do)
4. no.1 blood test post breast cancer that could save your life
5. no.1 blood test post breast cancer rarely ordered that saves lives

GPT Chose: "The Overlooked Blood Test Every Cancer Survivor Should Know about — Critical After Breast Cancer" Why This Vital Blood Test Matters After Cancer Yet Rarely Gets Ordered;

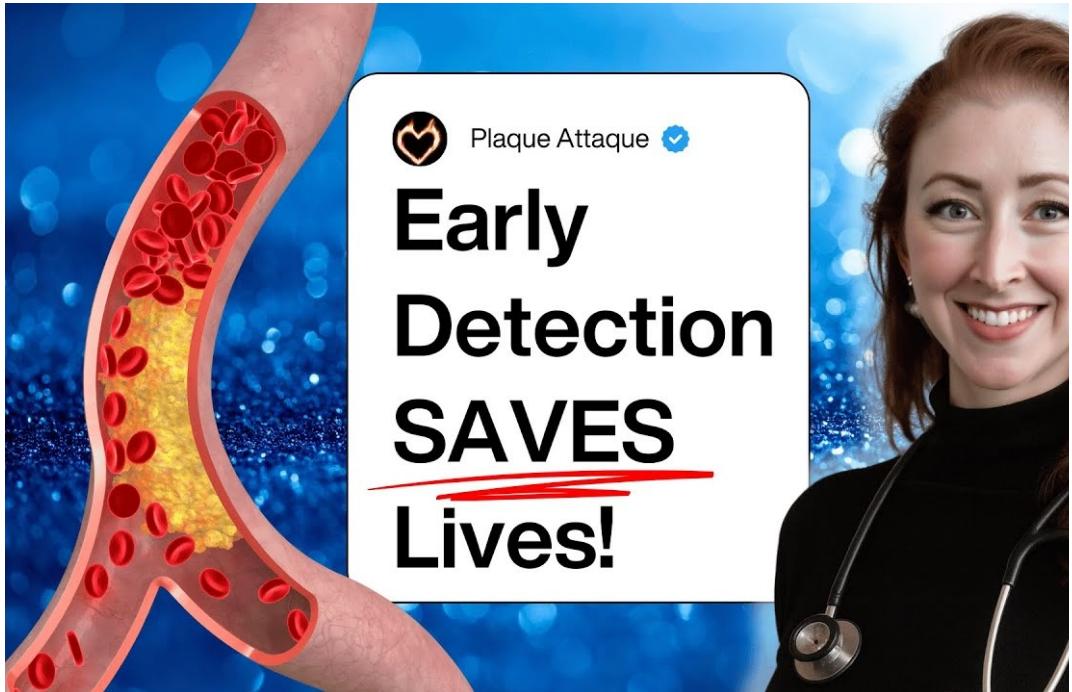
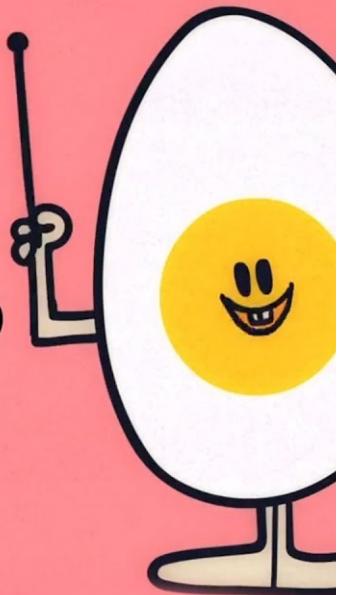


Title & Thumbnail inspiration:

Screenshot titles and thumbnails from other creators that worked well on similar ideas.



WHAT IS CHOLESTEROL?





[Early Detection Saves lives \(3\).pdf](#)



The Blood-Test that Reveals Cancer-Risk Years Before Diagnosis ### **Describe the Thumbnail Creative:**
Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery.

Thumbnail Text:

Include the text that will appear on the thumbnail, ensuring it complements the title without duplicating it.

I chose from GPT suggestions: "**Did your doctor miss THIS test?**" but then looked for something less accusatory: — "Has your oncologist mentioned THIS test?" — "Was this test part of your follow-up?" — "Has anyone checked THIS test during your care?"

i-choose: "Is THIS test part of your follow-up"?

The overlooked lab test after cancer



The OVERI lab test after c

Questions Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks. # ## Identify Potential Questions: Based on the thumbnail and title, brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title.

Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. * Relevant Question 1: * Relevant Question 2: * Relevant Question 3: # # 1 **What is this overlooked blood test?** # # 2 **Why does this test matter specifically after cancer?** 3 **Why is this test rarely ordered, even though it's important?** # ## **insulin and recurrence evidence is sparse** * Most work examining outcomes in endometrial cancer focuses on **HOMA-IR or metabolic syndrome** as combined measures, not fasting insulin alone. * There are **very few cohorts** with fasting insulin measured **after diagnosis** and analyzed for recurrence risk.

4 Does this test help predict recurrence—or improve follow-up care?

5 Should I personally get this test?

6 What does this test reveal about my metabolic or hormonal health?

7 What should I do if my doctor never ordered this test?

Hook + Setup

Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video. ## Inspirational Hooks Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start. * Example from Competitor 1: I've had so many patients in my longevity clinic who came to me after being told everything look fine. * You could have fatty liver right now and never know it. You don't have any pain, maybe some vague symptoms, but nothing that really screams something's wrong. * Example from Competitor 2:

Heart disease is the number one killer of men and women in this country and around the world. It kills more men and women annually than every cancer combined. But we don't screen for it.

- Example from Competitor 3:

so today we're gonna talk about the most important blood test that you should get it's extremely vital yet no one's getting this test done okay and it measures something called insulin

Potential Hooks

Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention. I've had so many patients in my cancer prevention clinic who came to me with their blood tests, yet only one of them had this specific test I always screen for in every one of my patients. despite supported by the scientific literature it is not part of the standard screening tests, especially among female cancers and other cancers as well.

Visual and Audible Hooks

Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement. * Visual Elements: * Audible Elements: # # Setup The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why

they should care.

. They've been seeing their primary care doctor for years and they've been getting their annual blood work. And every year the message was the same. Your labs look great. Just come back next year. But often times when we take a closer look, we actually end up uncovering early signs of disease that have already started developing quietly in the background. And it would be years before those routine labs would even indicate anything was wrong. So that's why in this video I want to walk you through five critical blood tests that have the potential to save your life. Now these lab tests are not routinely ordered by your primary care physician. But these tests are incredibly important because they can detect early preventable disease long before symptoms appear or before organ damage sets in. But it's not enough just to have those lab tests checked. That's actually only the beginning. As you watch this video, make sure you understand the nuance of interpreting some of these test results because what you do with these results is going to be different for everyone. And also, if your PCP doesn't routinely order these tests, they'll may not have the experience to interpret those properly. So, you'll need to make sure you're able to interpret those test results yourself just so that you can be your own advocate. And at the end of the video, I want to go over a lab test that is routinely ordered as part of your yearly physical, but it's often misinterpreted as normal, even though it may already be showing signs of trouble. And as always, even though I'm a physician, I'm not your physician. So, please talk to your doctor before you make any changes to your health regimen as this video is educational only and not medical advice. Now let's start with the test.

Address Key Questions:

Identify the key questions viewers are likely to have based on your thumbnail and title.

Provide a Roadmap:

Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. What you will cover: 1. 2. 3. ### Make it Compelling: Ensure your setup is engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3: ### Example of a Setup: Use this structure to create your own setup. Hook: 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. Setup: In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results.*

SETUP (Polished, Inspirational, Survivor-Focused)

"So many cancer survivors have been doing everything right — showing up for their follow-ups, getting their yearly blood work, and being told the same reassuring message over and over again: 'Your labs look fine.' But when we look a little closer, there's often a different story. A story that routine lab work simply isn't designed to catch — especially when it comes to predicting recurrence." "You see, standard blood tests are created for the general population. They are not tailored for people who have already been through cancer. And the 'normal ranges' you see on your lab report? Those are population averages — not the optimal ranges that reflect the safest metabolic environment for a cancer survivor. In fact, many of the thresholds printed on your lab slip are far too high for someone trying to prevent recurrence. That's one of the biggest blind spots in survivorship care today." "That's why the lab test we're talking about in this video is so often overlooked — even though the scientific literature supports its importance. It's rarely ordered by oncologists, and even when it is, the interpretation is almost always based on ranges that do not reflect the metabolic realities of cancer or the risk of cancer coming back." "In this video, I'm going to walk you step-by-step through what this test is, how it's linked to recurrence, and why it matters so much more than most people realize. You will understand the science behind the link, what this test can reveal about your metabolic health, and what to do if you've never had it ordered. My goal is for you to walk away not just with information, but with clarity — so you can be an empowered advocate for your own long-term health." "And as always, even though I work in cancer prevention, this video is educational and not medical advice. Please review your own results with a qualified healthcare provider who understands your unique situation." "Now let's get into the test." While Your fasting blood sugar may look perfect, most cancer survivors are never tested for fasting insulin levels. When it's high, it quietly increases the risk of recurrence across multiple cancers, and there is evidence of increased risk for colon, lung, pancreas, endometrium while most of the research is on the increased risk for breast cancer but the type of cancer is less relevant and that is because of the roles insulin performs in the body which we will talk about in a second,

*insulin is a Hormone With a Double Personality Think of insulin as a key. Its normal job is extremely helpful: • It opens the doors of your cells • It lets sugar from your blood go inside • And it gives your cells the fuel they need So far, so good. Insulin is not "bad." The problem begins when insulin is around too often and too high, especially in the fasting state — when it's supposed to be quiet. Insulin Is Not Just a Metabolic Hormone — It's a Growth Hormone Most people think insulin is "the sugar hormone." In reality, insulin behaves more like a growth accelerator. When insulin is high: • Cells divide faster • Cells die less often • Damaged cells survive when they should not • Inflammation increases • The immune system becomes weaker at recognizing abnormal cells To make this simple: High insulin creates the exact environment where cancer cells feel comfortable and safe. It's like turning off the burglar alarm in a house while leaving the windows open. That's what happens when fasting insulin is elevated. It means the body is receiving a message it was never designed to hear continuously. "Grow. Build. Store. Don't stop." Cells don't get to rest. Here's a surprising fact: Cancer cells often adapt to use the fuel they depend on by develop more insulin receptors — that means Cancer cells receive more energy and more grow-signals than the healthy cells around them. The environment becomes unfairly tilted in favor of cancer. The cells Lose their Ability to Say "Stop" that's enough. Now I need to perform housekeeping chores. And because hormones never play alone, if we want to go one layer deeper When insulin is high, another powerful growth molecule also goes up:**IGF-1 (Insulin-Like Growth Factor-1).** Think of IGF-1 as insulin's cousin who is even better at telling cells to grow. Together, insulin and IGF-1 act like: * **Amplifiers** of any microscopic tumor that was already forming silently Insulin-driven IGF-1 activation is one of the primary mechanisms explaining increased cancer risk. They come from actual human biomarker studies, clinical interventions, and longitudinal cancer datasets s_o the real question becomes: if this hormone is silently shaping our cancer risk... why isn't it part of routine screening? ...but the thing we must understand first is that there isn't a clear cut-of value for fasting insulin and that's because there are other parameters that come into play that affect the risk like other hormones levels, and other measurements like insulin resistance score; that the studies use interchangeably; and on different populations of cancer patients and there is no single standard that reflects the level of insulin that relates to increased risk; but what I'm going to show you is a specific range that was found to increase the risk for breast cancer, and again it can be used on other cancers as well because of what we've said about IGF-1R being a Common Feature of Many Human Cancers and elevated insulin synergizes with igf-1*

1. Everyone Wants a Simple Number

We're used to clear medical ranges: • Blood pressure too high • Cholesterol too high • Vitamin D too low So people expect the same for fasting insulin — especially since higher insulin is linked to higher cancer recurrence. But here's where it gets more complicated. Most people don't realize how inconsistent insulin testing is. Some measure total insulin, others free insulin, others use it to calculate insulin resistance. Some use categories instead of specific numbers. With all these "different rulers," one universal threshold isn't possible.

Cancer is just as varied: breast, colorectal, endometrial, prostate, liver... Different bodies, treatments, ages, and hormone environments. So one insulin cutoff for all survivors would miss the real risk in many situations. "But I will talk about a specific fasting insulin range shown to **double (check) the risk in breast cancer.** Its relevance extends beyond breast cancer, because IGF-1 receptors are common across many tumor types, and elevated insulin strengthens IGF-1-driven growth pathways." Across cancers, one thing repeats: Higher fasting insulin = higher recurrence risk. But the "danger point" varies with: age, weight, treatment history, menopause, inflammation, circadian rhythm, hydration, steroids, liver function, genetics. Two people can share the same insulin value: one metabolically healthy, the other stuck in a chronic growth-signal state. So the same number doesn't mean the same risk. A major breast cancer study found women with fasting insulin above ~9 µU/mL had double the recurrence risk compared to those below ~4.5 µU/mL. So the reason there's no official 'insulin cutoff' for cancer recurrence isn't because insulin is unimportant — it's because it affects the entire biology of each person differently. When fasting insulin quiets down, the internal environment shifts back toward healing, repair, and protection. In the next part, I'll show you simple, natural ways to support that shift. "And what can we do — naturally — to bring it back into a healthier range?"

If your doctor never ordered this test, you're not alone. I've had so many patients in my cancer prevention clinic who came to me with their blood tests, yet only one of them had this specific test . The medical system often lags behind the research. The good news is you don't need to wait for someone else to bring it up. At your next appointment, simply ask for a fasting insulin test, but you don't just wait to see the fasting insulin result, your action is required, and there's a chance you're already doing stuff that lowers your fasting insulin levels... what can I do to lower insulin? the fact is

there are many cancer medication that block the activities of receptors to hormones that accelerate growth, but

there isn't a cancer drug for decreasing insulin to block the effect of insulin on cancer cells, but it's actually good news there is no drug because we can influence our insulin levels with certain behaviours and can significantly reduce the risk that comes from elevated insulin and at the same time, regardless of insulin level these behaviours are proven to lower the cancer risk from all factors. and we will shortly see exactly how.

Script Writing

Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations.

So many cancer survivors do everything right—they show up for every follow-up, complete every scan, every blood test, hoping to hear those comforting words: “Everything looks fine.” And yet, something important may still be missing—cause when we look a little closer, there’s often a different story, because the ‘normal ranges’ you see on your lab report? Those are population averages — not the optimal ranges for a cancer survivor. This is one of the biggest blind spots in follow-up care today even though scientific evidence has been pointing to it for years.

and like many disorders this imbalance is silent, hidden, and quietly influencing your health But here's the part most survivors never hear: it's completely reversible when caught early. And that early window matters, because once you understand what to look for, you'll realize just how much power you actually have.**[IA1]** I'm Emma Well, I help cancer survivors prevent cancer recurrence with scientifically proven methods, I'm a registered dietitian and a biochemist.

“In this video, I’m going to walk you step-by-step through [1 what this test is] and [2 how it’s linked to recurrence, 2] [3 the science behind the connection] and [4 what this test reveals about your metabolic health], [5 Why it’s almost never ordered, and [6 what is the optimal value to aim for, that I guide MY patients after cancer and how to get there before it’s too late]

...My goal is for you to walk away not just with vital information today— but also the deep understanding, so you feel in control again.

.. “And of course, even though I work in cancer prevention, this video is educational and not medical advice. Please review your own results with a qualified healthcare provider who understands your unique situation.”

“Now let’s get into the test.”

[1] Do you know what Your fasting blood sugar is? It may look perfect, but most cancer survivors are never tested for fasting insulin, This is the pathway almost no one talks about, yet it shows up across breast, colorectal, prostate, endometrial, and multiple other solid tumors, [1] [2 a major breast cancer study found women with fasting insulin above ~9 µU/mL had DOUBLE the recurrence risk compared to those below ~4.5 µU/mL. This doesn’t mean if you’re blood fasting the fact that the “normal” fasting insulin range reaches 29 µU/ml tells us Many people are walking around unaware of their elevated cancer risk. -2] [3- And for us to aim for the optimal fastin insulin range for a cancer survivor, we need to first understand the science behind the insulin and increase link.

Now Most people know about insulin’s job as the “the sugar hormone.” But insulin actually has two personalities the first one acts as a key that opens the doors of your cells so that the glucose from your blood goes inside the cells as quickly as possible.

This is extremely important because we all know the awful complications that come from unbalanced diabetes . The problem begins when insulin is around for too long and is also too high, especially in the fasting state — when it’s supposed to be quiet because This is where its second personality appears. And this is the part most people never hear from their doctor.; insulin is designed to be a growth accelerator. and because hormones never play alone, When insulin is high, he invites to the growth party another powerful hormone, that’s even BETTER at telling cells to grow: the :IGF-1 (Insulin-Like Growth Factor-1). just as without food and drinks there can not be a party, without insulin and IGF1 there can be no growth and when the party goes on uninterrupted our healthy cells are overwhelmed, but for the Cancer cells it;s a life line because despite the fact cancer cells are limited to mainly 2 fuels, one of them being glucose, they know how to adapt to getting more of these fuels by increasing the numbers of insulin receptors on their surfaces— that means Cancer cells receive more energy and more grow-signals than the healthy cells around day in and day out, and another reason the risk extends beyond breast cancer is that IGF-1 receptors are common across many tumor types so Together, insulin and IGF-1 act like Amplifiers of any microscopic tumor that was already forming silently

[3 explanation :this means that many people will need to intervene earlier than later because what Large population studies like the (NHANES) – U.S. National Health and Nutrition Examination Survey) show is a marked increase in insulin levels across the general population especially after the age 45, and these values are significantly higher in cancer survivors, and this shift is directly linked to worse outcomes and higher recurrence risk [3]

[4 because when insulin is high: • Cells divide faster • damaged Cells survive when they should be destroyed • chronic Inflammation increases which causes• The immune system to becomes weaker at recognizing cancer cells.

The results is High insulin creates the perfect environment where cancer cells feel comfortable and safe to thrive

and when the growth party doesn't other hormones can not come into the game, these Hormones are incharge of House keeping inside cells, they fix mutation, get rid of toxins, these hormones that take out the trash and clean up the cells for the next day, are simply not getting their opportunity to restore the cells proper function. It's only When fasting insulin is allowed to quiet down, the internal environment shifts back toward healing, repair, and protection 4.5 so the real question becomes: If this hormone plays such a key role in cancer risk... why isn't it part of standard follow-up?

It's no secret, We're used to simple numbers and clear medical ranges: • Blood pressure too high• Cholesterol too high• Vitamin D too low So naturally people expect the same for fasting insulin, But here's where it gets more complicated. Cause what Most people don't realize is how inconsistent insulin testing is in the scientific research, when Some measure total insulin, others use insulin resistance scores that combine insulin with fasting glucose... Some use ranges instead of specific numbers, and with all these different methods of measuring insulin it's simply impossible to derive one universal threshold. Add to that the fact that Cancer types are different and patients are different, some are more prone to cancer than others due to genetics, their treatment history, age, lifestyle, weight, inflammation, circadian rhythm, hydration, all these factors are different for 2 different people and so the same insulin can mean very different risks

5,

[6so even If your doctor never ordered this test, you're not alone. At your next appointment, simply ask for a fasting insulin. And despite the fact there is not yet an official insulin range that is optimal for preventing cancer and other diseases, here is a simple way to address the issue i teach my patients: when we're in the fasting state, like before a blood test, insulin ideally should be at its lowest. and according to the study we can say it's better to be below 8. But here's the twist, even if you're above 8 you don't need to stress over it, you first need to aim to reduce what ever your CURRENT insulin value is, because even a small reduction by a few points could make a big difference because the same lifestyle changes that made this reduction possible are proven to significantly reduce the risk for cancer recurrence. I've seen in my clinic fasting insulin drop by more than 50% in as little as two month and without medication, only by implementing healthy lifestyle habits, habits that include keeping a regular sleep schedule, focusing on getting enough movement throughout the day, exercising, effective stress management, exposure to natural sunlight, eating lots of vegetables and good fats in your diet and more.

So, when we realize many of the factors that drive our fasting insulin levels, are within our control it gives us a sense of freedom to know what we're doing is actually making a difference

I hope this was helpful. Your choices matter. Your body is very forgiving when it's given the chance.

so now you know you need to follow up on your fasting insulin level, but this is only the first step. And if you want to know to help lowering insulin, watch this video.

[IA1]its a good hook and setup, but very VERY long.. it should be in 2-3 paragraphs, touching the key “fear” points + explain importance.

Points (Content)

Develop Main Points:

*List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - **

Framework - * Explanation (backup statement- why should you care?) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 3. Main Point 3: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - * * * ## Detailed Script Writing Tips ###

Addressing Key Questions: Anticipate the questions viewers will have based on your thumbnail and title. Address these questions early on in the video to hook viewers and set expectations. ### **Storytelling:** Use storytelling to make your points. Begin with an interesting or dramatic part of the story, then build up to the main point. This method keeps viewers engaged and makes the content more relatable and memorable. ###

Balancing Payoff and Engagement: Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early. ### **Examples and Case Studies:** Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented. ### **Revisions and Practice:** Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging. ### **Reading Out Loud:** Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken. ## Common Mistakes to Avoid ### **Paying Off the Point Too Soon:** Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged. ### **Lack of Specificity in Setup:** Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue. ### **Overloading with Information:** Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.

LOWER SPEED, HIGHER SPEED, HIGH PITCH LOW PITCH...

SMILE: So many cancer survivors do everything right. They show up to every follow-up. Every scan. Every blood test. All hoping to hear their oncologist say, "Everything looks fine."

And yet... something important can still be missing.

LESS SMILING : because when we look a bit closer, the story is not always as you would expect. SMILE: and that's Because most "normal ranges" you see on lab reports? SMILE: They represent population averages — not the optimal ranges for a cancer survivor.

CURIOS: and this is one of the biggest blind spots in follow-up care today. even though the science has been pointing to it for years.

Serious: And Like many imbalances, this one is silent.

Quietly influencing your health in the background.

But here's the part most survivors never hear: when it's caught early, it's completely reversible. HOPE: And that early window matters. Because once you know what to look for, you realize just how much control you actually have.

I'm Emma Weil. I help cancer survivors reduce recurrence risk using science-based methods. I'm a biochemist and a registered dietitian

And In this video, I'm going to walk you step by step through:

- What this test is and
- How it's linked to cancer recurrence
- What's The science behind that connection and
- What it can reveal about *your* metabolic health
- SLOW: And finally, what is the optimal value to aim for, that i guide MY patients after cancer
- SMILE: ENERGY: My goal is for YOU to walk away not just with vital information today— but also the deep understanding of what's happening in your body, so you feel in control
- And just to be clear — this video is educational, not medical advice.
- Always review your results with a qualified healthcare professional who knows your unique situation.

Now, let's get into the test.

CURIOS SMILE: Do you know your fasting blood sugar? Most people do. And It may be perfect, But here's the thing: most cancer survivors are never tested for fasting insulin.

This is the pathway almost no one talks about. Yet it shows up again and again across breast, colorectal, prostate, endometrial, and other solid tumors.

One major breast cancer study found something striking. Women with fasting insulin above about 9 µIU/mL had double the recurrence risk compared to women below about 4.5 µIU/mL.

And when you realize that the "normal" insulin ranges go all the way up to 29, it tells us that A lot of people are walking around completely unaware of their increased risk.

So before we talk about the optimal range, we need to understand why insulin matters in the first place.

Most people think of insulin as *the sugar hormone*. And that's true — but that's only half the story.

CURIOS SMILE: Insulin actually has two personalities.

The first one is when It acts like a key, opening your cells so glucose can move from the blood into the cell. As quickly as possible, because

we all know the awful complications that come from unbalanced diabetes . The problem starts when insulin is too high for too long , especially in the fasting state — when it's supposed to be quiet because This is where its second personality appears. And this is the part most people never hear from their doctor; insulin is designed to be a growth accelerator, and because hormones never play alone, When insulin is high, he invites to the growth party another powerful hormone, that's even BETTER at telling cells to grow: the IGF-1 (Insulin-Like Growth Factor-1). Just like you can't have a party without food and drinks, you can't have uncontrolled growth without insulin and IGF-1.

When that signal to grow stays on, day after day, healthy cells are overwhelmed. But for cancer cells? It's a lifeline.

Because Cancer cells are actually very limited in the fuels they can use. Glucose being one of them. But they compensate by adapting to this limitation.

Some, increase the number of insulin receptors on their surface. That means they pull in more fuel and receive stronger signals to grow than the normal cells around them.

and another reason the risk extends beyond breast cancer is that IGF-1 receptors are common across many tumor types,

so to recap. Together, insulin and IGF-1 act like Amplifiers of any microscopic tumor that may be already forming silently

3 explanation :this means that many people will need to take action earlier than later because what Large population studies like the (NHANES) – U.S. National Health and Nutrition Examination Survey) show, is a marked increase in insulin levels across the general population especially after the age 45,

<https://pdfs.semanticscholar.org/e292/cdd9b4b9a54d5ae8bc3a046bde0c3e218e84.pdf>

Table 1. Cont.

	Overall n = 17,310	1999–2000 n = 1461	2001–2002 n = 1695	2003–2004 n = 1567	2005–2006 n = 1521	2007–2008 n = 1875	2009–2010 n = 2125	2011–2012 n = 1768	2013–2014 n = 1901	2015–2016 n = 1710	2017–2018 n = 1687
D) ^t	5.4 (0.01)	5.2 (0.03)	5.3 (0.02)	5.3 (0.03)	5.4 (0.03)	5.5 (0.02)	5.4 (0.02)	5.4 (0.02)	5.4 (0.03)	5.5 (0.02)	5.6 (0.02)
n	7.8 (4.7, 13.0)	6.8 (4.2, 10.9)	6.7 (4.2, 11.2)	7.3 (4.4, 12.2)	6.5 (3.6, 11.9)	7.8 (4.3, 13.0)	9.0 (5.2, 15.4)	8.2 (5.3, 13.7)	8.2 (5.2, 13.2)	8.4 (5.4, 14.0)	8.5 (5.6, 13.6)
q3) ^t	1.9 (1.1, 3.2)	1.6 (0.9, 2.6)	1.6 (1.0, 2.7)	1.7 (1.0, 3.0)	1.5 (0.8, 3.0)	1.9 (1.0, 3.2)	2.1 (1.2, 3.8)	2.0 (1.2, 3.4)	2.0 (1.2, 3.2)	2.1 (1.3, 3.5)	2.1 (1.4, 3.5)

Abbreviations: SD, standard deviation; Poverty-Income Ratio, i.e., PIR, defined as family income divided by the federal poverty level (FPL); HOMA-IR, Homeostatic Model Assessment of Insulin Resistance, calculated by fasting insulin level in $\mu\text{U}/\text{mL}$ times fasting glucose level in mmol/l divided by 22.5; NA, not applicable. * n was the unweighted sample size. The total number of participants was 17,310. A total of 19 (0.1%) participants had a missing value of educational level and 1538 (8.9%) participants had a missing value of poverty-income ratio. * %, mean (SD) and median (q1, q3) were survey-sample weighted and age-standardized (age distribution and continuous age were only sample weighted but not age-standardized). We used 2010 U.S. Census adult population as the standard population; the age groups were: 20- < 25 (9.6%); 25- < 30 (9.8%); 30- < 35 (8.9%); 40- < 45 (9.3%); 45- < 50 (10.2%); 50- < 55 (9.9%); 55- < 60 (8.7%); 60- < 65 (7.3%); 65- < 70 (5.5%); 70- < 75 (4.0%); 75- < 80 (3.3%); 80- < 85 (2.6%); and ≥ 85 (2.1%). ^t Representative information for non-Hispanic Asian population was available in the NHANES only from 2011 through 2018. The sample size was 7066 (i.e., the study population from last for survey cycles, 2011 to 2018). [§] Other race/ethnicity includes Native American/Alaskan, multiracial, and all other responses. ** fasting insulin concentration is standardized using the Tosoh analyzer immunoenzymometric method.

and these values tend to be even higher in cancer survivors, and this shift is directly linked to worse outcomes and higher recurrence risk

Because when insulin stays high:

- Cells divide faster
- Damaged cells survive when they shouldn't
- Chronic inflammation increases
- And the immune system becomes less effective at spotting cancer cells

In other words, high insulin creates an environment where cancer cells feel comfortable.

And as long as that growth party keeps going, other hormones never get a chance to do their job.

These are hormones that help to create the conditions where cellular cleanup and repair can happen — especially during deep sleep. They help fix DNA damage. Sleep is when the immune system becomes coordinated — strengthening immune memory, and preserving immune cell function,

But they work at their best only when insulin quiets down.

That's when the internal environment shifts back toward healing, repair, and protection

So the real question becomes: If insulin plays such a key role in cancer risk... why isn't it part of routine follow-up care?

Part of the reason is that insulin testing is inconsistent. Different studies use different methods. Some measure insulin directly. Others measure insulin resistance scores, that combine both fasting insulin and glucose levels. Some use ranges. Others measure insulin indirectly

Add to that the fact that cancer survivors are not all the same. some people are more at risk than others due to genetics, receiving Different treatments, having Different lifestyles. Different levels of inflammation, stress, sleep, and metabolic health.

So the same insulin number can mean very different things for two different people.

That's why there isn't one universal "perfect" number.

But here's the good news.

Even if don't have your fasting insulin level — you're not alone. At your next appointment, simply ask for a fasting insulin test.

And while there's no official cancer-prevention cutoff yet, here's the practical approach I use with my patients.

When you're fasting — like before a blood test — insulin should be low. Based on the data , it's better to be below 9 $\mu\text{U}/\text{mL}$.

But here's the twist

Even if you're above that number — you don't need to stress over it.

The goal isn't perfection. The goal is progress. you first need to aim to reduce what ever your CURRENT insulin value is, because lowering insulin even by a few units, could make a big difference because the same lifestyle changes that made this reduction possible, are proven to significantly lower recurrence risk

In my clinic, again and again, I've seen fasting insulin drop by more than 50% in just two months — without medication.

Just by focusing on:

- Regular sleep
- Daily movement
- Exercise
- Stress management
- Exposure to natural light
- Eating Plenty of vegetables and healthy fats
- And more...

So, when we realize many of the factors that determine our fasting insulin levels, are within our control it gives us a sense of freedom to know what we're doing is actually making a difference ...

I hope this was helpful. Because Your choices matter. Your body is very forgiving when it's given the right conditions

So now you know why fasting insulin matters. And that you need to follow up on its level but this is only the first step.

If you want to learn how to lower insulin in a simple, sustainable way, watch this next video.

LINKS | Photos

<https://pdfs.semanticscholar.org/e292/cdd9b4b9a54d5ae8bc3a046bde0c3e218e84.pdf>

Table 1. Cont.

	Overall n = 17,310	1999–2000 n = 1461	2001–2002 n = 1695	2003–2004 n = 1567	2005–2006 n = 1521	2007–2008 n = 1875	2009–2010 n = 2125	2011–2012 n = 1768	2013–2014 n = 1901	2015–2016 n = 1710	2017–2018 n = 1687
D) †	5.4 (0.01)	5.2 (0.03)	5.3 (0.02)	5.3 (0.03)	5.4 (0.03)	5.5 (0.02)	5.4 (0.02)	5.4 (0.02)	5.4 (0.03)	5.5 (0.02)	5.6 (0.02)
n	7.8 (4.7, 13.0)	6.8 (4.2, 10.9)	6.7 (4.2, 11.2)	7.3 (4.4, 12.2)	6.5 (3.6, 11.9)	7.8 (4.3, 13.0)	9.0 (5.2, 15.4)	8.2 (5.3, 13.7)	8.2 (5.2, 13.2)	8.4 (5.4, 14.0)	8.5 (5.6, 13.6)
q3) †	1.9 (1.1, 3.2)	1.6 (0.9, 2.6)	1.6 (1.0, 2.7)	1.7 (1.0, 3.0)	1.5 (0.8, 3.0)	1.9 (1.0, 3.2)	2.1 (1.2, 3.8)	2.0 (1.2, 3.4)	2.0 (1.2, 3.2)	2.1 (1.3, 3.5)	2.1 (1.4, 3.5)

Abbreviations: SD, standard deviation; Poverty-Income Ratio, i.e., PIR, defined as family income divided by the federal poverty level (FPL); HOMA-IR, Homeostatic Model Assessment of Insulin Resistance, calculated by fasting insulin level in $\mu\text{U}/\text{mL}$ times fasting glucose level in mmol/l divided by 22.5; NA, not applicable. * n was the unweighted sample size. The total number of participants was 17,310. A total of 19 (0.1%) participants had a missing value of educational level and 1538 (8.9%) participants had a missing value of poverty-income ratio. † %, mean (SD) and median (q1, q3) were survey-sample weighted and age-standardized (age distribution and continuous age were only sample weighted but not age-standardized). We used 2010 U.S. Census adult population as the standard population; the age groups were: 20- < 25 (9.6%); 25- < 30 (9.8%); 30- < 35 (8.9%); 35- < 40 (8.9%); 40- < 45 (9.3%); 45- < 50 (10.2%); 50- < 55 (9.9%); 55- < 60 (8.7%); 60- < 65 (7.3%); 65- < 70 (5.5%); 70- < 75 (4.0%); 75- < 80 (3.3%); 80- < 85 (2.6%); and ≥ 85 (2.1%). ‡ Representative information for non-Hispanic Asian population was available in the NHANES only from 2011 through 2018. The sample size was 7066 (i.e., the study population from last for survey cycles, 2011 to 2018). § Other race/ethnicity includes Native American/Alaskan, multiracial, and all other responses. ** fasting insulin concentration is standardized using the Tosoh analyzer immunoenzymometric method.

Ideas for videos -2 - Glutamine

Research Idea

<https://www.youtube.com/watch?v=225PDu4RCCc>

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www.youtube.com

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15k 6 months ago

WORST Foods That Feed CANCER Cells



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www.youtube.com

<https://www.youtube.com/watch?v=l6ss5y1WBSc>

](<https://www.youtube.com/watch?v=l6ss5y1WBSc>)

WORST Supplement That Feeds CANCER Cells

[Early Detection Saves lives \(5\).pdf](Early_Detection_Saves_lives_(5).pdf)



[Early Detection Saves lives \(4\).pdf](#)



[Warning! Top 'Healthy' Foods Harming Your Liver 678K 11 months](#)



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<https://www.youtube.com/watch?v=CLklB2x9K9Y>

](<https://www.youtube.com/watch?v=CLklB2x9K9Y>)

worst natural protein source



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www.youtube.com<https://www.youtube.com/watch?v=f0vdcCg3jcs>](<https://www.youtube.com/watch?v=f0vdcCg3jcs>)

Hot Flashes, Heart Disease, and What Women Are Missing

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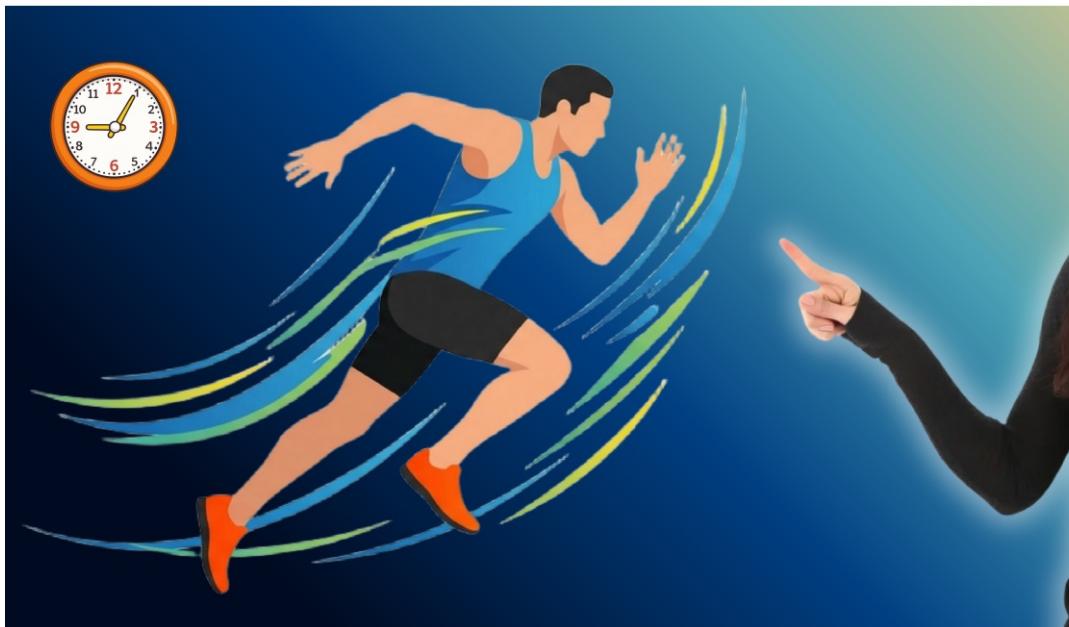
Warning! Top 'Healthy' Foods Harming Your Liver

Potential Topics

List down all the potential topics you come across during your research. ### Winning Topic Select the topic that you believe has the most potential based on your research.

[destroys your immunity.pdf](#)[Early Detection Saves lives \(6\).pdf](#)

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Warning! Top 'Healthy' Activity Harming Your Immunity After Cancer while during cancer physical activity is proven to protect against resistance to therapy, improve the effects of therapy, and protect from the very common and dangerous muscle wasting condition called cachexia, after cancer you have to know the nuances in order to not harm your immune system and allow the rehabilitation process to begin. during cancer the immune system is weakened and imbalanced. having too many suppressed cells vs cells that actually attack and destroy cancer cells. the fact that cancer happened is a proof that the immune system was weakened in the first place, because the immune system in our first and foremost line of defence against cancer. ###

Inspiration Note any channels, videos, or creators that inspire you and align with your chosen topic.

Packaging - Title & Thumbnail

Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical. ### **Potential Titles:** List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines. ### [GLYCINE: The Cheapest Anti-Aging Supplement That Actually Works](#) 351K 3 weeks

[The Misunderstood Science of Intermittent Fasting](#) 22K 1 month [Why You Should Take Apple Cider Vinegar](#) 127K 2 months [Top 5 Fruits to Lower Blood Pressure Fast!](#) 84K 3 months [Top 10 Foods to Lower Blood Sugar QUICKLY \(Without Medications\)](#) 367K 3 months ### [This Vitamin D Mistake Is Making You Sicker \(Do This Instead\)](#) 151K 2 months ### [Fastest Way to Shrink Visceral Fat \(Backed by Science\)](#) 1.2M 1 month ### [Eat Bread, Rice, Potatoes WITHOUT Blood Sugar Spikes](#) 2.1M 1 month

WORST Foods That Feed CANCER Cells 2M 5 months

Warning! Top 'Healthy' Foods Harming Your Liver 678K 11 months [Warning Signs of Colon Cancer You Should Never Ignore](#) 3.6M 9 months ### [The FASTEST Way to Reverse Fatty Liver, Naturally | NAFLD Treatment](#) 4.4M 2 years

Title & Thumbnail inspiration:

Screenshot titles and thumbnails from other creators that worked well on similar ideas. ### **Describe the Thumbnail Creative:** Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery.

Thumbnail Text:

Include the text that will appear on the thumbnail, ensuring it complements the title without duplicating it.

Questions

Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks. ### **Identify Potential Questions:** Based on the thumbnail and title, brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title.

Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. * Relevant Question 1: * Relevant Question 2: * Relevant Question 3: # Hook + Setup Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video. ## **Inspirational Hooks** Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start. * Example from Competitor 1: * Example from Competitor 2: * Example from Competitor 3: ## **Potential Hooks** Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention.

Visual and Audible Hooks

Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement. * **Visual Elements:** * **Audible Elements:** # Setup The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care. ### **Address Key Questions:** Identify the key questions viewers are likely to have based on your thumbnail and title.

Provide a Roadmap:

Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. * What you will cover: 1. 2. 3. # ## **Make it Compelling:** Ensure your setup is engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3: # ## **Example of a Setup:** Use this structure to create your own setup. **Hook:** 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. **Setup:** In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results. # Script Writing Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations. ## Points (Content) # ## **Develop Main Points:** List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 3. Main Point 3: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - * * * # ## **Detailed Script Writing Tips** # ## **Addressing Key Questions:** Anticipate the questions viewers will have based on your thumbnail and title. Address these questions early on in the video to hook viewers and set expectations. ## # **Storytelling:** Use storytelling to make your points. Begin with an interesting or dramatic part of the story, then build up to the main point. This method keeps viewers engaged and makes the content more relatable and memorable. ## # **Balancing Payoff and Engagement:** Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early. ## # **Examples and Case Studies:** Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented. ## # **Revisions and Practice:** Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging. ## # **Reading Out Loud:** Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken. ## # **Common Mistakes to Avoid** ## # **Paying Off the Point Too Soon:** Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged. ## # **Lack of Specificity in Setup:** Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue. ## # **Overloading with Information:** Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.

LATER - Warning! Top 'Healthy' Activity Harming Your Immunity After Cancer

Research Idea

<https://www.youtube.com/watch?v=225PDu4RCCc>

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](<https://www.youtube.com/watch?v=225PDu4RCCc>)
15k 6 months ago



Daily Habits That Are Destroying Your Kidneys

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worst natural protein source



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Hot Flashes, Heart Disease, and What Women Are Missing

635 only - 2 weeks ago

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www.youtube.com<https://www.youtube.com/watch?v=CLkIB2x9K9Y&t=35s>[\]\(https://www.youtube.com/watch?v=CLkIB2x9K9Y&t=35s\)](https://www.youtube.com/watch?v=CLkIB2x9K9Y&t=35s)

Warning! Top 'Healthy' Foods Harming Your Liver



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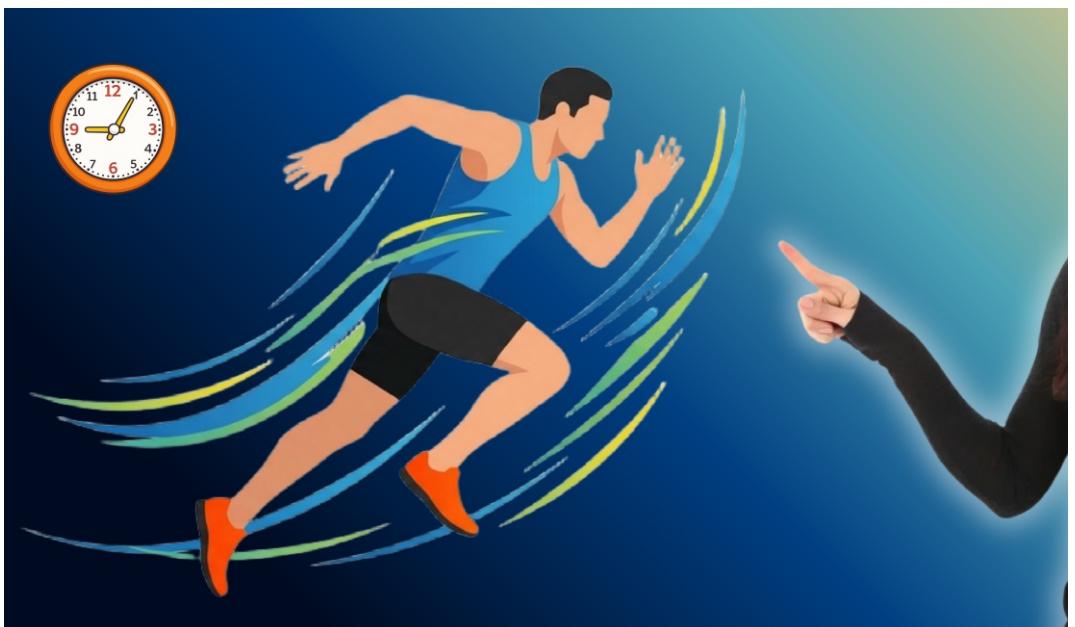
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Warning! Top 'Healthy' Activity Harming Your Immunity After Cancer while during cancer physical activity is proven to protect against resistance to therapy, improve the effects of therapy, and protect from the very common and dangerous muscle wasting condition called cachexia, after cancer you have to know the nuances in order to not harm your immune system and allow the rehabilitation process to begin. during cancer the immune system is weakened and imbalanced, having too many suppressed cells vs cells that actually attack and destroy cancer cells. the fact that cancer happened is a proof that the immune system was weakened in the first place, because the immune system in our first and foremost line of defence against cancer.

[2\)טיגוט הפסחה שלר \(2\).pdf](#)

[3\)טיגוט הפסחה שלר \(3\).pdf](#)

THIS DESTROYS YOUR IMMUNITY



Warning! Top Healthy Activity Harming Your Immunity After Cancer



Warning! Top 'Healthy' Activity Harming Your Immunity After Cancer

Warning! Top 'Healthy' Activity Harming Your Immunity After Cancer # ## Inspiration Note any channels, videos, or creators that inspire you and align with your chosen topic.

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Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical. # ## Potential Titles: List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines. # ## Title & Thumbnail inspiration Screenshot titles and thumbnails from other creators that worked well on similar ideas. # ## Describe the Thumbnail Creative: Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery.

Thumbnail Text:

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Questions

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Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

TOP 5 — CORE QUESTIONS (Build the Entire Video Around These)

1. What is the "healthy" activity that could be harming my immunity after cancer?

Why this is #1: This is the click reason. Viewers will not leave until they know the answer. > This question MUST be clearly asked (and delayed just enough) in the intro. * * # ## 2. Could this activity increase my risk of recurrence or weaken immune surveillance? **Why it matters:** For survivors, immunity ≠ catching colds – it means keeping cancer cells in check. > This question ties the activity directly to existential stakes. * # ## 3. Why would something considered healthy be harmful specifically after cancer? **Why it matters:** Survivors know their bodies are different – they want the reason, not just the rule. > This is where you establish credibility and trust. * # ## 4. Could this explain why I feel worse, exhausted, or run-down despite "doing everything right"? **Why it matters:** This question creates personal validation and emotional resonance. > Viewers feel seen – and stay to hear the explanation. * # ## 5. Should I stop doing this entirely, or is there a safer way to do it after cancer? **Why it matters:** Survivors do not want fear – they want control and guidance. > This question transitions the video from warning – empowerment. * # ## TOP 10 — EXTENSION & RETENTION QUESTIONS (Choose as Needed) # ## 6. Is this harmful for all cancer survivors, or only for certain cancers or stages of recovery? **Use when:** You want to add nuance without weakening the main message. * # ## 7. How does this activity affect stress hormones like cortisol and their impact on immunity? **Use when:** You want to introduce mechanism without overwhelming viewers. > Very strong for science-minded survivors. * # ## 8. Why is this advice still being promoted if it can be harmful after cancer? **Use when:** You want to subtly challenge mainstream guidance and position yourself as a critical thinker. * # ## 9. What warning signs tell me I'm overdoing it and suppressing my immune system? **Use when:** You want high practical value and comments engagement ("That's me"). * # ## 10. What should I do instead to strengthen my immunity safely after cancer? **Use when:** You want to end on hope, clarity, and action. * # ## How This Ranking Helps Your Video Perform Questions 1–2 → Click + retention * Questions 3–4 → Trust + emotional bond * Question 5 → Resolution + authority * Questions 6–10 → Depth, watch time, and comments

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. * Relevant Question 1: * Relevant Question 2: * Relevant Question 3: # Hook + Setup Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video.

1st: today I'm going to go over the very subtle symptoms and signs of colon cancer that you should never ignore because colon cancer is one of those devastating cancers where on one hand it's one of the most preventable cancers if you catch it early but on the other hand unfortunately it's one of the more deadly cancers and it becomes incredibly hard to treat if you find it a later more advanced stages and we have to talk about this and educate others because the rates of colon cancer are on the rise

2nd:

You could have fatty liver right now and never know it. You don't have any pain, maybe some vague symptoms, but nothing that really screams something's wrong. But underneath the surface, your liver might be silently accumulating fat and causing inflammation and scarring and moving closer and closer to permanent damage. And so many people don't realize the damage is happening until it's too late. And here's the kicker: You can spot that initial damage to your liver on your routine blood work that you get every year as part of your physical. But most doctors miss them because often those labs are interpreted as normal. So in this video I'm going to show you exactly what to look for both the signs and symptoms of fatty liver both in your body and also in your blood work so you can identify the disease early on because fatty liver disease is silent but it's absolutely reversible if you catch it early. And we have to catch it early because once the disease progresses to things like fibrosis or cirrhosis well then at that point it may be too late to reverse the damage. # ## Inspirational Hooks Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start. * Example from Competitor 1: * Example from Competitor 2: * Example from Competitor 3: # ## Potential Hooks Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention.

3. "You could be harming your immune system right now – while doing something you believe is helping your health. There's often no pain, no clear symptoms, nothing that makes you stop and think, 'this is dangerous.' But underneath the surface, this 'healthy' habit can quietly weaken immune defenses, increase inflammatory stress, and leave cancer survivors far more exposed than they realize – sometimes for years."

2. "You could be doing something you were told is *healthy* — and it may be silently weakening your immune system after cancer. No pain. No clear warning signs. Maybe just slower recovery, more fatigue, or getting sick more often. But beneath the surface, this activity can quietly disrupt immune balance, increase inflammation, and leave you more vulnerable — long before anything shows up on standard tests."

I chose this one - 3. "You could be damaging your immune system right now and have no idea. You don't feel sick, nothing hurts, maybe just feeling a little more tired than usual — but nothing that really screams 'something is wrong.' Yet underneath the surface, a so-called *healthy* activity may be quietly weakening your immune defenses, creating inflammation, and leaving your body less protected — especially after cancer. And most people don't realize it's happening until their immunity is already compromised."

3.rephrased: You could be damaging your immune system right now and have no idea. You don't feel sick, nothing hurts, maybe just feeling a little more tired than usual — but nothing that really screams 'something is wrong.' Yet underneath the surface, a so-called *healthy* activity may be quietly weakening your immune defenses, creating inflammation, and leaving your body less protected — especially after cancer. And most people don't realize it's happening until it's too late." ## Visual and Audible Hooks *Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement.* * Visual Elements: * Audible Elements: ## Setup *The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care.* importance of immune system: You could be damaging your immune system right now and have no idea. You don't feel sick, nothing hurts, maybe just feeling a little more tired than usual — but nothing that really screams 'something is wrong.' Yet underneath the surface, a so-called *healthy* activity may be quietly weakening your immune defenses, creating inflammation, and leaving your body less protected — especially after cancer. And most people don't realize it's happening until it's too late." For cancer survivors, a **robust immune system isn't just about avoiding infections** — it's one of the body's last lines of defense against recurrence. Even after treatment ends, small numbers of abnormal or dormant cancer cells can remain, and **immune surveillance** is what helps to destroy them or keep them in check. But here's the problem: research shows that many survivors — especially those struggling with **persistent fatigue and poor sleep** — don't fully regain normal immune function because recovery isn't just about ending treatment; or having normal white cells count, it's about restoring the capability of these white blood cells to destroy sick cells. i know this may sound scary but the important thing to know is that this condition isn't a permanent it's a phase in the recovery, and there are clear, scientifically proven ways to help your immune system regain its strength.

n-cancer survivorship research, investigators repeatedly show that **total white blood cell (WBC) counts can return to normal, while immune composition and function remain altered.** This means: * The number of immune cells may look normal on routine labs * But the balance between immune cell subsets (e.g., CD4+ vs CD8+ T cells, naive vs memory T cells, regulatory T cells, NK-cell activity) and their functional capacity can remain impaired

biological timing and coordination. Low-grade inflammation often stays elevated, stress hormones lose their healthy daily rhythm, and circadian disruption weakens immune coordination. When the immune system is tired, mis-timed, or inflamed, its ability to patrol and respond is reduced — **and that's where risk quietly begins to rise.** START HERE: hook: You could be damaging your immune system right now and have no idea. You don't feel sick, nothing hurts, maybe just feeling a little more tired than usual — but nothing that really screams 'something is wrong.' Yet underneath the surface, a so-called *healthy* activity may be quietly weakening your immune defenses, creating inflammation, and leaving your body less protected — especially after cancer. And most people don't realize it's happening until it's too late." set up: For cancer survivors, a **robust immune system isn't just about avoiding catching the flu** — it's one of the body's last lines of defense against recurrence. Even after treatment ends, small numbers of abnormal or dormant cancer cells can remain, and **immune surveillance** is what helps to destroy them or keep them in check. But here's the problem: research shows that many survivors don't fully regain normal immune function — especially when struggling with **constant fatigue and poor sleep** — because recovery isn't just about ending treatment; or having normal white cells count, it's about restoring the capability of these white blood cells to effectively help each other and coordinate and destroy sick cells. i know this may sound scary but the important thing to know is that this condition isn't a permanent it's a phase in the recovery, and there are clear, scientifically proven ways to help your immune system regain its strength. > 1. So in this video, I'm going to talk about the special conditions that a healthy activity can harm immunity, ### 2. We'll break down how this SPECIFIC activity affects immune surveillance, inflammation, and recovery to UNDERSTAND ### 3. how could something that's considered healthy be harmful specifically after cancer? 4. I'll also help you understand whether this could explain persistent fatigue, slow recovery, or feeling run-down despite doing everything you were told was right. > 5. And most importantly, I'll show you how to approach this healthy activity safely, so you can protect your immunity instead of unknowingly weakening it.

> Because when it comes to life after cancer, timing and context matter — and catching these mistakes early can make a real difference in long-term resilience and recovery. so without further a due, let's talk about physical activity, but not just any activity, specific type of activity, during cancer this healthy activity is proven to protect against resistance to therapy, improve the effects of therapy, and protect from the very common and dangerous muscle wasting condition called cachexia, after cancer this activity is significantly reducing the risk of recurrence, and improving our quality of life we are talking of course about physical exercise: but a very specific one: but after cancer you have to know the nuances in order to not harm your immune system and allow it to recuperate without the addition of un-necessary stress the rehabilitation process to proceed with out disturbances...to enjoy its protection effects when we start exercising you start to breath faster, your muscles need more oxygen and fuel to keep up with the speed, and beneath the surface our body is adjusting seamlessly to these increased demands by secreting hormones. which hormones? these that are responsible for the stress response such as cortisol and adrenaline. cortisol is directly influencing the immune system, normally suppressing it. the higher the intensity the higher the cortisol secreted into our blood. because exercise is a form of voluntary stress and this is the part where it may sound weird, the same exercise can affect our immune system in a completely different way depending on the time of the day we do it. this field of research is called chronobiology. **Chronobiology** is basically understanding how to work with our internal clock rather than stress it. because our internal clock has a significant role in shaping our health including our immune system. so the higher the intensity the more we secrete cortisol, the stress hormone. what happens if we do it in the late evening?

A large study published at 2025 from over fourteen thousand healthy people found that when high-intensity exercise is performed close to bedtime —it harms the recovery processes that are intended to take place during the night. Sleep may start later, heart rate stays elevated, and the body remains in a stress state longer, this is because intense workouts elevate body temperature and arousal, while interfering with the body's natural cooling and calming processes needed for a good night's rest. During **healthy sleep**, the immune system switches into a **repair-and-surveillance mode** — especially **natural killer (NK) cells and cytotoxic T-cells** — are better able to patrol tissues and recognize abnormal or damaged cells.. pro-inflammatory signals quiet down, while **anti-inflammatory signals** dominate. This protects tissues from chronic inflammation, so harming sleep quality is directly harming immune activity. When these rhythms are disrupted —by poor sleep, mistimed stress, or late-night stimulation — immune responses become less coordinated, more inflammatory, and less effective over time. if this is an isolated event such when you party at a friends birthday at midnight, it's perfectly fine, but over time repeated late-night high-intensity activity has health consequences in healthy people but there's an increase significance for cancer survivors. because Human research shows that cancer survivors — of multiple tumor types — often exhibit disrupted diurnal cortisol rhythms. Instead of the normal morning peak and evening decline, many survivors have flatter cortisol slopes or elevated evening cortisol, a pattern linked with immune dysregulation, inflammation, persistent fatigue, and poorer clinical outcomes."as immune cells become less responsive to cortisol's normal anti-inflammatory signals."

Instead of supporting recovery, the body stays in a "fight-or-flight" state, slowing immune restoration and prolonging fatigue — which is why *WHEN* you exercise after cancer can matter as much as *HOW MUCH*.

so is you're a cancer survivor and you push yourself to get back to normal "On paper, it looks healthy..but intense activity done at the wrong time, will not allow the body to fully switch into the nighttime repair mode. Stress hormones stay elevated, inflammation doesn't fully resolve, and the immune system keeps operating in a low-grade "alert" state and Energy that should be used for repair and renewal is constantly diverted back to coping:

For survivors who sleep well, recover quickly, and don't struggle with persistent fatigue, light to moderate evening activity is usually well tolerated. But if you're dealing with poor sleep, long-lasting fatigue, or feeling wired at night, **high-intensity or prolonged aerobic workouts late in the evening can compete with nighttime immune repair.** A safer approach is to: * Reserve **high-intensity cardio** for earlier in the day * Keep evening movement **shorter and lower intensity** * Finish workouts **several hours before bedtime** * Prioritize activities that support parasympathetic recovery at night The goal isn't to do less — it's to restore a healthy immune system by aligning the **effort with the healthy rythm of our hormones**, so exercise strengthens your immunity instead of quietly draining it. -

— The result isn't dramatic illness — it's **persistent fatigue, slower recovery, and that constant feeling of being run-down**, even though you're doing exactly what you were told was healthy. "research shows that in healthy adults Late-evening intense exercise performed less than 4 hours before bed time strongly activates the **stress response** at a time when the body is biologically programmed to wind down. This can keep **cortisol and adrenaline elevated into the night**, blunt nighttime immune repair, and also take a toll on the quality of sleep. Over time, repeated late-night high-intensity training may also promote **low-grade chronic inflammation** rather than resolution, especially in

survivors whose circadian rhythms, sleep quality, and immune balance are already vulnerable after treatment. Instead of supporting recovery, the body stays in a "fight-or-flight" state, slowing immune restoration and prolonging fatigue — which is why **WHEN** you exercise after cancer can matter as much as **HOW MUCH**. we could go out for a walk in a light pace, or we could do swift walking, or going all out in a prolonged high intensity session of jogging or even taking a spinning or kickboxing class. BUT research shows that Engaging in **prolonged, high-intensity aerobic exercise late in the evening** can work against immune recovery in cancer survivors because it interferes with the body's **timing systems**, not just its energy balance.

.and this is what's linking exercise to immunity - cortisol serves to depress our immune system not because it's bad but because it is part of what our body requires., does that mean we should not do intense exercise? and why is exercise so healthy? lets set something straight , low intensity exercise is perfectly supportive any time of the day. we'll start by answering why exercise is healthy. exercise is a form of stress that forces the body to adapt. this adaptation is increasing muscle mass, increasing how many batteries we keep in our muscles, and eventually how fit we are. however, like anything helpful there's a line to be crossed and when the exercise becomes excessive, the stress is not adding to us but hurting us. no pain no gain has to get a whole different interpretation.

our cortisol blood levels are not supposed to stay static during the day, they have a rhythm, and when we repeatedly interfere with cortisol's natural rhythm our immune system is having a hard time patrolling and detecting the danger and destroy it, as it should. when we are approaching our bed time cortisol levels are supposed to naturally decrease, when we engage in prolonged high intensity activity in the late evening we significantly increase our cortisol, and interfere with the natural rhythm of the cortisol and this is where 2 things happen: 1. our immune system is interrupted in its activities that are to take place in the evening, and 2. our quality of sleep takes a blow, which also harms our immune system.

to allow the immune system to recover and us to get a high quality sleep. the short answer is : it's depends on the duration and the we know cortisol is a corticosteroid, i remember when i was in my 20's i ate a guava and started to see red and itching bumps all over my body. the doctors gave me an infusion of steroids aka cortisol , that slowly dissolved these bumps and things returned to normal, except i don't touch guavas any more.... this infusion of cortisol, served to depress the immune system. but here's the thing, our cortisol blood levels are not supposed to stay static during the day, they have a rhythm, and when we repeatedly interfere with cortisol's natural rhythm our immune system is having a hard time patrolling and detecting the danger and destroy it, as it should. but when cortisol and when we exercise an increase our cortisol levels our immune system is taking a seat. after we recover, the immune system returns to action. when we are approaching our bed time cortisol levels are supposed to naturally decrease, to allow us to get a high quality sleep. when we engage in prolonged high intensity activity approaching bed time we interfere with the natural rhythm of the cortisol and this is where 2 things happen: 1. our immune system is interrupted in its activities that are to take place in the evening, and 2. our quality of sleep takes a blow. when it's not done repeatedly, the impact is minor and completely reversible. it's only when repeated in a periodic manner that is harming the quality of sleep and disturbing our internal clock that is managing all our hormones in the body. when you schedule your intense workouts to late evening hours because this is when you have free time, this will impede on your immune systems resilience.

but here's the thing, our cortisol blood levels are not static during the day, and when we are approaching our bed time cortisol levels are supposed to naturally decrease, to allow us to get a high quality sleep. when we engage in prolonged high intensity activity a approaching bed time we interfere with the natural rhythm of the cortisol and our quality of sleep takes a blow. but when it's not done repeatedly, the impact is minor and completely reversible. it's only when repeated in a periodic manner that is harming the quality of sleep and disturbing our internal clock that is managing all our hormones in the body. when you schedule your intense workouts to late evening hours because this is when you have free time, this will impede on your immune systems resilience, and for cancer survivors is it especially relevant because in addition to the imbalance in the immune system after treatments end, research shows that stress hormones like cortisol loose their healthy daily rhythm which causes cortisol not to function like it should in repressing the immune system which often is one of the causes of Low-grade inflammation that stays elevated,

stress hormones lose their healthy daily rhythm, and circadian disruption weakens immune coordination. When the immune system is tired, mis-timed, or inflamed, its ability to patrol and respond is reduced — **and that's where risk quietly begins to rise**.

research shows that many survivors — especially those struggling with **persistent fatigue and poor sleep** — don't fully regain normal immune function because recovery isn't just about ending treatment;

the right type physical activity can be the difference between significantly reduce risks of recurrence or harming the immune system. we could do light to moderate walking in a light or moderate pace, strengthening our muscles, or going all in in a high intensity long sessions of intense jogging or taking a spinning or kickboxing class .and now let's go back for a second to what's linking exercise to immunity - we know cortisol serves to depress the immune system, cortisol is a corticosteroid, like when we have a severe allergic reaction, caused by a the immune system over reacting we get steroids that calm and resides the allergy. intense exercise is

we are talking about physical activity, after cancer you have to know the nuances in order to not harm your immune system and allow the rehabilitation process to begin

exactly which "healthy" activity may be undermining your immune system after cancer especially if you are experiencing persistent fatigue, sleep disturbance disturbances population can quietly work against cancer survivors. > We'll break down how this activity affects immune surveillance, inflammation, and recovery — and why, after cancer, your immune system plays a very different role than most people realize.

>
> rephrased by GPT:
> You could be putting stress on your immune system right now without realizing it.
> You don't feel sick, nothing hurts — maybe you're just a bit more tired than usual, but nothing that makes you think, "something's wrong."
> And yet, beneath the surface, a habit that's widely considered *healthy* may be quietly weakening your immune defenses, increasing inflammation, and leaving your body less protected — especially after cancer. Most people don't notice it until much later.
> For cancer survivors, a strong immune system isn't just about avoiding the flu — it's one of the body's key defenses against recurrence.
> In this video, we're going to understand what this activity is, and break down how it can affect immune surveillance, inflammation, and recovery — and why something that's healthy for most people can work differently after cancer.
> And most importantly, I'll show you how to approach this activity safely, so you're supporting your immune system instead of unknowingly working against it.
> Because after cancer, timing and context matter — and catching these mistakes early can make a real difference in long-term recovery and resilience. **So, without further delay, let's talk about physical activity — but not just any activity. A very specific kind.** During cancer, physical activity is clearly beneficial. It helps the body respond better to treatment, reduces resistance to therapy, and protects against a serious and dangerous condition called muscle wasting, or cachexia. After cancer, it's also one of the most powerful tools we have to lower the risk of recurrence. **But after cancer, the details matter.** If you don't understand the nuances, this same healthy activity can place unnecessary stress on your immune system — right when it's still trying to recover. Here's why. When you exercise, you breathe faster. Your muscles need more oxygen and more fuel. And beneath the surface, your body responds by releasing stress hormones — mainly **adrenaline and cortisol**. these hormones make sure you have plenty of fuel available for your activity. Cortisol is especially important here. It directly affects the immune system, and at higher levels, it temporarily suppresses immune activity. The harder and longer you exercise, the more cortisol your body releases. That's because exercise is a form of **voluntary stress**. Now here's the part that surprises most people. **The exact same workout can affect your immune system very differently depending on when you do it.** This is where a field called **chronobiology** comes in. Chronobiology is simply the study of our internal clock — and how different systems in the body, including the immune system, are timed throughout the day. When we work *with* that clock, recovery is supported. When we work *against* it, stress builds up. So if higher intensity exercise raises cortisol... **what happens when we do it late in the evening — right when the body is supposed to be shifting into repair and immune recovery?**

A large study published in 2025 followed **healthy and physically active adults**. This study examines the association between strenuous evening exercise and objective sleep parameters , using data from 14,689 physically active individuals in a real life setting who wore a biometric device during a one-year study interval.

It found that when **high-intensity exercise happens close to bedtime**, or less than 4 hours before sleep the body doesn't recover the way it's supposed to at night. Sleep tends to start later, sleep duration is decreased nocturnal resting Heart rate is higher And the body remains in a stress state instead of shifting into recovery. that was reflected from the measurement of a parameter called HRV. the high

high strain exercise bouts ending ≥4hours before sleep there were no changes in sleep quality.

elite sport competitions), which delays the timing of the circadian clock and suppresses release of the sleep-promoting hormone melatonin.

When light or moderate strain exercise ended more than ~2-h before habitual sleep onset, sleep onset and sleep quality were similar to non-exercise nights. These findings are consistent with recent meta-analyses that reported null effects of evening exercise on sleep^{10,11}. Importantly, 82% of the studies meta-analysed would be categorized as light or moderate strain. We extend on this prior work by demonstrating higher strain evening exercise may be detrimental to sleep and autonomic functioning.

This study has important implications for exercise timing and sleep health recommendations. Our findings suggest that to optimize sleep timing, duration, and quality, when possible, individuals should

another important factor to consider is Evening exercise may also occur in environments that expose individuals to bright light which delays the timing of the circadian

That's because intense workouts raise body temperature and arousal — exactly when the body is meant to cool down and calm itself for sleep. And that matters, because **during healthy sleep, the immune system switches into repair and surveillance mode**. Natural killer cells and cytotoxic T-cells become more active, quietly patrolling tissues and dealing with damaged or abnormal cells. At the same time, inflammatory signals settle down, and anti-inflammatory processes take over. This is how the body protects itself from chronic inflammation. So when sleep quality is disrupted, **immune activity is disrupted too**. Now, if this happens once in a while — like a late night at a friend's birthday — it's not a problem. Healthy bodies can handle that.

When late-night, high-intensity exercise becomes a habit, **even healthy people start to pay a price**, evidence from large studies in healthy adults show that **high-intensity or long cardio workouts done late in the evening can disrupt sleep**. And for cancer survivors, **the stakes are higher**. Human studies show that many cancer survivors — across different cancer types — have **disrupted daily cortisol rhythms**. In simpler terms, the body's stress-regulation system isn't fully balanced yet. This matters because disrupted cortisol rhythms are linked to **immune dysregulation**, higher inflammation, ongoing fatigue, and poorer long-term outcomes. In this state, immune cells become less responsive to cortisol's normal anti-inflammatory signals. Instead of calming inflammation, the system stays irritated. The body stays stuck in a **fight-or-flight mode**. Immune repair slows. And fatigue lingers. That's why, for someone with a disrupted cortisol rhythm — especially if they struggle with fatigue or poor sleep — **high-strain exercise close to bedtime can push the system even further out of balance**. Which brings us to an important question: **Is intense exercise safe after cancer?** The answer depends on duration and timing. It's best to use **short bursts** of intensity, like HIIT rather than long exhausting bouts of intense exercise, so to answer yes — **intense exercise is still recommended**, and it can strongly support immune recovery and overall health in cancer survivors. Now that we understand it's not recommended to strain ourselves before bed time, what's the best **time** for intense exercise? **earlier in the day**, ideally in the morning, when cortisol levels are meant to rise and be naturally higher would be the best times for intense exercise. And the interesting finding was that when intense exercise ends **more than four hours before bedtime**, sleep wasn't affected. So for everyone — survivors included — it's best to: * Do high-intensity cardio earlier in the day * Avoid intense workouts within four hours of sleep For survivors who sleep well and recover easily, light or moderate evening activity is usually fine — just avoid pushing intensity close to bedtime. But if you're dealing with poor sleep or long-lasting fatigue, a safer approach is to: * Reserve intense cardio for earlier in the day * Use **short bursts** of intensity, like HIIT * Keep evening movement gentle and shorter * Finish workouts several hours before bed * Choose calming, lower-intensity activities at night The goal isn't to do less. It's to **exercise smarter** — by aligning efforts with your body's natural hormone rhythms — so physical activity strengthens your immune system instead of quietly draining it.

final version:

You could be putting stress on your immune system right now without realizing it.

You don't feel sick, nothing hurts — maybe you're just a bit more tired than usual, but nothing that makes you think, "something's wrong."

And yet, beneath the surface, a habit that's widely considered **healthy** may be quietly weakening your immune defenses, increasing inflammation, and leaving your body less protected — especially after cancer.

For cancer survivors, a strong immune system isn't just about avoiding the flu — it's one of the body's key defences against recurrence.

In this video, we're going to understand what this activity is, and break down how it can affect immune surveillance, inflammation, and recovery — and how could something healthy become unhealthy for most people and especially after cancer.

And most importantly, I'll show you how to approach this activity safely, so you could support your immune system instead of unknowingly working against it.

Because after cancer, timing and context matter — and catching these mistakes early can make a real difference in long-term recovery and resilience.

So, without further delay, let's talk about sport-physical activity — but not just any activity. A very specific kind.

During cancer, physical activity is clearly beneficial.

It reduces stress, helps the body to better respond to treatment, reduces resistance to therapy, and protects against a serious and dangerous condition called muscle wasting, or cachexia.

After cancer, physical activity is also one of the most powerful tools we have to significantly lower the risk of recurrence.

But after cancer, the details matter.

If you don't understand the nuances, this same healthy activity can place unnecessary stress on your immune system — right when it's still trying to recover.

Here's why.

When you exercise, you breathe faster.

Your muscles need more oxygen and more fuel.

And beneath the surface, your body responds by releasing hormones — mainly adrenaline and cortisol. These hormones make sure you have plenty of fuel available for your activity.

Cortisol is especially important here. It's the well-known stress hormone and it directly affects the immune system, when everything is balanced, normally cortisol is suppressing immune activity.

The harder and longer you exercise, the more cortisol your body releases.

That's because exercise is a form of voluntary stress.

Now here's the part that surprises most people.

The exact same workout can affect your immune system very differently depending on *when* you do it.

This is where a field called chronobiology comes in.

Chronobiology is simply the study of our internal clock — and how different systems in the body, including the immune system, are timed throughout the day.

When we work *with* that clock, recovery is supported.

When we work *against* it, stress builds up.

So if higher intensity exercise raises cortisol...

what happens when we do it late in the evening — right when the body is supposed to prepare for sleep and shift into repair and immune recovery?

A large study published in 2025 followed healthy and physically active adults.

This study examines the association between strenuous

evening exercise and objective sleep parameters , using data from 14,689 physically active individuals in a real life setting who wore a biometric device during a one-year study interval.

It found that when high-intensity exercise happens close to bedtime, or less than 4 hours before sleep the body doesn't recover the way it's supposed to at night.

Sleep tends to start later.

sleep duration is decreased

nocturnal resting Heart rate is higher

And it also affects the nervous system:

Instead of the nervous system switching into its recovery mode, it stays locked in a stress response."

That's partly because intense workouts raise body temperature and arousal — but near bed time it's exactly when the body is meant to cool down and calm itself for sleep.

Sleep and the 24-h sleep-wake cycle also known as the circadian rhythm, are strong regulators of the immune system.

So when sleep quality is disrupted, immune activity is disrupted too.

Now, if this happens once in a while — like a late night at a friend's birthday — it's not a problem.

Healthy bodies can handle that. but, sleep disturbances which persists for days are not only associated with an increase inflammatory markers but also with Reduced ability to detect and clear abnormal cells, which both have detrimental effects on health.

When late-night, high-intensity exercise becomes a habit, even healthy people start to pay a price.

evidence from large studies in healthy adults show that high-intensity or long cardio workouts done late in the evening can disrupt sleep.

And for cancer survivors, the stakes are higher.

Human studies show that many cancer survivors — across different cancer types — have disrupted daily cortisol rhythms.

In simple terms, the body's stress-regulation system isn't fully balanced yet.

This matters because disrupted cortisol rhythms are linked to immune imbalance, higher chronic inflammation, ongoing fatigue, and poorer long-term outcomes.

In this state, immune cells become less responsive to cortisol's normal anti-inflammatory signals.

Instead of calming inflammation, the system stays irritated. the body stays stuck in a fight-or-flight mode.

Immune repair slows. And fatigue lingers.

That's why, for someone with a disrupted cortisol rhythm — especially if they struggle with fatigue or poor sleep — high-strain exercise close to bedtime can push the system even further out of balance.

Which brings us to an important question:

Is intense exercise safe after cancer?

the answer depends on duration and timing. its best to Use short bursts of intensity, with longer periods of light exercises in between rather than long exhausting bouts of intense exercise. This is called HIIT. This type of workout builds cardiovascular health and endurance but at the same time you avoid the harmful effects of keeping cortisol elevated for too long.

So the answer is yes — intense exercise is still recommended after cancer. And here's the part that surprises most people: intense exercise doesn't just support immune recovery and overall health. Research shows it can also create a kind of metabolic shield against wandering cancer cells that could otherwise form metastases.

What's fascinating is that this shield isn't created in the muscles. It forms in internal organs like the lymph nodes, liver, and lungs.

During intense exercise, these organs are reprogrammed to use much more glucose. By doing that, they create a metabolically harsh and uninviting environment that cancer cells struggle to survive in — effectively slowing them down and leaving them more vulnerable to detection and elimination by the immune system.

now that we understand it's not recommended to strain ourselves before bed time,

what's the best time for intense exercise?

earlier in the day, ideally in the morning, when cortisol levels are meant to rise and be naturally higher would be the best times for intense exercise. and the interesting finding was that when intense exercise ends more than four hours before bedtime, sleep wasn't affected.

So to recap,

for everyone — survivors included — it's best to:

- Do high-intensity cardio earlier in the day
- Avoid intense workouts within four hours of sleep

For survivors who sleep well and recover easily, light or moderate evening activity is usually fine — just avoid pushing intensity close to bedtime.

But if you're dealing with poor sleep or long-lasting fatigue, a safer approach is to:

- Reserve intense cardio for earlier in the day
- Use short bursts of intensity, like HIIT
- Keep evening movement gentle and shorter
- Finish workouts several hours before bed
- Choose calming, lower-intensity activities at night

And this is the takeaway. The goal isn't to do less.

It's to exercise smarter — by matching your efforts with your body's natural hormone rhythms — so physical activity strengthens your immune system instead of quietly draining it.

But when **late-night, high-intensity activity becomes a habit**, even healthy people start to pay a price. And for cancer survivors, the stakes are higher. Human studies show that cancer survivors — across multiple cancer types — often have **disrupted daily cortisol rhythms**. it means the stress regulation system is not balanced. This is linked to immune dysregulation, higher inflammation, persistent fatigue, and poorer long-term outcomes. because In this state, immune cells become less responsive to cortisol's normal anti-inflammatory signals which results in chronic inflammation. Instead of supporting recovery, the body stays stuck in a **fight-or-flight mode**. Immune restoration slows, and this could explain why Fatigue lingers. So for someone with a disrupted cortisol rhythm — especially with fatigue or sleep problems—a high strain exercise close to bed time will push the system further out of balance. which leads us to the question, is it safe to do intense exercise ? intense exercise is recommended for every one, and it can promote a healthy recovery of the immune system in survivors. but the time of the day matters. the best timing for intense exercise is early in the morning. when blood cortisol levels are naturally the highest. in the study on healthy participants, **high-intensity or prolonged aerobic workouts late in the evening badly affected sleep parameters**. but when exercise was concluded, any type of exercise, more that 4 hours before sleep, there was no effect on sleep. it is better for every one to do

high intensity-cardio earlier in the day and avoid high intensity exercise less than 4 hours before sleep. For survivors who sleep well, recover quickly, and don't struggle with persistent fatigue, who want to exercise in the evening try to avoid intense exercise close to bed time, and do light to moderate activity instead. But if you're dealing with poor sleep, long-lasting fatigue, , A safer approach is to: * Reserve **high-intensity cardio** for earlier in the day, the best strategy is to do short bursts of high intensity, like in HIIT. * Keep evening movement **shorter and lower intensity** * Finish workouts **several hours before bedtime** * choose activities that are milder approaching the night. The goal isn't to do less — it's to restore a healthy immune system by aligning the **effort with the healthy ryhthm of our hormnes**, so exercise strengthens your immunity instead of quietly draining it.

so when it is done during but **it's more likely to push the system further out of balance if timing and recovery aren't respected**. This is why **how hard** and **when** you exercise matters much more when the stress system is already dysregulated. And that's why **after cancer, when you exercise can matter just as much as how much**.

Address Key Questions:

Identify the key questions viewers are likely to have based on your thumbnail and title.

Provide a Roadmap:

*Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. * What you will cover: 1. 2. 3. ### **Make it Compelling:** Ensure your setup is engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3: ### **Example of a Setup:** Use this structure to create your own setup. **Hook:** 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. **Setup:** In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results. # Script Writing Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations. ## Points (Content) ### **Develop Main Points:** List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 3. Main Point 3: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - * * * ### **Detailed Script Writing Tips** ### **Addressing Key Questions:** Anticipate the questions viewers will have based on your thumbnail and title. Address these questions early on in the video to hook viewers and set expectations. ### **Storytelling:** Use storytelling to make your points. Begin with an interesting or dramatic part of the story, then build up to the main point. This method keeps viewers engaged and makes the content more relatable and memorable. ### **Balancing Payoff and Engagement:** Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early. ### **Examples and Case Studies:** Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented. ### **Revisions and Practice:** Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging. ### **Reading Out Loud:** Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken. ## Common Mistakes to Avoid ### **Paying Off the Point Too Soon:** Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged. ### **Lack of Specificity in Setup:** Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue. ### **Overloading with Information:** Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.*

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cancer survivors suffer from insomnia in high incidence

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cancer survivors suffer from insomnia in high incidence

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sleep is connected to inflammation in healthy

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can decrease sleep efficacy not a good reference

While moderate exercise in the evening might not harm sleep, intense workouts elevate body temperature and arousal, interfering with the body's natural cooling and calming processes needed for rest, thus impairing recovery.

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2025 very good paper: Regardless of strain, exercise bouts ending ≥ 4 hours before sleep onset are not associated with changes in sleep. Our results suggest evening exercise—particularly involving high exercise strain—may disrupt subsequent sleep and nocturnal autonomic function. Individuals aiming to improve sleep health may benefit from concluding exercise at least 4 hours before sleep onset or electing lighter strain exercises within this window.

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2nd Video - The best supplement that fights cancer -SHOCKING!



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CANCER

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Dr. Mitch Rice

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A: Thumbnail test : "No.1 supplement Against cancer-that's it" creative: Emma + thumbnail text tittle: The best supplement that FIGHTS cancer -SHOCKING!

[Emma - this is it.pdf](#)

[Emma - thats it.pdf](#)

[DR AMY.pdf](#)

"No. 1
Supplement
Against Cancer
-That's it."

This Tiny Molecule Can REVERSE cancer (backed by science)- not good too scientific ##

"2 Foods
Cause Cancer
-That's it."



Two Supplements Fight Cancer (Shocking!)

##



##

1 What are the two supplements — and why ONLY these two? Why this is #1: This is the promise of the thumbnail. Viewers feel both curiosity and skepticism. * "Why only two?" * "What makes these different from all the others?" * "Are these the only ones with real evidence?" **This question should be answered early**, but not fully resolved until later (to maintain retention). ** ## **2 What real human evidence proves these supplements actually help against cancer? Why this is #2:** Your audience is **evidence-driven**, especially survivors. Human trials or just lab studies? * Survival, recurrence, or real outcomes? * How strong is the evidence? This establishes **credibility** and differentiates you from supplement hype. ** ## **3 Fight cancer HOW — prevention, recurrence reduction, survival, or symptom support? Why this is #3:** The word "fight" is ambiguous—and viewers need clarity. Are we talking about: * Better survival? * Lower recurrence risk? * Supporting treatment? * Improving quality of life? This frames expectations and avoids misunderstanding or false hope. ** ## **4 Are these supplements safe during cancer treatment or remission? Why this is #4:** Fear of harm is one of the strongest emotional drivers. Can they interfere with chemo or radiation? * Could they make things worse? * Who should NOT take them? Answering this builds **trust and emotional safety**, keeping viewers engaged. ** ## **5 Why haven't oncologists or standard guidelines talked about these? Why this is #5:** This question creates **cognitive tension** and keeps people watching. Is medicine missing something? * Is this controversial or just overlooked? * Are supplements ignored because they're not profitable? This question sustains interest and positions you as a **translator of science**, not a rebel. ** # **NEXT 5 (SECONDARY, BUT VERY ENGAGING) ## 6 Do these work for MY cancer type and stage?** Highly relevant once viewers believe the concept. Breast, colon, prostate, blood cancers? * Active treatment vs remission? ** ## **7 Why are other popular supplements NOT on this list? This reinforces your authority and helps viewers stop wasting money.** Vitamin C? Curcumin? * Antioxidants? * Mushrooms? * * ## **8 Are these meant to replace treatment or support it? Critical for ethical clarity and trust.** Adjunct vs alternative? * What role do they realistically play? ** ## **9 How strong are the benefits — modest or meaningful?** Viewers want **realistic expectations**, not hype. Small risk reduction? * Measurable survival difference? * Symptom improvement? ** ## **If I could only focus on ONE thing beyond these supplements, what would it be?** Perfect **bridge question** to your broader philosophy / future content. Lifestyle? * Metabolic health? * Circadian rhythm? * Insulin?

chat gpt prompt:

please repeat the process with the next contender for the title "the only cancer fighting supplement": melatonin. BASED on the chat with the research done on melatonin , i need you to write a section between 280-320 words for my you tube video using the you-tube scrips examples and script-writing instructions attached, that will introduce the supplement melatonin as a cancer fighting supplement. please use these criteria in justifying the rating of this supplement: First — there must be evidence in humans, not just test tubes or animals. second - the evidence must be scientifically strong and repeatable with good certainty according to current standards of ranking. third — it has to be safe, without quietly causing harm, not interfere with treatment and work synergistically with treatment and forth — it has to make a meaningful difference in survival in multiple major types of cancer. it's important to describe the specific mechanism of action of melatonin with it's relevance to cancer fighting, for example, it antiproliferative, which is very relevant to cancer, it's disturbing the endless supply of both fuels cancer relies on, and all the other relevant background, how long it has been used, before disclosing the name of the supplement, and then discuss it's rating according to the criteria above. please note it's strengths and weaknesses, also refer to the fact studies are old and not blinded in the weaknesses. ## Two Supplements Fight Cancer - That's It

If you're currently a cancer survivor, you've probably been told to be extremely careful with which supplements especially with fat. prompt for chatGPT for the first point: please answer the first question, in an engaging manner that retains interest and shows the viewer how it is important not to overwhelm the body with a larger quantity of supplements (demonstrating why whole nutrition is so much better than a supplement in terms of safety, and efficacy being a whole food, rather than a refined supplement)

hook+setup 1 You could be missing the one supplement that makes a big difference in your recovery from cancer. Hey, i'm EMMA, and as someone cancer survivors to live by the cancer free lifestyle i've developed , I know how overwhelming the world of supplements can be. so if you're going through cancer treatments or you're a cancer survivors. in this video i want to talk first about what criteria qualifies an anticancer supplement, why only these 2 ? What makes these different from all the others, and are there other supplements with similar evidence.

set up 2: i want to talk first about what criteria qualifies an anticancer supplement, why only these 2 ? What makes these different from all the others, what it needs to and are there other supplements with real evidence.

please include also why it is important not to overwhelm the body with a larger quantity of supplements (demonstrating why whole nutrition is so much better than a supplement in terms of safety, and efficacy being a whole food, rather than a refined supplement)

"In this video, I'm cutting through the supplement noise.

Because most people going through cancer are either overwhelmed... or misled."

*"I'll show you why only **two supplements** are worth serious attention, what the science actually*

says, and how to use supplements in a way that supports recovery — not guesswork."

"Whether you're in treatment or years into remission, this is a must-watch — because the right choices can support healing, and the wrong ones can quietly hold you back."

"Before I tell you what the two supplements are, we need to be very clear about one thing.

What does it actually mean to "fight cancer?"

"A supplement doesn't fight cancer just because it kills cancer cells in a lab.

And it doesn't fight cancer because someone online says it helped them."

"To earn that label, it has to meet real standards.

First — there must be evidence in humans, not just test tubes or animals.

Second — it has to make a meaningful difference in real life: recovery, side effects, quality of life, or long-term outcomes.

And third — it has to be safe in the context of cancer, not interfere with treatment and work synergistically with treatment.

"Because fighting cancer doesn't always mean killing cells.

Sometimes it means supporting the immune system.

Sometimes it means improving the body's environment so cancer has a harder time coming back.

And sometimes it means helping the body heal after treatment."

"When you apply these standards, the long list of "anti-cancer supplements" gets very short."

"That's why I'm talking about only two."

HOOK + SETUP (≤ 50 seconds)

"You could be missing the one supplement that actually makes a difference in your recovery from cancer."

"I'm Emma, and I work with cancer survivors to help them reach their highest health potential — and I know how overwhelming the world of supplements can be during treatment and long after it ends."

"In this video, I'm cutting through the supplement noise — because most people going through cancer are either overwhelmed... or misled."

*"I'll show you why this specific **supplement** require your serious attention and what the science actually says, so you can stop wasting time, money, and energy in all the guesswork".*

i will only refer to supplements that are widely available but not iv infusions or repurposed medications like membandazole, metformin and others . this is why > *"Whether you're in treatment or years into remission, this is a must-watch — because the right choices can support healing, and the wrong ones can hold you back."*
> *"But before I tell you what this supplement is, we need to be clear about one thing."*
> *"What does it actually mean to "fight cancer?"*
> *"A supplement doesn't fight cancer just because it kills cells in a lab — or because someone online says it helped them."*
> *"To earn that label, it has to meet real standards:* First — the evidence must be in **humans**, not just lab dishes or animal models. Second — it must be **scientifically strong**, repeatable, and reliable by **today's** standards. Third — it must be **safe**, work **with** conventional treatment, not quietly undermine it. And fourth — "It has to show that, **when added to conventional cancer therapy**, it actually improves survival across multiple major cancers.

"When you apply these standards, the long list of "cancer-fighting supplements" narrows down to just one."
"I'll also explain what is the no 1 strategy to use these supplements during treatment and finally i'll talk about their potential in cancer prevention.. Before we dive into supplements, we need to step back and ask a more important question: *what exactly are we trying to fix?* Because when you look across almost every form of cancer,"if there was one recurring theme across almost every type of cancer it is cells that stop behaving like mature, cooperative tissue... and start acting like primitive growth machines Healthy cells make energy in a clean, efficient way, while Cancer cells switched to a fast, but messy system of creating energy that is common to all major cancers (including non solid tumors) and you may have heard the term the Warburg effect is the facilitator/enabler of cancer cells to grow out of control thanks to the un-limited supply of the 2 main fuels cancer cells rely on for their growth and survival. this kind of deranged growth creates a protective acidic environment around the tumor, which suppresses the immune system's potential to attack the the cancer cells, it interferes with therapy, and also contribute to resistance to treatment.

our first compound doesn't poison cancer cells. Instead, it acts on something far more fundamental — the immune system. our immune system knows how to prevent a flu virus to from making us sick but the immune system much more than that, it is the best equipped, most important, first line of defense that was designed to fight and prevent cancer. so this first supplement enhances natural killer cells, cytotoxic T-cells, and macrophages, while counteracting the immune-system paralysis that is caused by the tumor. In simple terms, it helps the body **see cancer again**. This isn't new, infact it's been used on humans for decades as an *adjunct* to chemotherapy and radiation, particularly in East Asia. Long-term follow-ups and pooled analyses suggest improved survival in colorectal, gastric, and lung cancers — and importantly, it appears safe and synergistic with treatment. It's derived from a medicinal mushroom with a distinctive fan shape that resembles a turkey's tail — which is why it's called **turkey tail**. The human studies performed on cancer patients use an extract from this mushroom known as **Polysaccharide-K**, or **PSK**, and in fact in Japan, PSK is an officially approved mushroom product used to treat cancer along side conventional treatments. But here's the critical issue — and this matters. **Most of the clinical trials were not blinded**. And in modern evidence grading, that is a serious limitation. Lack of blinding increases the risk of bias, especially in outcomes like symptom improvement, immune markers, and even survival reporting. In addition, most studies were conducted in a single geographic region, using older chemotherapy protocols that may not fully reflect current oncology practice. So does PSK meet the standard to be called "the only cancer-fighting supplement"? **No — not yet**. But does it stand closer than almost anything else we've studied? **Yes**. PSK's strength lies in its human data, safety profile, immune-based mechanism, and consistency across cancers in the gastro-intestinal cancers. Its weakness is in trial design and the need for modern, blinded, multinational studies.

before we continue with our next contender i would like to talk about a condition that is relevant to almost 50% of all cancer patients, that is characterized by ongoing weight loss especially from muscle tissue, that can not be fully reversed by eating more this condition is called chachexia, which is caused by a disrupted inflammatory response of the immune system caused by the tumor, it Reduced the tolerance to cancer treatment , often can increase **chemotherapy toxicity** and side effects, its associated with shorter survival in 20% of those who suffer from it but the good news is that for this next supplement **there are large meta-analyses and well-designed trials showing benefits on:** Weight stabilization and lean mass preservation in **cachexia**, **improved tolerance to Chemotherapy and Quality of life**. This compound doesn't target tumors directly. Instead, it reshapes the environment cancer depends on: **inflammation, immune signaling, metabolism, and muscle preservation**.

Cancer thrives in chronic inflammation. This compound actively pushes back by shifting inflammatory signaling away from tumor-promoting pathways and toward resolution — meaning the body is better able to shut inflammation down instead of keeping it **constantly active** It does this in very practical ways: like a trojan horse it becomes part of the cancer cell's membrane and disrupts the platforms where receptors for growth factors like EGFR cluster and send constant "grow" signals, this is making tumors less aggressive. At the same time, it changes how immune cells behave — reducing the recruitment of tumor promoting macrophages, calming inflammatory messaging, and helping T-cells function more effectively in an environment where cancer usually tries to exhaust them.

This nutrient has been used in human diets for **thousands of years**, and as a supplement for decades. It has been tested in cancer patients across multiple tumor types — including colorectal, breast, lung, and pancreatic cancers — often as an addition to standard therapy. It's best known source from the diet is from fish living is

freezing water - the **Long-chain omega-3 fatty acids called — EPA and DHA**. How does it score against our criteria? • **Human evidence?** Yes — numerous clinical trials and meta-analyses. • **Scientific strength?** Moderate — effects are consistent for inflammation and cachexia, but survival benefits are variable. • **Safety and synergy?** Strong — generally safe and often improves treatment tolerance. • **Survival impact across cancers?** Inconsistent — signals exist, but not robust or uniform enough. Omega-3s greatest strength is their **system-wide support** — reducing inflammation, preserving muscle, and improving resilience during treatment. Their weakness is that they **don't reliably improve survival on their own**. So omega-3 fatty acids are not "the only cancer-fighting supplement." But they remain one of the most biologically rational — and clinically supportive — tools we have alongside conventional cancer therapy. And that earns them a serious place in this discussion.

next compound remains one of the most fascinating — and underestimated — molecules in cancer research. It's naturally present in foods, highest amounts in pistachios, mushrooms, lentils, fish and eggs. Its blood levels are known to significantly decrease with age, and like the first two supplements, it acts on our immune system, but it's only the beginning. It interferes with cancer cell **proliferation**, it **interrupts the deranged cancer energy production process**, reduces oxidative stress, and enhances mitochondrial signaling — all at once. And that matters, because cancer survives by keeping multiple escape routes open. Cancer depends heavily on two fuels: **glucose and glutamine**. One of its most striking effects: This molecule interferes with both — reducing glucose uptake and glycolytic signaling, while also disrupting glutamine. In simple terms, it interferes with cancer's energy supply from more than one angle. At the same time, it enhances immune surveillance — increasing natural killer cell activity and improving T-cell responses — while protecting healthy cells from oxidative and treatment-induced damage. That combination explains why, in many studies, patients receiving this compound tolerate chemotherapy and radiation better. This molecule has been used in humans for **decades**, initially studied in oncology long before it became a mainstream supplement for sleep aid. Many randomized trials explored it as an addition to standard therapy across lung, breast, colorectal, gastric, and other cancers. Maybe you've guessed it, its name is: **Melatonin**. So how does it score? • **Human evidence?** Yes — dozens of clinical trials. • **Scientific strength?** Limited — many studies are old, small, and **not blinded**, which weakens certainty. • **Safety and synergy?** Excellent — consistently safe and often synergistic with treatment. • **Survival benefit across cancers?** Uncertain. In fact, a **2025 meta-analysis reviewing 30 randomized controlled trials with over 5,000 participants** concluded that while signals are promising, the evidence remains **too uncertain to claim a survival benefit** by modern standards. Melatonin's greatest strength is its **extraordinary pleiotropy** — few molecules touch so many cancer-relevant pathways at once. Its weakness is **evidence quality**. So melatonin cannot be crowned "the only cancer-fighting supplement." But biologically? Every cancer survivor at present and in the future must consider this supplement in their arsenal.

If there is one supplement that survives the toughest possible scientific filter — human data, modern standards, safety, and real survival impact — this is it. Not because it attacks cancer directly. But because it forces cancer cells to lose their greatest advantage: **unchecked growth and aggression**. This molecule acts as a master regulator. It slows abnormal cell division, promotes differentiation, and pushes damaged cells toward programmed death instead of endless replication. In cancer biology, that's critical — because cancer isn't just fast growth, it's **loss of control**. Cancer cells rely on a constant supply of glucose and glutamine — to maintain rapid proliferation, like melatonin. This compound interferes with this deranged form of energy production making it harder for tumors **adapt and less invasive**. At the same time, it strengthens immune surveillance, enhances anti-tumor immune responses, and reduces inflammatory signaling that fuels metastasis. It can be found in dietary sources such as UV-irradiated mushrooms, fish and fortified foods. It's not exotic, not new, nor trendy. Maybe you've guessed it — we're talking about vitamin D, which is actually a hormone, and like melatonin, it works across multiple systems — but through a distinct hormonal and genomic pathway. This isn't theoretical. The strongest evidence comes from a large-scale meta-analysis of randomized controlled trials published in *Annals of Oncology*. Across studies with follow-up periods of 3 to 10 years, **daily supplementation that raised blood levels of vitamin D above ~100 nmol/L reduced total cancer mortality by 15%**. That is not a subtle effect; researchers concluded the benefit came from making cancers **less aggressive, less likely to spread, and more responsive to immune control**. So how does it score? • **Human evidence?** Yes — large, randomized trials. • **Scientific strength?** Strong — repeatable mortality reduction. • **Safety and synergy?** Excellent when dosed correctly. • **Survival impact across cancers?** Yes — consistent, and meaningful. There are caveats. Benefits were seen with **daily dosing**, not large bolus doses. And while toxicity is rare, excessive levels can cause harm. According to the Endocrine Society, toxicity rarely occurs below **375 nmol/L**, leaving a wide margin when monitored responsibly. So when all the criteria are applied — **Vitamin D earns the title**. Not as a cure. But as the **only supplement with human, survival-level evidence strong enough to stand at the top**.

It does **not** mean that supplements like curcumin, EGCG, medicinal mushrooms, or others are useless. On the contrary — many of them have solid evidence showing they **support recovery, reduce inflammation**, and may **lower risk** under the right conditions. They absolutely matter. Even vitamin D is a perfect example of how evidence can be misunderstood. Vitamin D supplementation is **not officially proven** to prevent cancer — but that's **not because vitamin D doesn't protect against cancer**. It's because of **how studies are designed**. Clinical trials try to isolate a single factor, as if biology works in isolation. Vitamin D alone cannot reverse insulin resistance, chronic inflammation, immune suppression, circadian disruption, or poor metabolic health — all of which drive cancer initiation and progression. That doesn't mean vitamin D isn't crucial. It means **vitamin D works as part of a system**, not as a magic pill. In reality, cancer prevention and recovery depend on **two deeply interconnected systems** functioning in balance: **hormonal balance** and a **competent immune system**. Vitamin D supports both — but it doesn't work alone. We also need **adequate melatonin** to restore circadian signaling and immune coordination. We need **long-chain omega-3 fats** to calm chronic inflammation and support immune cell function. And yes, certain mushrooms may further assist immune surveillance. But even that still isn't enough. Without the **right diet**, supplements don't stand a chance. And beyond diet, what ultimately shapes cancer risk and survival is **lifestyle** — daily habits that influence hormones, metabolism, inflammation, and immunity. This applies just as much **after a cancer diagnosis**. When someone relies only on conventional therapy but lets lifestyle deteriorate — poor sleep, poor nutrition, inactivity, chronic stress — their chances of long-term survival are reduced. Lifestyle is not "optional support." It is **foundational**. And this — combining conventional therapy with metabolic, hormonal, immune, and lifestyle optimization — **is the future of cancer prevention and treatment**.

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In terms of prevention, vitamin D did not cancer, vitamin D the first contender to the crown is naturally present in some dietary sources, such as pineapple, oranges and pistachios. Its blood levels are known to significantly decrease with age, it's a strong antioxidant protecting healthy cells from damage, has pro-differentiation effects which means it helps guide cancer cells back toward a more mature behavior, it has **Anti-proliferative effects, meaning it's slowing the inappropriate cell division** ([Nature+1](#)) and it helps your immune cells to spot and attack cancer cells while keeping them from causing too much damage by overreacting, it is proven to interfere with the endless supply mechanism of the 2 most essential fuels of cancer cells, and by doing so it reduces this protective environment around the tumor. It's been found to reduce the toxicity of conventional cancer treatments such as chemo and radiation. In certain types of cancer, it is one of the few supplements that pushes on multiple parts of the common cancer energy production problem at the same time, it has a very high safety profile even at high doses, and the reason it stands apart from most supplements is because being a hormone it influences multiple core systems all at once, its best known as the sleep hormone, now maybe you've guessed it or not, our first candidate is melatonin, but a metaanalysis review from (2025) that included **30 RCTs with a total of more than 5000 participants**, says evidence is still too uncertain to claim a survival benefit and this is despite

can support with early intervention it can **improve treatment tolerance, function, and quality of life**. This brings us to the which has positive effects on the immune system also by anti inflammatory mechanisms, **there are large meta-analyses and well-designed trials showing benefits on:** Weight stabilization and lean

mass preservation in **cachexia**, improved **Chemotherapy tolerance and Quality of life**—but not robust, **generalizable overall survival improvement**. Despite strong biological plausibility and consistent benefits on inflammation, cachexia, and treatment tolerance, no large-scale randomized human trial has yet demonstrated a statistically significant survival benefit from omega-3 supplementation during cancer. Current evidence supports omega-3s as a supportive therapy, not a survival-modifying intervention.”

the next contender PSK (Polysaccharide-K, “Krestin”) — mushroom-derived immune adjuvant. The most consistent human survival signal for **PSK (Krestin)** is in **gastrointestinal cancers**, especially when used **after surgery** alongside standard chemotherapy: * A network meta-analysis that pooled trials across **colorectal, gastric, and esophageal cancers** reported improved **overall survival (OS)** and **disease-free survival (DFS)** outcomes in several comparisons involving PSK (particularly in adjuvant contexts and combinations with chemotherapy). [PMC+2](#) Reviews of the clinical literature similarly describe PSK’s strongest evidence base in **gastric and colorectal cancer**, mostly in Japan, as an immunochemotherapy adjunct. [PMC+2](#) by contrast, PSK evidence is: * **Cancer-type concentrated** (mostly GI) * Often **region-specific** (many trials in Japan with specific chemo backbones) * Less “universal” across cancers and modern global protocols **PSK does have human survival benefits in more than one cancer type**, but the **breadth, scale, and generalizability of the evidence are not comparable to vitamin D’s “across-populations” cancer-mortality evidence**. Yes: PSK shows **survival benefit in multiple cancers**, especially **colorectal + gastric + esophageal** in adjuvant settings. Reviews of the clinical literature similarly describe PSK’s strongest evidence base in **gastric and colorectal cancer**, mostly in Japan, as an immunochemotherapy adjunct. but the **most robust, repeatedly reproduced survival evidence** still clusters in **GI cancers** rather than being uniform across many tumor types.

OUR NEXT CONTENDER is not new, more trendy and not exotic as the PSK, its supporting gene repair, like melatonin it slowing cancer cell division, encouraging apoptosis of cancer cells, it's anti-inflammatory and support anticancer immune function, and amazingly interrupts the supply of the 2 cancer cell must have fules, it is available mostly in fish and fortified foods, but still there is an epidemic of it's deficiency, and it's levels mostly depend on exposure to UV radiation, now you probably guessed we're talking about vitamin d but being a hormone, it also pushed on multiple systems related to cancer fighting and The most compelling evidence comes from a large scale meta-analysis of RCTs published in *Annals of Oncology* (Keum et al., 2019), where vitamin D supplementation to blood levels of more than 100 nmols/liter **reduced total cancer mortality by 15% in a follow-up period of between 3 and 10 years**, this is simply amazing, according to the researches the **most relevant mechanisms for reducing mortality was by Vitamin D making cancer cells less aggressive, reducing their ability to spread, and supporting the immune system.** “**an important note on that, these findings were relevant to daily supplementation rather than a bolus of much larger doses taken periodically, and the main concern of vitamin d supplementation is it's possible toxicity.** but According to the Endocrine Society, vitamin D intoxication including hypercalcemia and kidney stones rarely occurs with levels below 375 nmol/l .

Human evidence (treatment / outcomes): * Best supported as an **adjuvant** (added to standard therapy), especially in **resected colorectal cancer and gastric cancer**, where meta-analyses of controlled trials report **improved overall survival and disease-free survival** versus standard therapy alone. [PMC+2](#) * **Human evidence (prevention):** No convincing RCT evidence for primary prevention. **Mechanism supported by human + preclinical data:** * Acts as a **biological response modifier**: immune activation (including **TLR2 agonism**, downstream cytokine and innate immune signaling), improved anti-tumor immune surveillance. [AACR Journals+1](#)

the next contender,

of muscle tissue that comes primarily from muscle tissue, this condition is called cachexia and Cancer cachexia is a **metabolic wasting syndrome** driven by the cancer and the body's inflammatory response. It causes **ongoing loss of muscle (with or without fat loss) that cannot be fully reversed by eating more**. It occurs **across all cancer types**, though frequency and severity vary. the numerous positive survival trials meta-analyses,” because unfortunately many of them are early trials that suffered from study design issues, such as patients were **blinded to the treatment or the studies were too small**. the second contender to the crown is

design issues came from a **single research network**, and this is a big reason modern reviews downgrade certainty.

it has pro-differentiation effects which means it helps guide cancer cells back toward a more mature behavior, it has **Anti-proliferative effects, meaning it's slowing the** inappropriate cell division). [Nature+1](#) and It helps your immune cells to spot and attack cancer cells while keeping them from causing too much damage by overreacting where it is not needed

v where it is not needed now maybe you guessed it or not but this supplement is vitamin D. and i would recommend taking vitamin D because but amazingly Vitamin D can interfere with the Warburg effect and by doing so it reduces this protective environment around the tumor. it activates gene repair mechanisms, it has pro-differentiation effects which means it helps guide cancer cells back toward a more mature behavior, it has **Anti-proliferative effects, meaning it's slowing the** inappropriate cell division). [Nature+1](#) and It helps your immune cells to spot and attack cancer cells while keeping them from causing too much damage by overreacting where it is not needed, and the most compelling evidence comes from a large scale meta-analysis of RCTs published in *Annals of Oncology* (Keum et al., 2019), where vitamin D supplementation to blood levels of more than 100 nmols/liter **reduced total cancer mortality by 15% in a follow-up period of between 3 and 10 years**, this is simply amazing, according to the researches the **most relevant mechanisms for reducing mortality was by Vitamin D making cancer cells less aggressive, reducing their ability to spread, and supporting the immune system.** “**an important note on that, these findings were relevant to daily supplementation rather than a bolus of much larger doses taken periodically, and the main concern of vitamin d supplementation is it's possible toxicity.** According to the Endocrine Society, vitamin D intoxication including hypercalcemia and kidney stones rarely occurs with levels below 375 nmol/l .

now for the second supplement it's blood levels are known to significantly decrease with age, it's present in the highest amounts in the pistachios Human studies epidemiological studies have indicated its effects of slowing tumor growth on different types of tumors. . it's been known to act on every possible front against cancer cells including the stimulation of apoptosis, regulation of pro-survival signaling and tumor metabolism, inhibition on angiogenesis- the creation of new blood vessels to feed the tumor, induction of epigenetic alteration that are interrupting the cells uncontrolled growth, and potential of metastasis, and . it could also be utilized as adjuvant of cancer therapies, through reinforcing the therapeutic effects and reducing the side effects of chemotherapies or radiation. it could be an excellent candidate for the prevention and treatment of several cancers, such as breast cancer, prostate cancer, gastric cancer and colorectal cancer. like vitamin D it's profoundly influenced by environmental cues from our surrounding environment. it's known as the sleep hormone and if you guess it or not, it's melatonin. in a systematic review of randomised controlled trials

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titled melatonin in the treatment of cancer a systemic review of randomized control trials and meta-analysis in this paper that you can learn about and all kinds of great references first of all they talk in the paper about melatonin activates anti new neoplastic immune reactivity so part of the activity of melatonin is it activates aspects of the immune system that counter the growth rate of cancer so that's one way it works through the immune system the other thing is it has a direct anti-cancer action, because there are melatonin receptors on cancer cells as on healthy cells and through these receptor it actually has a growth inhibiting effect directly on cancer the combined results of all of these studies that are discussed in this paper show that a melatonin reduced the risk of dying by 44% and

PSK does have human survival benefits in more than one cancer type, but the **breadth, scale, and generalizability of the evidence are not comparable to vitamin D's “across-populations” cancer-mortality evidence**. Yes: PSK shows **survival benefit in multiple cancers**, especially **colorectal + gastric + esophageal** in adjuvant settings. Reviews of the clinical literature similarly describe PSK’s strongest evidence base in **gastric and colorectal cancer**, mostly in Japan, as an immunochemotherapy adjunct. but the **most robust, repeatedly reproduced survival evidence** still clusters in **GI cancers** rather than being uniform across many tumor types.

and in patients with levels above 100 nmol/l. by can help guiding cancer cells back toward a more normal and balanced way of making energy.” . i

[[[[[save for later: while **not clearly reducing total cancer incidence**—a crucial distinction for honest messaging.]]]]] and because vitamin d deficiency is a global epidemic this information is relevant both to cancer patients and cancer survivors.

the second must have candidate is the supplement that is known as the ‘sleep.’ hormone, the melatonin. But in

cancer biology, melatonin shows up as a master signal that touches several of the same systems cancer hijacks — and several of the same systems treatment disrupts.” **PMC Statement — the mechanisms of action (pleiotropic)** Melatonin is **pleiotropic** — meaning it can influence **multiple cancer-relevant “pressure points” at once:** * **Warburg effect / tumor metabolism:** preclinical and translational reviews describe melatonin’s ability to **push tumor metabolism away from the “fast sugar-burning” pattern** many cancers lean on, and toward more regulated energy use. (In simple terms: it may make the cell’s energy system less favorable for runaway growth.) **PMC+1 * Pro-differentiation (lay language):** it nudges cells to **“grow up and behave more like normal tissue,”** rather than staying stuck in an immature, chaotic state. **PMC+1 * Anti-proliferative:** supports the body’s natural “brakes” on inappropriate cell division. **PMC+1 * Immune modulation:** helps immune signaling stay more functional and less chronically inflamed. **PMC+1**

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melatonin - decreased toxicity

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PSK - METAANALYSIS

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PSK - GASTRIC SURVIVAL

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PSK - IMMUNE CELLS

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3rd VIDEO - Eat High-Fat foods WITHOUT Gaining Weight

Research Idea

Potential Topics

List down all the potential topics you come across during your research



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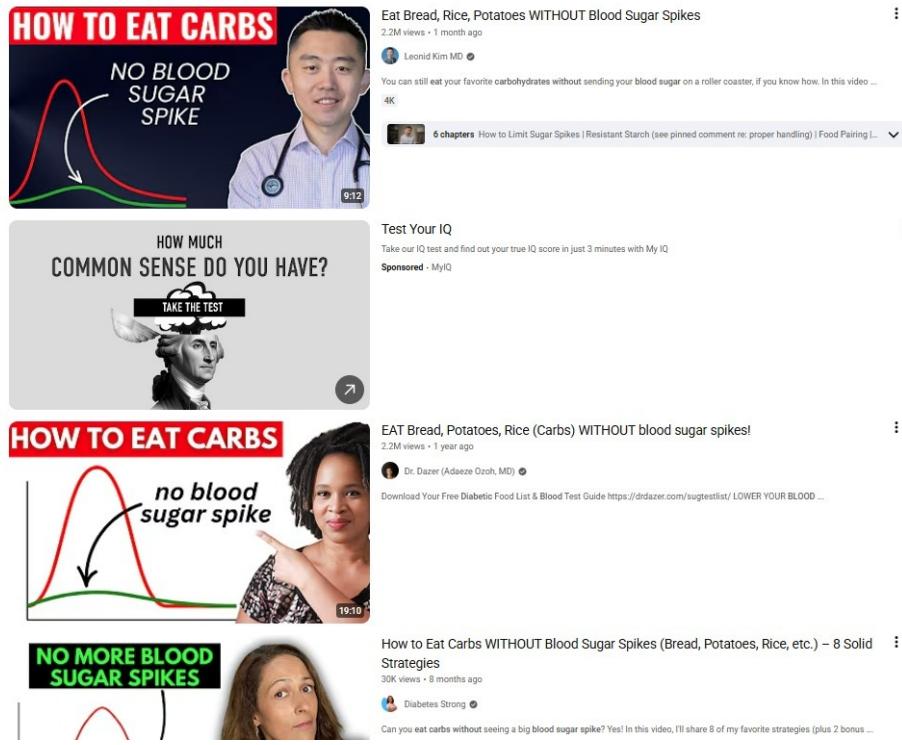
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Eat Bread, Rice, Potatoes WITHOUT Blood Sugar Spikes

2.2M views 1 month ago



Winning Topic

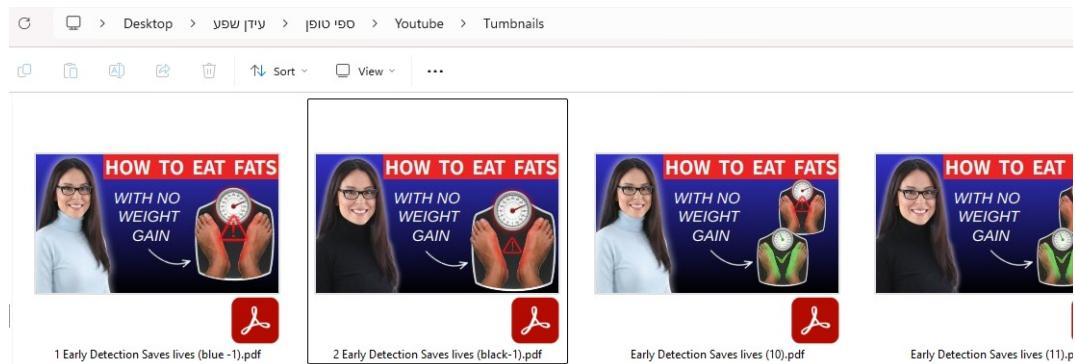
Select the topic that you believe has the most potential based on your research. **## Inspiration** Note any channels, videos, or creators that inspire you and align with your chosen topic.

Packaging - Title & Thumbnail

Brainstorm ideas for the title and thumbnail of your video. The thumbnail and title text should emphasize or amplify each other, rather than being identical. **## Potential Titles:** List down all potential titles for your video. Aim for titles that are catchy, descriptive, and optimized for search engines. **## Title & Thumbnail Inspiration:** Screenshot titles and thumbnails from other creators that worked well on similar ideas. **## Describe the Thumbnail Creative:** Provide a detailed description of what the thumbnail will look like, including key elements, colors, and any specific imagery.

Thumbnail Text:

Include the text that will appear on the thumbnail, ensuring it complements the title without duplicating it.



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Questions

Analyze the Thumbnail and Title: Start by closely examining your video's thumbnail and title. These elements should be designed to pique the interest of potential viewers and make bold promises or claims that attract clicks. **## Identify Potential Questions:** Based on the thumbnail and title, brainstorm and list down all the possible questions that might come to the viewers' minds. Think about what they would want to know more about after seeing the thumbnail and reading the title.

Prioritize the Questions:

Rank the questions in order of importance. Identify the top three to five questions that are the most crucial and relevant. These questions will form the core of your content and help in structuring your video.

Ensure Relevance and Interest:

Ensure that the questions you choose to focus on are those that the majority of your target audience would find interesting and relevant. The questions should be engaging enough to keep viewers watching the video to find the answers. (Ranked + ordered for maximum engagement and retention) * Relevant Question 1: * Relevant Question 2: * Relevant Question 3: * #1 – “Is this actually possible, or is it clickbait?” * Why it’s #1: * If this isn’t answered immediately, nothing else matters. * Can you really eat fat without gaining weight? * Does this violate basic nutrition science? * Is there real biology behind this claim? * **This must be addressed in**

the first 15-30 seconds.

1 “Is it really safe for someone like me to eat fat without increasing cancer risk or gaining weight?”

Emotional state: fear + vigilance **Why this is first:** Cancer survivors are hyper-aware of risk. Safety comes before curiosity. * Will eating fat raise insulin, estrogen, or inflammation? * Could this increase recurrence risk? * Is this different for someone who's been through treatment? If you don't answer this early, many survivors won't keep watching.

#2 — “How does eating fat NOT turn into body fat?”

Why it's #2: Viewers need a *mechanism*, not motivation. * What happens hormonally when I eat fat? * Why doesn't fat automatically get stored? * What role does insulin play here? This is where you establish **scientific authority**.

2 “If fat doesn't automatically make me gain weight, what actually causes fat storage after cancer?”

Emotional state: confusion → relief **Why this is second:** This reframes years of self-blame. * Why did I gain weight *after treatment*? * Why did “healthy eating” stop working? * What changed in my metabolism? This is where survivors feel **seen and understood**.

“Which fats are we talking about?”

Why it's #3: Without clarity, viewers assume the worst. * Are all fats okay? * Is this about olive oil and avocado — or butter and animal fats too? * Which fats sabotage the whole strategy? This prevents confusion and drop-off.

3 “What role does insulin play — and why is it so important after cancer?”

Emotional state: insight + seriousness **Why this is third:** Insulin is the *bridge* between weight, recurrence risk, and metabolism. * Why are cancer survivors more insulin resistant? * Why do standard blood tests miss this? * Why does insulin matter more than calories? This establishes your **clinical authority** and relevance.

4 “Which fats are supportive — and which ones could actually work against recovery?”

Emotional state: clarity + control **Why this is fourth:** Survivors want guidance, not extremes. * Are saturated fats safe? * What about olive oil, avocado, nuts? * Are there fats that reduce inflammation?

This shifts fear into informed choice.

#4 — “What's the real reason people gain weight when eating fat?”

Why it's #4: This reframes *blame* — from the person to the mechanism. * If fat isn't the problem, what is? * Why do some people gain weight on high-fat diets? * What have I been doing wrong? This creates an **aha moment** and emotional relief.

5 “Is it the fat — or the combination of fat and carbohydrates — that causes weight gain and metabolic stress?”

Emotional state: aha moment **Why this is fifth:** This explains *why* previous advice failed. * Why does “low-fat” often backfire? * Why do certain foods spike insulin so strongly? * Why do mixed meals matter more after cancer? This is usually the **most memorable insight** of the video.

#5 — “Is it the fat... or the combination with carbs?”

Why it's #5: This is the hidden landmine most people sense intuitively. * Can I eat fat *with* carbs? * Why does fat + sugar feel different? * Is insulin the real issue? This is where the video becomes **eye-opening**.

6 “What is one simple change I can make now to eat fats more safely and confidently?”

Emotional state: empowerment **Why this is last:** Cancer survivors need **gentle, doable action**, not overwhelm. * What's the safest first step? * What mistake should I stop making? * How can I support my metabolism without restriction? This ends the video with **hope, not pressure**.

#6 — “How much fat can I eat without gaining weight?”

Why it's #6: This is about permission — but also boundaries. * Do portions still matter? * Is this unlimited or strategic? * Where do people cross the line? Answering this builds **trust and safety**.

#7 — “Does this work for someone like me?”

Why it's #7: Viewers are silently asking this the entire time. * What if I'm insulin resistant? * Post-menopausal? * A cancer survivor? * Already overweight? This is where **personal relevance** locks them in.

#8 — “Does timing matter?”

Why it's #8: This aligns perfectly with your circadian / insulin-rest message. * Is fat better earlier in the day? * Can I eat fat at night? * Does fat disrupt metabolic rest? This adds *depth* without overwhelming.

#9 — “Will this actually help me feel better — not just weigh less?”

Why it's #9: Weight loss alone isn't enough anymore. * Will I feel fuller? * Will cravings improve? * Will energy and mood stabilize? This broadens the value beyond the scale.

#10 — “What should I change first?”

Why it's #10: This converts insight into action. * What's the simplest first step? * What mistake should I stop making today? * What swap gives the biggest benefit? This is where **behavior change begins**.

Meta-Insight (important for your brand)

Your top 10 questions follow this emotional arc: 1. **Skepticism** 2. **Understanding** 3. **Clarity** 4. **Relief** 5. **Insight** 6. **Safety** 7. **Relevance** 8. **Optimization** 9. **Well-being** 10. **Action** That arc is *perfectly aligned* with your “**Healing is freedom, not restriction**” philosophy.

synthesis of general questions and cancer specific questions:

1 * Can you really eat fat without gaining weight? * Does this violate basic nutrition science? * Is there real biology behind this claim?

Which fats are supportive — and which ones could actually work against recovery?

2

“Is it really safe for someone like me to eat fat without increasing cancer risk or gaining weight?”

What changed in my metabolism?

3 * Are all fats okay? * Is this about olive oil and avocado — or butter and animal fats too? * Which fats sabotage the whole strategy? 4 # ## “**What's the real reason people gain weight when eating fat?**” If fat isn't the problem, what is? Why does “low-fat” often backfire? * Can I eat fat *with* carbs? * Why does fat + sugar feel different? * Is insulin the real issue?

“What is one simple change I can make now to eat fats more safely and confidently?”

- What's the safest first step?

- What mistake should I stop making?
- How can I support my metabolism without restriction?
-
- Can you really eat fat without gaining weight?
 - Is there real biology behind this claim?
- Does this violate basic nutrition/ science?
- “**Is it really safe for someone like me to eat fat without increasing cancer risk or gaining weight?**”
- **Which fats are supportive — and which ones could actually work against recovery?**
- **“What’s the real reason people gain weight when eating fat?”**
- **“What is one simple change I can make now to eat fats more safely and confidently?”**
-

• Hook + Setup

Crafting an engaging hook and a compelling setup is crucial to captivate your audience and ensure they stay interested throughout the video. ## Inspirational Hooks Search for hooks in top competitors' videos or other creators in your niche. Analyze what makes their hooks effective and how they engage viewers right from the start.

- Example from Competitor 1:
- Example from Competitor 2:
- Example from Competitor 3: ## Potential Hooks Write three potential hooks for your video. These can be a question, statement, or a story that captures the viewer's attention. ## PRIMARY OPENING HOOK (RECOMMENDED) > **If you're a cancer survivor, you've probably been told to be extremely careful with your diet — especially with fat. **After cancer, food can start to feel stressful. Suddenly, every bite feels like it might matter — especially when it comes to fat. Many survivors ask me: 'Is it really safe for me to eat fat-rich foods without harming my health or gaining weight?' In this video, I'm going to explain why fat itself is often **not the problem**, what actually drives weight gain after cancer, and how to eat fats in a way that supports — not stresses — your metabolism.

Visual and Audible Hooks

*Combine visual elements (like compelling imagery or surprising visuals) and audible elements (like sound effects or music) with your narrative hooks to strengthen the engagement. * Visual Elements: * Audible Elements: ## Setup The setup follows the hook and establishes the value of the video. It tells viewers what to expect and why they should care.*

After cancer, body weight is no longer a cosmetic issue — it's a medical one. In fact, the **World Health Organization** identifies excess body fat as one of the most important and *modifiable* risk factors for multiple cancers, including breast, colorectal, endometrial, pancreatic, and others. And yet, paradoxically, many cancer survivors gain weight *after* treatment, even while trying to eat carefully and follow conventional nutrition advice. That's where confusion — and fear — begin, but the good news is that when we understand how fat influences our hormones we start to feel more in control and relaxed around food. Fat has long been blamed as the enemy, but the science is more nuanced than we've been led to believe. When metabolism, insulin signaling, and hormonal balance are altered by cancer and its treatments, the rules change. Advice that works for the general population may no longer apply in the same way. In this video, we'll ask the questions most survivors are quietly asking: Can you really eat fat without gaining weight? Does that violate basic nutrition science? Which fats support recovery — and which may work against it? What actually drives weight gain after cancer? And most importantly, what is one simple change you can make to eat fats more safely and confidently — without fear. This conversation matters, because understanding *why* weight changes happen is key to protecting long-term health.

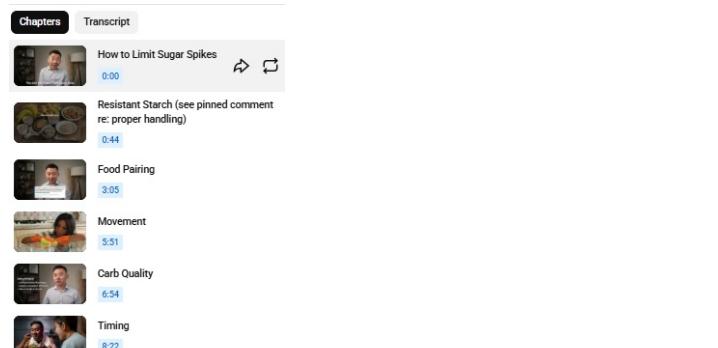
Address Key Questions:

Identify the key questions viewers are likely to have based on your thumbnail and title.

Provide a Roadmap:

*Outline what your video will cover. Address the top three to five questions you've identified to give viewers a clear idea of what they will learn. * What you will cover: 1. 2. 3. In this video, we'll ask the questions most survivors are quietly asking: Can you really eat fat without gaining weight? Does that violate basic nutrition science? Which fats support recovery — and which may work against it? What actually drives weight gain after cancer? And most importantly, what is one simple change you can make to eat fats more safely and confidently — without fear. This conversation matters, because understanding why weight changes happen is key to protecting long-term health. ### Make it Compelling: Ensure your setup is engaging by making big claims, ensuring it sounds easy to follow, and presenting it as new and valuable information. This keeps viewers intrigued and invested in watching the rest of the video. * Compelling Statement 1: * Compelling Statement 2: * Compelling Statement 3. ### Example of a Setup: Use this structure to create your own setup. Hook: 66% of men are either overweight or obese, and you might be in that 66%. If you want to become part of the top 30% who look aesthetic and fit, then this video is for you. Setup: In this video, I'm going to show you: 1. The exact steps you need to take to look more aesthetic. 2. How anyone, regardless of their current fitness level, can follow these steps. 3. Why this method is safe and effective, backed by real-life examples. 4. The common mistakes to avoid to ensure you get the best results. # Script Writing Develop the main points of your video. Each point should be introduced with a re-hook to keep the viewer interested. Avoid giving away the main point immediately; build up to it through storytelling or detailed explanations. ## Points (Content) ### Develop Main Points: List and develop the main points of your video. 1. Main Point 1: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 2. Main Point 2: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) - 3. Main Point 3: * Re-Hook: * Content Details: * Story - * Framework - * Explanation (backup statement) -*

Chapters Transcript



The video player interface displays a list of chapters with corresponding thumbnails and timestamps. The chapters are:

- How to Limit Sugar Spikes (0:00)
- Resistant Starch (see pinned comment re: proper handling) (0:44)
- Food Pairing (3:05)
- Movement (5:51)
- Carb Quality (5:54)
- Timing (8:22)

*** ## Detailed Script Writing Tips ## Addressing Key Questions: Anticipate the questions viewers will have based on your thumbnail and title. Address these questions early on in the video to hook viewers and set expectations.

How could it possibly be true that you can eat fat — the most calorie-dense food we have — without automatically gaining weight? After all, fat contains more than twice the calories per gram compared to carbohydrates or protein. That part is absolutely true. But here's the critical piece that's often missing from the conversation: **Calories don't decide what happens in the body. Hormones do.** One of the most persistent and misleading claims in nutrition science is the idea that in order to lose fat you need to restrict your calories. Calories are simply units of energy. What determines whether that energy is **burned, stored, or excreted** from

the body is the hormonal environment in which those calories arrive. And this matters even more after cancer. Hormones like insulin act as metabolic traffic controllers. Insulin doesn't just regulate blood sugar — it tells the body what to do with incoming energy. When insulin levels are elevated, the body is signaled to store energy, particularly as fat. When insulin remains low and stable, the body is far more likely to burn fat for fuel rather than store it. Here's the key distinction: **Dietary fat has a very small effect on insulin.** Carbohydrates — especially refined or rapidly absorbed ones — have a much stronger insulin-raising effect. So even though fat contains more calories, it doesn't automatically trigger the hormonal signal that tells the body to store those calories as body fat. This is why two meals with the same number of calories can produce completely different outcomes in the body. After cancer treatment, many survivors experience long-lasting changes in insulin sensitivity, muscle mass, inflammation, and hormonal signaling. In that context, focusing only on calories — or fearing fat simply because it's energy-dense — can actually worsen metabolic stress rather than improve it. So no, eating fat without gaining weight does **not** violate nutrition science. What violates science is ignoring the role of hormones — especially insulin — in determining how the body handles those calories. And once you understand that distinction, the conversation about fat shifts from fear... to strategy. In the next section, we'll take this one step further and talk about **which fats actually support recovery — and which ones may work against it.**

Storytelling: Use storytelling to make your points. Begin with an interesting or dramatic part of the story, then build up to the main point. This method keeps viewers engaged and makes the content more relatable and memorable.

Balancing Payoff and Engagement: Avoid giving away the main point immediately. Instead, unpack it gradually through stories and detailed explanations. This maintains viewer interest and prevents them from leaving the video early.

Examples and Case Studies: Use examples and case studies to illustrate your points. Real-life examples make the content more credible and relatable, helping viewers to understand and trust the information being presented.

Revisions and Practice: Practice writing and revising your scripts. Write your script, take a break, and come back to it with fresh eyes. This helps in spotting repetition and unnecessary information that can be cut to keep the script concise and engaging.

Reading Out Loud: Read your script out loud to see how it sounds. This helps in ensuring that the script flows naturally and is easy to follow when spoken.

Common Mistakes to Avoid

Paying Off the Point Too Soon: Don't give away the main point immediately. Build up to it through stories and detailed explanations to keep viewers engaged.

Lack of Specificity in Setup: Ensure your setup is specific and addresses the key questions viewers will have. Avoid vague statements that don't add value or intrigue.

Overloading with Information: Avoid overwhelming viewers with too much information at once. Break down complex ideas into simpler terms and use visual and audible elements to aid understanding.

LINKS | Photos

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Description and disclaimer

Fasting insulin is one of the most overlooked markers in cancer follow-up care. It's rarely ordered in the context of cancer risk and while many survivors are told their labs are "normal," standard ranges don't always reflect what's optimal after cancer. Research shows that higher fasting insulin, even within normal limits, may be linked to increased recurrence risk across several cancers. In this video, we explain what fasting insulin really measures, why it matters beyond blood sugar, and what level may be safer to aim for.

Dr Kim is a physician, board-certified in Internal and Obesity Medicine, with a passion for preventive health, weight loss, metabolic health, and longevity.

DISCLAIMER: This video is for general information and educational purposes only and does NOT constitute the practice of medicine or other professional health services, including giving of a medical advice. NO doctor-patient relationship is formed. The use of this information and the materials provided in the video is at user's own risk. The contents of the video are NOT intended to be a substitute for professional medical advice and are NOT intended to treat, diagnose, cure or prevent disease. You should NOT delay or disregard obtaining medical advice for any medical condition you have and you should first seek the assistance of your healthcare professional(s) for any such condition(s). You should NOT make any changes in your health regime, diet, medications, or supplements, before first consulting your physician or healthcare provider and before first obtaining a medical exam, diagnosis, and prescription/recommendation from your physician or healthcare provider. Leonid Kim MD will not assume any liability for any direct or indirect losses or damages that may result from use of the information contained in this video, including but not limited to, economic loss, injury, illness, or death. Furthermore, all content in the video is subject to change without notice, so the content creator assumes no responsibility for the accuracy of information contained. Please review all information regarding any medical condition or use of medications and/or supplements with your physician or healthcare provider.

4th Video - Foods that fuel cancer

[Early Detection Saves lives \(3\) \(נונן\).pdf](#)



Warning: These 6 Foods Could Be Giving You Cancer

305K views · 1 year ago

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Two Foods Cause Cancer (Shocking!)

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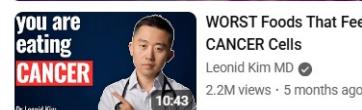
4 MAIN Reasons our Food is CAUSING CANCER

675K views · 2 years ago

Doctor Mike Hansen

Ask Doctor Hansen: <https://app.doctormikehansen.com/> Food that can cause cancer are Processed meat, overcooked foods, and ...

4K



WORST Foods That Feed CANCER Cells

Leonid Kim MD

2.2M views · 5 months ago

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EMMA - you are fueling cancer.pdf



Title: [WORST Foods That Feed CANCER Cells](#) ## Worst Foods that Create a Fertile Ground for Cancer Cells ##
Warning! These Foods Make the Perfect Ground for Cancer Cells to Thrive

EMMA- what are the top 10 foods that are the most scientifically studied and proven to cause chronic inflammation when eaten on a regular basis?

GPT:

This is a very good question — and it's important to answer it **cleanly, conservatively, and without exaggeration**. First, one key clarification so we stay scientifically accurate: > **No single food causes chronic inflammation on its own in every person**.> What we *do* have are foods that, when eaten **regularly**, consistently raise **inflammatory markers in humans** (CRP, IL-6, TNF- α), worsen **insulin resistance**, disrupt the **gut barrier**, or promote **oxidative stress** — all well-established drivers of chronic inflammation. With that standard, here are the **top 10 most consistently studied foods / food categories** shown in human studies to promote chronic inflammation when consumed regularly. * * ## **Top 10 Foods Most Strongly Linked to Chronic Inflammation (Human Evidence)** ### **1. Sugar-sweetened beverages** (sodas, sweetened juices, energy drinks) **Why:** Repeated glucose + fructose spikes * Increases CRP, IL-6, insulin resistance * Promotes fatty liver and endotoxemia One of the **strongest and most consistent inflammatory signals** in nutrition research. * * ## **2. Refined carbohydrates** (white bread, pastries, white pasta, most baked goods) **Why:** High glycemic load → chronic insulin elevation * Increases inflammatory cytokines * Low fiber → worsens gut barrier function * * ## **3. Ultra-processed foods** (packaged snacks, ready meals, processed cereals) **Why:** Industrial additives, emulsifiers, refined oils * Disrupt gut microbiota * Promote low-grade systemic inflammation Strong human intervention evidence for metabolic harm. * * ## **4. Processed meats** (bacon, sausages, deli meats) **Why:** Nitrites/nitrosamines * Heme-iron-driven oxidative stress * Raises inflammatory markers in the gut and systemically * * ## **5. Excess alcohol** (even "moderate" intake) **Why:** Increases gut permeability * Raises

CRP and TNF- α * Impairs immune regulation * There is no anti-inflammatory threshold for alcohol. ** ###

6. Industrial seed oils (when refined and overconsumed) (corn oil, soybean oil, sunflower oil — especially in fried/processed foods) **Why:** High omega-6 load without omega-3 balance * Promotes pro-inflammatory eicosanoid signaling * Oxidized during processing and heating △ Context matters — this is about **processed forms**, not whole seeds. ** ### **7. Trans fats (partially hydrogenated oils — now reduced but still present globally)** **Why:** Directly increase CRP, IL-6 * Impair endothelial function * Strong inflammatory signal even at low doses ** ### **8. Excess fructose (especially liquid fructose)** (high-fructose corn syrup, sweetened foods) **Why:** Drives liver inflammation * Increases uric acid and oxidative stress * Promotes insulin resistance ** ### **9. Refined vegetable oils used repeatedly for frying (deep-fried foods)** **Why:** Lipid oxidation products * Promote oxidative stress and inflammation * Damage gut lining ** ### **10. Highly processed low-fiber diets (low vegetables, low whole foods overall)** **Why:** Starves the microbiome * Reduces short-chain fatty acid production * Weakens anti-inflammatory immune signaling * This less about a single food and more about **what's missing**. ** ### **Important nuance (especially for cancer survivors)** These foods don't cause inflammation because they are "toxic" * They cause inflammation because they: * Repeatedly spike insulin * Disrupt the gut barrier * Alter immune signaling * Increase oxidative stress Chronic inflammation is a **pattern problem**, not a single-bite problem. *** ### **Clean, YouTube-safe takeaway > "Chronic Inflammation isn't driven by one bad food — it's driven by repeated exposure to foods that constantly push the body into stress mode."** ## [WORST Foods That Feed CANCER Cells](#)

[Early Detection Saves lives \(9\) \(mwn\).pdf](#)



According to the **National Cancer Institute**, the latest five-year survival rates have improved significantly thanks to progress in early detection and treatment. However there's a significant difference in the 5 year survival rates among the types of cancer types, with breast and prostate at over 90%, colorectal with almost 70% and lung and bronchi dropping to only 30%. These outcomes are not random; they are influenced by factors such as **stage and age at diagnosis and response to therapy**, which are beyond our direct control. But the good news, is that large meta-analyses involving **hundreds of thousands of cancer survivors** show that **recurrence risk is profoundly influenced also by lifestyle and metabolic factors**—choices that are within our hands and many of the cancer survivors

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, however despite the fact that Today, there are more high-quality food options than ever before, I see that even for the survivors with the high health conscious , the "healthiest" choice is not always obvious. In fact, many well-intentioned survivors end up choosing foods that quietly work against them. So today, I'm not going to talk about the obvious cancer-fueling culprits like processed meats, alcohol, or heavily industrial additives. Instead, we'll focus on **3 products** that are commonly found in health food stores sometimes **masquerading as healthy choices—but in reality are far closer to the wrong ones, because they give us the illusion of healthy foods which makes us consume more of them...**

now let's start with our first product, this is avocado oil, we know avocado's are really the perfect fruit that is rich in minerals, fiber, vitamins and healthy fats, mostly from the kind called monosaturated triglycerides. similar to the kind of fatty acids found in olive oil, this is why it's oil would be good for us, or would it? let's see, it's said on the label "naturally refined". Why "Naturally Refined" Is Especially Misleading Many oils labeled "naturally refined" still undergo: * high-temperature deodorization * bleaching * removal of phenols, tocopherols, sterols. They are **functionally indistinguishable** from standard refined oils — except the label sounds safer. next: neutral taste, again, because of the refining process there are almost no trace left from the avocado, leaving only the fat, and this is why it will not have the avocado's aroma, and they point out the temperature of when the oil starts to smoke, which is 500 or 260 celsius, this is actually pretty high, only that A **higher smoke point does NOT mean the oil is healthier at high heat.** * **non-refined, Cold-pressed oil** smokes earlier because it contains polyphenols and antioxidants * Those same compounds **protect the oil from oxidative damage** during heating and actually * **Refined olive oil**, despite smoking later, is **more prone to forming harmful oxidation products when heated**, because its protective compounds have been stripped away * "When oil starts smoking, it's not just overheating — it's chemically breaking down into toxic, inflammatory compounds." now Let me show you a study that tests this directly. The study was **conducted** in several European countries and included almost 200 **participants**. Importantly, all participants consumed the same amount of olive oils but with **different levels of polyphenols**. the same compounds that protect the oil from becoming toxic, so the more refined to oil the less polyphenols, this was to isolate the effect of **refining**, not fat type. The study found that oils low in polyphenols—similar to refined olive oil—were associated with **more oxidative stress and higher LDL cholesterol that has gone oxidation making it much more prone to initiate the atherosclerotic process**, while polyphenol-rich oils had protective effects. This shows that the health benefits of olive oil do not come from monounsaturated fat alone, but from the **natural compounds removed during refining**.

the second product is an organic granola When you look past the packaging and compare this product to a simple apple with the peel on, the difference in nutritional quality becomes very clear. Gram for gram, the

product delivers **twice the sugar**, all of it **added**, and 4.5 more **non-fiber carbohydrates**. **rolled oats meaning they are easier to digest hence carbs** are absorbed more quickly in the intestine and the total load on the liver in higher. An apple, by contrast, contains naturally occurring sugars packaged with water, fiber, and plant compounds that slow absorption and support gut health. The fat in this product is mostly unsaturated on paper, but it comes largely from **refined oils**, which lack the protective compounds found in whole-food fat sources. Another important issue is portion size: **30 grams is unlikely to be satisfying**, meaning most people will eat more and pair it with additional carbohydrates, further increasing sugar intake. So while this product is marketed as a healthy choice being organic, its metabolic profile is much closer to a processed snack than to a whole, health-supportive food. and all the organic benefit can not compensate for it's metabolic insults.

the last product is one that is used by those seeking to cut on dairy products. i am all for that practice, dairy products should not be part of our routine foods, since they are meant to accelerate the growth of it's eater, and for us adults or cancer survivors this is not a good idea. this particular cheese substitute

it says this aged cheese is melts beautifully over pasta, risotto, salads, or pizza, and adds a touch of authentic flair to every dish this product is marketed as a clean, plant-based option, let's look at it's nutrition profile and see what story it tells us: we see that all fats comes from **coconut oil which is refined because it's not said otherwise**, meaning it is very high in saturated fat without the protective nutrients found in whole foods. The carbohydrates are mainly from **potato starch**, a fast-digesting starch that provides little fiber and is quickly converted to glucose and spikes insulin levels. With relatively low protein and fiber, it is unlikely to be filling and can easily encourage overeating. in this case if this was the only choice of cheese compared to dairy cheese i would recommend choosing a real high-fat cheese offers **more protein, no carbohydrates better satiety, and fats in their natural food matrix**, making it a more stable choice metabolically, so the truth is that up till now you've heard only 1 half of the story, because the expression "empty calories is very misleading" after you understand how the body sees empty calories and then you will be the judge if there's a better way of describing it, so imagine you need a new car, so you're going to a car agency, and you the seller has 2 exceptional offers for you: the first car has an engine with a system that uses oil as a lubricant, and the second car has the same engine, only the lubrication system is broken and can't be repaired. but on the bright side, it costs half the price of the first car. which car would you buy??? now let's see why this is an exact description of what happens inside the cells in our body. these Refined oils and refined carbohydrates arrive stripped of fiber, antioxidants, and protective compounds, into our blood, but in order for them to be burned as fuel they first need to enter the cell and reach the special organelles, or small compartments, called mitochondria. mitochondria are small engines that take the fuels we eat and burn them to produce energy. during this process The mitochondria's job is to turn fat and glucose into energy—and in doing so, they naturally produce **free radicals**. This is normal and safe when there are protective nutrients present to keep that process under control, but we've just said refined fuels arrive with **nothing to neutralize that oxidative load**. As a result, the mitochondria themselves are damaged, and when that happens the free radicals spill over and harm other parts of the cell, including the **nucleus that holds our DNA**. That's how oxidative stress increases mutations. so going back to our 2 cars, the engine running with the oil is lubricated while producing the energy from fuel, the same way mitochondria take fuel and produce energy while using the important nutrients as lubricants, but in the second car, mitochondria burn fuels with lot's of friction, damaging the engine and heating up the car damaging other parts in the vehicle. So let's be very clear on one thing: **damaging our mitochondria is the last thing we want—especially as cancer survivors**. so when empty calories enter our blood they already stress our liver and increase inflammation, but when they arrive to the mitochondria they add insult to injury and damage our mitochondria. and it's when this process is repeated day after day year after year, this will increases our risk of cancer.

so let me ask you this, is it accurate to say just empty calories? or maybe there's a better term for them? let me know what you think and write it in the comments.

When we talk about "**empty calories**," we're not just talking about food that lacks vitamins—we're talking about calories that **enter the body without protection**. Refined oils and refined carbohydrates arrive stripped of **fiber, antioxidants, and protective compounds**, which already stresses blood sugar control, the liver, and inflammatory pathways. But the second hit happens deeper, inside the cell, when these calories are burned as fuel in the **mitochondria**. Mitochondria naturally produce reactive oxygen species as part of energy production, and when they are healthy, this process is tightly controlled and even protective against cancer. When refined fuels arrive with **nothing to neutralize that oxidative load**, those reactive molecules can damage the mitochondria themselves, increasing oxidative stress and the mutations. It's like chosing to drive your car That's why refined foods harm us twice: first when they enter the body unbuffered, and again when they are processed as fuel in the very organelles meant to protect us.

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Nutrient	Per 30 g (product)	Per 100 g (product)	Per 100 g Apple (with peel)
Calories	150 kcal	~500 kcal	52 kcal
Total Fat	5 g	~16.7 g	0.2 g
Total Carbohydrate	18 g	~60 g	13.8 g
- Dietary Fiber	2 g	~6.7 g	2.4 g
- Total Sugars**	6 g	~20 g	10.4 g (naturally occurring)
- Added Sugars**	6 g	~20 g	0 g
Protein	4 g	~13.3 g	0.3 g
Calcium	0 mg	0 mg	6 mg
Potassium	80 mg	~267 mg	107 mg

A **higher smoke point does NOT mean the oil is healthier at high heat**. * **Cold-pressed olive oil** smokes earlier because it **contains polyphenols and antioxidants** * Those same compounds **protect the oil from oxidative damage** during heating * **Refined olive oil**, despite smoking later, is **more prone to forming harmful oxidation products once heated**, because its protective compounds have been stripped away <https://il.iherb.com/pr/think-high-protein-bars-girl-scouts-thin-minis-10-bars-2-1-oz-60-g-each/120612>

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Nutritional Information per 100g	
Energy	254 kcal / 1060 kJ
Fat	17g
of which saturates	14.7g
Carbohydrate	20.3g
of which sugars	0.6g
Fibre	2.3g
Protein	4.8g
Salt	2.25g

Product Details

Ingredients: Water, Potato Starch*, Coconut Oil*, Chickpea Flour* (14.9%), Nutritional Yeast, Sea Salt, Natural Flavourings. *Organic ingredients.

Why "Naturally Refined" Is Especially Misleading Many oils labeled "*naturally refined*" still undergo: * high-temperature deodorization * bleaching * removal of phenols, tocopherols, sterols They are **functionally indistinguishable** from standard refined oils — except the label sounds safer.

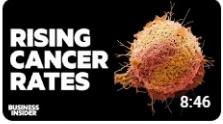
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A **higher smoke point does NOT mean the oil is healthier at high heat.** * **Cold-pressed olive oil** smokes earlier because it *contains* polyphenols and antioxidants * Those same compounds **protect the oil from oxidative damage** during heating * **Refined olive oil**, despite smoking later, is **more prone to forming harmful oxidation products once heated**, because its protective compounds have been stripped away



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5th Video - Foods that fight cancer)



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“3 Foods STOP Cancer Simple.”
3 Foods Fight Cancer (SHOCKING!)
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CANCER
Vitamin C destroys aggressive Cancers when paired with THI...
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CANCER?
EAT THIS!
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Dr. Amy - Cancer Researcher & Cancer Survivor
Get your FREE copy of "Your AZ Guide to Staying Cancer Free." Click HERE: <https://dramycoancer.com/azcancerfree> Your food ...
12 chapters Intro | Berries | Citrus Fruits | Garlic | Cruciferous Vegetables | Leafy Green Vegetables | Green Tea | ...



CANCER?
EAT THIS!
Cancer Dies When You Eat These 10 Foods
4M views • 1 year ago
Dr. Sten Ekberg ✓
Get the Highest Quality Electrolyte <https://euveria.com> . Here are the Top 10 Cancer Fighting Foods You MUST Eat to get and stay. CC

6th Video - These 5 foods increase you stress

Skool

Model of “About”

[skool about slides.pptx](#)

The screenshot shows a Skool group page for 'Magnetic Memberships'. At the top, there's a photo of two people and the text 'ONE SYSTEM. MORE CLIENTS'. Below the photo, the group name 'Magnetic Memberships' is displayed along with the URL 'skool.com/magneticmemberships'. A brief description follows: 'Free training for service business owners to get leads, clients, and delivery into one simple Skool system.' Below this are three links: 'Start Here', 'Work With Us', and 'Build Your Skool'. At the bottom, there are member statistics: '3.7k Members', '55 Online', and '3 Admins'. A large yellow 'JOIN GROUP' button is at the bottom.

GROUP CARD:

The Cancer-Free Protocol [skool.com/cancerfreeprotocol](#) A supportive community for cancer survivors and people at increased risk who want a clear, protective, and evidence-based approach to long-term health. * Start With the Free Restart Routine * Weekly Guided Sessions * Supportive Community Space ***

The slide features the heading 'Build One System That Gets You Clients'. Below it is a sub-headline: 'If you already have clients but growth feels messy and chaotic, this community is designed specifically for you.' A text block continues: 'Stop juggling too many disconnected tools and platforms. It's time to consolidate your leads, client management, and service delivery into one unified place that actually works together.' At the bottom, it says: 'Free comprehensive training for ambitious service business owners ready to scale systematically.' To the right of the text is a photograph of a modern office interior with a desk, laptop, and a large window overlooking a city.

SLIDE 1:

Build One Integrated Approach That Supports Your Body If you're doing "all the right things" but still feel unsure about what's actually happening inside your body, this community was created for you. Stop juggling disconnected advice from doctors, coaches, nutrition plans, books, and online groups. It's time to bring everything together into one clear, coherent framework that helps your body's systems work *with* each other—not in isolation. A supportive, evidence-based space for cancer survivors and high-risk individuals who want clarity, confidence, and a smarter way to protect their health—now and long term.

An Integrated Approach for Long-Term Protection and Support If you're doing "all the right things" but still feel unsure about what's actually happening inside your body, this community was created for you. Stop juggling disconnected advice from doctors, coaches, nutrition plans, books, and online groups. It's time to bring everything together into one clear, easy-to-understand approach—so your body's systems can support each other and work as a whole - aligned to the rules of the body. A supportive, evidence-based space for cancer survivors and high-risk individuals who want clarity, confidence, and a smarter way to protect their health—now and long term. ***

The slide compares 'The Current Reality' with 'What You Actually Need'. On the left, under 'The Current Reality', it says: 'You're putting in the hours and doing the work. But your business operations are fragmented and scattered everywhere.' A bulleted list follows: 'Leads arriving from multiple platforms with no central hub', 'Client delivery spread across dozens of disconnected tools', 'No integration between systems, everything exists in isolation', and 'Growth requires constant manual effort instead of happening naturally'. On the right, under 'What You Actually Need', it says: 'The solution isn't working harder or adding more hours to your day. You don't need another productivity hack or motivation speech.' A callout box highlights: 'You need one clear, organized system that connects everything and enables scalable growth.' Below this is a diagram showing a flow from 'START HERE' through various phases: Phase 1 (Step 1: Pre-launch Plan), Phase 2 (Launch Plan), Phase 3 (Launch Strategy), Phase 4 (Launch Plan), Phase 5 (Post-launch Plan), Phase 6 (Post-launch Plan), and Phase 7 (Post-launch Plan). The diagram also includes sections for 'Lead Generation', 'Client Management', 'Service Delivery', and 'Admin & Reporting'.

SLIDE 2:

The Current Reality You're trying to take care of your health, and You follow the medical advice. But most days, it still feels unclear if what you're doing is really helping. * You're piecing together advice from doctors, specialists, programs, and whatever you can do on your own. * You're doing many "right" things, but no one shows you how they fit together * Recommendation often treat one part, without considering the whole body. * A lingering sense of uncertainty: *Is my body recovering? Am I supporting it the right way? ## What You Actually Need* The answer isn't doing more, trying harder, or chasing the next recommendation. And it's not another article, supplement list, or opinion. You need **one clear, integrated framework** that helps your body's systems support each other— so immune function, metabolism, hormones, and recovery work *together*, not in isolation. A protective, evidence-based approach that brings clarity, reduces confusion, and helps you understand what's

really happening inside your body—and how to support it in a simple, precise way. You're following medical guidance and making health-conscious choices. But day-to-day, it still feels unclear whether any of it is truly protecting you. Or You're trying to take care of your health, and You're following the medical advice. But most days, it still feels unclear if what you're doing is really helping.

What You Actually Need

The answer isn't doing more, trying harder, or chasing the next recommendation. And it's not another article, supplement list, or opinion. You need a **singular, protective framework** that helps you understand how your body's systems communicate, so immunity, metabolism, hormones, and repair processes are supported together, over time. A protective, evidence-based approach that brings clarity, reduces confusion, and helps you understand what's really happening inside your body—so you can focus your energy on what truly supports resilience and long-term protection. ***

One Simple Skool System

Imagine all your traffic flowing to one strategic destination. Prospects naturally warm up inside an engaged community environment. Clients make purchase decisions when they're genuinely ready, not when you're pushing.



slide 3:

One Supportive Cancer-Free Protocol

Imagine having one safe place where everything comes together. You're not guessing, not jumping between advice, and not doing this alone. Instead, you're guided inside a supportive community that understands what you're carrying and is focused on real and meaningful change.

Weekly Live Sessions Through regular live meetings, you can ask questions, get clarity, and understand how the choices you make, support your body without feeling overwhelmed. Getting real-time answers helps reduce uncertainty and anxiety, these weekly check-ins also help to catch small issues early, before confusion, fear, or conflicting advice send you off track. And if you can't attend live, all sessions are recorded and available to watch later, at a time that works for you.

Supportive Community Space

A focused group of people walking a similar path and A space to share, reflect, and feel understood. No more conflicting advice and fear-driven noise Inside the community, you take practical, doable steps together. Each small step is designed to make a real difference. You're supported by shared experience, accountability, and gentle guidance. Because you're not relying on motivation alone, change feels steady and sustainable. ## **One Supportive Cancer-Free Protocol** Imagine having one safe place where everything comes together. You're not guessing, not jumping between advice, and not doing this alone. Instead, you're guided inside a community that understands what you're carrying and supports real, meaningful change.

Regular live meetings where you can ask questions, get clarity, and understand how the choices you make support your body—without overwhelm. Getting real-time answers helps reduce uncertainty and anxiety, so you're not left sitting with unanswered questions. These weekly check-ins also help catch small issues early, before confusion, fear, or conflicting advice send you off track. And if you can't attend live, all sessions are recorded and available to watch later at a time that works for you.

A-focused group of people walking a similar path: A place where you can share, reflect, and feel understood—without fear-driven noise or conflicting advice. Inside the community, we work through practical, doable steps together that are designed to make a real difference, done together, with support and care. You're supported by accountability, shared experience, and gentle guidance, so change feels steady and sustainable; that support your body and Being part of a community makes change feel steady and sustainable, because you're not relying on motivation alone. You're supported by shared rhythm, accountability, and guidance that helps small steps turn into lasting habits.

Magnetic Memberships

This Is For You If...

- | | | |
|---|---|--|
| 1
You Already Have Paying Clients
You've proven your service works and delivers results. Now you're ready to scale without the chaos. | 2
Your Leads Come From Different Platforms
You're getting prospects from various sources but need a central system to nurture and convert them effectively. | 3
You Want Steady Growth Without Burnout
You're committed to building something sustainable that doesn't require constant heroic effort to maintain. |
|---|---|--|

Important: This training is not designed for complete beginners or those seeking overnight shortcuts. This is for serious business owners ready to do the implementation work.

Start by Building the System... It's Free

Already generating \$10K+ per month in revenue? Begin with the comprehensive **Business Systems Audit** to determine if personalized coaching is the strategic next step for your business.

SLIDE 3:

This Is For You If...

1. You Take Your Health Seriously

You're a cancer survivor, at increased risk, or under ongoing monitoring—and you're not looking to leave things to chance. You want to understand what's happening in your body and support it in a meaningful way. ### **2. You're Tired of Fragmented Advice** You've read the articles, followed recommendations, and tried different approaches. Now you're looking for one clear, integrated way to make sense of it all and move forward with confidence. ### **3. You Want Steady, Sustainable Support** You're not interested in extremes, quick fixes, or fear-based guidance. You're committed to small, consistent actions that protect your body over time, with support and accountability. **Important:** This community is not for people looking for shortcuts, guarantees, or passive information. It's for those willing to show up, reflect, ask questions, and apply what they learn—step by step.

Start With the Free Restart Routine

Begin with the free Restart Routine and see how small steps can go a long way in protecting your long-term health, and if it feels right, continue with joining our supportive community ***

personalized coaching is the strategic next step for your business.



Private

3.7k members

Free

By Dr. Stephen Buscema ⚡🔥

If you already have clients but still feel stuck, this is for you.

Most service business owners don't struggle because they lack effort.
They struggle because their business is spread across too many tools.

Leads come from everywhere. Delivery is all over the place. Nothing connects. Nothing compounds.

The real problem is there's no system.

We show you how to build one simple Skool system that turns your traffic into leads, warms them up, and helps you grow past 1:1 work.

Inside, you'll learn how to:

- Bring all your leads into one place
- Turn traffic into paying clients
- Build delivery that scales
- Stop rebuilding your business every month

You'll get step-by-step training, a Business Infrastructure Audit, weekly live help, and a focused community of builders.

This is for service business owners with paying clients who want steady growth. This is not for beginners or shortcut seekers.

Start by building the system... it's free.

At \$10K+/mo? [Take our Business Audit](#) to see if coaching is right for you.

SUMMARY IN PLAIN TEXT

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taken from the landing page of the digital product for people with cancer:

עם מה אתם יוצאים מהקורס?

3

תחושים שליטה, ביטחון ושקט נפשי
בתוך חומר הودאות

2

כלים מודיים מוכחים ועדכניים
תתמכה בהחלה מה

1

אפשרויות מחודשת והבנה عمוקה
של כוחות הגוף בהדיפת המחלת

6

הידע הקרייני למazure הסיכון לחזרת
המחלה לאחר ההחלמה

5

המנעות מ"מלכודות" פופולריות
שותמות לשיבוצים ולעמידות
לתרומות

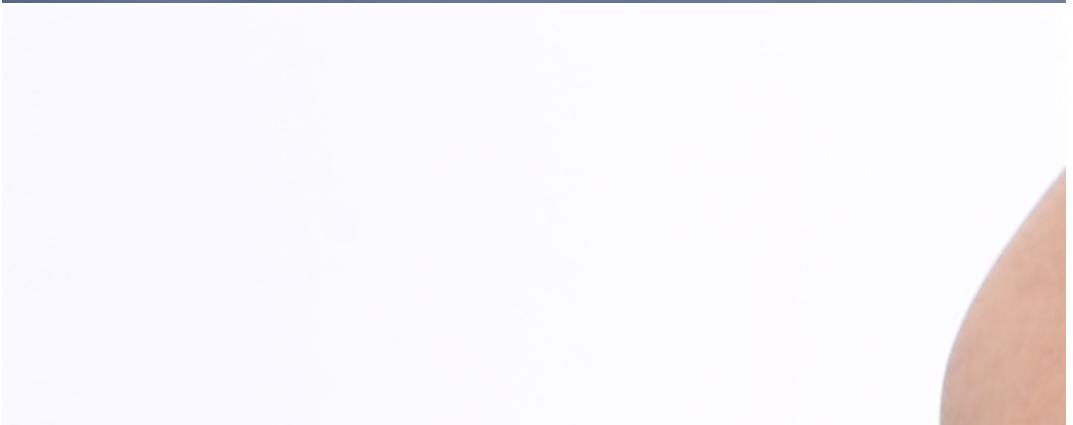
4

תוכנית פשוטה וברורה ליישום בבית,
בקצב שלן

מידע מציל חיים שמרוכז לך במקום אחד

[Website](#)





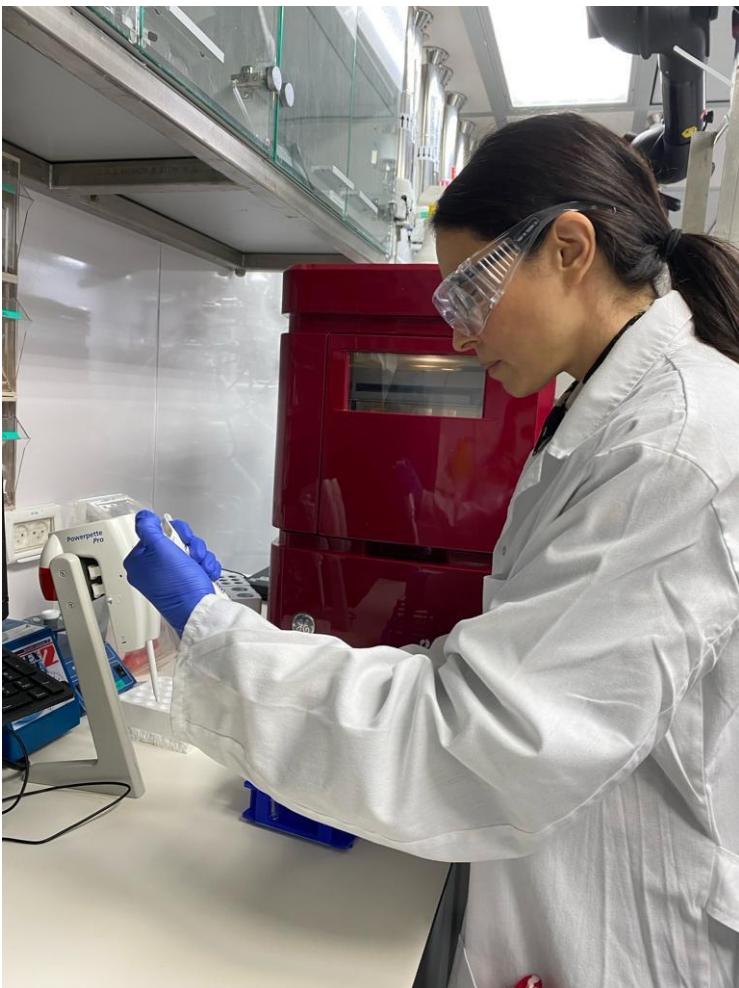
















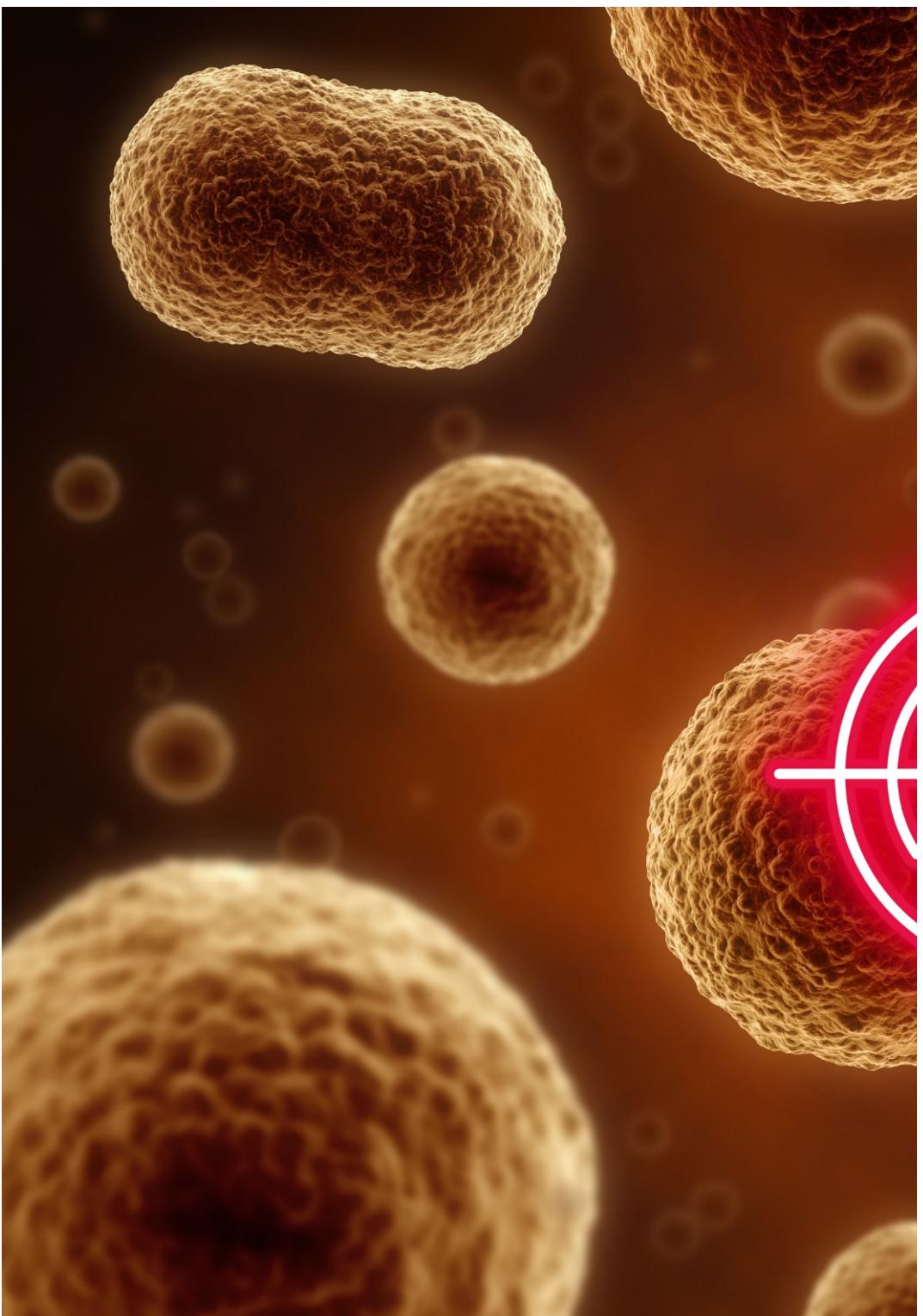


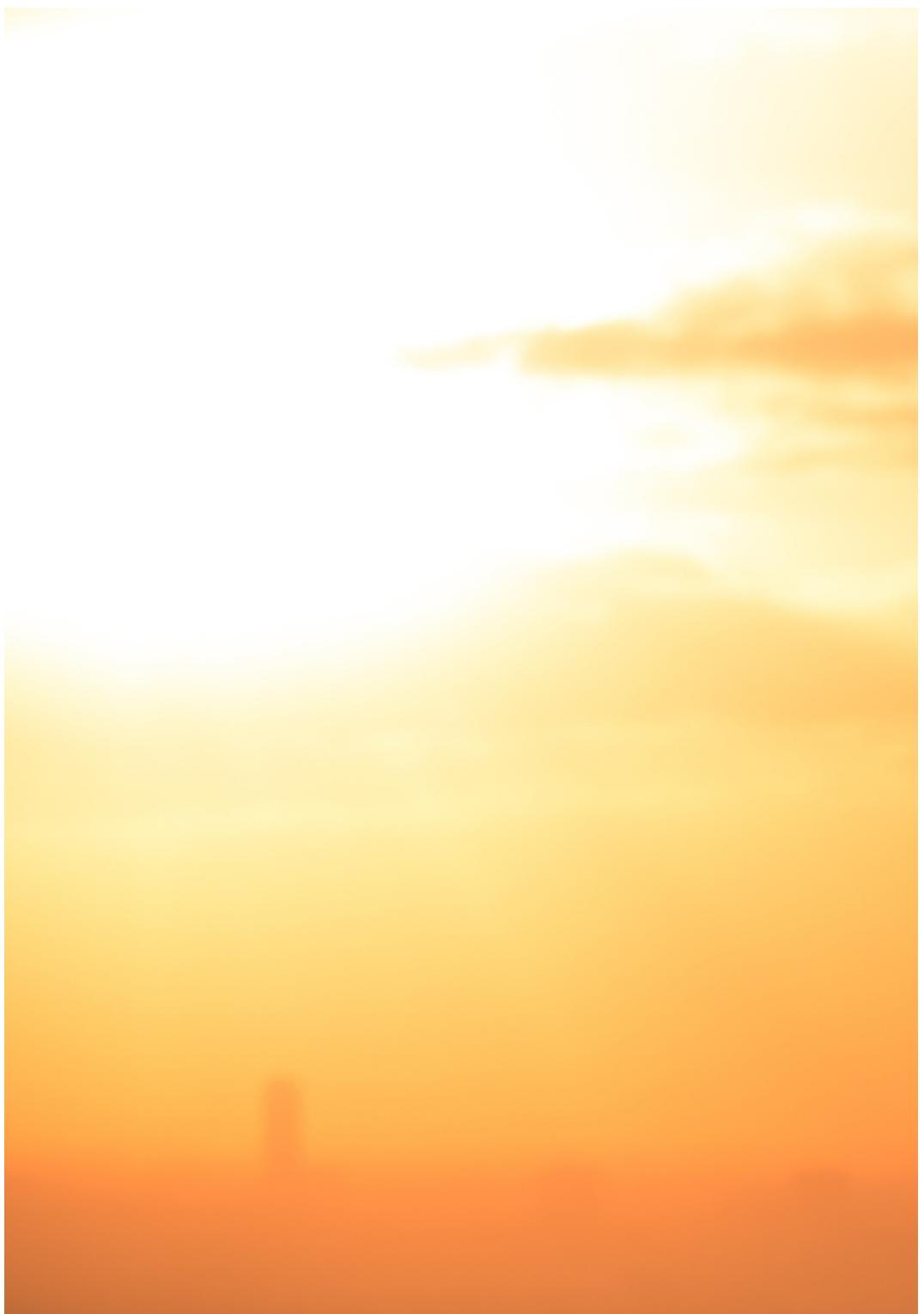


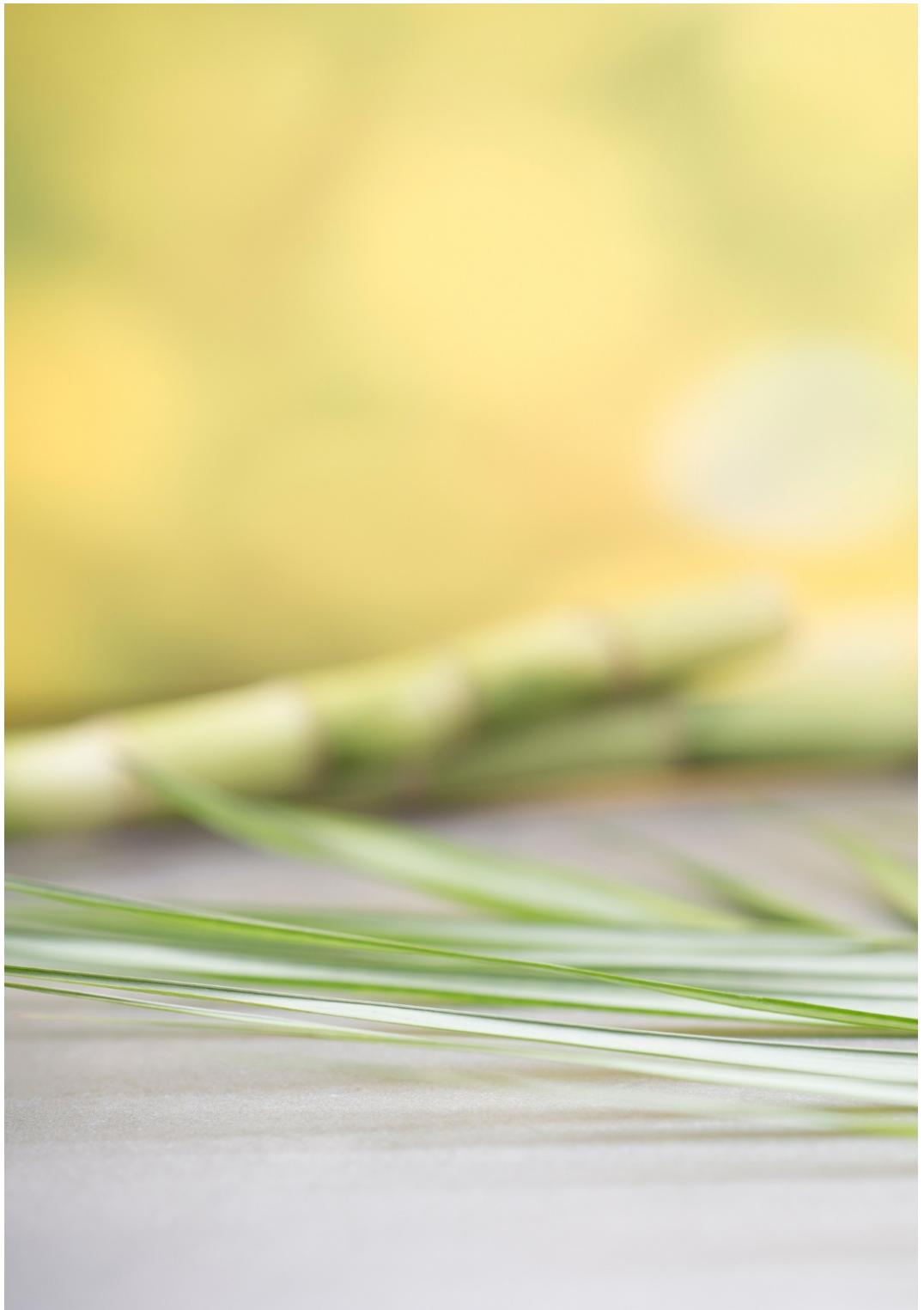












1. colors:

#d4edf4 - light blue #032757 - marine blue #fb8a13 - orange

2.

[slides for SKOOL-ABOUT.pptx](#)

3.

[who o am and community vision.docx](#)

4.

landing page for low cost product for cancer patients. good texts that can be converted to be relevant to cancer survivors:
[

galitweil.ravpage.co.il

<https://galitweil.ravpage.co.il/daf%20mechira>

](<https://galitweil.ravpage.co.il/daf%20mechira>)

Model of “About”

[skool about slides.pptx](#)

The screenshot shows a Skool group page for 'Magnetic Memberships'. At the top, there's a photo of two people smiling. Below the photo, the text 'ONE SYSTEM. MORE CLIENTS' is visible. The main title 'Magnetic Memberships' is in bold, with the URL 'skool.com/magneticmemberships' underneath. A brief description follows: 'Free training for service business owners to get leads, clients, and delivery into one simple Skool system.' Below this are three links: 'Start Here', 'Work With Us', and 'Build Your Skool'. At the bottom of the sidebar, there are three metrics: '3.7k Members', '55 Online', and '3 Admins'. A large yellow 'JOIN GROUP' button is at the bottom.

GROUP CARD:

The Cancer-Free Protocol skool.com/cancerfreeprotocol A supportive community for cancer survivors and people at increased risk who want a clear, protective, and evidence-based approach to long-term health. * Start With the Free Restart Routine * Weekly Guided Sessions * Supportive Community Space ***

Build One System That Gets You Clients

If you already have clients but growth feels messy and chaotic, this community is designed specifically for you.

Stop juggling too many disconnected tools and platforms. It's time to consolidate your leads, client management, and service delivery into one unified place that actually works together.

Free comprehensive training for ambitious service business owners ready to scale systematically.

SLIDE 1:

Build One Integrated Approach That Supports Your Body If you're doing "all the right things" but still feel unsure about what's actually happening inside your body, this community was created for you. Stop juggling disconnected advice from doctors, coaches, nutrition plans, books, and online groups. It's time to bring everything together into one clear, coherent framework that helps your body's systems work *with each other*—not in isolation. A supportive, evidence-based space for cancer survivors and high-risk individuals who want clarity, confidence, and a smarter way to protect their health—now and long term.

An Integrated Approach for Long-Term Protection and Support If you're doing "all the right things" but still feel unsure about what's actually happening inside your body, this community was created for you. Stop juggling disconnected advice from doctors, coaches, nutrition plans, books, and online groups. It's time to bring everything together into one clear, easy-to-understand approach—so your body's systems can support each other and work as a whole - aligned to the rules of the body. A supportive, evidence-based space for cancer survivors and high-risk individuals who want clarity, confidence, and a smarter way to protect their health—now and long term. ***

The Current Reality	What You Actually Need
You're putting in the hours and doing the work. But your business operations are fragmented and scattered everywhere.	The solution isn't working harder or adding more hours to your day. You don't need another productivity hack or motivation speech.
<ul style="list-style-type: none"> • Leads arriving from multiple platforms with no central hub • Client delivery spread across dozens of disconnected tools • No integration between systems, everything exists in isolation • Growth requires constant manual effort instead of happening naturally 	<p>You need one clear, organized system that connects everything and enables scalable growth.</p>

SLIDE 2:

The Current Reality You're trying to take care of your health, and You follow the medical advice. But most days, it still feels unclear if what you're doing is really helping. * You're piecing together advice from doctors, specialists, programs, and whatever you can do on your own. * You're doing many "right" things, but no one shows you how they fit together * Recommendation often treat one part, without considering the whole body. * A lingering sense of uncertainty: *Is my body recovering? Am I supporting it the right way?* ## **What You Actually Need** The answer isn't doing more, trying harder, or chasing the next recommendation. And it's not another article, supplement list, or opinion. You need **one clear, integrated framework** that helps your body's systems support each other—so immune function, metabolism, hormones, and recovery work *together*, not in isolation. A protective, evidence-based approach that brings clarity, reduces confusion, and helps you understand what's really happening inside your body—and how to support it in a simple, precise way. You're following medical guidance and making health-conscious choices. But day-to-day, it still feels unclear whether any of it is truly protecting you. Or You're trying to take care of your health, and You're follow the medical advice. But most days, it still feels unclear if what you're doing is really helping.

What You Actually Need

The answer isn't doing more, trying harder, or chasing the next recommendation. And it's not another article, supplement list, or opinion. You need a **single, protective framework** that helps you understand how your body's systems communicate, so immunity, metabolism, hormones, and repair processes are supported together, over time. A protective, evidence-based approach that brings clarity, reduces confusion, and helps you understand what's really happening inside your body—so you can focus your energy on what truly supports resilience and long-term protection. ***

One Simple Skool System

Imagine all your traffic flowing to one strategic destination. Prospects naturally warm up inside an engaged community environment. Clients make purchase decisions when they're genuinely ready, not when you're pushing.



slide 3:

One Supportive Cancer-Free Protocol

Imagine having one safe place where everything comes together. You're not guessing, not jumping between advice, and not doing this alone. Instead, you're guided inside a supportive community that understands what you're carrying and is focused on real and meaningful change.

Weekly Live Sessions Through regular live meetings, you can ask questions, get clarity, and understand how the choices you make, support your body without feeling overwhelmed. Getting real-time answers helps reduce uncertainty and anxiety, these weekly check-ins also help to catch small issues early, before confusion, fear, or conflicting advice send you off track. And if you can't attend live, all sessions are recorded and available to watch later, at a time that works for you.

Supportive Community Space

A focused group of people walking a similar path and A space to share, reflect, and feel understood. No more conflicting advice and fear-driven noise Inside the community, you take practical, doable steps together. Each small step is designed to make a real difference. You're supported by shared experience, accountability, and gentle guidance. Because you're not relying on motivation alone, change feels steady and sustainable. **## One Supportive Cancer-Free Protocol** Imagine having one safe place where everything comes together. You're not guessing, not jumping between advice, and not doing this alone. Instead, you're guided inside a community that understands what you're carrying and supports real, meaningful change.

Regular live meetings where you can ask questions, get clarity, and understand how the choices you make support your body—without overwhelm. Getting real-time answers helps reduce uncertainty and anxiety, so you're not left sitting with unanswered questions. These weekly check-ins also help catch small issues early, before confusion, fear, or conflicting advice send you off track. And if you can't attend live, all sessions are recorded and available to watch later at a time that works for you.

A focused group of people walking a similar path. A place where you can share, reflect, and feel understood—without fear-driven noise or conflicting advice. Inside the community, we work through practical, doable steps together that are designed to make a real difference, done together, with support and care. You're supported by accountability, shared experience, and gentle guidance, so change feels steady and sustainable, that support your body and Being part of a community makes change feel steady and sustainable, because you're not relying on motivation alone. You're supported by shared rhythm, accountability, and guidance that helps small steps turn into lasting habits.

Magnetic Memberships

This Is For You If...

- 1** You Already Have Paying Clients
You've proven your service works and delivers results. Now you're ready to scale without the chaos.
- 2** Your Leads Come From Different Platforms
You're getting prospects from various sources but need a central system to nurture and convert them effectively.
- 3** You Want Steady Growth Without Burnout
You're committed to building something sustainable that doesn't require constant heroic effort to maintain.

Important: This training is not designed for complete beginners or those seeking overnight shortcuts. This is for serious business owners ready to do the implementation work.

Start by Building the System... It's Free

Already generating \$10K+ per month in revenue? Begin with the comprehensive **Business Systems Audit** to determine if personalized coaching is the strategic next step for your business.

SLIDE 3:

This Is For You If...

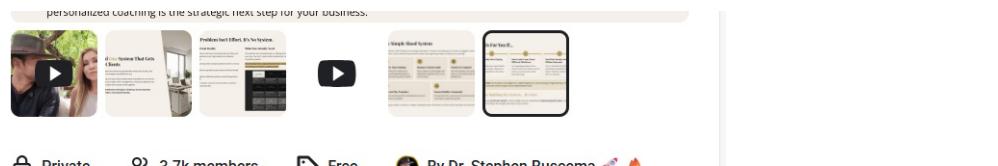
1. You Take Your Health Seriously

You're a cancer survivor, at increased risk, or under ongoing monitoring—and you're not looking to leave things to chance. You want to understand what's happening in your body and support it in a meaningful way. **## 2. You're Tired of Fragmented Advice** You've read the articles, followed recommendations, and tried different approaches. Now you're looking for one clear, integrated way to make sense of it all and move forward with confidence. **## 3. You Want Steady, Sustainable Support** You're not interested in extremes, quick fixes, or fear-based guidance. You're committed to small, consistent actions that protect your body over time, with support and accountability. **Important:** This community is not for people looking for shortcuts, guarantees, or passive information. It's for those willing to show up, reflect, ask questions, and apply what they learn—step by step.

Start With the Free Restart Routine

Begin with the free Restart Routine and see how small steps can go a long way in protecting your long-term health, and if it feels right, continue with joining our supportive community ***

personalized coaching is the strategic next step for your business.



Private **3.7k members** **Free** By Dr. Stephen Buscema ✨ 🔥

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Leads come from everywhere. Delivery is all over the place. Nothing connects. Nothing compounds.

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3	2	1
תחושים שליטה, ביטחון ושקט נפשי בתוך חומר הוכחות	כלים מדוייקים מוכחים ועדכניים לתמיינה בהחלמה	אפשרויות מחודשת והבנה عمוקה של כוחות הגוף בהדיפת המחלת
6	5	4
הידע הקרייני למצוור הסיכון לחזרות המחלה לאחר ההחלמה	המנעות מ"מלכודות" פופולריות שחוותם לסייעם ולעמידות لتראות	תוכנית פשוטה וברורה לישום בבית, בקצב שלך
מידע מציל חיים שמרוכז לך במקום אחד		