

Advanced Targeted Metabolic Therapy Cancer C*** Protocol

D. Yahia Anane, PhD.

Metabolic therapy and cancer support expert

<https://drananeyahia.com>

contact@drananeyahia.com

♦ 1. Ketogenic diet and fasting

✓ Strict Therapeutic Ketogenic Diet (GKI <2)

- **70% Fat, 20% Protein, <10% Carbs**
- **150-200g Fat, 60-80g Protein, 20-30g Carbs**
- **Fats:** Grass-fed butter, MCT oil, coconut oil, olive oil avocados.
- **Proteins:** Moderate intake (0.8g/kg body weight) of grass-fed beef, pasture-raised eggs, wild-caught fish, and liver.
- **Carbs:** Limited to **low-glycemic vegetables/fruits** (cauliflower, zucchini, berries)
- **Bone broth**, Medicinal Mushrooms, Turmeric, Ginger, **Parsley**, **Garlic** & onions.
- **Hydration & Electrolyte Optimization – 2+ Liters of Water + Himalayan/Sea Salt**

✓ Intermittent Fasting (16:8)

✓ Water only fasting on the 2 days off from repurposed drugs

🔴 **Monitor Blood Glucose & Ketones once a week (GKI Target: Under 2 for Therapeutic Effect)**

♦ 2. Repurposed (Core)

- ✓ Ivermectin (0.2-1 mg/kg*2/day, 5 days on, 2 days off, with food)
- ✓ Fenbendazole (222-1000 mg*2/day, 5 days on, 2 days off, with food)
- ✓ Astaxanthin (12-24mg*2/day, with food)
- ✓ CBD OIL (Full-Spectrum) (0.5-1 mg/kg*2/day, with food)
- ✓ Chlorine Dioxide Solution + DMSO (CDS, instructions in section 4)

Additional:

✓ **Mebendazole (100-1000 mg*2/day, 5/6 days on, 1/2 day off, with food)** (especially for brain and pancreatic cancer or in case of tumor resistance)

- ✓ **Itraconazole (100-300mg*2/day, 5/6 days on, 1/2 day off, with food)** (Additional anti-cancer and in case of tumor resistance)
- ✓ **Metformin (500-1000mg*2/day, before each meal)** (in case of stubborn high blood glucose)
- ✓ **Baby Aspirin (81-100mg/day, with food)** (in case of blood clotting issues and high D-dimer)
- ✓ **Melatonin (100-500 mg/night, before bed)** (Small dose for sleep issues and high dose if it's well tolerated)

Dosages depend on the type and stages of cancer.

♦ **3. Nutraceuticals (Core)**

- ✓ **Curcumin (2g/day, With Piperine, With Fat)**
- ✓ **Berberine (500 mg 2x/day, with meals)**
- ✓ **Quercetin (500 mg 2x/day, with meals)**
- ✓ **Omega-3 (Cod liver oil, 2g/day, with food)**
- ✓ **Modified Citrus Pectin (5-10g/day, Empty Stomach far from anything)**
- ✓ **Milk Thistle (500 mg/day, with food)**
- ✓ **Vitamin D3 + K2 (20,000-50,000 IU + 100-200 mcg/day, with meals)**
- ✓ **Magnesium Glycinate (400 mg/day, before bed)**
- ✓ **Zinc Picolinate (0.2-1mg/kg of body weight per day with food)**
- ✓ **Selenomethionine (200 mcg*2/daily, with food)**
- ✓ **Apigenin (300–500 mg/day, with food)**
- ✓ **Turkey Tail Mushroom (standardized to 40%+ beta glucans) (2-4 g/day, with food)**
- ✓ **Black Seed Oil (5% Thymoquinone) (2g or 5ml/day, with food)**
- ✓ **Lactoferrin (1g/day, Empty Stomach)**
- ✓ **Digestive enzymes complex (1 cap before each meal)**

Additional:

- ✓ **Wormwood (Artemisinin) (500 mg/day)** (Temporary alternative to ivermectin/fenbendazole)
- ✓ **Olive Leaf Extract (2g or 5ml/day, with food)** (Mostly for lung cancers)
- ✓ **Saw palmetto (500mg/day, with food) + Stinging Nettle Root (600 mg/day)** (For prostate cancer)
- ✓ **DIM (Diindolylmethane) (300 mg/day)** (Hormonal balancing)
- ✓ **Calcium-D-Glucarate (500 mg/day) + Sulforaphane (100 mg/day)** (estrogen balancing)
- ✓ **Tudca (500mg/day, with food)** (extra liver support and protection)
- ✓ **Zeolite (1-2g/day, Empty Stomach)** (Toxic and die-off binder)
- ✓ **Liposomal Vitamin C (2-4g/day)**
- ✓ **Probiotics: (50-100 billion CFU/day, Empty Stomach)** (Gut health and Immune support)
- ✓ **Zinc carnosine (75mg*2/day, Empty Stomach)** (For GI cancer and Gut healing)

✓ **Nattokinase (4000 FU/day, Empty Stomach) + Bromelain (500mg/day, Empty Stomach)**
(spike protein detox)

✓ **Apricot kernels (Start 3 pcs 2-3x/day → gradually up to 10 pcs 2-3x/day with food)**

✓ **Rhodiola Rosea (200-400 mg/day, 1 hour before food)** (For energy)

✓ **Papaya Leaf Extract (2g/day, Empty stomach) + Bovine Colostrum (4g/day, Empty stomach)** (For low platelets)

♦ **4. Chlorine Dioxide Solution (CDS)**

- Start Dose: 1 ml of CDS 3000 ppm in 500 ml water, sipped throughout the day.
- Gradually increase by 1-5 ml per day up to 10-30 ml/day in 1 liter water.
- Timing: Sip slowly throughout the day. Do not take with food or supplements. Space at least 30 minutes before/after any other intake.
- Monitor detox reactions (Herxheimer response) and reduce dosage temporarily if symptoms arise.
- Add 1 ml of 70% DMSO to enhance absorption
- For topical application (e.g., lymph node areas), 1-5ml CDS mixed with 24 drops of DMSO has been used.
- Avoid mixing with vitamin C, antioxidants, or iron supplements at the same time.

♦ **Topical Tumor/Pain Blend (Apply 1–2x/day)**

Mix before each use:

- Black Seed Oil – 5 ml
- Full Spectrum CBD Oil – 2 ml
- CDS (3000 ppm) – 5-10 ml
- DMSO (70%) – 1 ml
- Castor Oil – 1-5 ml

Instructions:

1. Mix all components in a **small glass container**.
2. Apply directly to the lump or lymph node area (Do a **patch test** at first)
3. Let it air dry, do not cover it tightly with fabric
4. Do **1–2 applications per day**, rotating sites if needed.
5. Clean the skin before each use.

♦ **5. Optional Add-Ons (Recommended if accessible)**

- **Hyperbaric Oxygen Therapy (HBOT, 3–5x/week):** Reduces tumor hypoxia and improves therapy effectiveness.

- **IV Vitamin C (25–100g, 2–3x/week):** Supports immune activity and generates oxidative stress in cancer cells.
- **PEMF / Red Light Therapy (20–30 min/day)** Use low-frequency PEMF (1–30 Hz) daily to improve oxygenation, blood flow, mitochondrial function, and tissue regeneration. For anti-cancer effect, use 10–30 Hz range, ideally over the tumor area or whole body, depending on the device. Red light can complement PEMF in superficial tumors or areas of inflammation.

◆ 5. Exercise

Step 1: Walking Routine

- Walk 3x/day for 5–10 min, increasing to 15–20 min as tolerated.
- If weak, start with seated movements or light stretching.

Step 2: Low-Impact Strength Training

- Bodyweight exercises (chair squats, wall push-ups, seated leg raises) 2x/week for 5–10 min.
- Introduce light resistance bands when strength improves.

- ✓ Go slow, rest as needed.
- ✓ Hydrate & fuel properly.
- ✓ Consistency over intensity.

◆ 6. Sleep Optimization

- No food 3–4 hours before bed to prevent glucose spikes and enhance melatonin production.
- Drink chamomile tea, melatonin & magnesium glycinate to promote relaxation.
- Avoid blue light (screens) 1 hour before sleep to maintain circadian rhythm.
- Keep bedroom cool & dark (16–19°C / 60–67°F, blackout curtains).

- ✓ Prioritize a fixed sleep schedule.
- ✓ Use relaxation techniques (deep breathing, meditation).
- ✓ Limit stimulants (caffeine, nicotine) after midday.

◆ 7. Stress Management

- Daily mindfulness or meditation or Prayer & Faith (if religious): Connecting with God through prayer can provide strength, peace, and healing during difficult times.
- Deep breathing (Box Breathing, 4-7-8 method) instantly calms the nervous system.
- Spend time in nature & practice grounding (barefoot walking).

- ✓ Prioritize social support & laughter.
- ✓ Engage in enjoyable, low-stress activities.
- ✓ Reduce negative inputs (news, toxic environments).

✗ 8. Avoid Environmental Toxins

To support healing and reduce cancer triggers, eliminate exposure to:

- **Personal care & cleaning products** with parabens, phthalates, formaldehyde, synthetic fragrance, and petroleum-based compounds.
- **Non-stick cookware** and plastic containers – switch to glass, stainless steel, and cast iron.
- **Mold** – test your home, especially if you have chronic symptoms or immune issues.
- **Air pollution** – use air purifiers and avoid scented candles or incense.
Contaminated water – use high-quality filters to remove chlorine, fluoride, heavy metals, and pathogens.
- **EMFs** – reduce Wi-Fi exposure, especially during sleep.

Your environment must become part of the healing protocol.

Source:

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