

Cancer causes and implications for treatment

Based on the ideas of

Dr Thomas Seyfried “Cancer as a metabolic disease: on the origin, management and prevention of cancer”

Professor Thomas Levy “Curing the incurable”

Mark Lintern “The Cancer Resolution”

Jane McLelland “How to starve cancer”

Dr Natasha Winters and Jess Higgins Kelley “The metabolic approach to cancer”

John Rockermeier “Cancer is a metabolic disease”

The idea that cancer results from damage to DNA in the cell nucleus does not explain the cancers we are seeing. This is because we now know that cancer is NOT a problem of the nucleus but is a problem of the cytoplasm. A classic experiment looked at cancer cells and normal cells in culture. If you take nuclei of cancers and place them in normal cell cytoplasm (where mitochondria live) the cells remain normal. If you take the nuclei of normal cells and place them in cancer cell cytoplasm the cells stay cancerous.

This tells us that the important factor in the cytoplasm is mitochondria (my favourite subject!). Mitochondria are responsible for the production of energy using oxygen and the efficiency of this controls cell division and cell suicide. The heart is metabolically active, 24/7, with many mitochondria – cancer of the heart is very rare. If cell division control mechanisms are lost then a cancer is born. At any one moment we ALL have between 500 and 1000 cancerous cells in the bloodstream – we need a good immune system to recognise these as baddies and kill ‘em.

We also know that all cancers have an infectious driver. Prevent and treat that infection and you prevent and treat that cancer. Only this theory of infection explains the ten hallmarks of cancer (which also apply to infection) vis:

1. uncontrolled cell growth
2. resistance to anti-growth signals
3. evasion of cell death signals
4. limitless replication
5. extended blood vessel growth
6. invasion of local tissue and metastasis
7. abnormal metabolic pathways (Warburg effect)
8. evasion of the immune system
9. genome instability (DNA damage)
10. inflammation

Ref chapter 10 of “The Cancer Resolution” to evidence base the above

Which infection?

Lintern argues powerfully in chapter 11 of his book that the greatest single cause is yeast and fungi and this explains the hallmarks above. Reasons include:

- Fungi drive all ten hallmarks of cancer
- Fungi thrive on dead tissues (and “dead” molecules). If an animal or plant is killed by the fungus then all returns to soil – which is largely composed of fungi!
- Fungi and yeast are more closely related to animal cells than any other microbe – they are better able to make themselves at home in animal cells than bacteria or viruses can.

- They readily flip from one form to another – hyphal to procreate and invade (when conditions are good), cystic to survive within cells (when conditions are harsh). Once in the body they survive well and remain long term.
- Within cells they cannot be “seen” by the immune system. Fungi are intelligent and have evolved mechanisms to make the immune system ignore them.

Some of the evidence that cancer has a fungal driver

- 97% of cancer cells have a fungus within. It is estimated that we only know of 15% of all fungi (an estimated 2.2 to 3.8 million species exist) – it may be the remaining 3% of cancer cells contain unknown fungi.
- All fungi produced fungal toxin called mycotoxins – many are known carcinogens such as aflatoxin and gliotoxin
- Fungi are immunosuppressive – they switch off the immune system’s attempts to kill it
- Both fungi and cancer cells love sugar! Both are fuelled by sugar. Fungal cell walls are made from sugar.
- Many anti-cancer drugs are also antifungal
- Fungi get into the body via epithelial cells which line the internal and external surfaces of the body. 85% of all cancer start in such cells and are called carcinomas (stomach, bowel, lung, skin, breast, kidney, bladder, ovary, prostate, uterus, cervix etc). By contrast, primary cancers of the “deep” tissues like muscle, bone, (sarcoma) , blood and bone marrow (leukaemias), immune system (lymphomas) and brain make up 15% of cancers.
- Fungi produce mycotoxins which are designed to kill competitors (many mycotoxins are antibiotic) AND to allow them to spread further through the body. Mycotoxins stimulate EGFR growth factors (stimulate growth), angiogenesis (new blood vessels to feed new fungal growth and so new cancer growth), leaky cells and loss of adhesion (to promote spread of fungi and of course metastasis of cancers), block healing and repair (to stop the immune system “blocking” invasion of fungi and cancers).
- We only have a few tests for fungi but we know of at least 600 fungal pathogens known to drive disease in humans. Much of this goes unrecognised

Read the books for MUCH more evidence

CANCER – the overall strategy to treat cancer is a war not a battle – the aim is to reduce the tumour burden so the immune system can get ahead of the game. We do this by:

- Starving out the cancer cells and fungi
- Kill the cancer cells and fungi with good immune function and antimicrobials that do not kill healthy cells

Remember we are all throwing up cancer cells all the time – so do not wait for a diagnosis, start now!

When you get a cancer diagnosis...

Why	How.....in order of importance
FIRST reduce the tumour load. By the time you have a cancer diagnosis there will be billions of cancer cells so yes, initially....	you will need surgery, radiotherapy, chemotherapy to reduce this initial load. At first this will work really well.
But what kills people is rarely the primary tumour, it is the secondary spread.....	so move on to do all interventions below - and do them for life. This is for two reasons - firstly to reduce risk of recurrence and secondly to prevent another primary! Having had cancer once is a major risk factor for a second cancer for the same reasons that the first arose!

Get inspired	Read “Radical Remission” by Kelly Turner. This details the 9 essential interventions that people have used to reverse their late stage “incurable” cancers. These are: 1. Radically change diet (ie keto!) 2. Take control of your health 3. Follow intuition 4. Use herbs and supplements 5. Releasing suppressed emotions 6. Increasing positive emotions 7. Embracing social support 8. Deepening your spiritual connection 9. Having strong reasons for living
	The effects of all cancer therapies (surgery, chemotherapy and radiotherapy) are enhanced when blood sugar is low because this starves out infections and cancers when they are most vulnerable). Fast before, during and after any such treatments.

What drives cancer	Why	How to avoid	What you should do now
Diabetes and high carbohydrate diets	High blood sugar – which feeds cancer cells AND fungi	PK diet: low carb, high fibre, normal protein, make up calories with saturated fats (for cooking). THEN go to time restricted eating – start with 2 meal a day within a 6 hour window then move to just one meal a day.	Yes
	Slow the rate of blood sugar rises during eating	Eat food slowly – do not gobble it – chew thoroughly before swallowing. Eat in the right order – first eat the salad, green veg, pulses, then meat and fat, then any carbohydrates last.	Yes
	Cancer cells and fungi need a regular supply of sugar. If fungi are starved of then they retreat to their cystic, non-invasive forms	Ditto above	Yes
	Once in ketosis, then 16 hours of fasting switches on “self-eating” or autophagy and this gobbles up cancer cells and infections	Ditto above	Yes
Being overweight	Often results from high blood sugar	Ditto above	Yes

	Fat is pro-inflammatory – this creates molecules in an oxidised state and this provides food for fungi	Lose weight but NOT by calorie restriction The best way is intermittent fasting ie one meal a day Some need longer fasts to kick start wt loss	BMI was 46.3 Start intermittent fasting -see attached
		Exercise – burns off sugar	Yes
Dairy products	Milk protein is growth promoting	The only safe dairy product is butter (so long as no dairy allergy!). Have as much butter as you like!	AVOID
Addictions	Sugar, alcohol, smoking, caffeine, chocolate. Addictions are good servants but bad masters	One addiction switches on another – use occasionally to enhance a jolly, then get back on the wagon.	Yes
Micronutrient deficiencies	These are inevitable with Western systems of agriculture and diet	Take supplements daily: Multivitamin and minerals Vitamin D 10,000iu https://www.mdpi.com/2072-6643/16/16/2720 Fish oil – must be filtered to get rid of pesticides and toxic metals	Yes
	If cancer cells are starved of sugar then they grab vit C instead with “looks” like sugar	Vitamin C to bowel tolerance - -start with 3 grams - increase by one gram a day until you get a loose stool, then reduce until the bowel movements are normal with no smelly wind Vit C can be taken on rising in one fell swoop but you may be able to tolerate more by taking it little and often through the day	Yes – some need 20-30 grams a day
	Alkalisising is “poor man’s chemotherapy” – take this with ascorbic acid (vit C)	...and neutralise with magnesium carbonate - this also give you a nice dose of magnesium! https://www.salesatdrmyhill.co.uk/magnesium-carbonate-powder-80g-55-p.asp A heaped teaspoonful of Mg carb weighs about 2 grams	Yes
	Iodine contact kills all microbes and reduces fungal loads https://drsircus.com/iodine/iodine-treats-prevents-cancer/	Lugol’s iodine 15% start with one drop and build up to 10 drops – take at least 2 hours away from vit C (they knock each other out)	Yes
	When infections and cancer cells are starved of sugar they can run on glutamine (an amino acid) This is called anaplerosis.	Low glutamine/glutamate diet Eat a low protein diet for six days a week. During this time the body gets protein from autophagy (which gobbles up cancer cells) AND cancer cells are starved of glutamine. Limit “unami” foods that are high in glutamate such as seaweeds, fermented soya, aged	Yes

	https://www.nature.com/articles/s12276-023-00971-9	cheeses, kimchi, green tea, seafood and meat, tomato, marmite, oyster sauce Then one day a week have a high protein day to supply the immune system with the raw materials for healing and repair	
Lack of exercise	Exercise burns off blood sugar (and this starves out the fungi and cancer)	Two sorts of exercise - anaerobic press-ups (x 30) and squats (x 30) per day to stay strong Aerobic to burn off sugar eg walking, gardening. Do this after a meal – blood sugar comes down rapidly	Yes – if you have the energy
Stress	Stress hormones increase blood sugar levels	Identify (rather than deny!) your stressors. Professional help often essential!	Yes
	There is often a sugar peak on rising when the adrenal gland is naturally active	Skip breakfast.	Yes
High homocysteine	This means you are a poor methylator. This is a MAJOR risk factor for arterial disease, dementia, cancer and degenerative disease. And of course CFS.	Measure at https://foodforthebrain.org/product/homocysteine-hcy/	Yes
	I like to see this between 5- 10. High (or low) homocysteine tells us you are a poor methylator. Methylation is an essential biochemical tool to allow one to “read” DNA, to detoxify, to synthesise enzymes and proteins and much more!	To correct this you need the methylated B vits vis: pyridoxal 5 phosphate 50mgs (in most good multivits), methyl folic acid (MTHFA) 800mcgms, methylated B12 3 mgs and glutathione 250mgs daily for life. You can get these bits and bobs from https://www.salesatdrmyhill.co.uk/index.asp?function=search This usually does the trick but some need methyl B12 by injection. So we must retest after 4 months of the above	
	This may be a genetic lesion so at least.....	first degree relatives should be screened, or any relative with a poor family history of arterial disease, cancer or dementia.	
Be happy	The happy brain makes for a happy immune system so that infections are effectively targeted and eliminated. Stress increases blood sugar levels	Love and be loved – now my daughters have left home I have my scruffy, Patterdale terrier to keep me sane	Do your best!
		Have good reason for life – be an effective and good member of your Tribe	

Toxins in food	Produce free radical stress	Eat organic – pesticides are carcinogens https://www.frontiersin.org/journals/cancer-control-and-society/articles/10.3389/fcacs.2024.1368086/full fresh, frozen or tinned	Yes
	Ultra -processed food is full of “dead” molecules, sugar, trans fats, too many omega 6 oils. Read Chris van Tulleken’s book “Ultra-processed people”. UPF takes cheap ingredients and turns them into something that our taste buds desire, but does not turn on satiety hormones. This drives addiction.	Avoid ultra processed foods completely – signs of these include: • Foods with a long shelf life • More than 4 ingredients Ingredients which have names that your grandmother would not recognise	Yes
Toxins in the air and food	ditto	Avoid. https://www.drmyhill.co.uk/wiki/Do_A_Good_Chemical_Clean-Up:_chemicals_make_you_fat_and_fatigued Do detox regimes to get rid: • heating regimes (for pesticides and volatile organics) • chelation (for toxic metals). MSM works well - start with ½ tspn daily build up to 3 months of 3 tspns daily then maintain with ½ tspn daily. MSM is also anticancer! See “Ecological Medicine”	Yes
Toxins in water	Tap water is not safe to drink because of chemical residues, toxic metals and fluoride	Drink spring water OR filter -- the best is a https://berkey-waterfilters.co.uk/	Yes
Lack of sunshine (full spectrum light: visible light, ultraviolet and infrared)	Sunshine generates vitamin D production in the skin Ultra violet kills infections Infrared detoxes through its warming effect Full spectrum light prevents depression	Get as much sunshine as you can without burning the skin Use full spectrum, bright light bulbs Do not use sunscreens (which are carcinogenic) Keep warm Take vitamin D 10,000iu daily https://www.mdpi.com/2072-6643/16/16/2720	Yes

	and a happy brain makes for a happy immune system Sunshine warms us and heat kills infection		
Sleep	We all need 7-9 hours' sleep – more in the winter when we semi-hibernate	Follow the sun – sleep in the dark, during the dark! Take melatonin 30mgs at night – a powerful free radical fighter, it is very safe https://pipingrock.com/en-gb/products/melatonin-10-mg-120-tablets	Yes
Abnormal microbiome	Upper fermenting gut (which is not normal)	Starve out microbes with PK diet Kill them with vitamin C and iodine	Yes
	Lower fermenting gut	Interestingly the microbiome of a carnivore gut is just as diverse as that of an omnivore.....and diversity is key. I suspect the greatest problem is glyphosate - 54% of gut microbes are milled by this pesticide. Consume organic food.	Yes – as best you can
Keep warm	Heat kills cancer cells	Start with Epsom salt baths – as hot as you can tolerate And/or try a sauna	
	Oxygen kills all tumours. That is why we do not see cancer of the heart – it is well supplied with oxygen	See oxygen chapter attached. Mouth taping at night ensures you nose breathe whilst asleep AND this improves nitric oxide production	
Avoid infections	Infection drives cancer!	Apply Groundhog Acute at the first hint of any symptoms https://www.drmyhill.co.uk/wiki/Groundhog_A_CUTE - put in place at the first sign of any infection	Be prepared
Avoid inflammation	Inflammation which results from tissue damage (eg smoking, vaccines, injuries, radiation, chemical toxicity, 5G, heavy metals) which creates free radicals which drives oxidative stress	Avoid	Do your best
DMSO	Hundreds of Studies Show DMSO Transforms The Treatment of Cancer	Even 2 grams a day has an effect Oxygen-derived free-radical scavengers prolong survival in colonic cancer - PubMed Suggest 20ml of pure DMSO in a glass of water daily	
Being male	The life expectancy of men is less than women.	Stay strong (this increases basal metabolic rate and burns off sugar in the blood stream)	

	Why? They only have one X chromosome and many of the codes for immune function reside on X chromosomes (women have two X chromosomes so a defect in one is compensated for by the other).		
and testosterone	Testosterone is immunosuppressive.	Do not use drugs to body build	
Growth promoting drugs	The Pill and HRT are major risk factors for cancers of the breast, womb, cervix and ovary. We know the Pill and HRT are risk factors for fungal infection	Do not use the Pill or HRT	
Radiation	The major source of radiation is that used for medical imaging: X rays, CT scans. PET scans and radiation for cancer.	Always ask how any such investigation will impact on treatment - is it really necessary?	
	Nuclear power stations that leak radioactivity.	If you live nearby , check with a Geiger counter	
	Radon gas	Check a map for sites of radon House foundations need a radon barrier membrane	
	1G, 2G, 3G, 4G, 5G represent increasing strengths of radiation They are all carcinogenic They all damage living cells by stealing electrons	Do your best to avoid. See https://drmyhill.co.uk/wiki/5G_%E2%80%93_the_WHAT_the_WHY_and_the_HOW	
Avoid immunosuppressive drugs	for auto-immunity, organ transplants and cancer: steroids, cancer chemotherapy increases cancer risk up to 20 fold. Immuno-suppression is accompanied by fungal infection Covid 19 mRNA shots switch off cancer surveillance and	Avoid vaccines Always ask WHY you are taking prescription medication and what could it be replaced by?	

	generate “turbo” cancers		
Monitor	Monitor results with tumour markers – this tells you the volume of tumour cells in the body This tells us if we are winning or losing the War!	Ask the hospital to measure the relevant tumour markers. The hospital may have already done these – ask for a copy of all tests to see for yourself	

Deuterium is important!	Perhaps the most complicated molecule that is most essential to life is ATP synthase. There are around 32,000 of these nanomotors per mitochondrion and cells contain thousands of mitochondria. To generate ATP, ATP synthase spins at 9,000 rotations per minute, faster than a jet engine. This is highly dependent on gel water to hold atoms in the perfect 3D space. Gel water is broken down by deuterium. The reason why energy generation is so complex is because it has much to do with weeding out deuterium before it gets to ATP synthase (the final step of ATP creation).	Deuterium in water (one hydrogen ion has an extra neutron). A deuterium is heavier than a normal water molecule - so it does not work well in the body - it clogs up normal metabolism so energy delivery is slowed as are other processes. It is naturally present in drinking water at about 150ppm. Eat a low deuterium diet As plants absorb water, some of the deuterium is filtered out. So consume as much water as possible from eating fresh or frozen meat, vegetables and berries. Juicing and smoothies ideal! Fat is naturally very low in deuterium – use this to fuel mitochondria PK diet is rich in fat and vegetables – see below	
	Consider deuterium depleted water (expensive – but has a good track record) –	Preventa. From https://www.kiscience.com/product/deuterium-reduced-water-preventa/	

		https://www.osmiowater.co.uk/osmioblog/deuterium-content-in-different-foods-and-deuterium-depletion.html Get as much fluid into the body as is possible from juicing vegetables (as plants grow and take up water some of the deuterium is filtered out).
	Read all about it.....there is some good science and clinical trials illustrating its efficacy	https://www.amazon.co.uk/Drinking-Health-Benefits-Deuterium-Depleted-ebook/dp/B0C1V8HMZS/ref=sr_1_1?

So what can we do to reduce deuterium in the body?

There is a lot of it about! Drinking water contains 148-152 ppm, deuterium is the most abundant ion in plasma with levels 5 times higher than calcium and 10-18 times higher than magnesium.

- Most drinking water has between 148 ppm and 152 ppm of deuterium
- Spring waters can be as low as 140 ppm
- It is believed humans evolved when levels were ✎ 130 ppm

There is much deuterium in the body! We have 12-14mmol/l of deuterium compared to serum calcium 2.24 -2.74 mmol/l, magnesium 0.75 - 1.2 mmol/l, glucose 3.3 -5.1 mmol/l

Deuterium depletion by :

What	Why	What to do
Burning fuel to make energy has 10 incredibly complex steps: scientists have long asked why. Dr. Laslo Boros, one of the greatest deuterium experts in the world, explains: “Glucose has 12 hydrogens - before they get to the mitochondria, they all have to be checked not to have deuterium, which can use glucose as a Trojan horse. It’s a hydrogen/deuterium exchange system, and this is why it takes so many steps.”	Deuterium damages ATP synthase – it is twice as heavy as hydrogen so it can substitute in any chemical reaction but alters the outcome of such. ATP synthase is a proton pump – in one human, it processes 1,910 gallons of water worth of protons daily	Eat a ketogenic diet – this is a deuterium depleted diet
Fat is low in deuterium (high in carbon, low in hydrogen) Carbs have relatively more hydrogen	Because this is made in living creatures in which deuterium depletion has taken place	Lard is 116ppm Butter is 124ppm Olive oil, avocado 130ppm
Plants filter out deuterium in their chloroplasts	Deuterium is damaging to plants too!	Eat vegetables, nuts and seeds Eat grass fed meat Eat fish and eggs
Flavoproteins	preferentially bind hydrogen over deuterium	Take riboflavin (vitamin B2) Bioflavonoids in plants -
Niacin, co Q 10, quercetin	ditto	

Drink deuterium depleted water	Of proven benefit in treating cancer	Preventa https://preventa.hu/en/
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THEN – if the tumour markers or scans show that you are losing the battle then there are other tools that can be employed. Use anti-fungal interventions in a cyclical manner, or in combination, to kill fungi in the body. Anti fungal drugs are of proven effectiveness in cancer (again read The Cancer Resolution for references). Because there are so many different fungi and we do not know which fungus is associated with which cancer, it seems sensible to try different anti-fungal preparations in the hope that this will cover the ones implicated in your particular cancer. This explains why there is so much anecdotal evidence for the efficacy of various remedies which do not work for everybody! You really have to suck it and see.

It may become obvious to you that one is working better than another in which case use this one to concentrate your fire. Intuition often helps here! Measuring cancer markers is very helpful as this tells you if you are winning or losing the war. You can see which marker here:

<https://www.cancer.gov/about-cancer/diagnosis-staging/diagnosis/tumor-markers-list>

The below suggestions are intrinsically safe.

KILL FUNGI – SPECIFICS – do the below in a 2-4 weekly rotation – stick with one you find is best (using intuition and cancer markers)

CBD oil is of proven benefit	CBD oil kills fungi https://medi-cure.uk/clinical-studies-on-cannabis-and-cancer/	The closer you can get to the whole plant extract with THC then the more effective this will be https://cbd-one.co.uk/blog/cbd-dosage/ Take this at night is often improves sleep quality Build up to at least 90mgs possibly 180mgs at night Always start low and build up slow
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Drugs – we can use drugs to further lower blood glucose to starve out the cancer cells	Metformin 500mgs twice daily BUT you must be keto adapted BEFORE you consider this AND monitor blood Berberine 500mgs three times daily
Itraconazole 100mgs daily OR Fluconazole 100mgs daily OR Ketoconazole 200mgs	https://www.alldaychemist.com/itaspor-100mg.html BUT check liver tests at 1, 3 and 6 months (not necessary if only taking for on
Mebendazole	Normally used to treat worms but it has antifungal activity. This works like vi https://www.alldaychemist.com/mebex-100mg.html
Fenbendazole (similar to mebendazole)	Fenbendazole is antitumour https://www.nature.com/articles/s41598-018-01801-0 (very safe, low toxicity) Fenbendazole Can Cure Cancer fenbendazole@substack.com https://www.amazon.co.uk/Fenbendazole-Fenben-99-90-Lab-Verified-Units/
	The State of Florida has recently committed \$60M to the study of repurposed (link).
Methylene blue	See chapter from CFS. ME, Long Covid “Methylene blue” Multiple beneficial actions! Take up to 2mg/kg of body weight,

Doxycycline 100mgs daily	Antibiotic, antifungal https://www.alldaychemist.com/dox-t-sl.html
Colloidal silver – dose at https://thesilveredge.com/colloidal-silver-dosages-rule-of-thumb/	The usual recommended dose as a nutritional supplement is 1 tspn to 1 table anti infection dose you need 5 times this dose. Use amber colloidal silver 14,000ppm (ug/l) https://www.ukcolloidalsilver.co Do not use this for longer than one month as you may become toxic in silver
Chlorine dioxide (aka MMS or ClO2) – this has broad spectrum antimicrobial activity. Combine with DMSO for transdermal use	See chlorine dioxide handout -how to use
Mushrooms	Turkey tail three times daily – full pipette in water Reishi at night – full pipette x 2 in water Chaga weekly - full pipette in water https://www.iwmushrooms.co.uk/product/5-dual-extract-tinctures-delive
Ivermectin	https://www.nature.com/articles/s41523-021-00229-5 https://pubmed.ncbi.nlm.nih.gov/31215501/ Possibly good for colon cancer https://pubmed.ncbi.nlm.nih.gov/34483925/ AND https://www.youtube.com/watch?v=DX0hqmgO7pQ&t=7s https://www.alldaychemist.com/ivermectin-12mg-austro.html
Artemisia	Purchase the dried herb and make a tea – 1 tspn of the raw herb with boiling Also proven efficacy against malaria and other parasites https://www.amazon.co.uk/Annual-Mugfoot-Artemisia-annua-Dried/dp/B09704015798&srefix=artemesia+annua+%2Caps%2C154&sr=8-3
Statins - atorvastatin 20-80mgs daily	When fungi are deprived of sugar, lactate and glutamine they may be able to 10 so statins should always be accompanied by co Q 10 100mgs daily https://www.alldaychemist.com/lipvas-atorvastatin-20-mg-tablet.html
Dandelion root extract affects colorectal cancer proliferation and survival through the activation of multiple death signalling pathways	- PMC https://pubmed.ncbi.nlm.nih.gov/articles/PMC5341965/

Retrain the immune system to focus its fire on the cancer cell	Remedy (depends on the tumour) – take one daily in strict numerical order I would suggest remedy C1 – start with 2 daily, aim for one daily Tip the contents of the capsule under the tongue and hold in the mouth No food or drink for 30 mins Take one on rising I can supply you with this but it is expensive – about £150 per month https://www.drmyhill.co.uk/wiki/Reprogram_the_immune_system_wit
	GcMAF (Gc protein-derived macrophage activating factor) is a protein p D-binding protein

Chemotherapy or radiotherapy days – what to do

When	What	Why
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Day before chemoT	Your usual regime Supper at least 16 hours before chemo starts	Autophagy switches on after 16 hours of fasting You need this to mop up the cellular damage created by the chemoT
ChemoT day	No food	
	Stop all supplements except CBD and THC (may help with preventing nausea)	
Day after ChemoT	Back to your normal diet and supplements and all else	This is not a battle but a war! You may need more vit C to get to bowel tolerance because the body will have a much greater need for

A typical daily diary will look like this

	What	Why
On rising	Take multivit, vit D 10,000iu, slurp of Eskimo oil (or consume oily fish - SMASH, sardines, mackerel, anchovies, salmon wild, herring) Iodine 10 drops in glass of water	Western diets are deficient in
2 hours later	Mix a tspn of ascorbic acid with a heaped tsp of magnesium carbonate in large glass of water – mix well - drink	Kills cancer (Too much vit C may give you the trots - really should not at this dose - indeed you may benefit from even more)
Skip breakfast	Drink herbal tea, bone broth with sunshine salt	Help to satisfy the appetite
Brisk walk in day (if you have the energy to)	To burn off sugar	

After 16 hours of fasting	This is the time to take chemoT pills	They work much better when you are in autophagy
	Once you are in ketosis, skip lunch	
6pm	Supper: eg PK bread, butter, sardines, tinned fish. Avocado, olive oil salad. Sprinkle with sunshine salt Low carb nuts eg Brazils, walnuts, macademias Meat roasted veg in lard. More sunshine salt Berries with large dollops of Grace coconut cream See my recipe attached for energy bars	Carbs feed cancer
Night – aim for 9 hours sleep so you wake refreshed	CBD oil – start with one drop, slowly build up to a pipette full Melatonin 30mgs - You can get this cheaply from piping rock https://pipingrock.com/en-gb/products/melatonin-10-mg-120-tablets-2-bottles?msclkid=0681280ca73d142f90564d70f26e0fdc&variant=44332241223918	All these kill cancer cells