Targeted Metabolic Therapy Cancer Prevention Protocol By Dr. Yahia Anane

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Cancer prevention is about creating a strong internal environment where cancer cannot easily start or grow. This protocol is designed for anyone who wants to stay ahead of disease—especially individuals who are more prone to cancer, including those who have noticed new health issues, inflammation, or immune changes after the COVID-19 vaccine.

By correcting the main triggers that allow cancer to develop—metabolic dysfunction, chronic inflammation, oxidative stress, immune imbalance, and toxin exposure—you lower your lifetime risk dramatically.

This prevention plan focuses on:

✅ Improving metabolic health through fasting, clean eating, and key nutrients

✅ Reducing inflammation and oxidative stress, the earliest drivers of cancer

✅ Strengthening immune surveillance so abnormal cells are eliminated early

✅ Using natural high-impact compounds known to block cancer pathways

✅ Optimizing lifestyle foundations—sleep, stress control, movement, and detoxification

This protocol is simple, sustainable, and designed to keep your body resilient—so cancer never gets the chance to develop.

1. Follow a Clean Low-Carb Diet (or Keto)

For cancer prevention, **metabolic health is essential**. High glucose, insulin resistance, excess weight, and chronic inflammation all create the internal environment where cancer can begin. A low-carb, clean diet stabilizes these pathways and maintains a cancer-resistant metabolic state.

Dietary Guidelines (Simple & Sustainable)

- **Low-Carb**— not extreme keto, but consistently *low glycemic load*
- **Keto is recommended if overweight or if fasting glucose/insulin are elevated**
- **Eliminate sugars & processed carbs** to reduce inflammation and metabolic stress

- 🔹 **Prioritize healthy fats:** avocado, olive oil, grass-fed butter, coconut oil, fatty fish
- 🔹 **Eat clean protein:** grass-fed beef & organs, pasture-raised poultry & eggs, wild-caught fish
- 🔹 **Vegetables and herbs:** broccoli, cauliflower, Brussels sprouts, Onions, garlic, Parsley, turmeric and ginger.
- 🔹 **Fermented foods:** sauerkraut, kimchi, kefir for microbiome and immune strength

Fasting for Cancer Prevention

✔ **16:8 Intermittent Fasting**
Improves insulin and glucose control, lowers inflammation, and reduces cancer risk.

✔ **24–72 Hour Monthly Fasting**
Activates deep autophagy, removes damaged or precancerous cells, and resets metabolism.

2. Supplements for Cancer Prevention

These are the most effective, research-backed nutrients to enhance immunity, reduce inflammation, and support cellular health.

🔹 Core Daily Supplements

✅ **Vitamin D3 + K2 (With food)**– 5,000–10,000 IU/dayb*Boosts immune function and lowers long-term cancer risk.*

✅ **Magnesium Glycinate (before bed)**– 200–400 mg/day, *Supports vitamin D activation, sleep, and metabolic balance.*

✅ **Omega-3 (EPA/DHA) (With food)** – 1–2 g/day, *Reduces inflammation and improves cellular and immune health.*

🔹 Additional Supportive Supplements

✅ **Curcumin (95% curcuminiod with Bioperine) (With food)**– 500–1,000 mg/day, *Helps lower inflammation and blocks early cancer pathways.*

✅ **Black Seed Oil** – 1–2 g/day, *Supports immune balance, lower inflammation, and provides natural anticancer compounds.*

✅ **Methylated B-Complex** — 1 capsule/day, *Supports methylation, DNA repair and detoxification*

✅ **Probiotics (empty stomach)**– 25–50 Billion CFU/day, *Strengthens gut health and improves immune surveillance.*

✅ **Digestive Enzymes** – 1 capsule before meals, *Enhances digestion and nutrient absorption to reduce inflammation.*

3. Spike Protein Detox (Post-COVID or Post-Vaccine)

Recent studies show that the COVID spike protein can **persist in the body**, causing **inflammation, immune dysregulation, metabolic stress, and interference with DNA-repair pathways**. These biological effects may increase vulnerability to serious disease—including **faster-growing cancers in high-risk individuals**—which is why many clinicians now recommend targeted spike-protein detox.

Because of this, many experts (including Dr. McCullough) recommend a natural detox protocol to help the body clear spike protein and restore immune balance.

McCullough Spike Detox Stack (Exact Dosages)

✅ **Nattokinase — 2,000 FU, twice daily (empty stomach)**
Supports breakdown of spike protein and improves circulation.

✅ **Bromelain — 500 mg, once daily (empty stomach)**
Reduces inflammation and assists protein clearance.

✅ **Curcumin — 500 mg, twice daily (With food)**
Blocks inflammatory pathways activated by spike protein.

Duration: up to 12 months depending on risk level.

4. Parasite Cleanse

Chronic parasite exposure can weaken the immune system, increase inflammation, and create metabolic stress—all factors that may raise long-term cancer risk. For individuals with high exposure, travel history, pets, gut issues, or post-COVID immune imbalance, a periodic parasite cleanse can help support immune and metabolic health.

This is a **gentle prevention cycle**, not a treatment protocol.

✅ **Ivermectin – 0.2 mg/kg (With food), once daily, for 3 days**
Helps eliminate common parasites and supports immune balance.

✅ **Fenbendazole/Mebendazole – 222 mg (With food), once daily, for 3 days**
Targets parasite eggs, cysts, and resistant forms.

✅ **Zeolite – 1–2 g/day (empty stomach) as a binder**
Binds toxins, metals, and parasite byproducts to prevent reabsorption.

🌀 **Cycle:** 3 days on → 4 days off
Repeat **for 3-4 weeks**

Frequency

📌 **Once per year** for general prevention
📌 **Every 6 months** for higher-risk individuals (travelers, pets, digestive issues, post-COVID)

5. Exercise & Movement

✔ **Strength Training (2–3x per week):** Improves insulin sensitivity, muscle strength, and metabolic function.
✔ **Daily Walking (30–45 min):** Lowers inflammation & regulates glucose.
✔ **Sprint or HIIT Workouts (1–2x per week):** Boosts mitochondrial health, burns excess glucose.

6. Sleep Optimization

Poor sleep is a cancer risk factor. Prioritize deep, restorative sleep.

✅ **Magnesium Glycinate** – **200–400 mg/day**
✅ **Maintain a Dark Room:** No blue light, blackout curtains.
✅ **Avoid Eating 4 Hours Before Bed:** Improves melatonin production.
✅ **Melatonin if necessary** – **5–10 mg/night** – Regulates immune function, fights oxidative stress.

7. Stress Management & Emotional Health

Chronic stress increases cortisol, weakens immunity, and fuels cancer growth.
✔ **Daily Mindfulness or Prayer (5–10 min):** Lowers stress hormones.
✔ **Breathwork (4-7-8 Breathing):** Instantly calms the nervous system.
✔ **Adaptogenic Herbs (Ashwagandha, Rhodiola, Holy Basil):** Regulate cortisol, prevent immune suppression.

8. Environmental Toxin Avoidance

✔ **Filter Water:** Avoid fluoride & heavy metals.
✔ **Avoid Plastics (BPA):** Use glass or stainless steel.
✔ **Choose Organic & Grass-Fed Foods:** Reduce exposure to pesticides, hormones, and antibiotics.
✔ **Use Non-Toxic Personal Care Products:** Avoid parabens & aluminum.

9. Avoid Unnecessary Medical Radiation

Excess exposure to **medical radiation** is a known cancer risk factor. Many diagnostic procedures, such as **CT scans, X-rays, and mammograms**, expose the body to ionizing radiation, which can damage DNA and increase cancer risk over time.

Why is Radiation a Concern?

✔ **Repeated exposure** increases cumulative radiation load in the body.
✔ **Mammograms** use **ionizing radiation**, which may increase breast cancer risk in high-risk individuals.
✔ **Dental X-rays, CT scans, and fluoroscopy** all contribute to long-term radiation exposure.

Safer Alternatives to Mammograms:

✅ **Thermography:** Detects abnormal tissue changes **without radiation**.
✅ **Breast Ultrasound:** Non-invasive and effective for dense breast tissue.
✅ **MRI (Magnetic Resonance Imaging):** No radiation exposure.

Do Regular, Safe Checkups:

✔ Get **regular bloodwork and tumor marker tests** instead of unnecessary scans.
✔ Focus on **early metabolic & inflammatory markers** rather than waiting for tumor detection.
✔ Request **low-radiation alternatives** when medical imaging is required.

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