🧬Therapeutic Keto Cheat Sheet for Cancer Patients

Your Metabolic Strategy to Slow Tumor Growth & Support Healing

🎯 Purpose of the Therapeutic Ketogenic Diet

The **therapeutic keto diet** is a powerful metabolic therapy designed to:

- Starve cancer cells of their primary fuel: glucose
- Lower insulin and IGF-1 (which promote cancer growth)
- Increase ketones to nourish healthy cells and improve mitochondrial function
- Reduce inflammation and oxidative stress
- Enhance the effectiveness of other therapies like fasting, repurposed drugs, and hyperbaric oxygen

⚖️ Target Macronutrient Ratios

Stay within these ranges for deep ketosis (GKI < 1.0 if possible):

- **Fat:** 70–80% of total calories
- **Protein:** 10–20% of total calories
- **Carbohydrates:** < 10% (ideally < 20g net carbs/day)

This ensures your body enters a strong **ketogenic and anti-cancer metabolic state**.

✅ Top Foods to Eat

Choose **clean, nutrient-dense, anti-inflammatory** options:

Healthy Fats:

- Extra virgin olive oil

- Coconut oil / MCT oil
- Grass-fed butter or ghee
- Avocados
- Fatty fish (sardines, salmon, mackerel)

Proteins (moderate portions):

- Pasture-raised eggs
- Organic poultry
- Grass-fed beef or lamb
- Wild-caught fish
- Bone broth and collagen

Low-Carb Veggies:

- Cruciferous (broccoli, cauliflower, cabbage)
- Zucchini, cucumber, celery, asparagus
- Fermented vegetables (sauerkraut, kimchi)

Keto Support Foods:

- Sea salt, magnesium, and potassium (electrolytes)
- Apple cider vinegar
- Mushrooms (shiitake, reishi, turkey tail)

❌ Foods to Avoid

Eliminate anything that feeds cancer cells or triggers inflammation:

- Sugar, high-carb foods (bread, rice, pasta, fruit juices)
- Processed or refined oils (canola, corn, soybean)
- Packaged, ultra-processed foods
- Dairy (if sensitive, especially conventional milk and yogurt)
- Artificial sweeteners (e.g., aspartame, sucralose)

💊 Recommended Supplements

(Use under guidance, especially if on a cancer protocol)

- **Electrolytes** (sodium, magnesium, potassium) – Prevents keto flu
- **Omega-3s (EPA/DHA)** – Anti-inflammatory and immune supportive
- **Vitamin D3 + K2** – Supports immune health and calcium balance
- **Berberine or Metformin** – Lowers glucose/insulin if needed
- **Curcumin** – Anti-inflammatory and anti-cancer effects
- **Digestive enzymes** – Supports fat/protein digestion
- **Exogenous ketones** (optional) – Help deepen ketosis during transition

🔬 Monitoring Tools

- **Glucose meter** – Aim for fasting glucose below 85 mg/dL
- **Ketone meter (blood)** – Target 1.5–3.0 mmol/L
- **GKI (Glucose Ketone Index)** – Best results seen when GKI is below 1.0

🧠 Implementation Tips

- Start slow with carb reduction to avoid shock

- Hydrate well and use sea salt daily
- Use intermittent fasting (16:8) for better metabolic results
- Meal prep in advance to stay consistent
- Track glucose/ketones 2–3x per week
- Use the Cronometer app to track your macros

📌 Final Notes

- This is not a casual keto for weight loss. It's a therapeutic strategy.
- Commit 100% for 3–6 months minimum to see deep metabolic shifts.
- Combine with **repurposed drugs**, **fasting**, and **oxygen therapy** for maximum tumor suppression.