Treatment Protection Protocol (Minimising Damage)

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1. Fasting

- **Purpose:** Protects healthy cells, reduces toxicity, improves treatment tolerance.
- **Plan:**
    - **Before:** 24–48h water or fasting-mimicking diet before the session.
    - **During:** Continue fasting during treatment day.
    - **After:** Extend 24h post-treatment before first meal (bone broth or light soup).
    - **Tip:** Break fast with easily digestible, anti-inflammatory foods.

2. Anti-Inflammatory Support

- **CBD Oil (Full spectrum + THC):** 1 mg/kg/day — split into 2 doses (AM & PM, with fat).
- **Black Seed Oil (High thymoquinone):** 5 ml/day — with meals.
- **Curcumin (95% curcuminoids + piperine):** 2 g/day — 1 g with lunch, 1 g with dinner (with fat).
- **Omega-3 (cod liver oil)** – 2–4 g/day (with meals)

3. Liver Protection

- **Milk Thistle Extract (80% silymarin):** 500 mg/day — with meals.
- **TUDCA:** 500 mg/day — with meals.

- **Hydration:** 2+ L/day + electrolytes (Himalayan salt, potassium).

4. Immune Rebuild

- **Vitamin D3:** 10,000–20,000 IU/day + **K2-MK7** 200 mcg/day — with fat.
- **Zinc Picolinate:** 30–50 mg/day — with meals.
- **Selenomethionine:** 200 mcg twice/day — with meals.
- **Medicinal Mushrooms:** Reishi & Turkey Tail (40%+ beta-glucans) — 2 g each/day.

5. Gut Healing

- **Probiotics:** 50B CFU/day — empty stomach, away from antibiotics.
- **Fermented Foods:** Sauerkraut, kimchi, kefir (if tolerated) — daily.
- **Zinc Carnosine:** 75 mg twice/day — empty stomach.

6. Nutrient-Dense Foods

- **Grass-fed beef liver:** 2–3x/week — lightly cooked or as desiccated liver capsules.
- **Bone broth:** Daily during recovery phase.
- **Wild-caught fish, eggs, greens:** To rebuild hemoglobin, muscle mass, and mitochondria.

7. Mitochondrial Protection & Energy Support

- **CoQ10 (Ubiquinol form):** 200–300 mg/day — with fat
- **Methylene Blue:** 0.5–1 mg/kg/day — diluted in water, taken **in the morning or early afternoon** (avoid late evening to prevent insomnia)

8. Know When to Stop

- Monitor: Extreme fatigue, severe weight loss, persistent infections, organ failure markers.

- **If your body is breaking down in real time — stop before permanent damage.**

- **Do not let them send you home to die.** Your survival depends on protecting the body, not just killing the tumor.

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