Targeted Metabolic Therapy Cancer Protocol By Dr. Yahia Anane V07

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🔹 1. Ketogenic diet and fasting

✅ **Strict Therapeutic Ketogenic Diet (GKI <2)**

- **70% Fat, 20% Protein, <10% Carbs**
- **Fats:** Grass-fed butter, MCT oil, coconut oil, olive oil, and 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, garlic, onion…
- **Hydration & Electrolyte Optimization – 2+ Liters of Water + Himalayan/Sea Salt**

✅ **Intermittent Fasting (16:8h) with 2 main meals**

✅ **MCT C8**: a teaspoon 2-3 times a day with food (empty stomach only if tolerated)

✅ **48H Water-Fasting-Only, on the 2 days off from repurposed drugs**

🚨 **Monitor Blood Glucose & Ketones, first daily then 2-3 times a week (GKI Target: Under 2 for Therapeutic Effect)**

🔹 2. Repurposed (Core)

✅ **Ivermectin (0.25-1 mg/kg of body weight* 2x, 5 days on, 2 days off, with food)***

✅ **Fenbendazole (250-1000 mg*2x /day, 5 days on, 2 days off, with food)***

✅ **Itraconazole (100-300mg * 2x/day, 5 days on, 2 days off, with food)***

✅ **Baking Soda (Aluminum-free) + Lemon (instructions in section 5)**

➕ Additions

✅ **Mebendazole (250-1000 mg*2x /day, 5 days on, 2 days off, with food)***

✅ **CDS Chlorine Dioxide Solution + DMSO (instructions in section 4)****

*** Dosages depend on the type and stages of cancer, as well as liver health. The more advanced the cancer, and the healthier the liver, the higher the dosage.**

*** You can start with a quarter or half dose and increase accordingly.**

**** Can be introduced after 2-3 months to reduce early scheduling burden and improve adherence**

🔹 3. Natural Supplements (Core)

✅ **CBD OIL (Full-Spectrum with THC) (1-2 mg/kg 2x/day, with food/before bed)**

✅ **Curcumin (1g 2x/day, With Piperine, With meals)**

✅ **Berberine (500-1000 mg 2x/day, with meals)**

✅ **Omega-3 (Cod liver oil, 2-4g/day, with meals)**

✅ **Modified Citrus Pectin (3-6g *2x/day, morning/before bed, empty stomach)**

✅ **Milk Thistle (500 mg 2x/day, with meals)**

✅ **Tudca (500 mg 2x /day, with meals)**

✅ **Vitamin D3 + K2 (10,000-50,000 IU + 100-200 mcg/day, with meals)**

✅ **Magnesium Glycinate (400 mg/day, before bed)**

✅ **Zinc + copper (30mg + 2mg, with meals)**

✅ **Turkey Tail Mushroom (40%+ beta glucans) or AHCC (1-2 g*2x/day, with meals)**

✅ **Black Seed Oil (~5% Thymoquinone) (5ml 1-2x /day, with meals)**

✅ **Lactoferrin (1g/day, Morning, Morning on an empty Stomach)**

✅ **Nattokinase (4000 FU/day, Morning on an empty Stomach)**

✅ **Olive Leaf Extract (1g*2/day, with food)**

➕ Additions:

✅ **Astaxanthin (24mg 2x/day, with meals)**

✅ **Quercetin (500 mg 2x/day, with meals)**

✅ **Melatonin (100-500mg/day, before bed)**

✅ **Selenomethionine (200 mcg* 2x/daily, with meals)**

✅ **Probiotics, multistrain (50-100 billion CFU/day, Empty Stomach)**

🔹 4. Chlorine Dioxide Solution (CDS)

Chlorine Dioxide Pure CDS 3000 PPM ClO2 Glass Water Purification Solution

- **5 days on, 2 days off**

- **Maximum Daily Dose:**
  - Maximum 3 mg/kg/day of chlorine dioxide
  - 3000 ppm equals 3 mg/ml

How to Use It (Oral Protocol):

- Mix 5–30 ml of CDS in 500-1 liter of water (Distilled or filtered)
- Add 1 ml of 70% DMSO per 5ml of CDS to the oral solution to enhance absorption
- **Sip slowly throughout the day (do not drink all at once, in 3 portions)**
- Start low (5 ml) and increase as tolerated
- **On an empty stomach, at least 120 minutes away from meals or supplements**

🔹 5. Baking Soda

- **Mix**: Aluminum-free baking soda ½ tsp → 1 tsp (increase gradually) + juice of ½ lemon in 250–300 ml water.
- **Intensive 2 days:** 3–5×/day for 2 days ON, then 5 days OFF (**on the 2 days off from repurposed drugs**).
- **Daily 2x/day (If CDS is not used):**
  - **Morning** (empty stomach, 2h away from supplements and meals)
  - **Evening** (empty stomach, 2h away from supplements and meals)
- Spacing: Keep ≥2 hours away from meds/supplements (acid-dependent drugs especially).

- Stop/skip if: Bloating, nausea, ankle swelling, rising BP, or kidney discomfort.

🔹 6. 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.
- **If you do both together,** do the first treatment for 2-3 days, pause for 1 day, then do the second treatment, and repeat.

🔹 7. Exercise

The 4 Core Exercise Types:

- **Walking / Light Cycling** — Daily, reduces inflammatory markers and improves metabolic stability
- **Resistance Training** — Priority #1 for muscle preservation and strength
- **HIIT (Short Intervals)** — When tolerated, the fastest way to improve VO_2peak and oxygen capacity
- **Yoga / Breathing Exercises** — Reduces stress physiology and inflammatory signaling

If deconditioned or weak — start here:

- Seated movements and light stretching
- Chair squats, wall push-ups, seated leg raises
- Progress gradually — consistency over intensity

🔹 8. Sleep Optimization

- No food 3–4 hours before bed to prevent glucose spikes and enhance melatonin production.
- Drink chamomile tea & 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.

🔹 9. Stress Management

- Daily mindfulness or meditation or Prayer & Faith: 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).

❌ 10. 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.

🔹 The Plan

This is not a passive protocol. Cancer healing through metabolic therapy requires discipline, consistency, and long-term commitment. Outcomes are directly correlated with compliance. This protocol is designed to be evaluated over months, not weeks.

✅ 1. Baseline Bloodwork (Mandatory – Pre-Protocol)

Before starting, all patients must complete the full baseline blood panel listed above.

Purpose:

- Establish objective benchmarks
- Ensure liver and kidney safety
- Enable accurate future adjustments

📆 2. Ongoing Blood Monitoring (Mandatory)

Blood tests are required every 4 weeks without exception to monitor progress, metabolism health and liver/kidney health.

The list of blood tests is required every 4 weeks.

✔ Liver & Kidney Function (ALT, AST, ALP, GGT, Albumin, Bilirubin, EGfr, Creatinine, BUN, Uric Acid)
✔ Iron Panel (Iron, Ferritin, Transferrin Saturation%)
✔ LDH, CRP, ESR
✔ Blood Counts with differential
✔ HB1ac, fasting glucose
✔ Vitamin D, B12
✔ D-dimer
✔ Lipid Profile
✔ Tumor markers (Depends on cancer type)

⚠️ If Liver or Kidney Markers Are Elevated:

- Protocol pause and adjustments will be required
- Liver-only blood tests must be repeated 7-10 days until values are normalized

Failure to perform 4-week blood tests is considered non-compliance.

🔁 Imaging / Scan Reassessment

- A follow-up scan is recommended after 6 months of full compliance
- Earlier scans are discouraged unless clinically necessary
- Scans are used to confirm response, not to replace metabolic tracking

🧪 3. Glucose & Ketone Tracking (Non-Negotiable)

Patients must track metabolic markers to ensure therapeutic pressure on cancer metabolism.

Required Monitoring:

- **Blood Glucose (mg/dL)**

- **Blood Ketones (mmol/L)**

📅 **Frequency: At least 2–3 times per week**

🎯 **Target: GKI < 2**

This confirms therapeutic ketosis, which is essential for:

- Starving cancer cells of glucose
- Increasing metabolic stress
- Enhancing protocol effectiveness

Failure to maintain ketosis significantly reduces protocol efficacy.

🚨 5. Expected Symptoms & When to Contact your care giver

Common Early Symptoms (First 1–2 Weeks):

- **Nausea**
- **Dizziness**
- **Fatigue**
- **Blurred vision**
- **Skin eruptions or detox reactions**

✅ **These typically improve over time.**

❗ **Contact your caregiver immediately if:**

- **Symptoms worsen over time**
- **New or severe symptoms appear**

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