



C A N C E R  
R E C O M M E N D A T I O N S

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*None of the following is intended to be medical advice, diagnosis, or treatment. Please consult with your physician or other healthcare professionals regarding any medical or health-related diagnosis or treatment options.*

## PRIMARY RECOMMENDATIONS

- Read Dr. Nasha Winters book [\*The Metabolic Approach To Cancer\*](#). It contains an entire approach of exactly what I would do if I were a cancer patient. Dr. Winters is one of the most respected minds in the industry for a forward-thinking approach to holistic cancer management, and is also opening a new holistic healing center in Arizona based upon her approach to treating cancer as a metabolic disease.
- Another fantastic book is [\*The Cancer Revolution: A Groundbreaking Program to Reverse and Prevent Cancer\*](#) by Leigh Erin Connealy. In this book, I would particularly focus on the chapter that focuses on emerging alternative chemotherapy drugs, and diet, including a very helpful meal plan.
- Visit [MossReports](#) website for a comprehensive, downloadable report on alternative remedies for a wide variety of cancers.
- Visit [CareOncology](#) and [Hope4Cancer](#) for a list of practitioners who have alternative forms of immunotherapy based on [Dr. Thomas Seyfried](#)'s work.
- For precisely targeted low-dose chemotherapy combined with other cutting edge cancer treatment check out [Envita](#), in Scottsdale and Cancun.
- Review the [Mederi Breast Cancer Protocol paper](#).
- Review CMN's [Alternative Cancer Treatment website](#).
- Review cancer blood biopsy options and follow-up treatments at [Datar Cancer Genetics](#).
- For international treatments, including hyperthermia, look at [Clinic St. George or Swiss Mountain Clinic](#).
- Listen to my podcast episodes about cancer at

[BenGreenfieldLife.com](http://BenGreenfieldLife.com) with [Jonathan Otto](#), [Dr. Ahvie Herskowitz](#), [Dr. David Minkoff](#), [Eric Remensperger](#), [Ian Clark](#), [Roger Drummer](#), [Dr. Leigh Erin Connealy](#) and [Doron Sheffer](#).

## SPECIFIC RECOMMENDATIONS

- High dose vitamin D (4000-10000IU/day) - especially recommended for GI cancers - [more info here](#).
- Daily frequent consumption of hydrogen-rich water, [deuterium depleted water](#) (DDW) and [Quinton hypertonic water solution](#) (use code GREENFIELD10 for 10% discount).
- Two to six cups of organic [bone broth](#) each day, along with specific medicinal plants and mushrooms, most notably [chaga](#), [ashitaba](#), [turmeric](#), [burdock](#), [mistletoe](#), [melatonin](#) and the glycoside extracts of the digitalis and strophanthus plants. Most of this stuff you can get from [Dr. Thomas Cowan's](#) website. Use code BEN and get 15% off on your first order.
- Liberal use of the cold-pressed oils from [Andreas' Seed Oils](#). In particular, the Flax and Black Cumin are quite good for this.
- Daily use of oral [NR](#), [NAD](#), or [NMN supplements](#) and/or [NAD patches](#)/NAD IV's (unless cancer already present, particularly breast cancer).
- Methylene blue 100mg [orally](#) or [suppository](#) combined with [red light therapy](#) can be a very effective strategy. This strategy was [discussed in this podcast with Dr. Joseph Mercola and Dr. Nasha Winters](#).
- Frequent high-dose [Vitamin C](#) and ozone blood replacement IV therapies. For details, see article ["The Powerful Duo: How Glutathione and Vitamin C IV Drips Impact Cancer."](#)
- Ozone can be helpful for oxygenating cancer cells by making them more responsive to chemotherapy. Related to colon cancer and ozone, specifically consider [Colozone](#) therapy. Hyperbaric oxygen (HBOT) can also be used for this purpose but is probably not as effective.
- For fats and proteins, seed oils such as [Andreas' seed oil blends](#)



and [Kion Aminos](#) can allow for adequate fats and proteins without digestive distress or excess activation of cancer growth.

- Consider frequent use of Rife therapy, PEMF therapy, and hyperthermia using technologies such as the Ammortal Catalyst, the [Royal Rife machine](#), [Pulsecenters PEMF](#) and the [Biomat](#).
- Consider frequent use of [Hyperbaric Oxygen Therapy Chamber](#) (HBOT).
- Daily [infrared sauna](#) for 20-45 minutes.
- Daily or multiple times per week organic [coffee enema](#).
- Complete elimination of non-native EMF (NNEMF) such as Wi-Fi, bluetooth, any significant smartphone usages, etc.
- Consider high dose T-cell therapy overseas or in Mexico. [Dr. Matthew Cook](#) has a good clinic.
- Complete emotional detoxification focused on gratitude, prayer, meditation, relationships, and de-stressing.
- Mixed tocopherol and tocotrienol appear to be an effective strategy for multiple types of cancer as discussed in this [podcast with Dr. Barrie Tan](#).
- Ivermectin protocol: 12 mg daily three days a week, skip a week, then repeat. You can literally get as "[ivermectin horse paste](#)" on Amazon. Pair with organic apricot kernels ([ApricotPower.com](#)) at 5 per day and work up to 25 per day and also pair with artemisinin, 200mg, preferably taken at bedtime. More research on these protocols here:
  - Ivermectin
    - ▶ <https://www.intechopen.com/chapters/74781>
    - ▶ <https://www.mdpi.com/1422-0067/21/20/7768>
    - ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7272521/>
    - ▶ <https://pubmed.ncbi.nlm.nih.gov/32549918/>
  - Artemisinin (sweet wormwood)
    - ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7564301/>
    - ▶ <https://pubmed.ncbi.nlm.nih.gov/30395153/>

- [Protocol Formula 50](#) protocol: 1/4 teaspoon taken every 6 hours (including waking up at night to take).
- Itraconazole (antifungal drug) 200 mg take twice a day for 4 weeks - do not take if taking ivermectin. Generic name is Sporanox (example [here](#)).

This list is by no means exhaustive, and other specific protocols may also be appropriate for different forms of cancer. Nonetheless, when asked “what I'd do if I got cancer,” this is absolutely the direction I would take based on dozens of interviews and countless hours researching this topic for clients, family members and friends.

### Summary of Sample of Mederi Center Breast Cancer Protocol

Daily herb/nutraceutical capsules		
Formulations	Contents	Dosage
Herb and nutraceutical formulations Examples: Digestive support, hormonal support, neurological support, cardiac support, joint and mobility support, immune support, anti-inflammatory	Whole plant extracts Nutraceuticals Amino acids Phospholipids Essential fatty acids Vitamins and minerals Plant part (phytochemical) Standardized extracts Synthetic plant parts Bee propolis, fruit or berry extracts Fiber	Dosage range is from 2 to 6 caps per formula per day
Daily herb powders		
Plant based fiber or demulcent	Herbs or plant based insoluble fiber	½ to 1 tsp. per day. Instructions may include to add to daily smoothie or take with probiotic foods
Daily liquid preparations		
Tonic, adaptogenic formulations Medicinal smoothie	Whole plant extracts, essential oils Food and nutrient extracts	1 tsp. 2 times a day daily
Preparations for bedtime		
Supportive formulas for sleep Nutraceutical like melatonin	whole plant extracts, nutraceutical	1-5 caps at bedtime
Alternate weekly: week 1		
Formulations: Anabolic, mitochondrial support	Whole plant extracts, nutraceuticals, vitamins, minerals	1-5 caps per day
Alternate weekly: week 2		
Formulations: anti-aging, anti-cancer, cellular detoxification, hormone regulating, lipid support	Whole plant extracts, nutraceuticals, vitamins, minerals, food and phytochemical extract	1-3 caps per day
Additional support customized for the patient		
May include herb tisanes, apple cider vinegar drinks, topical preparations or eye or vaginal preparations		
Acute care treatments customized for the patient		
May include preparations for pain, seasonal immune support, sinus support, topical preparations		
Lifestyle modifications		
May include spiritual guidance, activity, exercise, massage, hydrotherapy, breathing, sleep, or enema instruction		
Diet recommendations		
Base diet prescriptions include Mediterranean diet with sourcing and proportion of plant-based: animal foods Specific adaptations may include: Directions on chewing and preparation, instructions for specific foods/social eating, and organic foods Foods to include daily, how to prepare, and instruction for salt, fiber, liquids, and bitters Dietary sources of foods such as short-chain fatty acids and butyric acid, pre/probiotic foods Food to include for seasonal variations including nuts, dairy, veggies as raw or cooked, grains, seaweeds, and spices Sources of phytochemicals, value of green tea, turmeric, and bitters for digestion		
Adaptations made for personal circumstances like travel, intolerances/sensitivities, metabolic detox, symptoms		



## ARTICLES & PODCASTS

### ARTICLES

- [Did Lebron James' Cell Phone Give Him Mouth Cancer?](#)
- [Do Muscle Building Supplements Really Cause Cancer?](#)
- [Why You Get Cancer And What You Can Do About It](#)

### PODCASTS

- [How To Cure Yourself Of Cancer: An Epic Interview With A Man Who Defied Conventional Medicine & Cured Himself Of Prostate Cancer](#)
- [Part 2: The Official Q&A On How To Cure Yourself Of Cancer – An Epic Interview With A Man Who Defied Conventional Medicine & Cured Himself Of Prostate Cancer](#)
- [How To Treat Cancer With Chinese Medicine: What Happened When Chinese Herbologist Roger Drummer Got An “Incurable” Cancer](#)
- [The Mold-Cancer Link, Resetting Your Nervous System, Dry Fasting, Nanonutrients & More With Ian Clark](#)
- [Why You’ve Been Lied To About Cancer And What You Can Do About It](#)
- [Episode #128: He Healed His Mom’s Cancer Using Diet, Nutrition & Detox...And He’s On This Audio Episode](#)
- [248: Does Fish Oil Cause Prostate Cancer, Is Milk Healthy, Are Body Fat Scales Accurate & More!](#)
- [299: Does A Vegetarian Diet Reduce Sperm Count, Cell Phones And Brain Cancer, What Is A Good “HRV” Number & More!](#)
- [318: How Artificial Light Makes You Fat, Does Red Meat Really Cause Cancer, The Best Grip For Pull-Ups & More!](#)






- [336: How Low Can Your Body Fat Go, The New “Red Meat Causes Cancer” Study, Five Ways To Know If Your Heart Is Healthy](#)

## ADDITIONAL RESOURCES

- [Alternative Cancer Treatment website](#)
- [How to Detect Cancer Before It Wreaks Havoc On Your Body](#)
- [Envita Medical Centers in Arizona](#)

# Delegate to Elevate Your Health

Personal Guidance from Ben & His Team

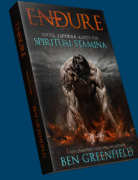
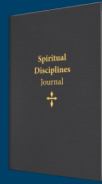
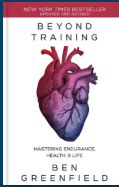
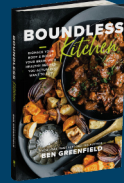
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