

My Hallmarks of Cancer

I have identified five abnormal processes that happen as a cell becomes cancerous.

These steps or 'hallmarks' of cancer are:

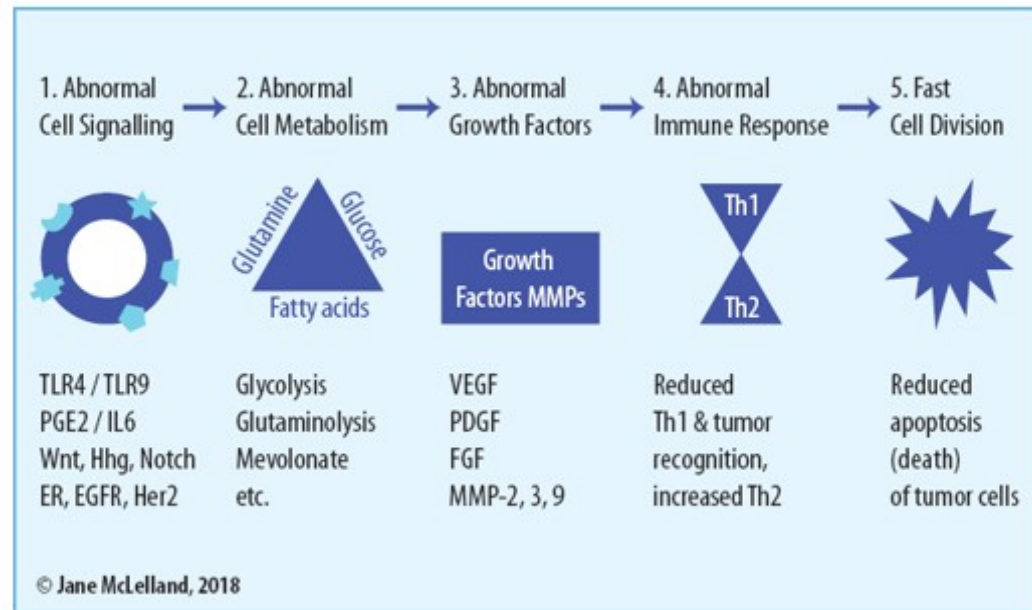


Figure 20.1. My Five Hallmarks of Cancer

Each step needs to be treated, but it remains clear to me from the published research that tackling the altered metabolism and starving the tumour is key to achieving lasting remission.

PRESS (Starve) Cancer stem cells
PULSE (Kill) fast dividing cancer cells

Triggering apoptosis of cancer cells beyond chemotherapy--

This in a nutshell, is my protocol to starve and defeat cancer:

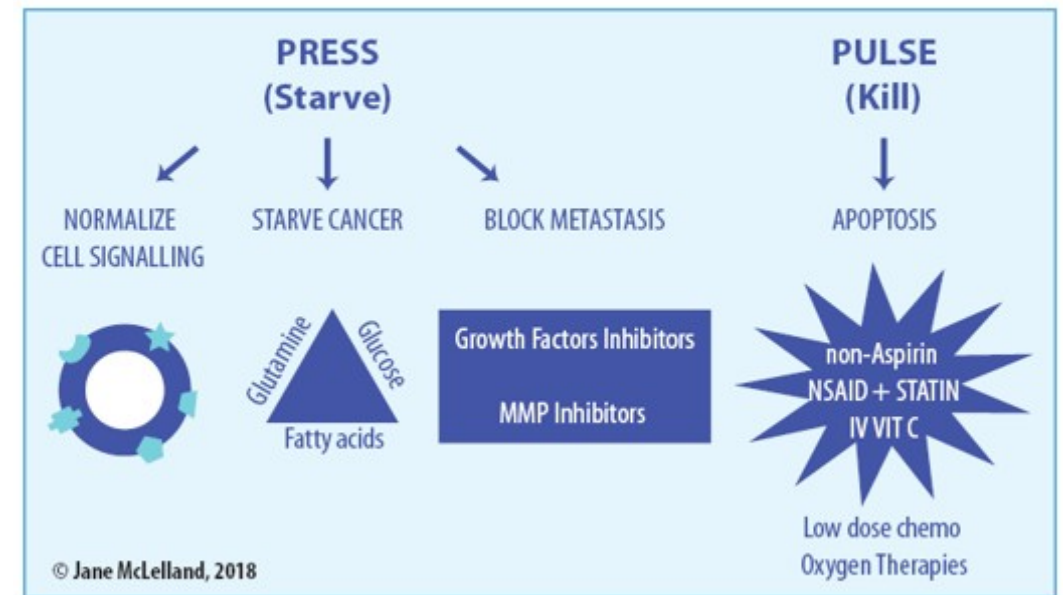


Figure 23.5. My 'Press Pulse' strategy to eradicate fast dividing cells and stem cells

Chapter Twenty-Five:

How to Kill Cancer



You've stopped the abnormal cell signalling. You've starved it. You've stopped the growth factors. You've addressed your gut issues.

This may be enough to make many early or less aggressive cancers disappear, although this approach may take longer to achieve (it can take up to 7 or 8 months for the metabolic drugs to show effects). But what if your cancer is aggressive, a stage 3 or 4, and not under control? You need to reduce the fast dividing cells too, not just the stem cells, by triggering 'apoptosis' or cancer cell suicide.

Remember that tumours contain two different sets of cancer cells; fast dividing cells and stem cells. This book is all about the stem cells. Conventional medicine is all about the fast dividing cells. Combine the two and you can more than double the results (see my graphs on the following pages).

Fast division is the last event to occur in the steps leading to transformation. These fast dividing cells are the progeny of the stem cells but not stem cells themselves.

Strategy : PRESS (STARVE)

Step 1: How to treat abnormal cell signalling (Jane: Chapter 21 Pg. 307-313)

***Supplements/drugs already taking under Abnormal Cell Metabolism**

Abnormal Cell Signaling

Abnormal Cell Signal	Inhibitors	What I am taking	My Dosage	Recommended Dosage	Remarks
Hedgehog	Berberine	Berberine			Berberine/Metformin regulate immune system Jane's says Fenben encourages IL8 (bad). Aspirin will help to alleviate this. Jane: Meben/Fenben hits every single one of the Hallmarks of cancer!
	Mebendazole/Fenben Itraconazole (fungal treatment)	Fenben			
EGFR	EGCG	Green tea			Epidermal Growth Factor Receptor
	Milk Thistle	Milk Thistle			
	Curcumin	Curcumin			
	Quercetin	Quercetin			
WNT/Beta-catenin	Dipyridamole+Aspirin	Aspirin			parasite drug
	Niclosamide				
	Luteolin	Sweet basil & Thyme leaves			
	Curcumin	Curcumin			
	Berberine	Berberine			
TLR-4	NSAIDs				take w/ flax,coconut or olive oil Toll Like Receptor (Pathogens)
	Vitamin D3	Vitamin D3			
TLR-4	Berberine	Berberine			
	LDN				
	Curcumin	Curcumin			
	Gingerol				
	6-Shogol				
	EGCG	EGCG			
	Quercetin	Quercetin			
	Sulforaphane	DIM			
	Genistein				
	Resveratrol				
Coriolus versicolor					
TLR-9	LDN				Not blocking yet
	Chloroquine/ Hydroxychloroquine				
PGE2	NSAIDs				Interleukin 1 and 6 (IL6= Inflammation)
	Aspirin	Aspirin			
	Etodalac				
Estrogen Receptor	I3C/ DIM	DIM			Pg. 312 Double positive cancers (ERPR+) fare better than ER+ alone. Patients p
	Tamoxifen				
	Zolodex/Lupron				
	Melatonin				
	Tocopherols				
	Metformin				
	Aromatase Inhibitor	Letrozole			
	Tocopherols				
	Pau dArco				
	Selenium				
Iodine (with Chemo)					
Chrysin					
Notch	Luteolin				Need to stop temporarily when triggering kill phase Need to stop temporarily when triggering kill phase
	Sulphoraphane	DIM			
	Quercetin	Quercetin			
	Niclosamide				
	Curcumin	Curcumin			
	Resveratrol Ginger (6-Shogol)				
Interleukin 1 & 6 (PGE2)	NSAID	Aspirin			
	Bromelain				
PI3K/AKT/mTOR	Prescription NSAID an Aspirin				especially important in
	Luteolin				
	Curcumin	Curcumin			
	IV Vitamin C				
	Tocotrienols	Vit E			
	Bitter melon				
	Andrographolide				
	EGCG	Green tea			
	Sulforaphane				
	DIM/I3C 6-Shogol from ginger	DIM			
MAPK	Honokiol				
	Luteolin	Sweet basil/Thyme leaves/Celery juice			

Receptor to be activated	Activator	What I am taking	My Dosage	Recommended Dosage	Remarks
AMPK	Honokiol				Magnolia bark used in Chinese medicine
PPAR gamma	Statins	Red yeast rice			master controller of fatty acid storage & glucose metabolism natural extract Strong NSAID. partly activated
	Berberine	Berberine			
	Gamma Tocopherol				
	Omega-3				
	Omega-7- Sea Buckthorn Oil				
	Pomegranate peel				
	Bitter melon				
	Honokiol				

Step 4 How to Reboot the Immune System (Jane: Chapter 24)

26 Apr-20: Need to work on this !

Address gut issues

Response	Activators	What I am taking	My Dosage	Recommended Dosage	Morning (Empty stomach)	Bk/	Practising IF daily abt 16 hours	Per ch	Before dinner	After dinner	Before sleep	Total Day	Remarks
Increase Th1/decrease	Diet (NO dairy No sugar)	Diet (NO dairy No sugar)											Th1=pathogen response, incld.Natural Killer ce
	Mushrooms espec. Reishi												Shitake, maitake, turkey tail
	IV Mistletoe												
	Cimetidine												Anti-histamine
	Shark Liver Oil (alkylglycerols)												
	Liposomal Vitamin C (starve phas Vitamin C												
	Probiotic--l-plantarum, l-casei, b-sProbiotic												
	Omega-3 Fatty Acids	Omega-3 Fatty Acids											
	Quality H2O in high quantities												
	Fermented Wheatgerm Extract												
Abnormal Immune Response	Siberian Ginseng												
	Vitamin A - preformed												
	Licorice Root												
	NAC/ Glutathione	NAC/ Glutathione											NAC=N-Acetyl Cysteine
	Garlic Extract	Garlic											
	Chlorella (balance Copper Zinc ratio with Zinc supplement)												
	Silica												
	Zinc												
	Cat's Claw												
	Astragalus												
Interleukins 1 & 6	Quercetin	Quercetin											
	Neem												
	Ginko Biloba												
	Gynostemma												
	High Intensity Exercise												
	Noni												
	Beta 1, 3	Beta 1, 3											
	Iodine	Iodine											
	Tinospora Cordifolia												
	Ginger	Ginger											
Interleukin 8	NSAID												
	Bromelain												
	Aspirin												
	EGCG												
	Curcumin												
	Probiotics												
	Chinese Scullcap												
	Resveratrol												
	Reishi mushroom												
	Panax Ginseng												
Eliminate Parasites	Tocotrienols												
	Vitamin D												
	Extended fasts												
	Omega-3 fish oil												
	Curcumin												
	Bromelain												
	Probiotics												
	Black seed oil												
	Artemisinin												
	Panax Ginseng												
Anti-Viral & Anti-Fungal	Coriolus versicolor												
	Tocotrienols												
	Vitamin D												
	Mebendazole												
	Artemisinin												
	Fenbendazole	Fenbendazole											
	Hydroxychloroquine												
	Niclosamide												
	Ivermectin												
	Taheebo (Pau d' Arco)												
Anti-Viral & Anti-Fungal	Colloidal Silver	Colloidal Silver											
	Neem												
Reishi Mushroom													

Practising IF daily abt 16 hours

Before dinner

After dinner

Before sleep

Total Day

Remarks

Strategy : PULSE (Kill fast dividing cells)

Step 5: How to Kill fast dividing cancer cells for those with active cancer; NOT Stem cells (Jane: Chapter 25)

	Pulse Strategy	Activators	What I am taking	My Dosage	Recommended Dosage	Morning (Empty stomach)	Bkft	After Bkft	Before brun	After dinner	Before sleep	Total Day	Remarks
	Apoptosis	Artemisinin											
		NSAID + Statin IV Vitamin C Low Dose Chemo IV-Curcumin Oxygen Therapies Hyperthermia IV Mistletoe Pomegranate (Punicic acid from seeds) B17 (Amygdalin) Moringa (in TNBC-need HER2+) Sulforaphane Tocotrienols	B17 (Amygdalin) Moringa I3C Vit E										prescription NSAID and not with Aspirin
	Apoptosis Process Regulator												
Abnormal Immune Response	Caspases	Feverfew											Cysteine-dependent aspartate-directed protease lowers glutathione, generate ROS, activates caspases
		Mebendazole Fenbendazole Taheebo Tocotrienols	Fenbendazole Vit E										Jane: Disrupts how cancer cells line up b4 cell
	Bcl-2/Beclin	Melatonin											
		Fucoidan Tocotrienols Capsaicin Pomegranate	Vit E										
		Feverfew Sulforaphane Fucoxanthin											
	Fas	Metformin	Berberine ?										First Apoptosis Signal receptor. Triggers Caspases
	Increase ROS												Lower Glutathione, raise ROS = Cancer cell apoptosis
		IVC Oxygen Therapies Artemisinin											
		Niclosamide Myricetin Sulforaphane Selenium	I3C										
	Lower Glutathione												
	Statin Feverfew Sulfasalazine	Red yeast rice											

Practising IF daily abt 16 hours