

Dr. Pete's Recommended Products & Therapies

*Diagnosed with Grade 4 Diffuse Astrocytoma
with ID Mutation on November 25, 2024*



DISCLAIMER — READ FIRST

DISCLAIMER: FOR EDUCATIONAL PURPOSES ONLY Dr. Pete's Recommended Products & Therapies is designed for informational and educational purposes only and is not intended as medical advice, diagnosis, or treatment. It is not a substitute for professional medical care, and you should always consult with your physician or qualified healthcare provider before making any changes to your health regimen, including diet, supplements, or alternative therapies.

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RESULTS MAY VARY Every individual is different, and results from implementing any of these recommended products and therapies will vary based on numerous factors, including genetics, existing health conditions, and adherence to the recommended products and therapies. No specific outcomes or cures are guaranteed.

TABLE OF CONTENTS

🔥 = DR. PETE'S NON-NEGOTIABLES

Who is Dr. Pete?

A Letter from Dr. Pete

A Note on Products and Services Mentioned

SECTION 1 — THE FOUNDATION: UNDERSTANDING THE PHILOSOPHY & WHY BEHIND DR. PETE'S RECOMMENDED PRODUCTS & THERAPIES

Studies From:

- Dr. Otto Warburg
- Dr. Thomas Seyfried
- Dr. Max Gerson
- The Synergy of These Approaches

SECTION 2 — METABOLIC OPTIMIZATION STRATEGIES

Keto 🔥

Intermittent Fasting

Extended Water Fasting

Juicing

Extra Virgin Olive Oil

SECTION 3 — OXYGENATION, IMMUNE & CIRCULATION THERAPIES

Hyperbaric Oxygen Therapy (HBOT) 🔥

Beta-Glucans

Colostrum & Transfer Factors

Melatonin for Immune Regulation

Probiotics & Gut Microbiome Support

Ozone Sauna

Infrared Sauna

Red Light Therapy

BEMER Therapy

Chiropractic Care 🔥

Vagus Nerve Stimulation

PEMF Therapy

High-Dose Vitamin C Therapy 🔥

Frankincense Essential Oil

HOCATT Machine

RIFE Machine

Methylene Blue

SECTION 4 — DETOXIFICATION & CELLULAR CLEANSING

Coffee Enemas
EMF Protection
Ionic Foot Bath
Milk Thistle Complex
ReVitaLyte (Electrolytes)
Modified Citrus Pectin

SECTION 5 — NATURAL ELEMENTS AND LIFESTYLE

Grounding Mat (Earthing)
Sunlight Exposure
Ocean Air Therapy
Rebounder
Hydrogen Water
Water Filters
Air Purifiers
Shower Filter
The Superhuman Protocol (Da Vinci Medical)
Truista Coffee

SECTION 6 — NUTRITIONAL HEALING & SUPPLEMENTATION

Green Tea Extract 🔥
Berberine 🔥
Essiac Gold with AHCC 🔥
Hemp Seed Oil
Mushroom Multiplex
Turmeric
EPA/DHA Omega 3
Ashwagandha
Daily Probiotic
Premium Greens MAXX
Sleep MAXX
Black Seed Oil 🔥
Graviola Leaf 🔥
RECLAIM Parasite Cleanse
Sprouts & Microgreens

SECTION 7 — ADVANCED CANCER THERAPIES

Ivermectin 🔥

Fenbendazole 🔥

Artemisinin 🔥

SECTION 8 — INSPIRATIONAL BOOKS

How to Starve Cancer by Jane McLelland

The Gerson Therapy by Charlotte Gerson & Morton Walker D.P.M

Radical Remission by Dr. Kelly A. Turner

Killing Cancer — Not People by Robert G. Wright

The Metabolic Approach to Cancer

SECTION 9 — THE BUDWIG PROTOCOL 🔥

Benefits of the Budwig Protocol

How to Make the Budwig Mixture

SECTION 10 — KETOGENIC GUIDE 🔥

Overview of the Ketogenic Diet (Keto)

Daily Macronutrient Breakdown + Foods to Eat and Not Eat

Shopping List and Meal Ideas for a Week of Strict Keto

Meal Prepping for the Week

Advanced Fasting Strategies

Sample Meal Plan (with Fasting Schedule)

Dr. Pete's Strict Keto Diet Shopping List for Cancer Support

SECTION 11 — HEALING SCRIPTURES 🔥

Bible Verses on Healing

Personalized Prayer for Healing

The Secret to Dr. Pete's Faith

SECTION 12 — RECOMMENDED SUPPLEMENTS & DR. PETE'S FUNCTIONAL HEALTH PROGRAM 🔥

WHO IS DR. PETE SULACK?

Dr. Pete is a husband, father, chiropractor, evangelist, and most importantly a devoted son of the living God! He has been in practice for 20+ years serving his local Knoxville, Tennessee community.

He and his beautiful wife Stephanie have four sons: Isaiah, Eli, Ashton and Ezekiel. Last summer, they officially added two incredible daughters-in-law to their family — Ainsley (married to Isaiah) and Savannah (married to Eli)!

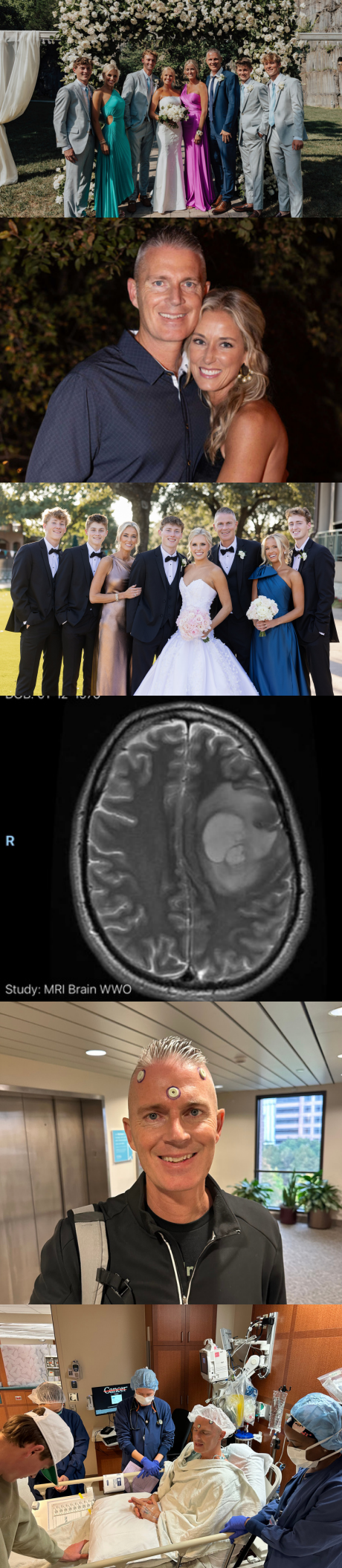
In 2006 he started Matthew 10 International as a way to have an offering to the Lord from his businesses. Matthew 10 is dedicated to proclaiming the good news of Jesus Christ, serving widows and orphans, ministering to the sick, and empowering pastors and leaders. Since its beginning, Dr. Pete has been around the world 25 times and preached to crowds of all sizes, from a few hundred slave laborers in brick factories in the Middle East to over a million souls in Nigeria, and all sizes in between!

Be RESILIENT

At Be Resilient, we focus on the body's terrain, the internal environment that determines whether the body can heal or continues to break down. Cancer and autoimmune disease arise in a body under chronic nutritional stress, inflammation, toxic burden, nervous system dysregulation, and impaired detoxification. While conventional care often manages disease, we focus on strengthening the terrain that supports cellular resilience and recovery. Nutrition is foundational to cellular energy, immune function, detoxification, and repair, yet it is often overlooked or reduced to general advice. Using comprehensive functional labs, including intracellular nutrient testing, we assess whether your cells have had the nutrients they need over the past six months. From there, we create personalized nutrition strategies, tailored meal plans, and compounded supplements based on your lab results, allowing us to move beyond symptom management by identifying nutrient gaps, inflammatory food triggers, and key genetic factors, while supporting detoxification, nervous system regulation, movement, oxygenation, and environmental toxin reduction to rebuild the terrain healing depends on.

redeem
essentials

Redeem Essentials, his comprehensive supplement line, aims to meet people where they are. We strive to bring them hope and show them their potential with honesty, integrity and trust. Our intention is that these products seamlessly integrate into your daily routine, so that everyone can experience true health! The heartbeat behind who we are is the desire to reveal to you that your life matters — you deserve to be happy & healthy and you are worthy of fully experiencing the goodness of God by walking out freedom and resilience in your mind, body and soul.



LETTER FROM DR. PETE

I am a doctor-turned-survivor. These are my exact products and therapies that saved my life and allowed me to overcome terminal brain cancer (SUPER)naturally — and how you can apply them today.

On November 25, 2024, the Monday before Thanksgiving, my life changed forever. The subtle symptoms I had been experiencing—difficulty articulating words, dropping things, struggling to write, and even being unable to play catch with my boys—had worsened. I knew something was wrong. That day, I walked into the emergency room, where a CT scan and brain MRI confirmed my worst fears: I had terminal brain cancer—a Grade 4 Diffuse Astrocytoma with an IDH mutation.

Less than three weeks later, on December 11, I underwent a 7-hour surgery, where doctors removed a 6cm by 6cm tumor from my brain. It was an experience that could have broken me—but instead, it awakened me.

I realized that the resilience of the human body is greater than we've been led to believe. The truth is, we live in a world where modern diseases—like cancer—are often seen as an inevitable fate, when in reality, they are largely preventable, manageable, and even reversible through foundational health principles. These Pillars of Health form the backbone of this PDF—the exact roadmap I followed when the world told me I had no options. Over the coming weeks and months, you will learn how to rebuild your health from the ground up, strengthen your body's innate healing potential, and create an environment where disease cannot thrive.

WHY ISN'T EVERYONE DOING THIS? Many have asked me, "If healing is possible, why isn't everyone doing it?" The answer is simple: the principles are easy, but breaking free from the conventional mindset isn't.

For decades, we've been conditioned to believe that a pill, a shot, or a quick surgery is the only solution. That if we just "listen to the experts," everything will be fine. But if that were true, why are more people than ever sicker, weaker, and more exhausted? The reality is, the modern healthcare system profits off management, not healing. But you are not powerless. You are not a statistic. You can take control of your health.

IT STARTS WITH A CHOICE I won't lie to you—this journey will challenge you. It will require you to change your mindset, break old habits, and reject the lies you've been told your entire life.

But here's the truth: If you keep doing what you're doing, you'll keep getting what you're getting. Healing requires change. Resilience demands action.

That's why I'm inviting you to step into temporary discomfort in exchange for something priceless: A body that fights for you, not against you. A mind that is sharp, clear, and focused. A spirit that is unshakable, grounded in faith. A life filled with energy, purpose, and freedom.

THE GREATEST GIFT: RESILIENCE Money, success, relationships—none of it matters without your health. At the core of true healing is resilience: the ability to bounce back, to adapt, to thrive in the face of any challenge. This PDF is about more than just surviving—it's about equipping you to live fully, fight fiercely, and reclaim your God-given vitality.

You are not alone. I will walk this journey with you. My team and I are here to guide, support, and encourage you every step of the way. Now, take a deep breath—you are stronger than you think. **THIS IS YOUR TIME TO RISE.**

Welcome to Dr. Pete's Recommended Products and Therapies. You got this. Be blessed!



A NOTE ON THE PRODUCTS & SERVICES MENTIONED IN THIS GUIDE

This PDF includes links to various products and services that Dr. Pete has personally used or found beneficial in his own health journey. These links are provided solely for convenience and as optional resources for those who may choose to explore similar approaches. There is absolutely no requirement to purchase any of these products or services. Additionally, some of the product links in this PDF may be affiliate links — however, this does not impact the recommendations provided—these links are included purely for convenience. We encourage individuals to explore all available options and consult with their healthcare provider before making any purchases or changes to their health regimen.

We understand that many individuals have expressed frustration about insurance not covering holistic or functional health programs. Because of this, Dr. Pete's goal is to simply equip individuals with knowledge and options, not to create financial pressure or imply that these specific products or services are necessary for healing. The modalities and treatments included in this PDF vary widely—from free lifestyle and dietary changes to options that require a greater financial investment. Dr. Pete's goal is not to overwhelm, but rather to equip individuals with research, resources, and practical implementation strategies so that they can make informed decisions based on their own unique health circumstances.

Everyone's journey is different, and no single approach works for everyone. This is why Dr. Pete has specifically noted which treatments and modalities have been most beneficial to **him** personally. If you are feeling overwhelmed by the amount of information or unsure where to start, these highlighted options may serve as a helpful starting point. The intention is to provide clarity—not pressure—so that individuals can determine what best suits their current health needs, lifestyle, and financial situation. Above all, these recommended products and therapies are meant to empower individuals with knowledge, not to dictate a rigid plan. Whether implementing small, free changes or exploring more advanced therapies, each person should feel confident in making choices that align with their goals and the guidance of their healthcare team.

 = **DR. PETE'S NON-NEGOTIABLES** (SEE TABLE OF CONTENTS)

These include: Faith, Keto, High-Dose Vitamin C, Hyberbaric Chamber, Chiropractic Care, Coffee Enemas, Supplements (Section 6) and Be Resilient (Section 12).

“The recommended products and therapies touch on *everything* that I have been doing and my encouragement for anyone battling cancer is to go ALL IN! But ultimately, give the Lord what you are in a position to give, and do what you are able to do, and trust that He will multiply it for His glory and for your benefit! ANYTHING is better than nothing!”

The Foundation

*Understanding the Philosophy and **Why** Behind Dr. Pete's Recommended Products and Therapies*

The journey to overcoming Grade 4 diffuse astrocytoma with an ID mutation is deeply personal, yet rooted in science and evidence-based protocols. Traditional treatment approaches focus heavily on surgery, radiation, and chemotherapy, but there is a compelling body of research supporting alternative and integrative therapies that address cancer at its metabolic core. This ebook is built on the principles of some of the most renowned pioneers in metabolic and holistic cancer treatment: Dr. Otto Warburg, Dr. Thomas Seyfried, and Dr. Max Gerson.

Dr. Otto Warburg: The Metabolic Theory of Cancer

Dr. Otto Warburg, a Nobel Prize-winning scientist, made a groundbreaking discovery in the 1920s—cancer cells rely on fermentation for energy, even in the presence of oxygen. This phenomenon, known as the “Warburg Effect,” suggests that cancer is fundamentally a metabolic disease rather than purely genetic. Warburg’s work laid the foundation for targeting cancer through metabolic therapies such as a ketogenic diet, fasting, and oxygenation therapies.

Key Takeaways from Warburg

Cancer thrives on glucose fermentation.
Mitochondrial dysfunction is a primary driver of cancer.
Oxygenation and metabolic interventions can inhibit tumor growth.

Dr. Thomas Seyfried: Cancer as a Metabolic Disease

Building on Warburg’s findings, Dr. Thomas Seyfried’s research at Boston College redefined cancer as a metabolic disorder rather than a genetic mutation-driven disease. In his book *Cancer as a Metabolic Disease*, Seyfried presents extensive evidence that targeting glucose metabolism and strengthening mitochondrial function can be a powerful strategy against cancer. His work advocates for a therapeutic ketogenic diet, calorie restriction, and fasting to deprive cancer cells of their primary fuel source—glucose.

Key Takeaways from Seyfried

Cancer is not a genetic disease but a metabolic disorder.
A ketogenic diet and fasting can starve cancer cells.
Enhancing mitochondrial function is crucial for recovery.

Dr. Max Gerson: Nutritional and Detoxification Therapy

Dr. Max Gerson, a pioneer in nutritional cancer therapy, developed the Gerson Therapy—an intensive plant-based, organic diet rich in raw juices, detoxification protocols (such as coffee enemas), and supplementation to stimulate the body's self-healing mechanisms. Gerson believed that toxicity and nutritional deficiencies were at the root of chronic diseases, including cancer. His approach focuses on rebuilding the immune system and restoring cellular function.

Key Takeaways from Gerson

Detoxification is crucial in cancer recovery.

A plant-based diet with high nutrient density supports healing.

The immune system plays a central role in fighting cancer.

The Synergy of These Approaches

Each of these pioneers contributed critical insights into cancer prevention and treatment. When integrated, their principles form a comprehensive approach that targets cancer at its core:

Metabolic Therapy (Warburg & Seyfried): Depriving cancer of glucose and enhancing mitochondrial health.

Nutritional Healing (Gerson): Strengthening the immune system through whole foods and detoxification.

Mind-Body Connection: Harnessing the power of mindset and lifestyle for healing.

This foundational understanding will guide the products, therapies, and strategies outlined in the rest of this ebook, providing a roadmap for those seeking to take an active role in their healing journey.

Key Modalities & Supplement Routine for Healing

This PDF integrates scientifically supported therapies to optimize brain health, boost immunity, and enhance metabolic function. Each modality and supplement has been extensively researched, with supporting studies validating its efficacy.

Section **Two**

Metabolic Optimization Strategies

Ketogenic Diet

POTENTIAL BENEFITS ↓

- Reduces glucose availability to cancer cells, effectively starving them
- Enhances mitochondrial function and increases ketone production
- Lowers inflammation and improves cognitive function

SCIENTIFIC SUPPORT ↓

A study in Nature Reviews Cancer (2020) found that a ketogenic diet can slow tumor growth by reducing glucose metabolism and increasing oxidative stress in cancer cells.

HOW TO INCORPORATE ↓

- 1 Maintain a macronutrient ratio of ~70% healthy fats, 20% protein, and 10% carbohydrates.
- 2 Focus on whole foods such as avocados, nuts, coconut oil, grass-fed meats, and non-starchy vegetables.
- 3 Regularly test blood ketone levels to ensure proper ketosis.



[Click Here to View](#)
Keto Mojo — Glucose
and Ketone Testing Kit

Intermittent Fasting

POTENTIAL BENEFITS ↓

- Enhances autophagy, the process of cellular cleanup and repair
- Lowers insulin levels and increases ketone production
- Reduces inflammation and supports immune function

SCIENTIFIC SUPPORT ↓

A study in Cell Metabolism (2021) showed that intermittent fasting improves metabolic flexibility and enhances mitochondrial efficiency in cancer patients.

HOW TO INCORPORATE ↓

- 1 Start with a 16:8 fasting protocol (16-hour fast, 8-hour eating window)
- 2 Gradually extend to 18:6 or even one meal a day (OMAD) as tolerated
- 3 Stay hydrated with water, herbal teas, and electrolyte-rich beverages during fasting periods

**Intermittent fasting may not be suitable for all individuals. Those with a history of health conditions should consult a healthcare professional before incorporating fasting. Personal tolerance varies, and fasting should always be approached thoughtfully and gradually.*



Extended Water Fast

POTENTIAL BENEFITS ↓

- Profoundly stimulates autophagy and cellular regeneration
- Reduces systemic inflammation and insulin resistance
- Enhances immune response by triggering the recycling of old immune cells

SCIENTIFIC SUPPORT ↓

Research in The New England Journal of Medicine (2019) confirmed that prolonged fasting enhances cellular repair, lowers IGF-1 (a growth factor associated with cancer), and boosts stem cell production.

HOW TO INCORPORATE ↓

1 Start with a short fast (24-48 hours) and gradually build up to longer durations (3-5 days or more under medical supervision)

2 Drink ample water, herbal teas, and electrolytes to prevent dehydration

3 Break the fast with easily digestible foods such as bone broth and steamed vegetables

**Extended water fasting carries additional risks and is not appropriate for everyone. Individuals should not attempt extended fasting without medical supervision.*



Juicing

POTENTIAL BENEFITS ↓

- Enhances autophagy, the process of cellular cleanup and repair
- Enhances detoxification through high chlorophyll content in green juices
- Supports immune function and helps alkalize the body

SCIENTIFIC SUPPORT ↓

A study in Nutrients (2021) found that fresh vegetable juices improve detoxification pathways, reduce oxidative stress, and enhance immune function.

HOW TO INCORPORATE ↓

1 Use organic, fresh vegetables such as carrots, celery, kale, spinach, and beets

2 Avoid high-sugar fruits; stick to low-glycemic options like green apples and lemons

3 Drink fresh juice daily, preferably on an empty stomach for maximum absorption



Extra Virgin Olive Oil

POTENTIAL BENEFITS ↓

- Fights cancer cells naturally with polyphenols like oleocanthal, which have been shown to induce apoptosis (programmed cell death) in cancer cells.
- Reduces inflammation by lowering pro-inflammatory markers linked to chronic disease and tumor growth.
- Supports immune function by enhancing antioxidant activity and protecting against oxidative stress.
- Aids in detoxification by supporting liver function and promoting bile production.
- Boosts brain and heart health by providing essential monounsaturated fats that improve cognitive and cardiovascular function.

SCIENTIFIC SUPPORT ↓

A study in Molecular & Cellular Oncology (2015) found that oleocanthal in extra virgin olive oil selectively kills cancer cells while leaving healthy cells unharmed. Research in Nutrients (2020) highlights that EVOO's polyphenols reduce oxidative stress and inflammation, key drivers of cancer progression.

HOW TO INCORPORATE ↓

- 1 Take 1-2 tablespoons of EVOO daily on an empty stomach for maximum absorption.
- 2 Use as a base for salad dressings or drizzle over cooked vegetables to retain its health benefits.
- 3 Pair with lemon juice or apple cider vinegar to enhance liver detoxification.
- 4 Choose high-quality, cold-pressed EVOO to ensure maximum polyphenol content and effectiveness.

[Click Here for my EVOO →](#)



Section **Three**

Oxygenation, Immune & Circulation Therapies

Hyperbaric Oxygen Therapy (HBOT)

POTENTIAL BENEFITS ↓

- Increases oxygen delivery to tissues, reducing hypoxia in tumors
- Enhances mitochondrial function and promotes apoptosis (programmed cancer cell death)
- Supports post-radiation healing and reduces inflammation

SCIENTIFIC SUPPORT ↓

A study published in Cancer Cell (2016) found that HBOT can reduce tumor hypoxia, making cancer cells more susceptible to metabolic therapies.

HOW TO INCORPORATE ↓

1 Sessions typically involve breathing pure oxygen in a pressurized chamber for 60-90 minutes.

**Recommended frequency: 3-5 sessions per week*

"I received this treatment at
Progressive Medical in
Atlanta, Georgia." - Dr. Pete



Beta-Glucans (*Mushroom-Derived Polysaccharides*)

POTENTIAL BENEFITS ↓

- Enhances immune system activity by stimulating macrophages and natural killer (NK) cells
- Reduces cancer cell proliferation and promotes immune surveillance

SCIENTIFIC SUPPORT ↓

A study in Cancer Immunology Research (2022) found that beta-glucans improve immune modulation and enhance tumor suppression.

HOW TO INCORPORATE ↓

1 Take 500-1000mg daily from medicinal mushroom supplements like Reishi, Shiitake, or Turkey Tail

**Mushroom Multiplex contains all three!*

[Click Here](#) for Mushroom Multiplex



Colostrum & Transfer Factors

POTENTIAL BENEFITS ↓

- Supports gut health, where 70% of immune activity originates
- Provides immunoglobulins that enhance immune function

SCIENTIFIC SUPPORT ↓

Studies in Nutrients (2021) highlight colostrum's role in modulating immune response and reducing infections.

HOW TO INCORPORATE ↓

1 Take 1-2 grams of high-quality colostrum powder or capsules daily

[Click Here](#) for ARMRA Colostrum — you can use the code **petesulack** for 15% off.



Melatonin for Immune Regulation

POTENTIAL BENEFITS ↓

- Supports deep sleep, which is crucial for immune function
- Has been shown to have anti-cancer properties through immune modulation

SCIENTIFIC SUPPORT ↓

Research in Oncotarget (2020) suggests that melatonin enhances T-cell function and supports apoptosis in cancer cells.

HOW TO INCORPORATE ↓

1 Take 5-20mg before bedtime to optimize immune regulation and sleep quality.

[Click Here](#) for Sleep MAXX



Probiotics & Gut Microbiome Support

POTENTIAL BENEFITS ↓

- Supports gut-associated lymphoid tissue (GALT), which governs immune function
- Enhances gut flora balance, reducing systemic inflammation

SCIENTIFIC SUPPORT ↓

Studies in Cell Host & Microbe (2021) confirm that probiotic supplementation enhances immunity and reduces inflammation-related diseases.

HOW TO INCORPORATE ↓

- 1 Take a high-quality multi-strain probiotic (at least 10-20 billion CFUs) daily.

[Click Here](#) for Daily Probiotic



Ozone Sauna

POTENTIAL BENEFITS ↓

- Stimulates oxygen metabolism, improving circulation
- Enhances detoxification by stimulating lymphatic drainage

SCIENTIFIC SUPPORT ↓

A study in Medical Gas Research (2018) found that ozone therapy reduces oxidative stress and enhances immune response.

HOW TO INCORPORATE ↓

- 1 Use an ozone sauna 3-4 times per week for 20-30 minutes per session.

"I received this treatment at Progressive Medical in Atlanta, Georgia." - Dr. Pete



Infrared Sauna

POTENTIAL BENEFITS ↓

- Supports detoxification through sweating and enhances mitochondrial function
- Induces mild hyperthermia, which can inhibit cancer growth

SCIENTIFIC SUPPORT ↓

A study in Integrative Cancer Therapies (2019) demonstrated that infrared sauna therapy helps detoxify heavy metals and environmental toxins.

HOW TO INCORPORATE ↓

1 Use an infrared sauna 3-5 times per week for 30-45 minutes at 120-140°F.

[Click Here](#) for more information on Sunlighten's products
— use code **drpete** to save.



Red Light Therapy

POTENTIAL BENEFITS ↓

- Stimulates cellular energy production and reduces inflammation
- Supports mitochondrial function and tissue repair

SCIENTIFIC SUPPORT ↓

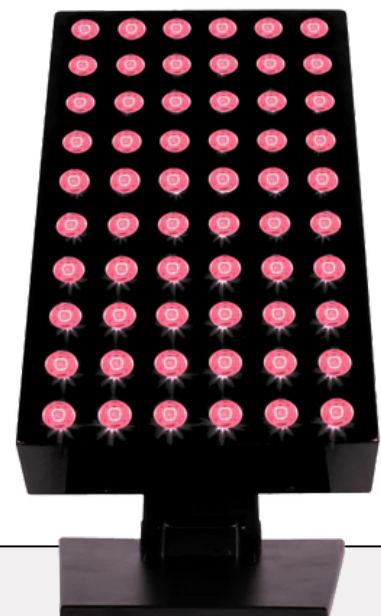
A review in Photomedicine and Laser Surgery (2020) indicates that red light therapy enhances cellular respiration and promotes tissue regeneration.

HOW TO INCORPORATE ↓

1 Use a red light therapy panel for 10-20 minutes daily, focusing on affected areas.

**Companies like Boncharge carry red lights of all sizes, so you can choose the option/size that best suits your needs.*

[Click Here](#) to check out all of Boncharge's Red Light options! If you choose to purchase, you can use the code **DRPETE** for 15% off of your order.



BEMER Therapy (*bio-electro-magnetic-energy-regulation*)

POTENTIAL BENEFITS ↓

- Enhances microcirculation and oxygen delivery to tissues
- Supports detoxification and reduces inflammation

SCIENTIFIC SUPPORT ↓

Research in The Journal of Complementary and Integrative Medicine (2021) shows improvements in circulation and immune function with BEMER therapy.

HOW TO INCORPORATE ↓

1 Sessions of 8-16 minutes twice daily using a BEMER mat.

[Click Here](http://www.bemergroup.com) to check out their site → www.bemergroup.com



Chiropractic Care

POTENTIAL BENEFITS ↓

- Optimizes nervous system function by aligning the spine, improving brain-body communication.
- Reduces inflammation by lowering stress on the nervous system and promoting a balanced immune response.
- Boosts immune function by enhancing white blood cell activity and supporting natural defense mechanisms.
- Supports detoxification by improving lymphatic drainage and circulation.
- Enhances brain health and cognitive function by reducing spinal misalignments that can impact cerebrospinal fluid flow.

SCIENTIFIC SUPPORT ↓

A study in Journal of Manipulative and Physiological Therapeutics (2010) found that chiropractic adjustments reduce inflammation and improve immune function. Research in Neuroplasticity (2016) highlights how spinal alignment directly influences brain function, neuroplasticity, and stress response.

HOW TO INCORPORATE ↓

- 1 Schedule regular chiropractic adjustments to maintain spinal alignment and nervous system health.
- 2 Combine chiropractic care with deep breathing and movement to enhance oxygenation and stress reduction.
- 3 Incorporate posture-correcting exercises to maintain spinal integrity between visits.
- 4 Pair with a holistic healing approach that includes nutrition, hydration, and proper sleep for optimal recovery.

My associate doctor, Dr. James Welch, is serving patients at Redeem Health in Knoxville, Tennessee.

✉ hello@redeemchiropractic.com

🌐 www.redeemchiropractic.com

📍 10215 Technology Drive, Suite 100
Knoxville, TN 37932



Vagus Nerve Stimulation

POTENTIAL BENEFITS ↓

- Reduces neuroinflammation by activating the cholinergic anti-inflammatory pathway
- Boosts immune function by enhancing natural killer (NK) cell activity and regulating T-cell response
- Improves mitochondrial function to enhance cellular oxygenation and energy production
- Regulates autonomic balance, reducing stress and promoting parasympathetic healing
- Enhances detoxification and lymphatic drainage, supporting brain and body recovery

SCIENTIFIC SUPPORT ↓

A 2018 study in *Frontiers in Neuroscience* highlighted how vagus nerve stimulation reduces neuroinflammation and oxidative stress, playing a key role in neuroprotection and immune modulation. Research in *Brain Stimulation* (2020) further confirms VNS enhances cognitive function and promotes cellular repair in neurological conditions.

HOW TO INCORPORATE ↓

Morning Activation: Use Vagustim for 5-10 minutes upon waking to jumpstart cellular oxygenation and reduce inflammation.

Pre-Meal Stimulation: Apply Vagustim 10-15 minutes before meals to enhance digestion and nutrient absorption.

Midday Reset: Use for 5-10 minutes in the afternoon to combat stress and promote autonomic balance.

Evening Wind-Down: Apply for 10-15 minutes before bed to improve sleep quality and stimulate the brain's detoxification process.



[Click Here](#) for Vagustim's Products

PEMF Therapy (*Pulsed Electromagnetic Field Therapy*)

POTENTIAL BENEFITS ↓

- Supports cellular repair, improves circulation, and reduces inflammation
- Enhances oxygen utilization at the cellular level

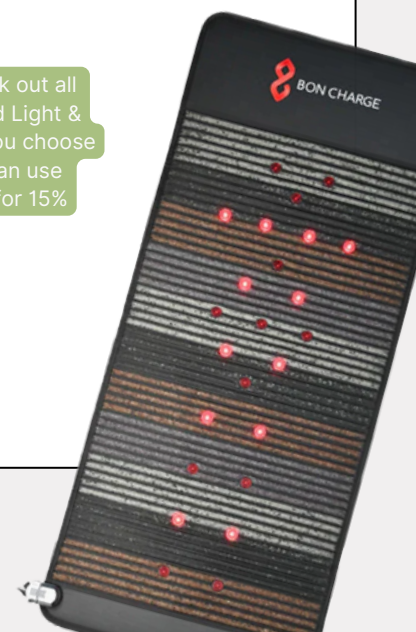
SCIENTIFIC SUPPORT ↓

Studies published in *Bioelectromagnetics* (2022) suggest that PEMF therapy improves mitochondrial function and cellular energy production.

HOW TO INCORPORATE ↓

1 Use a PEMF mat for 30 minutes daily or as directed by a practitioner.

[Click Here](#) to check out all of Boncharge's Red Light & PEMF options! If you choose to purchase, you can use the code **DRPETE** for 15% off of your order.



High-Dose Vitamin C IV

"I received this treatment at
Progressive Medical in
Atlanta, Georgia." - Dr. Pete

POTENTIAL BENEFITS ↓

- Fights cancer cells selectively by generating hydrogen peroxide, which damages tumor cells while leaving healthy cells unharmed.
- Boosts the immune system by increasing white blood cell production and enhancing natural killer (NK) cell activity.
- Reduces inflammation by neutralizing free radicals and lowering oxidative stress.
- Enhances detoxification by supporting liver function and eliminating heavy metals.
- Improves energy and mitochondrial function, aiding in cellular repair and regeneration.

SCIENTIFIC SUPPORT ↓

A study in *Frontiers in Oncology* (2021) found that high-dose IV vitamin C selectively targets cancer cells by producing oxidative stress, making it a promising adjunct therapy in cancer treatment. Research in *Redox Biology* (2020) highlights that vitamin C enhances immune function, reduces inflammation, and supports overall cellular health.

HOW TO INCORPORATE ↓

- 1 Work with an integrative doctor to determine the best dosage for your specific health needs.
- 2 Receive IV infusions 1-3 times per week based on your condition and response.
- 3 Combine with a low-inflammatory, nutrient-dense diet to enhance absorption and benefits.
- 4 Hydrate well before and after infusions to support detoxification and cellular function.

Frankincense Essential Oil (*The Cancer-Fighting Resin*)

POTENTIAL BENEFITS ↓

- Targets cancer cells naturally with boswellic acids, which have been shown to induce apoptosis (programmed cell death) in certain cancer cells.
- Reduces inflammation by inhibiting pro-inflammatory enzymes, helping to create an anti-cancer environment in the body.
- Supports immune function by modulating immune response and enhancing natural killer (NK) cell activity.
- Aids in detoxification by supporting liver function and reducing oxidative stress.
- Promotes cellular repair and regeneration, helping to protect healthy cells from damage.

SCIENTIFIC SUPPORT ↓

A study in *BMC Complementary Medicine and Therapies* (2020) found that boswellic acids in frankincense essential oil induce apoptosis in cancer cells and inhibit tumor growth. Research in *Molecules* (2019) highlights that frankincense oil has powerful anti-inflammatory and immune-modulating effects that support cancer prevention and treatment.

HOW TO INCORPORATE ↓

- 1 Diffuse frankincense essential oil daily to promote relaxation and support immune function.
- 2 Apply topically (diluted in a carrier oil) over areas of concern, such as the neck, spine, or abdomen, to support systemic healing.
- 3 Inhale directly or add to steam therapy for respiratory and immune benefits.
- 4 Consult with a healthcare practitioner before taking frankincense oil internally for cancer support.

HOCATT Machine™

Hyperthermic Ozone Carbonic Acid Transdermal Technology

POTENTIAL BENEFITS ↓

- Oxygenation and detoxification: Delivers ozone transdermally and vaginally/rectally (if applicable), which may help oxygenate tissues and support cellular detox
- Immune support: Hyperthermia mimics a fever response, which can stimulate immune cell activity
- Circulation and lymphatic drainage: CO₂ and steam improve circulation and lymphatic drainage, enhancing detox pathways
- Antimicrobial benefits: Ozone is shown to inactivate bacteria, viruses, and fungi

SCIENTIFIC SUPPORT ↓

Research indicates ozone may selectively affect cancer cells by increasing oxidative stress where antioxidant defenses are already impaired (Bocci V. et al., Medical Gas Research, 2011.)

Used in integrative cancer care, hyperthermia can potentially sensitize tumors to other therapies and modulate immune response (van der Zee, J., Annals of Oncology, 2002.)

HOW TO INCORPORATE ↓

- 1 Complete 2–4x per week depending on individual tolerance and physician supervision.
- 2 Combine with IV therapy, coffee enemas, or binders to support detox pathways.
- 3 After the session, drink at least 24–32 oz of filtered water with trace minerals to support detoxification.

Available at Redeem Health in Knoxville, Tennessee! Call (865) 675 - 2050 to schedule.

[CLICK HERE FOR MORE INFORMATION](#)



RIFE Machine

POTENTIAL BENEFITS ↓

- Targeted frequency therapy: Based on the idea that specific frequencies can disrupt pathogens or cellular dysfunction
- Pain relief and stress reduction: Anecdotally supports neurological calm and systemic balance
- Immune regulation: Some users report immune support and improved energy over time

SCIENTIFIC SUPPORT ↓

Research in biofield devices (like PEMF and other electromagnetic therapies) suggests some biological effects, including cellular signaling and mitochondrial modulation (Rubik, B., Journal of Alternative & Complementary Medicine, 2002.)

HOW TO INCORPORATE ↓

- 1 Complete 3–5x per week; 30–60 minute sessions.
- 2 Use in a relaxed setting with minimal EMF exposure. Many protocols are done during rest, meditation, or prayer.
- 3 *Before*: Drink 16–24 oz of filtered water and Take binders (charcoal, bentonite, chlorella) if doing a detox-focused session
- 4 *After*: Gentle movement (rebounding or walking) to support lymph flow; coffee enema or castor oil pack (if part of your protocol); hydrate with electrolytes or hydrogen water

Reach out to Chad Komniey (1016@frequencyrising.com or 951-303-3471) at Frequency Rising and mention Dr. Pete Sulack for the best pricing!



Methylene Blue

[Click Here to Purchase](#)

POTENTIAL BENEFITS ↓

- Supports cellular energy production by acting within mitochondria (the “powerhouses” of cells); thus promoting better energy, vitality, alertness
- May improve cognitive function: memory, focus, mental clarity
- May contribute to neuroprotection (protecting brain/nerve cells) and slow aspects of brain aging or decline
- May help slow overall cellular aging, including skin-aging
- May reduce oxidative stress and assist in mitochondrial dysfunction (which is implicated in fatigue, aging, degenerative disease)
- May enhance mood/mental resilience (via effects on brain metabolism)

SCIENTIFIC SUPPORT ↓

Mechanistic research supports these findings by explaining how Methylene Blue interacts with cellular energy systems. Reviews in *Frontiers in Cellular Neuroscience* and *Antioxidants* describe Methylene Blue as a redox-active compound that acts as an “electron cyler” within the mitochondrial electron transport chain, effectively enhancing cytochrome c oxidase activity and reducing oxidative stress. These effects have been shown to improve mitochondrial respiration and protect neurons in both cell and animal models, particularly under conditions of oxidative damage or energy depletion (*Frontiers in Cellular Neuroscience*, 2012; *Antioxidants*, 2022).

HOW TO INCORPORATE ↓

- 1 Consult your healthcare provider first, especially if taking antidepressants (SSRIs/SNRIs) or other serotonergic drugs, due to risk of serotonin syndrome
- 2 Follow the label directions or your practitioner’s guidance — dosing for wellness use is not standardized
- 3 Start low and slow to assess tolerance and watch for side effects (mild headaches, blue urine, GI upset)
- 4 Take with water; some users prefer it in the morning for mental clarity and energy
- 5 Cycle usage — consider taking short breaks rather than continuous use to prevent overexposure
- 6 Pair with mitochondrial-supporting habits like quality sleep, hydration, balanced nutrition, and exercise



Section **Four**

Detoxification & Cellular Cleansing

Coffee Enemas

POTENTIAL BENEFITS ↓

- Stimulates bile production and liver detoxification
- Enhances glutathione production, the body's master antioxidant
- Improves colon health and aids in toxin elimination

SCIENTIFIC SUPPORT ↓

Research from the National Cancer Institute highlights coffee enemas as a complementary detoxification therapy that may enhance liver function.

HOW TO INCORPORATE ↓

- 1 Use organic, mold-free coffee.
- 2 Brew with filtered water and cool to body temperature.
- 3 Administer via enema kit while lying on the right side.
- 4 Hold for 10-15 minutes, then release.
- 5 Perform 1-3 times per week.

Happy Bum Co carries enema kits, coffee and other essentials.

Coffee enemas mobilize toxins. A binder must be used to support proper toxin elimination and prevent reabsorption.

[Click here for recommended binder.](#)

Click Here to check out
Happy Bum Co's products -
if you decide to try any, you
can use the code
drpetesulack for 10% off of
your order.



EMF Protection

POTENTIAL BENEFITS ↓

- Supports cellular health by minimizing the impact of radiation on mitochondrial function
- Enhances sleep quality by mitigating the disruptive effects of EMFs on melatonin production
- Protects brain health, reducing potential neuroinflammation & cognitive disruption
- Reduces exposure to harmful electromagnetic fields (EMFs) that can contribute to oxidative stress and inflammation

SCIENTIFIC SUPPORT ↓

A study in Environmental Research (2021) found that chronic EMF exposure may increase oxidative stress, DNA damage, and cellular dysfunction. Research in Bioelectromagnetics (2019) also indicated that EMF shielding can reduce biological stress responses and improve overall well-being.

HOW TO INCORPORATE ↓

- 1 Use EMF Shields on electronic devices like phones, tablets, & laptops to minimize direct radiation exposure.
- 2 Wear EMF-blocking clothing or accessories from Body Well Company for added protection throughout the day.
- 3 Reduce EMF exposure at night by turning off Wi-Fi, keeping devices away from the bed, and using Body Well EMF-blocking sleep solutions.
- 4 Incorporate grounding techniques alongside EMF protection to balance electrical charge and support cellular repair.

Bodywell

BodyWell.com has awesome EMF
protection products — use code
drpete to save on their products!

[Click Here for More Info](#)

Ionic Foot Bath

POTENTIAL BENEFITS ↓

- Helps remove heavy metals and environmental toxins through ionization
- Rebalances the body's pH and restores bioelectrical energy
- Supports liver and kidney function by aiding toxin excretion

SCIENTIFIC SUPPORT ↓

Clinical research on ionized detoxification indicates its role in heavy metal excretion and immune function improvement.

HOW TO INCORPORATE ↓

- 1 Use a high-quality ionic foot bath system.
- 2 Soak feet in warm, ionized water for 20-30 minutes.
- 3 Perform 2-3 times per week for best results.



[Click Here for More Information](#)

Milk Thistle Complex

[Click Here for Milk Thistle Complex](#)

POTENTIAL BENEFITS ↓

- Enhances liver detoxification by supporting glutathione synthesis
- Protects brain cells from oxidative stress
- Promotes cellular repair and immune support

SCIENTIFIC SUPPORT ↓

A study in The Journal of Hepatology found that silymarin, the active compound in milk thistle, significantly improves liver function and reduces toxin-induced damage.

HOW TO INCORPORATE ↓

- 1 Take 1-2 capsules daily with meals.
- 2 Best taken in combination with other detox protocols like coffee enemas.



ReVitaLyte (Electrolyte Support)

[Click Here for ReVitaLyte](#)

POTENTIAL BENEFITS ↓

- Provides essential electrolytes and trace minerals for cellular hydration
- Enhances detoxification by supporting cellular transport
- Improves mitochondrial function and cognitive clarity

SCIENTIFIC SUPPORT ↓

Research in Molecular Nutrition & Food Research (2020) highlights the role of trace minerals in mitochondrial efficiency and toxin elimination.

HOW TO INCORPORATE ↓

- 1 Take one to two capsules throughout the day.
- 2 Use with meals to enhance absorption.
- 3 Combine with detox therapies like saunas and foot baths.



Modified Citrus Pectin

POTENTIAL BENEFITS ↓

- Blocks cancer cell metastasis by preventing galectin-3, a protein linked to tumor growth and spread, from binding to healthy cells.
- Supports immune function by enhancing natural killer (NK) cell activity and modulating inflammation.
- Aids in detoxification by binding to heavy metals like lead and mercury, helping to remove them from the body.
- Reduces inflammation by lowering galectin-3 levels, which are linked to chronic disease progression.
- Promotes gut health by acting as a prebiotic, supporting beneficial gut bacteria that influence immune and metabolic health.



SCIENTIFIC SUPPORT ↓

A study in BMC Complementary Medicine and Therapies (2019) found that modified citrus pectin inhibits metastasis and enhances immune response against cancer cells. Research in Toxicology Mechanisms and Methods (2021) highlights that modified citrus pectin effectively binds to heavy metals, reducing toxic burden and improving overall health.

HOW TO INCORPORATE ↓

- 1 Take 5-15g daily as recommended by your healthcare provider for cancer support and detoxification.
- 2 Mix into water or juice for easy consumption, preferably on an empty stomach.
- 3 Combine with other detox strategies, such as infrared sauna or fasting, to enhance heavy metal removal.
- 4 Use alongside an anti-inflammatory diet to further support immune and cellular health.

[Click Here for Modified Citrus Pectin](#)

Section **Five**

Natural Elements and Lifestyle

Grounding Mat (*Earthing*)

POTENTIAL BENEFITS ↓

- Reduces inflammation by neutralizing free radicals
- Improves sleep quality and enhances circadian rhythm regulation
- Supports immune function and reduces stress levels

SCIENTIFIC SUPPORT ↓

Research published in The Journal of Environmental and Public Health (2012) found that grounding significantly reduces inflammation, improves cortisol levels, and enhances wound healing.

HOW TO INCORPORATE ↓

- 1 Use a grounding mat while sleeping or working.
- 2 Walk barefoot on grass, soil, or sand for at least 20-30 minutes daily.
- 3 Ensure direct skin contact with the grounding surface for best results.



Sunlight Exposure

POTENTIAL BENEFITS ↓

- Increases vitamin D production, crucial for immune function and cancer prevention
- Regulates serotonin and melatonin for improved mood and sleep
- Enhances mitochondrial energy production through infrared and UV light exposure

SCIENTIFIC SUPPORT ↓

A study published in The Journal of Steroid Biochemistry and Molecular Biology (2020) confirms that adequate sunlight exposure is associated with reduced cancer risk and improved immune response.

HOW TO INCORPORATE ↓

- 1 Spend 20-30 minutes in natural sunlight daily without sunscreen.
- 2 Expose large surface areas of skin to maximize vitamin D synthesis.
- 3 Combine with outdoor physical activities like walking, stretching, or meditation.

Ocean Air Therapy

POTENTIAL BENEFITS ↓

- Reduces inflammation by neutralizing free radicals
- Supports lung health and boosts respiratory function
- Reduces stress and improves mental clarity

SCIENTIFIC SUPPORT ↓

A study in The International Journal of Environmental Research and Public Health (2018) found that negative ion exposure from ocean air can improve lung function, enhance mood, and reduce stress hormones.

HOW TO INCORPORATE ↓

- 1 Visit the ocean or a saltwater environment at least once a week.
- 2 Engage in deep breathing exercises while near ocean air.
- 3 Use salt therapy (halotherapy) if an ocean visit is not feasible.

Rebounder (*Mini Trampoline Exercise*)

POTENTIAL BENEFITS ↓

- Stimulates lymphatic circulation, aiding detoxification
- Enhances cellular oxygenation and cardiovascular health
- Supports bone density and improves balance

SCIENTIFIC SUPPORT ↓

A study in The Lymphatic Research and Biology Journal (2017) found that rebounding significantly enhances lymphatic drainage, crucial for immune function and detoxification.

HOW TO INCORPORATE ↓

- 1 Perform gentle bouncing for 5-10 minutes daily.
- 2 Gradually increase to 15-20 minutes for enhanced benefits.
- 3 Use short, controlled jumps to avoid excessive joint strain.

[Click Here](#) for the link to the rebounder that I use at home.



Hydrogen Water (The Ultimate Antioxidant Hydration)

POTENTIAL BENEFITS ↓

- Neutralizes harmful free radicals, reducing oxidative stress and inflammation.
- Enhances cellular energy production by supporting mitochondrial function.
- Boosts cognitive function and may protect against neurodegenerative diseases.
- Improves athletic recovery by reducing muscle fatigue and soreness.
- Supports gut health by balancing beneficial bacteria and reducing inflammation.

SCIENTIFIC SUPPORT ↓

A study in Medical Gas Research (2020) confirmed that hydrogen-rich water acts as a powerful antioxidant, reducing oxidative stress and inflammation in the body. Research in Frontiers in Pharmacology (2021) highlights its potential in enhancing brain function and protecting against neurological diseases.

HOW TO INCORPORATE ↓

- 1 Drink 1-2 liters daily to maximize antioxidant protection and hydration.
- 2 Use a hydrogen water bottle or machine to generate fresh hydrogen water.
- 3 Consume before and after workouts to improve recovery and endurance.
- 4 Pair with a clean, whole-food diet to enhance its detoxifying and anti-inflammatory effects.



Click Here to view Echo's hydrogen water bottle - the code **pete52950** will get you 10% off



Click Here to view AquaCure's AC50 Hydrogen Water Machine

Water Filters (*Pure Hydration, Optimal Health*)

POTENTIAL BENEFITS ↓

- Removes harmful contaminants like heavy metals, chlorine, fluoride, and bacteria.
- Improves hydration by enhancing water purity and mineral content.
- Supports detoxification by reducing exposure to endocrine disruptors and toxins.
- Enhances digestion and gut health by eliminating chemicals that can disrupt microbiome balance.
- Reduces oxidative stress, lowering the risk of chronic diseases.

SCIENTIFIC SUPPORT ↓

A study in Water Research (2021) found that high-quality water filtration removes up to 99% of common contaminants, reducing the risk of toxin accumulation. Research in Journal of Environmental Science and Health (2020) highlights that fluoride and chlorine in tap water may negatively impact thyroid and gut health.

HOW TO INCORPORATE ↓

- 1 Invest in a high-quality water filter (reverse osmosis or activated carbon).
- 2 Use a filtered pitcher or countertop system for drinking and cooking water.
- 3 Ensure your filter removes fluoride, chlorine, and heavy metals for maximum benefits.
- 4 Replace filters regularly to maintain water purity and effectiveness.

We use the **Kinetico K5 Drinking Water Station** (reverse osmosis) at home — you can reach out to info@aquaclearws.com for more information on their filters/systems!



Air Purifiers (*Breathe Clean, Live Healthy*)

POTENTIAL BENEFITS ↓

- Removes airborne toxins, allergens, and pollutants for cleaner indoor air.
- Reduces inflammation and oxidative stress caused by environmental toxins.
- Supports lung health, making it beneficial for those with asthma, allergies, or respiratory conditions.
- Boosts immune function by minimizing exposure to pathogens and airborne irritants.
- Enhances sleep quality by promoting oxygen-rich, purified air in your home.

SCIENTIFIC SUPPORT ↓

A study in *Environmental Health Perspectives* (2022) found that air purifiers significantly reduce indoor air pollution, leading to improved respiratory health and reduced inflammation. Research in *Journal of Allergy and Clinical Immunology* (2020) confirms that high-efficiency air filters can remove up to 99.9% of airborne allergens and harmful particles.

HOW TO INCORPORATE ↓

- 1 Use a HEPA-certified air purifier in your bedroom and main living spaces.
- 2 Change filters regularly to maintain optimal air purification.
- 3 Pair with houseplants that naturally detoxify the air and boost oxygen levels.
- 4 Keep windows open when possible to allow fresh air circulation while using purification.



Shower Filter (*Protect Your Skin & Health*)

POTENTIAL BENEFITS ↓

- Removes harmful contaminants like heavy metals, chlorine, fluoride, and bacteria.
- Improves hydration by enhancing water purity and mineral content.
- Supports detoxification by reducing exposure to endocrine disruptors and toxins.
- Enhances digestion and gut health by eliminating chemicals that can disrupt microbiome balance.
- Reduces oxidative stress, lowering the risk of chronic diseases.

SCIENTIFIC SUPPORT ↓

A study in *Water Research* (2021) found that high-quality water filtration removes up to 99% of common contaminants, reducing the risk of toxin accumulation. Research in *Journal of Environmental Science and Health* (2020) highlights that fluoride and chlorine in tap water may negatively impact thyroid and gut health.

HOW TO INCORPORATE ↓

- 1 Invest in a high-quality water filter (reverse osmosis or activated carbon).
- 2 Use a filtered pitcher or countertop system for drinking and cooking water.
- 3 Ensure your filter removes fluoride, chlorine, and heavy metals for maximum benefits.
- 4 Replace filters regularly to maintain water purity and effectiveness.

Superhuman Protocol — *Da Vinci Medical*

[Click here for more information or to shop.](#)

The Superhuman Protocol integrates three synergistic therapies—PEMF (Pulsed Electromagnetic Field therapy), EWOT (Exercise With Oxygen Therapy), and Red Light Therapy—to enhance cellular health, boost energy, and accelerate recovery. Below is a structured protocol outlining the potential benefits, scientific support, and practical steps for daily or weekly incorporation.

PULSED ELECTROMAGNETIC FIELD (PEMF) THERAPY

POTENTIAL BENEFITS ↓

- Enhances cellular energy production by stimulating mitochondria.
- Improves blood circulation and oxygenation of tissues.
- Reduces inflammation and promotes tissue repair.
- Supports detoxification processes and balances the body's electromagnetic field

SCIENTIFIC SUPPORT ↓

PEMF therapy has been shown to promote tissue repair, reduce inflammation, and alleviate pain in various musculoskeletal conditions.

EXERCISE WITH OXYGEN THERAPY (EWOT)

POTENTIAL BENEFITS ↓

- Increases oxygen delivery to tissues, enhancing endurance and performance
- Accelerates recovery by reducing lactic acid buildup
- Boosts immune function and supports detoxification
- Improves cognitive function and mental clarity

SCIENTIFIC SUPPORT ↓

Oxygen therapy has been used to improve oxygenation in various conditions, leading to enhanced physical performance and recovery.

RED LIGHT THERAPY

POTENTIAL BENEFITS ↓

- Stimulates collagen production, improving skin elasticity and reducing wrinkles.
- Enhances muscle recovery and reduces inflammation.
- Promotes wound healing and tissue repair.
- Supports hair growth and reduces hair loss.

SCIENTIFIC SUPPORT ↓

Red light therapy has been shown to improve skin health, reduce pain and inflammation, and promote tissue healing.

MORNING

Begin with 10–20 minutes of PEMF therapy to energize cells and prepare the body for the day.

MIDDAY

Perform a 15–20 minute EWOT session during moderate exercise to enhance oxygen delivery and performance.

EVENING

Conclude with 10–20 minutes of red light therapy to promote recovery, reduce inflammation, and support skin health.

WEEKLY

Aim for at least 3–5 EWOT sessions per week, depending on fitness goals and recovery needs.

Maintain daily PEMF and red light therapy sessions for consistent benefits.



Truista Coffee

[Click here for more information or to shop.](#)

POTENTIAL BENEFITS ↓

- **Cleaner caffeine for sustained energy:** Truista's mold- and mycotoxin-free beans provide the natural energy boost of coffee without the jittery, inflammatory, or "crash" effects often linked to contaminated or low-quality beans
- **Supports mitochondrial function:** Caffeine and coffee polyphenols have been shown to enhance mitochondrial efficiency, promoting alertness and cellular energy production
- **Protects against toxins and oxidative stress:** Truista tests each batch for over 380 potential contaminants, including mold, mycotoxins, heavy metals, and pesticides, reducing the toxic load that can burden detoxification and immune pathways

SCIENTIFIC SUPPORT ↓

Several studies have demonstrated that while coffee can offer cognitive and metabolic benefits, the quality and cleanliness of the beans dramatically influence those effects. Research in Food Control and Toxins journals has identified common mycotoxins in conventional coffee, such as ochratoxin A and aflatoxins, which can impair mitochondrial respiration, damage DNA, and promote oxidative stress when chronically consumed ([Food Control, 2013](#); [Toxins, 2021](#)). Truista Coffee mitigates this risk by testing every batch for more than 380 contaminants, including mold, mycotoxins, pesticides, and heavy metals—ensuring "non-detectable" levels before roasting.

HOW TO INCORPORATE ↓

- 1 Brew preferably in the morning or early afternoon as part of the daily routine; avoid drinking too late in the day to preserve sleep quality.
- 2 Use moderate caffeine amounts (e.g., 1–2 cups (8 oz each) rather than "as much as possible") so your system isn't overloaded.
- 3 Pair with clean water and avoid sugar or high glycemic additives; consider healthy additions (e.g., grass-fed butter/MCT, or a small amount of cinnamon) if using "bullet-style" coffee.
- 4 Make sure your overall coffee intake supports, not hinders, the resilience goals: if inflammation, sleep disturbance or adrenal stress are present, adjust accordingly (e.g., reduce to one cup or switch to decaf).



Section **Six**

Nutritional Healing and Supplementation

Green Tea Extract

POTENTIAL BENEFITS

EGCG (epigallocatechin gallate) is a potent antioxidant that inhibits tumor growth and metastasis

Enhances detox pathways in the liver and brain

Increases cancer cell sensitivity to metabolic therapies

SCIENTIFIC SUPPORT

Research in Cancer Prevention Research (2021) indicates that EGCG can modulate cancer metabolism and suppress tumor cell proliferation.

HOW TO INCORPORATE

1 Take 1 to 2 capsules daily, split into two doses with meals.

[Click Here](#) for Green Tea Extract



Berberine

POTENTIAL BENEFITS

Lowers glucose and insulin levels, effectively starving cancer cells of fuel

Activates AMPK, similar to Metformin, to inhibit tumor growth

Supports gut health and immune function

SCIENTIFIC SUPPORT

A study in Nature Communications (2021) found Berberine to be a potent metabolic disruptor in cancer cells.

HOW TO INCORPORATE

1 Take 500mg (1 capsule) 2-3 times daily with meals.

[Click Here](#) for Berberine



Essiac Gold with AHCC

POTENTIAL BENEFITS

Enhances immune response against cancer cells

AHCC (Active Hexose Correlated Compound) increases NK cell activity and modulates the immune system

Supports liver detoxification and overall cellular health

SCIENTIFIC SUPPORT

Clinical trials in Integrative Cancer Therapies (2022) show Essiac tea supports immune health in cancer patients.

HOW TO INCORPORATE

Take 1-2 oz daily before meals.

[Click Here](#) for Essiac Gold



Hemp Seed Oil

POTENTIAL BENEFITS

Rich source of omega-3 and omega-6 essential fatty acids in the ideal 3:1 ratio for heart, brain, and joint health

Supports healthy skin, hair, and nails through natural vitamin E and antioxidants

Promotes balanced inflammation response and overall cellular health

SCIENTIFIC SUPPORT

Research in Journal of Agricultural and Food Chemistry and Nutrition & Metabolism highlights that hemp seed oil supports cardiovascular health, improves skin barrier function, and provides anti-inflammatory benefits.

HOW TO INCORPORATE

Take 2 liquid capsules daily, preferably with food.

[Click Here](#) for Hemp Seed Oil



Mushroom Multiplex

POTENTIAL BENEFITS

Contains Reishi, Lion's Mane, Cordyceps, and Turkey Tail to boost immunity and cognitive function

Supports neuroprotection and brain regeneration

Improves cellular oxygenation and energy production.

SCIENTIFIC SUPPORT

Studies in Frontiers in Immunology (2021) show that medicinal mushrooms enhance immune function and may inhibit tumor growth.

HOW TO INCORPORATE

Take 2 capsules daily with food.

[Click Here](#) for Mushroom Multiplex



Turmeric

POTENTIAL BENEFITS

Powerful anti-inflammatory and antioxidant properties

Inhibits cancer cell growth and supports brain health

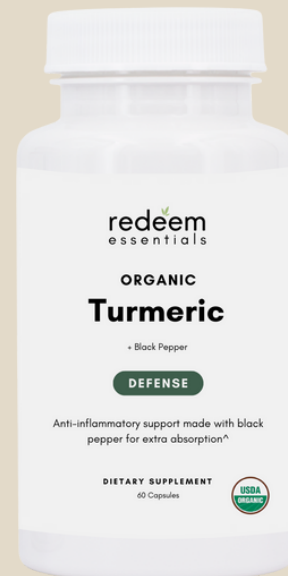
SCIENTIFIC SUPPORT

Research in Cancer Letters (2019) highlights curcumin's role in reducing inflammation and tumor progression.

HOW TO INCORPORATE

Take 1000-2000mg daily, split into two doses.

[Click Here](#) for Turmeric



EPA/DHA Omega 3

POTENTIAL BENEFITS

Supports brain function, reduces inflammation, and enhances cellular repair

SCIENTIFIC SUPPORT

The American Journal of Clinical Nutrition (2020) confirms that DHA/EPA enhance cognitive function and immune response.

HOW TO INCORPORATE

Take 2000mg daily.

[Click Here](#) for EPA/DHA Omega 3



Ashwagandha

POTENTIAL BENEFITS

Reduces cortisol and supports brain function

SCIENTIFIC SUPPORT

Studies in Phytomedicine (2020) validate Ashwagandha's neuroprotective and immune-enhancing properties.

HOW TO INCORPORATE

Take 600mg daily.

[Click Here](#) for Ashwagandha



Daily Probiotic

POTENTIAL BENEFITS

Balances gut microbiome, enhances digestion, and supports immune function

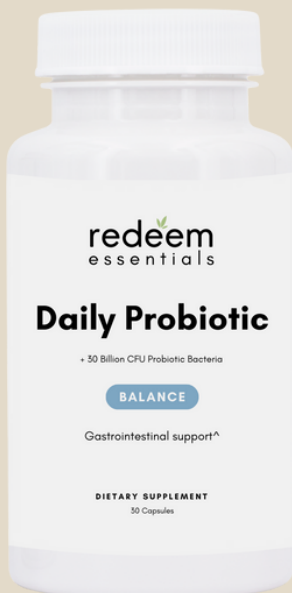
SCIENTIFIC SUPPORT

Research in Gut Microbes (2021) supports probiotics' role in reducing inflammation and improving gut health.

HOW TO INCORPORATE

Take 1 capsule daily before meals.

[Click Here](#) for Daily Probiotic



Premium Greens MAXX

POTENTIAL BENEFITS

Alkalizes the body and reduces inflammation.

Provides antioxidants and polyphenols for detoxification

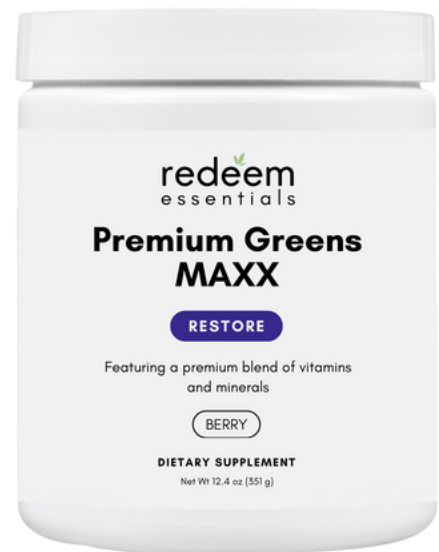
SCIENTIFIC SUPPORT

Studies in Nutrients (2020) show that greens supplementation improves immune function and detoxification.

HOW TO INCORPORATE

Take 1 scoop daily in water or a smoothie.

[Click Here](#) for Premium Greens MAXX



Sleep MAXX

POTENTIAL BENEFITS

Contains magnesium, valerian, and melatonin to enhance sleep quality and recovery

SCIENTIFIC SUPPORT

Studies in Sleep Medicine Reviews (2021) validate melatonin's role in improving sleep and reducing oxidative stress.

HOW TO INCORPORATE

Take one to two capsules, 30 minutes to one hour before bed.

[Click Here](#) for Sleep MAXX



Black Seed Oil

POTENTIAL BENEFITS

Powerful anti-inflammatory properties that help reduce chronic inflammation linked to cancer, autoimmune conditions, and metabolic disorders

Boosts immune function by enhancing natural killer (NK) cell activity and supporting a healthy immune response

Promotes gut health by balancing the microbiome, reducing bloating, and improving digestion

Aids in detoxification by supporting liver function and enhancing the body's natural cleansing processes

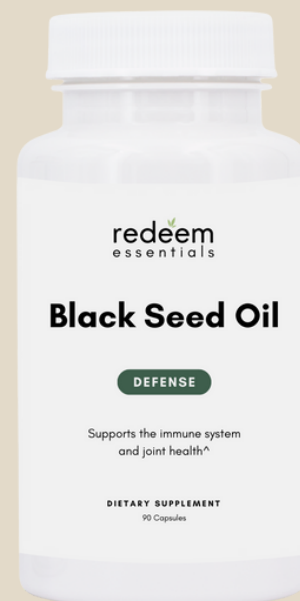
SCIENTIFIC SUPPORT

A study in Advances in Pharmacological Sciences (2018) confirmed that black seed oil (*Nigella sativa*) exhibits strong anti-inflammatory, antioxidant, and immune-modulating effects, making it a powerful natural therapy.

HOW TO INCORPORATE

Take 1 capsule 1 to 2 times daily with food.

[Click Here](#) for Black Seed Oil



Graviola Leaf

POTENTIAL BENEFITS

Fights cancer cells naturally with acetogenins, compounds shown to target and inhibit tumor growth

Boosts immune function by enhancing white blood cell activity and reducing oxidative stress.

Supports detoxification by helping the liver and kidneys eliminate toxins

Reduces inflammation with powerful antioxidants that combat free radical damage

Promotes healthy digestion with fiber and natural antimicrobial properties that support gut health

SCIENTIFIC SUPPORT

A study in Cancer Letters (2018) found that soursop (Graviola) contains acetogenins that can selectively target and kill cancer cells while sparing healthy cells. Research in Oxidative Medicine and Cellular Longevity (2020) highlights that soursop's high antioxidant content helps reduce inflammation and strengthen immune defense mechanisms.

HOW TO INCORPORATE

Take 1 capsule 1 to 2 times daily with food, or as directed by your healthcare provider.

[Click Here for Graviola Leaf](#)



redeem
essentials

Redeem Essentials is a comprehensive supplement line founded to promote optimal health, wellness, and balanced lifestyle with a product range including 12 distinct categories addressing a broad spectrum of needs. Redeem Essentials is the embodiment of quality, integrity, and dedication to wellbeing, as it offers a tailored, holistic approach to health through its vast selection of supplements.

With these daily supplements, Redeem Essentials aims to meet people where they are. We strive to bring them hope and show them their potential with honesty, integrity and trust. Our intention is that these products seamlessly integrate into your daily routine, so that everyone can experience true health! The heartbeat behind who we are is the desire to reveal to you that your life matters — you deserve to be happy & healthy and you are worthy of fully experiencing the goodness of God by walking out freedom and resilience in your mind, body and soul. We believe in you - no matter what anyone has ever said to you, there is hope for a brighter and better tomorrow!

The best part? Redeem Essentials was created to give back — **10% of every purchase goes toward our nonprofit partner Matthew 10 International.** By investing in your health, you are investing in the lives of others, too!

If you are interested in any of the Redeem Essentials supplements mentioned, consider taking this free quiz to determine the best supplements to suit your needs!

Find Your Supplement Essentials ↓

[Tap or Click Here to Take the Quiz](#)

RECLAIM Cleanse

POTENTIAL BENEFITS ↓

- Targets parasites, yeast, and harmful microbes with powerful herbal blends
- Supports detox pathways, liver function, and lymphatic drainage for effective cleansing
- Helps restore gut balance, reduce bloating, and promote long-term digestive resilience

SCIENTIFIC SUPPORT ↓

Studies in *Journal of Ethnopharmacology* and *Alternative Medicine Review* support the use of herbs like clove, black walnut, wormwood, and milk thistle for their anti-parasitic, antifungal, and detox-supporting properties.

HOW TO INCORPORATE ↓

Follow the 30-day program guide:

- Phase 1 (Days 1–10): Awaken & attack pathogens
- Phase 2 (Days 11–20): Drain & repair with CoreCleanse
- Phase 3 (Days 21–30): Rebuild gut health & resilience

[Click Here](#) for the RECLAIM Cleanse

Sprouts & Microgreens

[Click here to shop and use code DRPETE to save!](#)

POTENTIAL BENEFITS ↓

- Provide highly concentrated vitamins, minerals, antioxidants, and phytonutrients in a whole-food form
- Support cellular detoxification pathways through compounds such as glucosinolates and sulforaphane (especially from broccoli sprouts)
- Help reduce oxidative stress and inflammation, which are commonly elevated in cancer and during treatment

SCIENTIFIC SUPPORT ↓

Research shows microgreens and sprouts contain significantly higher levels of vitamins, carotenoids, and polyphenols compared to mature vegetables and are classified in the literature as functional foods—foods that provide benefits beyond basic nutrition, though not a replacement for medical treatment.

HOW TO INCORPORATE ↓

- 1 Add small amounts of sprouts or microgreens daily to salads, smoothies, soups, or as meal toppers to gently increase nutrient intake
- 2 Rotate varieties (broccoli sprouts, salad mixes, protein blends) to support nutrient diversity and consistency
- 3 Use caution with raw sprouts in immunocompromised individuals—consult a healthcare provider and consider lightly cooked options if needed
- 4 Focus on regular, sustainable intake rather than large servings, especially during periods of reduced appetite or digestion sensitivity

Section **Seven**

Advanced Anti-Cancer Therapies

Ivermectin

POTENTIAL BENEFITS ↓

- Disrupts cancer metabolism and inhibits tumor cell proliferation
- Modulates the immune system to enhance anti-tumor responses
- Interferes with glutamate signaling, affecting cancer cell growth

SCIENTIFIC SUPPORT ↓

A study in EMBO Molecular Medicine (2020) found that ivermectin has anti-cancer properties by targeting cancer metabolism and inhibiting tumor progression.

**Ivermectin is a prescription medication and must be prescribed and supervised by a licensed medical provider.*

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Artemisinin

POTENTIAL BENEFITS ↓

- Targets iron-rich cancer cells, inducing oxidative stress and apoptosis
- Disrupts cancer cell metabolism and inhibits angiogenesis (prevents blood vessel formation)
- Enhances the effectiveness of conventional and metabolic therapies

SCIENTIFIC SUPPORT ↓

A study in Cancer Letters (2022) found that artemisinin selectively targets iron-rich tumor cells, leading to apoptosis and inhibited tumor growth.

**Artemisinin use should be guided and monitored by a licensed medical provider.*

Section **Eight**

Inspirational Books

How to Starve Cancer by Jane McLelland

How to Starve Cancer by Jane McLelland is a groundbreaking book that details how cancer patients can use a combination of conventional and alternative therapies to target cancer metabolism and cut off its fuel sources. The book is based on McLelland's personal experience surviving terminal cancer using a strategic approach that includes off-label drugs, supplements, and dietary interventions.

KEY TAKEAWAYS

1 Cancer Thrives on Multiple Fuel Sources

McLelland explains that cancer is adaptable and can switch between different energy sources:

- Glucose (Sugar) – The primary fuel for most cancers (Warburg Effect)
- Glutamine (Amino Acid) – Another key fuel, often overlooked
- Lipids (Fats) – Some cancers can use fatty acids when glucose is restricted

To “starve” cancer, multiple fuel pathways must be blocked simultaneously.

2 The McLelland “Metro Map” Approach

She introduces a “Metro Map”, a visual guide showing different cancer growth pathways and how they can be inhibited.

By using a multi-targeted approach, cancer can be weakened and made more vulnerable to treatments.

3 Repurposed (Off-Label) Drugs

McLelland used common, non-cancer drugs to block cancer's metabolic pathways. Some key ones include:

- Metformin* – A diabetes drug that reduces glucose availability
- Mebendazole* – An antiparasitic drug that inhibits cancer cell growth
- Statins* – Cholesterol-lowering drugs that can disrupt cancer's ability to use fats
- Doxycycline* – An antibiotic that targets mitochondria in cancer cells

These drugs are low-cost, widely available, and often have fewer side effects than conventional chemotherapy.

4 The Role of Diet

A ketogenic (low-carb, high-fat) diet can limit glucose availability to cancer cells.

Intermittent fasting and caloric restriction can further deprive cancer of nutrients.

Some cancers, however, may switch to glutamine or fats when glucose is restricted, requiring additional interventions.

5 Supplements to Enhance Treatment

McLelland suggests using certain supplements to block cancer's metabolic pathways, such as:

Berberine – A natural alternative to Metformin.

Curcumin – Has anti-inflammatory and anti-cancer properties.

EGCG (Green Tea Extract) – Can inhibit cancer cell metabolism.

Resveratrol – May help cut off fuel sources.

6 Combining Treatments for Maximum Impact

McLelland emphasizes that a single therapy isn't enough—a combination approach is needed.

Conventional treatments like chemotherapy, radiation, or immunotherapy can be enhanced when used alongside metabolic interventions.

Who should read this book?

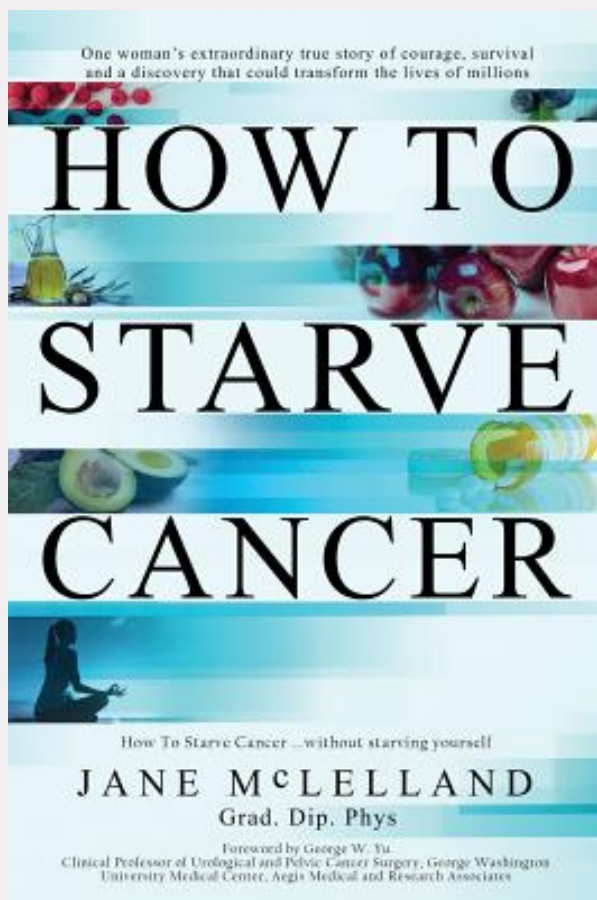
Cancer patients looking for ways to supplement traditional treatments.

Caregivers and doctors interested in metabolic approaches to cancer treatment.

People at high risk for cancer who want to explore preventive strategies.

Final Thoughts

McLelland's book offers a unique and practical guide to understanding and targeting cancer's weaknesses. It bridges the gap between conventional medicine and metabolic therapies, making it a valuable resource for anyone dealing with cancer. However, she advises that all treatments should be discussed with a medical professional before implementation.



The Gerson Therapy by Charlotte Gerson & Morton Walker D.P.M

“The Gerson Therapy: The Proven Nutritional Program for Cancer and Other Illnesses” by Charlotte Gerson and Morton Walker outlines the Gerson Therapy, a holistic, nutrition-based approach to healing cancer and chronic diseases. Developed by Dr. Max Gerson, this therapy focuses on detoxification, a plant-based diet, and juicing to stimulate the body’s natural healing abilities.

KEY PRINCIPLES OF THE GERSON THERAPY

Detoxification is the key to healing.

The therapy argues that toxins from processed foods, pollution, and medications accumulate in the body, weakening the immune system and contributing to cancer.

The liver is the primary detox organ, and supporting it is essential for recovery.

Coffee enemas are used multiple times daily to help the liver eliminate toxins.

Nutrient-Dense Diet to Repair the Body

The therapy relies on organic, whole plant-based foods to flood the body with essential nutrients.

The Gerson diet eliminates:

- Processed foods

- Animal products (except a small amount of yogurt in some cases)

- Salt, refined sugars, and oils

- Alcohol and caffeine

- Patients consume 15–20 pounds of organic fruits and vegetables daily.

Fresh Juicing for Maximum Nutrient Absorption

Patients drink 13 fresh juices per day (one every hour), made from carrots, apples, and leafy greens.

Juicing allows for easy digestion and rapid absorption of nutrients, especially for those with weakened digestive systems.

A special Norwalk hydraulic press juicer is recommended to preserve maximum nutrients.

Supplements to Support Healing

The therapy includes specific supplements like:

- Potassium compound (to correct cellular imbalances)

- Lugol’s iodine solution (to support thyroid function)

- Pancreatic enzymes (to aid digestion and fight cancer cells)

- Niacin (Vitamin B3) (for improved circulation and detoxification)

Oxygenation for Cellular Energy

Gerson believed that cancer thrives in low-oxygen environments

The therapy enhances oxygenation by improving hemoglobin levels through diet and detoxification

Conditions Treated with Gerson Therapy

Originally designed for tuberculosis, it later became popular for cancer treatment.

Supporters claim success in treating:

- Cancer (especially melanoma, breast and colon cancers)
- Diabetes
- Heart disease
- Autoimmune disorders
- Arthritis

Scientific Support and Controversy

While there are anecdotal success stories, mainstream medicine does not recognize Gerson Therapy as a cure for cancer due to a lack of large-scale clinical trials

Critics argue that:

- The diet alone cannot cure cancer.
- Coffee enemas may be risky, potentially leading to electrolyte imbalances.
- The therapy requires strict adherence, making it difficult for many patients.

Who should read this book?

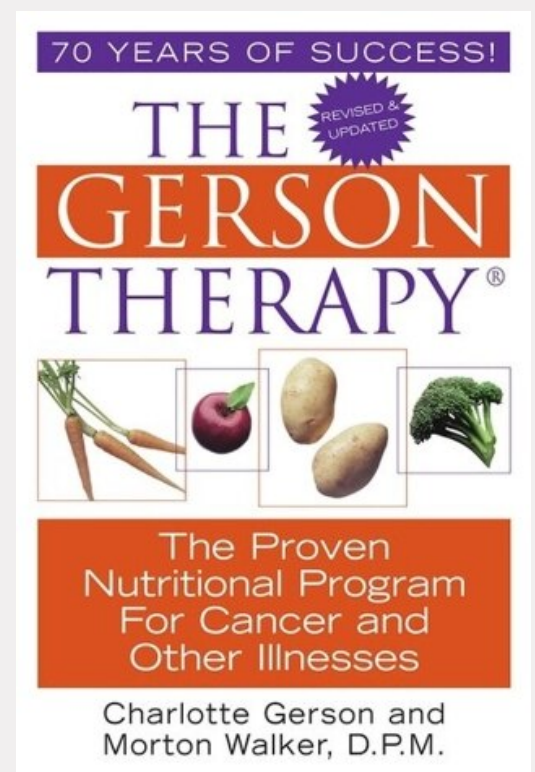
Cancer patients and people with chronic illnesses looking for alternative or complementary treatments.

Those interested in natural healing and detoxification.

Holistic health practitioners seeking an in-depth guide to nutritional healing.

Final Thoughts

“The Gerson Therapy” provides a comprehensive guide to detoxification and nutrition-based healing, advocating a natural, food-as-medicine approach. While it remains controversial, it has inspired many people to explore dietary and lifestyle changes for disease prevention and recovery.



Radical Remission by Dr. Kelly A. Turner

“Radical Remission: Surviving Cancer Against All Odds” by Dr. Kelly A. Turner explores the common factors shared by cancer patients who have experienced unexpected recoveries, often without conventional treatments like chemotherapy or radiation. Based on her research of over 1,000 cases of “radical remission”, Turner identifies nine key healing factors that these survivors have in common.

KEY PRINCIPLES OF RADICAL REMISSION

Radically Changing Your Diet

Cancer survivors eliminated processed foods, sugar, and dairy.

They consumed organic, plant-based diets rich in antioxidants.

Many included juicing, fasting, and supplements to support immune function.

Taking Control of Your Health

Instead of passively following medical advice, these patients actively participated in their treatment.

They researched alternative therapies, sought second opinions, and made informed choices.

Following Your Intuition

Many survivors reported relying on gut feelings to guide their treatment decisions.

Some felt intuitively drawn to certain diets, therapies, or even lifestyle changes that improved their health.

Using Herbs and Supplements

Many patients used natural supplements like:

- Curcumin (turmeric) for its anti-inflammatory properties.

- Mushroom extracts (Reishi, Cordyceps) to boost immunity.

- Vitamin C and D to support healing.

They often worked with integrative doctors to tailor their supplement regimen.

Releasing Suppressed Emotions

Turner found that emotional trauma was a common theme in cancer patients.

Healing often required confronting past grief, anger, or resentment.

Many practiced therapy, journaling, or forgiveness exercises to release emotional burdens.

Increasing Positive Emotions

Radical remission survivors actively cultivated joy, gratitude, and laughter.

Practices like meditation, yoga, and spending time with loved ones played a big role in healing.

Deepening Spiritual Connection

Many patients leaned into faith, prayer, or spiritual practices for guidance and healing.

This wasn't always religious—some connected with nature, mindfulness, or inner peace.

Having Strong Social Support

A loving, supportive community was a key factor in recovery.

Patients surrounded themselves with positive, uplifting people who encouraged their healing journey.

Having a Strong Reason to Live

Every radical remission survivor had a powerful purpose or goal.

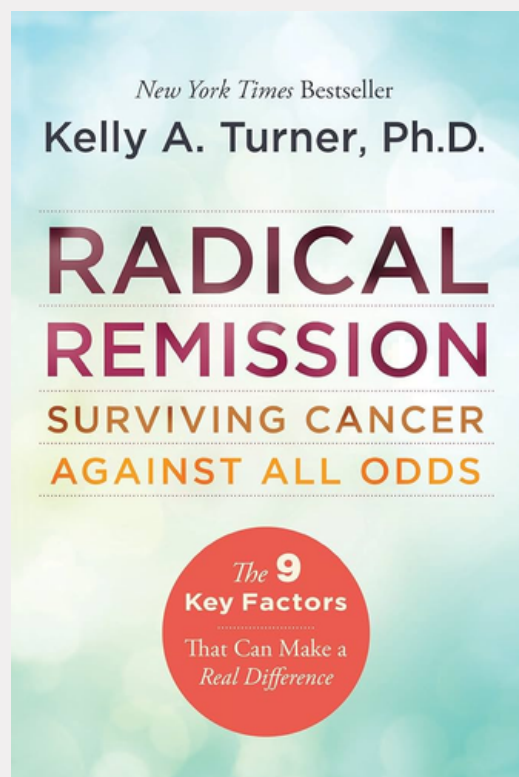
Whether it was family, career, passion projects, or helping others, this sense of purpose fueled their recovery.

Who should read this book?

Cancer patients seeking holistic healing approaches.

Caregivers looking for ways to support loved ones.

People interested in mind-body medicine and alternative therapies.



Final Thoughts

“Radical Remission” is an inspiring book that offers hope and actionable steps for anyone facing cancer or chronic illness. While it does not claim to replace conventional treatments, it highlights how lifestyle, mindset, and holistic health practices can play a crucial role in recovery.

Killing Cancer — Not People by Robert G. Wright

“Killing Cancer - Not People” by Robert G. Wright is a bold and controversial book that challenges conventional cancer treatments and advocates for natural, non-toxic approaches to healing. Wright, the founder of the American Anti-Cancer Institute (AACI), argues that chemotherapy, radiation, and surgery often do more harm than good, and that cancer can be prevented and reversed through diet, detoxification, and alternative therapies.

KEY TAKEAWAYS

The True Cause of Cancer: It's a Metabolic Disease

Wright supports the idea that cancer is not primarily genetic, but rather a metabolic disease caused by poor diet, toxins, and acidity in the body.

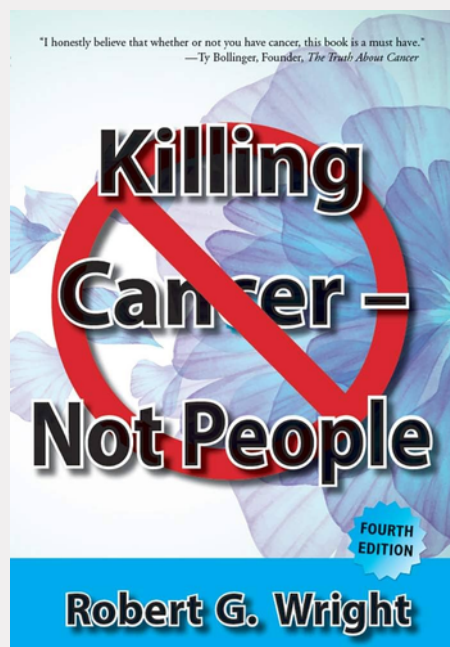
He emphasizes Dr. Otto Warburg's research showing that cancer cells thrive in low-oxygen, acidic environments

The Problem with Conventional Cancer Treatments

Wright argues that chemotherapy, radiation, and surgery:

- Weaken the immune system.
- Kill healthy cells alongside cancer cells.
- Drive cancer into a more aggressive state.

He states that the cancer industry profits from expensive treatments but does not focus on real cures.



How to “Kill Cancer - Not People”

Wright presents a multi-pronged approach to defeating cancer naturally:

Alkalizing the Body: Cancer thrives in an acidic environment, so patients should consume more alkaline foods like green vegetables and fresh juices.

Oxygenation: Cancer cells cannot survive in oxygen-rich environments. Hyperbaric Oxygen Therapy (HBOT), deep breathing, and exercise can help.

Detoxification: The body must eliminate toxins through liver cleanses, fasting, colon cleansing, and coffee enemas.

Boosting the Immune System: Using supplements, medicinal mushrooms, vitamin C, and other immune-boosting therapies.

The Power of Diet in Healing Cancer

Wright strongly advocates for a raw, plant-based diet rich in:

- Organic vegetables
- Fresh green juices
- Sprouts and wheatgrass
- Alkaline water (high-pH water)

He warns against:

- Sugar (cancer's favorite fuel)
- Processed foods
- Dairy and animal products

Key Alternative Cancer Treatments

Wright highlights non-toxic, holistic therapies that have shown promise, including:

- High-dose vitamin C therapy (intravenous)
- Hyperbaric Oxygen Therapy (HBOT)
- Laetrile (Vitamin B17)
- Ozone therapy
- Mistletoe therapy
- Cannabis oil (CBD and THC)

He believes these therapies have been suppressed by the pharmaceutical industry.

The Role of pH and Hydration

Cancer cannot survive in an alkaline environment.

He recommends drinking high-pH, ionized water and avoiding acidic drinks like soda and coffee.

The Mind-Body Connection

Stress, negative emotions, and trauma can contribute to cancer.

He emphasizes meditation, prayer, visualization, and emotional healing as essential components of recovery.

Who should read this book?

Cancer patients looking for alternative treatments.

People seeking to prevent cancer through lifestyle and diet.

Anyone skeptical of mainstream cancer treatments and interested in holistic healing.

Final Thoughts

"Killing Cancer - Not People" is a powerful, controversial book that challenges the conventional cancer industry and promotes natural, non-toxic healing methods. While some of the claims remain debated in mainstream medicine, Wright's message resonates with those seeking alternative approaches to cancer prevention and treatment.

The Metabolic Approach to Cancer by Dr. Nasha Winters & Jess Higgins Kelley

The Metabolic Approach to Cancer challenges the traditional view of cancer as a purely genetic disease and instead presents it as a metabolic disorder that can be influenced by diet, lifestyle, and environment. Dr. Nasha Winters, a naturopathic doctor and cancer survivor, and Jess Higgins Kelley, a functional nutritionist, outline a holistic, integrative strategy to prevent and manage cancer by targeting its metabolic roots.

KEY TAKEAWAYS

Cancer is a Metabolic Disease, Not Just Genetic

Traditional medicine views cancer as a genetic mutation, but research shows that dysfunctional mitochondria and metabolic imbalances drive cancer growth.

The book is based on Dr. Otto Warburg's discovery that cancer cells rely on glycolysis (fermenting sugar for energy) even in oxygen-rich environments.

The key to starving cancer is reducing its fuel source: glucose and shifting the body to ketosis (burning fat instead of sugar for energy).

The Terrain-Based Approach: The 10 Hallmarks of Cancer

Instead of focusing solely on the tumor, the book emphasizes assessing the "terrain" of the body, which includes ten key factors that influence cancer growth and health:

Glycemic Control & Metabolic Health → Lowering blood sugar & insulin prevents tumor growth.

Detoxification & Liver Function → Reducing toxic burden supports immune response.

Oxygenation & Mitochondrial Health → Preventing hypoxia makes cancer cells more vulnerable.

Inflammation & Immune Modulation → Chronic inflammation fuels cancer growth.

Hormone Balance → Estrogen dominance can drive certain cancers.

Microbiome & Gut Health → A healthy gut strengthens immunity.

Toxin Load & Environmental Exposures → Reducing EMFs, heavy metals, and plastics lowers cancer risk.

Immune System Regulation → Strengthening the immune system helps the body attack cancer.

Mental, Emotional & Spiritual Health → Stress, trauma, and mindset impact healing.

Epigenetics & Genetic Expression → Lifestyle influences genetic activity.

Each of these factors is modifiable, meaning that addressing them reduces cancer risk and enhances healing.

The Power of a Ketogenic Diet & Fasting

Cancer cells thrive on glucose and insulin, while healthy cells can use ketones for energy.

The ketogenic diet (low-carb, high-fat) shifts metabolism, making it harder for cancer cells to survive.

Fasting & intermittent fasting enhance autophagy, helping the body remove damaged cells and regenerate new ones.

Therapeutic ketosis + Hyperbaric Oxygen Therapy (HBOT) creates an inhospitable environment for cancer.

Detoxification: Reducing the Body's Toxic Load

Cancer thrives in a toxic, acidic, and oxygen-deprived environment.

The book highlights the importance of reducing exposure to heavy metals, plastics, pesticides, and mold.

Key detox strategies include:

- Infrared saunas (for heavy metal detox)
- Coffee enemas (for liver support)
- Epsom salt baths & dry brushing (for lymphatic drainage)
- Hydration & fasting (for cellular cleansing)

Strengthening the Immune System

The terrain-based approach recognizes that the immune system is the body's first defense against cancer.

Strategies for immune optimization include:

- Medicinal mushrooms (Reishi, Turkey Tail) to enhance NK cell activity.
- High-dose vitamin C & antioxidants to fight oxidative stress.
- Mistletoe therapy (used in European cancer treatment).
- Reducing chronic stress & trauma (which suppresses immunity).

Lifestyle Factors that Influence Cancer Growth

Sleep & Circadian Rhythms: Poor sleep increases inflammation and stress hormones (cortisol), fueling cancer.

Grounding & Sunlight Exposure: Natural light and walking barefoot enhance immune function.

Exercise & Movement: Low-impact exercise oxygenates cells and enhances lymphatic drainage.

Conventional & Integrative Therapies: Best of Both Worlds

The book does not dismiss conventional treatments (chemo, radiation, surgery) but advocates combining them with metabolic therapies to reduce toxicity and side effects.

Some therapies can increase cancer treatment effectiveness:

- Hyperbaric Oxygen Therapy (HBOT) → Increases oxidative stress in cancer cells.
- IV Vitamin C Therapy → Acts as a pro-oxidant against tumors.
- Metformin & Off-Label Drugs (Fenbendazole, Ivermectin, DCA) → Disrupt cancer metabolism.

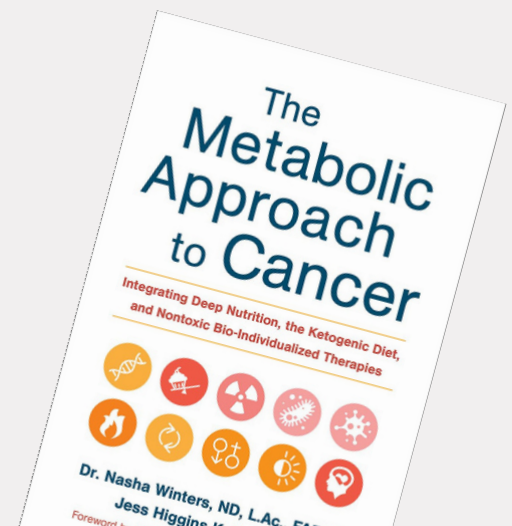
Who should read this book?

Anyone diagnosed with cancer who wants an integrative healing approach.

Caregivers & family members looking for ways to support a loved one.

People interested in cancer prevention through diet & lifestyle.

Health practitioners exploring metabolic therapies.



Section **Nine**

The Budwig Protocol

What Dr. Pete Has Eaten Every Day Since Diagnosis: The Budwig Protocol

The Budwig Protocol is a natural dietary approach developed by Dr. Johanna Budwig, a German biochemist and pharmacist. It is primarily used as an alternative cancer therapy but is also believed to support overall health by improving cellular function. The protocol focuses on the combination of flaxseed oil and cottage cheese (or quark) to enhance oxygenation of cells and restore healthy fat metabolism.

BENEFITS OF THE BUDWIG PROTOCOL

1 Cellular Oxygenation & Cancer Prevention

Dr. Budwig proposed that cancer and chronic diseases thrive in low-oxygen environments and that her diet helps restore proper cellular respiration.

The sulfur-containing proteins in cottage cheese (quark) bind with the omega-3 fatty acids in flaxseed oil, making the oil water-soluble and easier to absorb at a cellular level.

This process is believed to increase oxygen supply to cells, preventing fermentation and supporting normal function.

2 Anti-Inflammatory & Antioxidant Effects

Flaxseed oil is rich in alpha-linolenic acid (ALA), an omega-3 fatty acid known for reducing inflammation.

Chronic inflammation is linked to cancer, heart disease, and autoimmune disorders, so reducing it may provide protective benefits.

3 Supports Heart Health

Omega-3 fatty acids help lower LDL (bad) cholesterol, reduce blood pressure, and improve heart function.

It also prevents the oxidation of cholesterol, which plays a role in atherosclerosis.

4 Boosts Immune System

Flaxseeds are high in lignans, which have antioxidant and estrogen-regulating properties.

This may help protect against hormone-related cancers like breast and prostate cancer.

5 Improves Digestion and Gut Health

The fiber content in flaxseeds helps regulate digestion and promotes a healthy gut microbiome.

6 Supports Brain Function and Mental Clarity

The fiber content in flaxseeds helps regulate digestion and promotes a healthy gut microbiome.

How to Make the Budwig Mixture

The core of the Budwig Protocol is a flaxseed oil and cottage cheese (or quark) mixture, which must be blended to form a creamy consistency for proper absorption.

Ingredients

3 tablespoons of organic flaxseed oil

6 tablespoons of organic, low-fat cottage cheese (or quark)

2 tablespoons of freshly ground flaxseeds (optional but beneficial)

1-2 tablespoons of water (for better consistency)

1 teaspoon of honey (optional for taste)

Fruits, nuts, or cinnamon for flavor (optional)

Instructions

Blend the cottage cheese and flaxseed oil in a bowl using a blender, hand mixer, or immersion blender for at least 1-2 minutes until the mixture becomes smooth and creamy.

If needed, add a little water to improve consistency.

Grind fresh flaxseeds (if using) and mix them in.

Add honey, cinnamon, berries, or nuts if desired.

Consume immediately for best benefits.

The Science and Reasoning Behind the Budwig Protocol

Oil & Protein Synergy

Flaxseed oil is rich in unsaturated fatty acids, but in isolation, they are hard to absorb properly.

When mixed with cottage cheese, the sulfur-based amino acids (methionine and cysteine) help make the oil water-soluble.

This improves the bioavailability of omega-3s, allowing them to be efficiently transported into cells.

Oxygenation of Cells

Dr. Budwig theorized that cancer cells thrive in low-oxygen, anaerobic conditions.

The Budwig mixture enhances oxygen supply to cells, restoring healthy function.

Elimination of Harmful Fats

Processed trans fats and hydrogenated oils can clog cell membranes, reducing nutrient and oxygen transport.

The Budwig Protocol emphasizes natural, unprocessed fats that support healthy membranes.

Electromagnetic Energy and Healing

Dr. Budwig suggested that the electrical charge in flax oil, combined with proteins, enhanced bioelectrical function in the body.

This may support cellular communication and repair.

Additional Guidelines for the Budwig Protocol

While the flaxseed oil and cottage cheese mixture is central, Dr. Budwig also recommended a comprehensive lifestyle approach, including:

- Avoiding processed foods, trans fats, and refined sugars.
- Following a plant-rich, whole-food diet with raw fruits, vegetables, and fresh juices.
- Getting regular sun exposure for vitamin D activation.
- Engaging in gentle exercise and stress reduction techniques like meditation.
- Avoiding synthetic supplements and drugs when possible.

Final Thoughts

The Budwig Protocol is a natural approach that may help improve overall health, particularly in chronic diseases like cancer, cardiovascular issues, and inflammation-based conditions. While scientific research is mixed on its direct effectiveness in cancer treatment, its emphasis on healthy fats, whole foods, and cellular oxygenation aligns with many evidence-based nutritional principles.

INTEGRATING THE BUDWIG PROTOCOL INTO YOUR DIET

If you want to incorporate the Budwig Protocol into your daily routine, it's important to follow its core principles consistently. Here's a step-by-step guide to making it a sustainable part of your diet:

Daily Budwig Mixture

The flaxseed oil & cottage cheese blend is the foundation.

Consume it at least once per day (preferably in the morning) on an empty stomach or before meals.

To enhance its benefits, add freshly ground flaxseeds (not pre-ground, as they oxidize quickly).

****Meal Ideas with the Budwig Mixture***

Mix it with berries and cinnamon for a delicious breakfast.

Spread it on whole-grain toast or rice cakes.

Blend it into a smoothie with unsweetened almond milk and fruits.

Use it as a creamy salad dressing.



Follow a Whole Food, Anti-Inflammatory Diet

Dr. Budwig emphasized that the right diet enhances the protocol's effectiveness. This includes:

Foods to Include:

Fresh Vegetables & Fruits: Organic, raw, and colorful vegetables (carrots, cabbage, beets, spinach, tomatoes, etc.).

Whole Grains & Legumes: Brown rice, quinoa, buckwheat, oats, lentils.

Healthy Fats: In addition to flaxseed oil, include avocados, nuts, and seeds.

Raw Fermented Foods: Sauerkraut, kimchi, kombucha, and kefir for gut health.

Freshly Pressed Juices: Especially carrot, beet, and green juices.

Foods to Avoid:

Processed foods, refined sugars, and artificial sweeteners.

Hydrogenated oils and trans fats (margarine, fried foods).

Factory-farmed meats and dairy.

Alcohol and carbonated drinks.

Synthetic supplements (Dr. Budwig believed in getting nutrients from real food).

Sunlight and Vitamin D

Dr. Budwig believed that daily sunlight exposure helps activate the body's natural healing mechanisms. Aim for at least 20-30 minutes of direct sun exposure per day

Oxygenation and Exercise

Regular movement helps increase oxygen circulation in cells.

Recommended activities: Walking, yoga, deep breathing exercises, and light aerobic workouts.

Stress Reduction and Emotional Wellbeing

Chronic stress can suppress the immune system. Consider:

Meditation and mindfulness.

Spending time in nature

Avoiding toxic relationships and environments.

Practicing gratitude and positive affirmations

Section **Ten**

Ketogenic Guide

Overview of the Ketogenic Diet (Keto)

A strict ketogenic diet is a high-fat, moderate-protein, and very low-carbohydrate diet that shifts the body into nutritional ketosis, where fat is used as the primary fuel source instead of glucose. This approach is metabolically therapeutic for cancer patients, as it lowers blood sugar, reduces inflammation, and starves cancer cells of their primary fuel: glucose.

Benefits of a Ketogenic Diet for Cancer

- ✓ Reduces Glucose & Insulin Levels – Starves cancer cells that rely on glucose for energy.
- ✓ Increases Ketones (Beta-Hydroxybutyrate) – Provides clean fuel for healthy cells while reducing oxidative stress.
- ✓ Reduces Inflammation – Lowers markers like C-reactive protein (CRP), improving overall immune function.
- ✓ Improves Mitochondrial Function – Cancer is linked to mitochondrial dysfunction; ketosis enhances mitochondrial efficiency.
- ✓ Enhances Autophagy & Apoptosis – Encourages the natural death of damaged or cancerous cells.
- ✓ Boosts Immune Function – Strengthens natural killer (NK) cells that fight cancer.
- ✓ Supports Cognitive Function – Many cancer patients report improved mental clarity and energy.

Scientific Studies Supporting the Ketogenic Diet for Cancer

Dr. Thomas Seyfried's Work (Boston College) "Cancer as a Metabolic Disease" highlights how restricting glucose and increasing ketones can slow tumor growth.

A Study Published in Nature (2017) Found that the ketogenic diet reduces tumor size and enhances the effectiveness of traditional therapies.

Johns Hopkins Research on Brain Cancer (2018) Showed that ketosis helps inhibit glioblastoma growth, particularly when combined with caloric restriction.

Clinical Trials on Ketogenic Diet & Cancer Trials indicate that the ketogenic diet may enhance chemotherapy and radiation therapy while reducing their side effects.

Resources

PubMed: "Ketogenic diet as an adjuvant therapy for glioblastoma multiforme."

Seyfried et al.: "The Metabolic Theory of Cancer"

Daily Macronutrient Breakdown (Strict Ketogenic Diet)

Fats 70-80% (Healthy fats from animal & plant sources)

Proteins 15-20% (Moderate intake to avoid gluconeogenesis)

Carbs 5-10% (Mostly from low-carb vegetables & nuts)

Target Blood Ketone Levels 1.0 - 3.5 mmol/L

Foods to Eat (Strict Keto for Cancer)

Healthy fats

Avocados
Coconut and MCT oil
Extra virgin olive oil
Grass-fed butter and ghee
Macadamia nuts, pecans

High quality proteins

Grass-fed beef, pastured eggs
Wild-caught salmon, sardines, mackerel
Organic pasture-raised chicken
Bone broth & collagen peptides

Low-carb vegetables

Leafy greens (kale, spinach, arugula)
Cruciferous veggies (broccoli, cauliflower, Brussels sprouts)
Asparagus, zucchini, cucumbers
Fermented vegetables (sauerkraut, kimchi)

Superfoods

Turmeric and ginger
Mushrooms (reishi, turkey tail, chaga)
Dark chocolate (90%+ cacao)
Apple cider vinegar

Foods to Avoid (Cancer-Fueling Foods)

Sugar, grains, and refined carbs (bread, pasta, rice)
Processed & factory-farmed meats
Seed oils (canola, soybean, corn oil)
Dairy (except for grass-fed butter and ghee)
Legumes & beans (high in carbs)



Keto Anti-Inflammatory Smoothie

1/2 avocado
1 cup coconut milk
1/2 cup blueberries
1 tbsp collagen peptides
1 tbsp flaxseeds
1 tsp matcha powder
Pinch of Himalayan salt

Turmeric Coconut Keto Soup

2 cups bone broth
1/2 cup coconut cream
1 tsp turmeric, 1/2 tsp ginger
Steamed broccoli & spinach
1/2 cup mushrooms
1 clove garlic

Shopping List for a Week of Strict Keto

Proteins

Grass-fed beef, wild-caught salmon, pasture-raised eggs

Organic chicken thighs, sardines, lamb

Healthy Fats

Avocados, coconut oil, MCT oil, ghee

Olive oil, macadamia nuts, pecans

Low Carb Vegetables

Kale, spinach, arugula, asparagus

Broccoli, cauliflower, Brussels sprouts

Fermented foods: sauerkraut, kimchi

Superfoods and Supplements

Turmeric, ginger, reishi mushrooms

Collagen powder, bone broth

Himalayan salt, apple cider vinegar



Day 1

Breakfast: Keto smoothie with avocado, coconut milk, collagen

Lunch: Grass-fed beef & avocado salad with olive oil

Dinner: Baked salmon with sautéed spinach & turmeric



Day 2

Breakfast: Scrambled eggs in ghee with spinach

Lunch: Avocado, macadamia nuts, olive oil dressing

Dinner: Grass-fed steak with roasted cauliflower



Day 3

Breakfast: Bone broth & MCT oil

Lunch: Keto salad with sardines, arugula, and lemon

Dinner: Coconut turmeric chicken with broccoli



Day 4

Breakfast: Keto smoothie (matcha, MCT, coconut milk)

Lunch: Wild-caught salmon salad

Dinner: Grass-fed lamb stew with mushrooms

Day 5

Breakfast: Scrambled eggs & avocado

Lunch: Roasted Brussels sprouts & pastured bacon

Dinner: Turmeric coconut soup with chicken





Day 6

Breakfast: Chia pudding with coconut milk & cinnamon

Lunch: Sardines & olives with greens

Dinner: Bison burger with sautéed mushrooms

Day 7

Breakfast: Keto smoothie with collagen & coconut cream

Lunch: Wild-caught mackerel salad

Dinner: Roasted duck with cauliflower rice



Final Thoughts

This strict ketogenic cancer-fighting diet is designed to starve cancer cells of glucose, support detoxification, reduce inflammation, and boost immunity.

Stay in ketosis (Measure blood ketones: 1.0 - 3.5 mmol/L)

Avoid all sugar, grains, and processed foods

Focus on high-quality fats & proteins

Incorporate detox strategies (sauna, coffee enemas, fasting)

Dr. Pete's Meal Prepping & Fasting on a Strict Ketogenic Diet for Cancer

KEY GOALS

Stay in ketosis (Blood ketones: 1.0 - 3.5 mmol/L)

Reduce blood glucose (Maintain below 85 mg/dL for optimal results)

Maximize autophagy & mitochondrial health

Support detoxification & immune function

Meal Prepping for the Week — Save Time & Stay on Track

Step One: Grocery Shopping

Protein – Grass-fed beef, wild-caught fish, organic eggs

Fats – Avocados, olive oil, coconut oil, ghee, MCT oil

Veggies – Leafy greens, cruciferous veggies, mushrooms

Superfoods – Turmeric, ginger, reishi mushrooms, sea salt

Beverages – Bone broth, herbal teas, apple cider vinegar

Step Two: Batch Cooking (*Sunday Meal Prep*)

Prepare **Bone Broth** (Simmer bones for 24 hours; use throughout the week)

Hard-Boil **Eggs** (Quick grab-and-go protein)

Cook a Large Batch of **Keto Soup** (Turmeric Coconut Chicken Soup)

Roast **Vegetables** (Cauliflower, broccoli, Brussels sprouts)

Cook **Protein** in Bulk (Grill salmon, bake chicken thighs, brown ground beef)

Make a Large **Salad Base** (*Keep undressed in the fridge*)

Portion Keto **Smoothie Ingredients** (*Pre-measure ingredients for easy blending*)

Step Three: Daily Meal Prep Routine

Morning Routine – Drink salted lemon water + coffee/MCT

Breakfast – Quick high-fat meal (Eggs, avocado, keto smoothie)

Lunch – Prepped salad with protein & healthy fats

Dinner – Prepped cooked meat & roasted veggies

Snacks (*If Needed*) – Bone broth, macadamia nuts, coconut fat bombs

ADVANCED FASTING STRATEGIES — *Boost Autophagy and Cancer Healing*

Fasting enhances metabolic flexibility, improves autophagy (cellular repair), and supports ketosis.

One: Intermittent Fasting (IF)

16:8 FASTING (BEGINNER FRIENDLY)

Fast for 16 hours (Only water, herbal tea, black coffee, or bone broth)

Eat within an 8-hour window (First meal at noon, last meal by 8 PM)

Supports ketosis, fat-burning, and insulin regulation

18:6 OR 20:4 FASTING (FOR DEEPER KETOSIS)

Eat within a 4-6 hour window (Lunch & early dinner)

Enhances mitochondrial health & cancer defense mechanisms

Two: Extended Fasting (24 - 72 Hours)

48-72 HOUR WATER FAST (DEEPER AUTOPHAGY & IMMUNE RESET)

No food; only water, electrolytes, herbal teas, black coffee, and bone broth.

Boosts autophagy, enhances ketone production, and starves cancer cells of glucose.

**Recommended: Once a month for metabolic reset.*

5-DAY FAST-MIMICKING DIET (FMD) (DR. VALTER LONGO'S RESEARCH)

Modified fast with 600-800 calories/day (Mostly fat & minimal protein).

Maintains autophagy while providing minimal nutrients.

Safe for cancer patients who need gradual adaptation

Three: Detox Strategies (*Enhancing Cancer Healing*)

Daily Coffee Enemas – Supports liver detoxification & glutathione production.

Infrared Sauna – Sweating eliminates toxins & heavy metals.

Dry Brushing – Stimulates the lymphatic system.

Hydration Protocol – Drink lemon salt water, bone broth, & herbal teas.

SAMPLE MEAL PLAN WITH FASTING SCHEDULE

To achieve deep autophagy, protein levels must stay under 15-20g a day

Day One: 16:8 Intermittent Fast

8 AM: Salted lemon water + black coffee

12 PM (Lunch): Low-protein fat salad with olive oil & avocado

4 PM (Snack - Optional): Bone broth with MCT oil

7 PM (Dinner): Vegetable based soup + steamed asparagus + coconut butter

Day Two: OMAD (One Meal a Day)

8 AM: Herbal tea + electrolytes

6 PM (Dinner): High-fat OMAD bowl

Day Three: 24 Hour Fast

8 AM - 8 PM: Water, bone broth, herbal tea

8 PM (Dinner): Keto Turmeric Coconut Soup

Day Four: Standard Keto Day

8 AM: Keto Smoothie (Avocado, coconut milk, MCT oil)

12 PM: High-fat low-protein salad

6 PM: Vegetable stew with mushrooms



Day Five: 18:6 Fasting

12 PM (Lunch): Bone broth + sautéed spinach

6 PM (Dinner): Cauliflower mash + 1 egg yolk if needed

Day Six: 48 Hour Fast Start

8 AM - Next Day: Only water, herbal teas, electrolytes, bone broth

Day Seven: Breaking the Fast

8 AM: Bone broth + MCT oil

12 PM (Lunch): 2 egg yolks + avocado + olive oil

6 PM (Dinner): Baked salmon + asparagus



KEY TAKEAWAYS

To achieve autophagy, protein levels must stay under 15-20g a day.

Meal Prep in Advance – Helps maintain strict keto without stress.

Use Fasting for Deeper Healing – Autophagy, ketone production, and cellular repair.

Hydrate & Detox Daily – Water, herbal teas, and detox practices (coffee enemas, sauna).

Prioritize High-Fat, Low-Carb Nutrient-Dense Foods – Avoid sugar & processed foods.

Monitor Ketone & Glucose Levels – Aim for ketones 1.0-3.5 mmol/L & glucose below 85 mg/dL.

Note: This sample plan emphasizes temporary protein restriction to support autophagy. It is not intended for long-term daily use and should be personalized based on body composition, activity level, and medical guidance.

Dr. Pete's Strict Ketogenic Diet Shopping List for Cancer Support

HIGH QUALITY PROTEINS

Grass-Fed Meats 🍖

Grass-fed beef (ribeye, ground beef, liver, bone marrow)
Bison or lamb (great for nutrient density)
Pasture-raised chicken (thighs, wings, drumsticks)

Wild-Caught Fish & Seafood 🐟

Wild salmon (rich in Omega-3s)
Sardines (high in DHA & selenium)
Mackerel & anchovies (low in mercury, high in Omega-3s)

Pasture-Raised Eggs 🥚

Omega-3 enriched eggs or duck eggs

Bone Broth (Homemade or Pre-Made) 🍲

Made from grass-fed beef, chicken, or fish bones
Rich in collagen, glycine, and glutamine (gut-healing & anti-inflammatory)

Organ Meats (Nutrient-Dense Superfoods) ❤️

Grass-fed liver, kidney, heart (Rich in vitamin A, CoQ10, & iron)

LOW-CARB VEGETABLES (ANTI-CANCER & KETOGENIC)

Leafy Greens (Rich in Chlorophyll & Antioxidants) 🌿

Kale
Spinach
Arugula
Swiss chard
Romaine lettuce

Cruciferous Vegetables (Cancer-Fighting Sulforaphane) 🥬

Broccoli
Cauliflower
Brussels sprouts
Cabbage (red & green)

Other Low-Carb Vegetables 🥒

Zucchini
Asparagus
Celery
Cucumber
Bell peppers (small amounts)

Fermented Vegetables (Gut-Healing & Immune-Boosting) 🥒

Sauerkraut (raw, unpasteurized)
Kimchi (spicy fermented cabbage)

Mushrooms (Immune-Boosting & Anti-Cancer) 🍄

Reishi (powder or tea)
Turkey Tail (immune-enhancing)
Chaga & Cordyceps (anti-inflammatory)

KETO COOKING ESSENTIALS

High-Heat Cooking Oils 🍷

Beef tallow
Duck fat
Coconut oil
Ghee

Low-Heat Cooking & Dressings 🍷

Extra Virgin Olive Oil
MCT Oil

Baking & Thickening Agents 🍷

Coconut flour (low-carb alternative to wheat flour)
Almond flour (great for keto baking)

HERBS & SPICES (NATURAL ANTI-INFLAMMATORY AGENTS)

Healing Spices 🌿

Turmeric (curcumin fights inflammation & cancer)
Ginger (supports digestion & reduces inflammation)
Cinnamon (stabilizes blood sugar)
Cumin & coriander (aid in digestion)

Herbs (Rich in Antioxidants & Detoxifying) 🌿

Fresh cilantro (detoxes heavy metals)
Basil & oregano (antimicrobial & immune-boosting)
Thyme & rosemary (rich in anti-cancer compounds)

HEALTHY FATS (KETO CANCER-FIGHTING ESSENTIALS)

Plant-Based Fats 🥑

Avocados (high in potassium & healthy monounsaturated fats)
Olives (Kalamata, green, black – great for snacking)
Cold-Pressed Extra Virgin Olive Oil (for salads & drizzling)
MCT Oil (for ketone production & brain fuel)
Coconut Oil (for cooking & keto coffee)

Animal-Based Fats 🍖

Grass-Fed Butter & Ghee (for sautéing & adding to coffee)
Beef Tallow & Duck Fat (for roasting veggies & meats)
Pork Lard (for cooking & baking)

Nut & Seed Fats 🌰

Macadamia nuts (lowest carb nut, high in monounsaturated fats)
Pecans (low-carb & anti-inflammatory)
Brazil nuts (rich in selenium)
Flaxseeds & Chia Seeds (high in Omega-3s & fiber)

HEALING AND DETOX SUPPORT

Detox Drinks 🍷

Apple cider vinegar (ACV)
Fresh lemon & lime
Herbal teas (ginger, turmeric, dandelion, green tea)

Electrolyte Support ⚡

Himalayan Pink Salt (rich in minerals)
Redmond Real Salt (unrefined sea salt)
Magnesium citrate or glycinate (for muscle relaxation)
Potassium chloride (to prevent keto flu)

Coffee Enema & Liver Support ☕

Organic, light-roast coffee (for enemas)
Milk thistle (liver detox support)

KETO SMOOTHIE INGREDIENTS (FOR EASY MEAL REPLACEMENT)

Liquid Base 🥥

Coconut milk (full fat, unsweetened)
Almond milk (unsweetened)
Bone broth (for extra collagen)

Superfood Boosters 🌿

Collagen peptides (gut healing & protein)
Grass-fed whey or plant-based protein powder (low-carb)
Chia seeds or flaxseeds (Omega-3 & fiber)
Cacao powder (antioxidant-rich, supports mitochondrial function)
Matcha powder (anti-cancer, boosts metabolism)

Low-Carb Berries (Use Sparingly for Antioxidants) 🍷

Blueberries
Raspberries
Blackberries

QUICK KETO MEAL PREP SNACKS

Easy Grab-and-Go Keto Snacks 🍷🥑🐟

Hard-boiled eggs
Sardines or smoked salmon
Macadamia nuts or pecans
Seaweed snacks
Olives with cheese cubes
Coconut butter (straight from the spoon)

Pre-Made Keto Fat Bombs 🍷❤️

Coconut oil + cacao + stevia
Almond butter + cinnamon

KETO MEAL PREP CHECKLIST

Pre-Cook Proteins: Grill chicken, bake salmon, brown ground beef

Make a Batch of Bone Broth (Store in fridge/freezer)

Chop & Prep Veggies (Keep in airtight containers)

Make Keto Salad Dressings (Olive oil, ACV, mustard)

Portion Out Nuts & Seeds (Pre-measured snack bags)

Freeze Keto Smoothie Bags (Pre-measured ingredients)

FINAL THOUGHTS

This strict ketogenic shopping list ensures optimal nutrient density, cancer-fighting properties, and metabolic flexibility while staying in deep ketosis (1.0-3.5 mmol/L ketones).

KEY GUIDELINES

Avoid ALL sugar, processed carbs, and seed oils

Focus on grass-fed, wild-caught, organic, and anti-inflammatory foods

Prep in advance to simplify strict keto meal planning

Use detox methods (coffee enemas, sauna, fasting) to enhance healing

Section **Eleven**

Healing
Scriptures That I
Meditate On —
The Medicine for
my Soul

Healing Scriptures That I Meditate On — *The Medicine for my Soul*

Here are some powerful Bible verses on healing, categorized for encouragement, faith-building, and prayer.

Pray them aloud daily – Speak God’s promises over your health.

Meditate on them – Reflect on them with faith.

Use them in intercessory prayer – Pray them over loved ones.

Declare them with faith – Believe that healing is already yours in Christ.

God’s Promises of Healing

Exodus 15:26 – “I am the Lord who heals you.”

Jeremiah 30:17 – “For I will restore health to you, and your wounds I will heal, declares the Lord.”

Isaiah 53:5 – “But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.”

Psalms 103:2-3 – “Bless the Lord, O my soul, and forget not all His benefits—who forgives all your iniquities, who heals all your diseases.”

Jesus’ Healing Power

Matthew 8:16-17 – “And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: ‘He Himself took our infirmities and bore our sicknesses.’”

Mark 5:34 – “And He said to her, ‘Daughter, your faith has made you well. Go in peace, and be healed of your affliction.’”

Luke 6:19 – “And the whole multitude sought to touch Him, for power went out from Him and healed them all.”

Hebrews 13:8 – “Jesus Christ is the same yesterday, today, and forever.”

Faith & Prayer for Healing

James 5:14-15 – “Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up.”

Mark 11:24 – “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”

Isaiah 41:10 – “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.”

God's Healing Through His Presence

Psalms 107:20 – “He sent out His word and healed them, and delivered them from their destruction.”

Proverbs 4:20-22 – “My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh.”

3 John 1:2 – “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

Psalms 147:3 “He heals the brokenhearted and binds up their wounds.”

Healing & Deliverance

Matthew 10:1 – “And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.”

Luke 9:1-2 – “Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases. He sent them to preach the kingdom of God and to heal the sick.”

Acts 10:38 – “How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.”

Trusting in God's Timing in Healing

Ecclesiastes 3:3 – “A time to kill, and a time to heal; a time to break down, and a time to build up.”

Romans 8:28 – “And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

Psalms 30:2 – “O Lord my God, I cried out to You, and You healed me.”

Healing & Strength in Trials

2 Corinthians 12:9 – “But He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’”

Isaiah 40:31 – “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Psalms 91:10-11 – “No evil shall befall you, nor shall any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways.”

Heavenly Father,

I come before You today, knowing that You are the God who heals. Your Word says in **Exodus 15:26**, “I am the Lord who heals you.” I stand on this promise and trust that You are my healer, my refuge, and my strength.

Lord, I declare **Isaiah 53:5** over my life: “By His stripes, I am healed.” Jesus bore my sickness, my pain, and my suffering on the cross so that I may walk in divine health. I receive this healing by faith, knowing that nothing is impossible for You.

Father, Your Word says in **Psalms 103:2-3**, “Bless the Lord, O my soul, and forget not all His benefits—who forgives all your iniquities, who heals all your diseases.” I thank You for the forgiveness of my sins and the healing that You freely give. I speak life, strength, and restoration over every part of my body, mind, and soul.

I rebuke sickness, pain, and disease in the name of Jesus. According to **Luke 10:19**, You have given me authority to trample on the enemy’s power, and nothing shall harm me. I reject fear, doubt, and worry, for **2 Timothy 1:7** says, “God has not given me a spirit of fear, but of power, love, and a sound mind.”

Holy Spirit, fill me with Your peace and comfort. Remind me that You are with me, and I am never alone. Strengthen my faith as I wait on You, for **Isaiah 40:31** declares, “Those who wait on the Lord shall renew their strength.”

I pray for wisdom in my health decisions, divine intervention in my healing, and complete restoration in Jesus’ mighty name. Let my healing be a testimony of Your goodness and power.

I believe, I receive, and I praise You in advance for my healing. Thank You, Lord, for hearing my prayer.

In Jesus’ name,

AMEN!

THE SECRET TO MY FAITH: THE POWER OF PRAYING IN TONGUES — BIBLICAL EXPLANATION & BENEFITS

Praying in tongues, also known as praying in the Spirit, is a powerful and supernatural gift given by the Holy Spirit to believers. It is a direct form of communication with God that edifies the believer, builds faith, and releases spiritual power.

What is praying in tongues?

Praying in tongues is a heavenly language given by the Holy Spirit. It is not understood by the natural mind but is a direct line of communication with God.

Key Verse: 1 Corinthians 14:2 “For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.”

This means that when you pray in tongues, you are speaking directly to God and declaring things beyond human understanding.

Biblical Basis for Speaking in Tongues

Jesus Prophesied It

Mark 16:17 – “And these signs will follow those who believe: In My name, they will cast out demons; they will speak with new tongues.”

Jesus Himself declared that speaking in tongues would be a sign that follows believers.

The Holy Spirit Gave It at Pentecost

Acts 2:4 – “And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.”

When the disciples received the Holy Spirit, they immediately spoke in tongues, showing it as an initial evidence of the baptism of the Holy Spirit.

The Early Church Practiced It

Acts 10:44-46 – “While Peter was still speaking these words, the Holy Spirit fell upon all who heard the word... For they heard them speak with tongues and magnify God.”

Cornelius and his household received the Holy Spirit, and they immediately spoke in tongues, showing it was a sign of God’s power.

Acts 19:6 – “And when Paul had laid hands on them, the Holy Spirit came upon them, and they spoke with tongues and prophesied.”

Paul’s ministry included laying hands on believers so they could receive the gift of tongues.

Benefits of Praying in Tongues

A. It Builds and Strengthens Your Spirit

1 Corinthians 14:4 – “He who speaks in a tongue edifies himself, but he who prophesies edifies the church.”

Praying in tongues builds your inner man, strengthening your spirit in ways natural words cannot.

Jude 1:20 – “But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.”

Tongues is a faith-building practice that strengthens you spiritually.

B. It Allows the Holy Spirit to Pray Through You

Romans 8:26-27 – “Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”

Sometimes, we don't know how or what to pray for, but when we pray in tongues, the Holy Spirit prays through us according to God's will.

C. It Gives You Direct Communication With God

1 Corinthians 14:2 – “For he who speaks in a tongue does not speak to men but to God.”

Praying in tongues is a private conversation between you and God, bypassing human understanding and the interference of the enemy.

Ephesians 6:18 – “Praying always with all prayer and supplication in the Spirit.”

Paul encourages believers to pray “in the Spirit”, which refers to praying in tongues.

D. It Releases Spiritual Power

Acts 1:8 – “But you shall receive power when the Holy Spirit has come upon you.”

The baptism of the Holy Spirit, including speaking in tongues, is connected to spiritual power for witnessing and overcoming challenges.

1 Corinthians 14:18 – “I thank my God I speak with tongues more than you all.”

Paul, one of the greatest apostles, spoke in tongues regularly, which contributed to his powerful ministry.

E. It Brings Supernatural Peace and Rest

Isaiah 28:11-12 – “For with stammering lips and another tongue He will speak to this people... This is the rest with which You may cause the weary to rest, and this is the refreshing.”

Praying in tongues brings a supernatural sense of rest and peace.

How to begin praying in tongues

If you have never prayed in tongues, here's how you can receive this gift:

A. Ask for It in Faith

Luke 11:13 – “If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!”

God is willing to give this gift if you ask in faith.

B. Surrender Your Tongue to the Holy Spirit

When you receive the Holy Spirit, yield your voice to Him. Start by speaking whatever syllables or sounds come to you, even if they don't make sense at first.

C. Believe and Keep Practicing

Just like learning a new language, the more you pray in tongues, the stronger your connection to the Holy Spirit will become.

How to Receive the Gift of Praying in Tongues

Praying in tongues is a gift from the Holy Spirit, and it is available to every believer who desires it. If you have never spoken in tongues but want to receive this gift, follow these steps with faith.

1. Understand That It Is a Gift

Acts 2:38-39 “Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call.”

The gift of the Holy Spirit, including speaking in tongues, is available to all believers.

1 Corinthians 12:7,10 “But the manifestation of the Spirit is given to each one for the profit of all... to another different kinds of tongues, to another the interpretation of tongues.”

Tongues is a manifestation of the Spirit and part of God's gifts to believers.

2. Ask in Faith and Expect to Receive

Luke 11:9-13 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you... how much more will your heavenly Father give the Holy Spirit to those who ask Him!”

If you desire to pray in tongues, ask boldly, believing that God will give it to you.

3. Believe That You Have Received

Mark 11:24 – “Whatever things you ask when you pray, believe that you receive them, and you will have them.”

Once you ask, trust that God has already given it to you—even if you don't feel anything immediately.

Acts 19:6 – “And when Paul had laid hands on them, the Holy Spirit came upon them, and they spoke with tongues and prophesied.”

When the Holy Spirit comes upon you, you will have the ability to speak in tongues.

4. Yield Your Tongue to the Holy Spirit

Speaking in tongues is an act of faith—you must cooperate with the Holy Spirit.

When you receive the Holy Spirit, begin to speak, even if it sounds like nonsense at first. The Holy Spirit will guide you.

Acts 2:4 – “And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.”

Notice that they began to speak, but the Spirit gave them utterance—meaning, the Holy Spirit provides the language, but you have to open your mouth and speak.

5. Overcome Doubt and Fear

The enemy might try to tell you it's fake or just your own thoughts—reject that lie!

The disciples in the Bible spoke boldly in tongues, even when others mocked them (Acts 2:13).

2 Timothy 1:7 – “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Don't be afraid—just trust the Holy Spirit.

6. Practice Praying in Tongues Daily

- The more you practice, the more fluent you will become.
- It may start as a few syllables, but over time, the Holy Spirit will deepen and expand your prayer language.
- **1 Corinthians 14:18** – “I thank my God I speak with tongues more than you all.”
- Paul prayed in tongues often, and it strengthened him spiritually.

“Heavenly Father,

I come before You in faith, believing that You are the giver of good gifts. You promised in Your Word that You would pour out Your Spirit on all who ask. Right now, I ask You to fill me with the Holy Spirit and give me the gift of speaking in tongues.

I surrender my tongue, my mind, and my heart to You. Holy Spirit, I invite You to flow through me. I receive this gift by faith, and I will open my mouth and speak as You give me the utterance.

Thank You, Lord, for baptizing me with Your Spirit. I believe I have received it, and I will walk in this power from today forward. In Jesus' name, Amen!”

Now, Begin to Speak!

- After praying, take a deep breath and begin speaking.
- Don't think too much—just let the words flow.
- Even if it sounds strange at first, keep going!

Section **Twelve**

Dr. Pete's Personalized Health Program

Dr. Pete's Be Resilient Program with Customized & Compounded Supplements — *Made Specifically for YOU!*

The Be Resilient Program is a comprehensive, personalized wellness program designed to support the body's internal terrain. The program focuses on optimizing foundational systems such as inflammation balance, immune resilience, detoxification pathways, nutritional status, and mental resilience.

Rather than a one-size-fits-all approach, Be Resilient combines advanced lab insights, targeted nutritional support, education around natural detoxification processes, and personalized lifestyle strategies to help support overall resilience and long-term health.

Key Components of the Be Resilient Comprehensive Program

Pain & Inflammation Support: Supporting the body's natural inflammatory balance and nervous system health.

Immune System Support: Providing nutritional and lifestyle support to help maintain a resilient immune system.

Inflammation Balance: Using antioxidants, mitochondrial support, and nutritional strategies to help maintain healthy inflammatory responses.

Nutritional Optimization: Identifying nutrient needs, food sensitivities, and genetic variations to personalize nutrition.

Detox Pathway Support: Educating and supporting the body's natural liver, kidney, gut, and lymphatic detoxification pathways.

Mental Health & Resilience: Supporting neurotransmitter balance and stress response.

Advanced Lab Testing & Personalized Interventions

Each lab included in the Be Resilient Program provides personalized insights to help guide individualized wellness strategies and nutritional support plans.

ALCAT Test (Food & Chemical Sensitivities)

CNA Test (Micronutrient & Antioxidant Status)

COMT TEST (Neurotransmitter & Stress Response Genetics)

Homocysteine Test (Inflammation & Cardiovascular Risk Marker)

ALCAT TEST (FOOD & CHEMICAL SENSITIVITIES)

IDENTIFIES ↓

- Food intolerances that may trigger inflammation, gut issues, pain, & immune dysfunction.
- Chemical sensitivities affecting neurological health & detox capacity.

PROTOCOL ADJUSTMENTS ↓

- Eliminate reactive foods (gluten, dairy, nightshades, processed foods, etc.).
- Transition to a low-inflammatory, gut-healing diet (Keto-Paleo hybrid).

COMT TEST (NEUROTRANSMITTER & STRESS RESPONSE)

IDENTIFIES ↓

- A single genetic variation in the COMT gene that influences how the body metabolizes certain neurotransmitters and stress-related compounds.
- Nutritional considerations that may support healthy methylation and stress resilience.

PROTOCOL ADJUSTMENTS ↓

- Personalized nutritional support for methylation and neurotransmitter pathways.
- Targeted nutrient support (such as magnesium and B vitamins) based on individual genetic tendencies.

CNA TEST (MICRONUTRIENT & ANTIOXIDANT STATUS)

IDENTIFIES ↓

- Vitamin & mineral status related to energy production and immune resilience.
- Antioxidant markers associated with oxidative stress balance.
- Nutritional patterns that may impact mitochondrial support.

PROTOCOL ADJUSTMENTS ↓

- Targeted nutritional supplementation based on identified needs.
- Nutrients that support cellular energy and antioxidant balance.
- Lifestyle strategies to support nutrient absorption and utilization.

HOMOCYSTEINE TEST (INFLAMMATION & CARDIOVASCULAR HEALTH)

IDENTIFIES ↓

- Elevated homocysteine levels associated with inflammation and oxidative stress..
- Nutrient needs related to methylation pathways (B6, B9, B12).

PROTOCOL ADJUSTMENTS ↓

- Personalized vitamin support to maintain healthy homocysteine levels.
- Omega-3 and plant-based antioxidant education.
- Lifestyle strategies to support cardiovascular resilience.

Personalized Supplement Protocol for Be Resilient Program

The Personalized Supplement Protocol within the Be Resilient Program is a fully customized wellness approach designed around your unique lab insights. Rather than generic supplements, formulas are compounded and tailored to support your body's individual nutritional and biochemical needs.

How It Works ↓

Data-Driven Customization: Your lab insights guide a personalized supplement strategy designed to support:

- Individual nutrient needs
- Optimal dosing based on your profile
- Avoidance of unnecessary or generic ingredients

Compounded & Precision-Formulated: Unlike standard supplements, this protocol is:

- Custom-formulated supplements designed for your specific needs
- Tailored to support your unique biochemistry

Why This Matters ↓

- Supports foundational health systems using personalized data
- Encourages long-term resilience rather than guesswork
- Focuses on education, support, and optimization — not treatment

This personalized, data-driven supplement protocol is designed to get you the right support for your body at the right time, helping you become more resilient and healthier long-term.

The Be Resilient Program integrates personalized nutrition, supplement education, detoxification support education, and mindset optimization to support whole-body resilience and overall well-being.

[Tap or Click Here to Sign Up for a Consult](#)

Immunocine's Dendritic Cell Vaccine – A Cutting-Edge Cancer *Immunotherapy*

BENEFITS ↓

- Activates the immune system by training dendritic cells to recognize and attack cancer cells.
- Targets cancer at its core by enhancing the body's natural ability to fight tumors.
- Reduces the risk of recurrence by creating immune memory against cancer cells.
- Minimizes side effects compared to conventional treatments like chemotherapy and radiation.
- Personalized therapy that uses the patient's own immune cells for a customized and effective response.

Scientific Support: Studies in Cancer Immunology Research (2022) confirm that dendritic cell vaccines enhance immune surveillance and tumor regression in various cancers. Research in Frontiers in Immunology (2023) highlights that dendritic cell-based therapies can improve survival outcomes by priming the immune system for long-term anti-cancer defense.

HOW I'M INCORPORATING ↓

1 Initial Consultation: Begin with an introductory call to discuss the treatment and address any questions.

2 Medical Screening: Undergo a comprehensive medical evaluation to determine eligibility.

3 Apheresis Procedure: Have white blood cells collected to create your personalized vaccine.

4 Vaccine Administration: Receive the dendritic cell vaccine through a series of tailored injections aimed at activating your immune system.

5 Supportive Care: Enhance the treatment's effectiveness with an anti-inflammatory diet, hyperbaric oxygen therapy (HBOT), and lifestyle practices that bolster immunity.

6 Ongoing Monitoring: Regularly assess progress and adjust therapy based on immune response and laboratory markers.

CONTACT INFO ↓

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IMMUNOCINE PATIENT APPLICATION



<https://immunocine.com/dr-pete-sulack-patient-application/>

While I recommend and endorse Immunocine, I do not work at/for Immunocine — to book a consultation with a member of my team, please go to www.lab.redeemfm.com/landing