

WHAT YOU ARE HOLDING IN YOUR HANDS MAY WELL BE THE MOST POWERFUL CANCER-KILLER REGIMEN EVER CONSOLIDATED BY HUMAN HEARTS AND HANDS.

If you follow this regimen, then I have a message for you. You **WILL** Beat This. This regimen is by no means the haphazard collection of random home remedies whispered about by a small minority.

In fact, the opposite is true. The information brought to you in this regimen represents hundreds of thousands, if not tens of millions, of man-hours spent in research, trials, experimentation, laboratory work, and application - not by amateurs - but instead by some of the most gifted minds of our time. **Science is on the side of this regimen.**

Just one 'increment' of this regimen alone (*The Budwig Protocol, found below*) was the product of decades of painstaking work by a 47-time Nobel Prize nominee and 1-time winner for his work on cancer (*indeed, he discovered what cancer is, how it grows, and postulated on how it dies*), combined with the lifetime's dedicated work by a 7-time Nobel Prize nominee (the biochemist Dr. Johanna Budwig) who went to her grave at a ripe old age **entirely convinced that she had found the universal cure for all cancers, all types, and all stages.** Many, many people agree with her. Most of these believers have had their lives saved thanks to her work.

And yet, The Budwig Protocol is just one 'increment' of this regimen (*and I personally didn't discover it until after I was healed by the rest of this regimen!*). Every single item listed has been brought to you thanks to the lifetime devotion of thousands and thousands of brilliant experts. They are all cheering you on at this exact moment. Soon, you will be cured and will yourself be passing this regimen to all who will suddenly come out of the woodwork following their own diagnosis, eager to replicate your inspirational results.

Are you motivated? Are you encouraged? You should be. Know why? Because **You WILL Beat This.**

- Patrick Kilchermann



Are you part of my *You WILL Beat This* mission?

Sign up for free updates and to get the latest version of our downloadable regimen.



 <https://www.youwillbeatthis.org/join>

.....

MEDICAL ADVICE DISCLAIMER:

(Aren't these disclaimers fun? Don't they inspire confidence? The reality is, this is what we all have to say in order to be able to speak on the topic of health, healing, and disease without opening the door to potential litigation. The truth is that I am with you every step of the way, but disclaimers like these do provide each of us with a sober reminder: we are all walking our own journeys.)

NEITHER PATRICK KILCHERMANN nor YOU WILL BEAT THIS nor THE CONCEALED CARRY UNIVERSITY PROVIDES MEDICAL ADVICE. The information, including but not limited to, text, graphics, images and other material contained on this document or within our website are for informational purposes only.

No material that we ever produce, share, or publish is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and we disclaim all responsibility from any decision to engage in or disengage from professional medical advice, treatment.

Dear Reader:

My name is Patrick Kilchermann, founder of **You WILL Beat This**. In February of 2021, my left femur and hip (which had been hurting for a year) “collapsed” (disintegrated in an excruciatingly painful way) as I climbed a set of stairs. In the E.R., I was diagnosed with an end-stage blood cancer believed to be “incurable” and “uniformly fatal” by the medical community. When faced with a brutal chemo and radiation treatment plan that offered little hope, I began studying.

At the time, I knew absolutely nothing about cancer or health and wellness. However, I was blessed in many ways: a supportive wife, four wonderful children to motivate me to fight for my life, a professional background as a researcher and self-defense thinker and coach, and the possessor of an excellent team of researchers who I could afford to pay to fact-find and research alongside me.

As of APRIL 2022, I am what I would describe as 95% healed / cured of cancer. My bone has almost completely healed and re-grown. The most dangerous blood cancer marker is registering at “<0.1 units/dl” - “undetectable.” According to these two measures, I don’t even have cancer any more. One blood number remains elevated, though only slightly so - it has zero effect on my health as is and I could easily live 50 more years where it’s at. However, I expect even this number to continue to decrease until it’s back within its normal range.

Long story short: In only 14 months, my health has turned around completely. I personally feel, physically, that I am in better health than I ever was during my teens and 20s. Medical science believes this kind of healing to be impossible, but after my research, I believe these results are virtually guaranteed for anyone who follows in my footsteps.

This regimen is my footsteps.

It was compiled based on the behavior/actions/findings of centuries of experts on the topic of cancer and healing from cancer. Nobel prize winners, best-selling authors, and cancer survivors / victors.

This regimen has been crafted upon the shoulders of these heroes, these titans, these God-sent people who I am so deeply grateful for. Heroes like Chris Wark, author of Chris Beat Cancer. Heroes like 7-time Nobel Prize nominee Dr. Johanna Budwig and Nobel prize winner Dr. Otto Warburg - the PhD biochemist and physiologist who, together, are thought by many to have discovered both the cause of **and cure for** cancer.

Reader: I believe the regimen you are now holding is the most powerful cancer-killer treatment plan that exists today. I have painstakingly worked to ensure that the greatest, most powerful treatments and methods are presented to you in the most clear, understandable, and actionable ways.

Believe me reader: I know what you're going through. I was scared to death following my diagnosis, which is saying something for a professional gunfighter who has trained hundreds of thousands of American police and private citizens to fend off violent criminal attacks!

But listen, I have a message for you: **YOU WILL BEAT THIS.** And when you do - even as you do - your life will become sweeter and will take on more meaning than you ever imagined.

I am with you. Email me directly (patrick@YouWillBeatThis.org) if you have any questions or need someone to talk to. May God bless your heroic efforts!

- Patrick Kilchermann

founder of the Concealed Carry University

founder of You WILL Beat This.



INCREMENT PLAN COMMANDMENTS

!! READ THIS FIRST !!

1

This is the *You WILL Beat This* cancer-killer & cancer healing regimen. In this plan, the regimen is broken up into manageable, bite sized chunks, or *increments*. The purpose of these increments is to prioritize the various elements of healing cancer, so that you can both **comfortably ease into** the regimen/lifestyle, and also so that you can be confident that you are easing into this regimen in **the most efficient, EFFECTIVE ways possible**.

2

There's no need to fully satisfy or fulfill an increment before moving onto the next one. If you can do everything in each increment as you move forward - do it! If you can only do half but feel eager to move forward, that's fine too. Do not stress about it and don't be tempted by perfectionism. *'The perfect is the enemy of the good.'* Work to do good, and nothing more. You can move at any pace you're comfortable with.

- a. Manage your level of overwhelm. Don't allow yourself to get discouraged. Remember: *You WILL Beat This*. You've found the #1 cancer-killing gold-mine known to man. This WILL work for you. If you stick with it, healing is only a matter of time.
- b. Challenge yourself to do your best with this regimen! This is when you get to find out how incredible and strong you are. Remember that INITIATIVE + MOMENTUM = **RESULTS**. The more sick you are, the more you want to BRING it. Remember your Reason Why! And don't let me down!;))

INCREMENT PLAN COMMANDMENTS

!! READ THIS FIRST !!

3

Success with this regimen is simply all about *doing everything you can reasonably, comfortably, peacefully do*. Is it possible to do EVERYTHING on this regimen? You bet it is! I still follow this regimen full and to the letter every single day. So, not only is it possible, but it's possible while managing three businesses, raising four kids, and while truly, deeply, loving, enjoying, and *living* life. For the first portion of my healing, I had to do all this with one leg broken and rotted from cancer, to the point where I was unable to stand up with my walker for more than 20 minutes at a time. Remember: it IS possible! Tell yourself: "*If Pat can do it, *I* can do it!*"

4

That said, **DO NOT** let negative voices in your mind say that you won't heal unless you do everything listed. Every SINGLE item on this regimen has, by itself, been associated with MANY incredible healings. If you do two things, you're doubling your power. If you do only those items in the first four pages, I believe you will be UNSTOPPABLE. So if some aspect of this healing regimen is really hard for you, don't worry about it. Discipline and ability build over time, especially once you start seeing results. Similarly, if something seems particularly easy or feels right, FOCUS ON THAT. When you do something with motivation and eagerness, the healing effect of that action is amplified exponentially. **YOU HAVE MY PERMISSION TO MAKE INNER PEACE YOUR #1 PRIORITY.**

HOW TO SUPPLEMENT AND TAKE ANY AT-HOME TREATMENT

Supplements are best taken under the general (very much an approximation) guideline that 'healing a chronic condition will take a month for every year that the condition has been advancing in your body.' In other words: healthy biological change happens slowly and gently.

You are, therefore, not in a hurry. The moment you begin successfully treating your cancer, you're essentially cured! So, there is no reason to suffer in the short term (with an upset stomach or constipated bowels, for example) as a result of moving too fast and taking too many supplements at once.

A key element of supplementing effectively is to understand that your body will (and must) adjust/acclimate/'get used to' a new supplement. So, even though I myself take everything listed here exactly as it's listed, it is most wise to EASE IN. Begin with the minimum dose (one capsule, for example), and increase little by little each week until the desired dose is achieved. More instruction will follow as the regimen develops for how to ease into all supplements listed here.



NOTE: These guidelines do not apply to the 'treatments' listed in the Cancer Treatments document – I recommend that those are begun at their listed dosages/volumes just as they're written.

GUIDELINES

Ease in. Allow your body to adjust to your supplement regimen by beginning with smaller doses and increasing gradually.

Edge in, by taking and adjusting to groups of 7 or 8 supplements at once, rather than trying to begin the entire regimen. This will both prevent feelings of overwhelm as well as make it easier to notice if one particular supplement upsets your stomach.

IN CASE OF UPSET STOMACH OR G.I. TRACT

If a supplement upsets your stomach or causes cramping, bloating, constipation, loose stool, etc - switch to taking those supplements with food for a little while. Your body will most likely adjust within a week or so. If it does not, it may be wise to discontinue that particular supplement (if you can narrow it down to which is the cause) and to try again later, once your body has acclimated to the intake of supplements in general.

Remember this advice: Feeling Well is worth a great deal in the process of healing. A supplement will probably never be worth it, no matter how valuable the substance, if it makes you feel poorly when you take it. Just set offending supplements aside and try again later.

INCREMENT 1: THE BUDWIG PROTOCOL

THE BUDWIG PROTOCOL

Please note that while the ingredients (cottage cheese and flax seed oil) seem random and arbitrary, they are anything but and were chosen with extreme care by a 7-time Nobel Prize nominee, the famous German biochemist Dr. Johanna Budwig. This protocol has saved tens of thousands of lives by itself. If combined with the other treatments detailed in this protocol, You **WILL** Beat This.



Instructions:

Only mix the flax oil & cottage cheese - and nothing else at first. The mixture should be like rich whipped cream with no separated oil. Use an immersion blender for ease. Now once the flax oil and cottage cheese are well mixed, add the 2 tablespoons of freshly ground linseeds and mix again. Next, mix in by hand or with the blender 1 teaspoon of raw, non-pasteurized honey. For variety you may add other ingredients such as cinnamon, vanilla, lemon juice, chopped almonds, hazelnuts, walnuts, cashews (no peanuts), pine kernels, or rosehip-marrow.

This will replace at least one of your meals (probably breakfast); perhaps even both your breakfast and lunch if you decide to eat it twice per day, as Dr. Budwig recommended for very serious cases. It would be extremely wise to keep up with this Budwig Protocol every day until you're completely cured/healed!

PREPARE THE FOLLOWING MIXTURE ONCE or TWICE PER DAY (max effect)

CONSUME WITHIN 40 MINUTES OF PREPARING.

3 tablespoons of our fresh, cold pressed flaxseed oil (Barleans brand is very high quality).

6 tablespoons of low-fat (less than 2%) cottage cheese.

2 tablespoons of fresh flax seeds, ground using a blade-style coffee grinder.

1 teaspoon of raw, non-pasteurized honey (ideally, manuka honey).

OPTIONAL (after blending): Vanilla extract, berries, nuts, seeds, spices.

INCREMENT 2: CANCER KILLER TREATMENTS – LAYER 1

YOUR NEW MORNING ROUTINE:

First thing upon waking each day on an empty stomach



Substance Category	Substance	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Immune Modulator	Beta Glucan	1	1500 - 2000mg*	First thing, on empty stomach

*Take 500mg of Beta Glucan per 50lbs of body weight.



Wait 30 minutes for stomach to clear...



10 DAYS ON

Aloe Arborescens by Supreme Immune Health Formula™.
1 tablespoon, **three times per day**, on an empty stomach* for 10 days. One bottle should last 10 days. (Buy a few bottles).

10 DAYS OFF

1 teaspoon of baking soda mixed with 1 teaspoon of blackstrap molasses dissolved in warm water, **three times per day**, on an empty stomach* for 10 days.



Wait 30 minutes for stomach to clear...



Squeeze the juice of a lemon into 4 ounces of water, drink through a straw, swish water around mouth afterward to clear the acid from your teeth.



INCREMENT 3: CANCER KILLER TREATMENTS – LAYER 2

Substance Category	Substance	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Vitamin - Fat soluble	D3 Drops	1	30,000 IU	Near a meal
Phytochemical	Curcumin w/ bioperine	2	4,000mg	Afternoon and Evening, with Lunch or Dinner



- Take 1tsp, **three times a day**, of Black Seed Oil with ~2oz of warm water. This does not need to be taken on an empty stomach.
- Eat 10 raw apricot seeds/kernels 3 times a day

INCREMENT 4: DIET, PHASE 1. ELIMINATING HEALING-HARMERS



If you do partake of these items, I recommend keeping these occasions to once per week, twice max, inside of narrow windows so that your body can process them quickly and get back to healing.

- **Eliminate as much refined sugars as humanly possible (I eliminated 100% - including maple syrup and honey).**
- **Eliminate as much alcohol as humanly possible (I eliminated 100%).**
- Eliminate as many boxed, processed foods with long, chemical/complicated-looking ingredients as possible. Instead, choose whole foods. The greener and more raw (less processed) the better. Your body knows, craves, and needs whole foods as close as possible to the way nature provides them.
- Strive to eliminate as many processed grains as possible (bread, pasta).
- Strive to eliminate as many 'animal products' as possible (dairy, beef, chicken, eggs).
- Replace all these things with as many fresh, dark, leafy greens as possible. Strive to fill your diet with living (uncooked) food, with the understanding that cooking, storing, packaging, and processing food destroys most of the health-building vitamins and enzymes that make these foods beneficial in the first place.

INCREMENT 5: DAILY DIET LIFESTYLE REBOOT



Strive to condense your eating window to a maximum of 10 hours (i.e., begin breakfast at 8:30am, finish dinner at 6:30pm). A shorter window (8 hours, or even 6 hours) is even better. The reason is because many aspects of healing within the body do not occur while the body is in a state of digestion. The more time you can give your body to focus on healing, the more benefit you'll experience from the incredible nutrients, phytochemicals, vitamins, minerals, enzymes, and acids found within this regimen.



While every life has unique demands, **the best time to eat your first meal is 2-3 hours after rising**. This will give you plenty of "empty stomach" time to take your "empty stomach" cancer-killer treatments, spaced out 30 minutes between each one. The body needs about a half hour to process each treatment. Remember: you're not doing this forever! Just until you've regained your health and have defeated cancer. Just imagine, *and feel*, how incredible that day will be!



Eliminate snacking between meals (for all the above reasons). Focus instead on having two or three complete, solid meals. Give your body time between to process and utilize those nutrients, rather than overburdening its systems throughout the day by eating between meals. Replace snacks with tea: ideally green tea, raw dandelion root tea, Jason Winters tea, Essiac tea, or any tea you like.

INCREMENT 6: CLEARING YOUR BODY & MIND TO FIGHT AND WIN

DEEP BREATHING OXYGEN THERAPY - 15 MINUTES DAILY MINIMUM

We breath between 15,000 and 20,000 times per day, and every type of cell in our bodies is nourished by and needs oxygen to survive - except one... cancer cells. Oxygen kills cancer cells. This fact sheds light on two incredible facts: (1) that nearly every aspect of this regimen benefits the body by increasing oxygenation at the cellular level, and (2) that many people have entirely cured their cancers doing nothing *but* deep breathing therapy.

Deep Breathing Therapy looks like this: Relax your body, close your mouth, and inhale through your nose, deep into your belly. Expand your diaphragm as deeply as you can. Fill your entire belly with air. Inhale slowly so that your inhale takes at least 5 to 5.5 seconds. Then, without holding your breath, begin your out-breath, again through your nose. Exhale so that it requires the same exact amount of time that your inhale required. Exhale until your entire lungs are emptied, so that it takes compression of your stomach muscles to squeeze all the air out. Then, begin again.

Do at least 15 minutes of deep breathing therapy, total, per day. Each session should last at least 3 minutes, so you can do five 3-minute sessions, three 5-minute sessions, or just 15 minutes straight. Believe it or not, this is one of the most powerful elements of this entire regimen - more powerful than thousands of dollars worth of supplements. There is no maximum: strive to make this method/style of breathing a daily, hourly, constant habit.

Throughout your days, especially while deep breathing, think of the message "Thank you for my healing." Imagine, visualize, and feel the incredible relief and elation you will feel when your doctor stares at you with tears in her eyes and says: "I don't understand... you're cancer FREE. What have you been doing?!" Imagine that feeling! Feel the wonder, the excitement, the resolve, the gratitude. Focus on that feeling.

You WILL Beat This. (In fact, *because you're here, YOU ALREADY HAVE*). When you're finished with this work, I will help publish your story, too. Your healing will save thousands of lives. Every day for the rest of your life will be richer and more meaningful. Now that it's in retreat, and once it's completely gone, this disease will turn out to be the best gift you were ever given. People will thank you and ask, again and again, to hear your story.

Imagine that day and visualize it often - hourly if it feels good. Say to yourself: **"I beat cancer. I never knew how strong I was. I never knew how powerful my body was. Is there anything I can't do? I doubt it! I am nature's greatest miracle. God must love me so much!"**



INCREMENT 7: REGAIN YOUR GUT HEALTH AND REBUILD YOUR DIGESTIVE TRACT

STEP 1

For 14 days, take two capsules twice daily (2 of each in the morning and 2 of each in the evening) of these two natural compounds: Candibactin AR and Candibactin BR.

While taking Candibactin AR and Candibactin BR, add in 600mg of Curcumin - but unlike the 4,000mg dose of Curcumin from Increment #3 (which you are to continue), this extra 600mg should be of a variety that does not have bioperine. The reason is that (according to Dr. William Davis' research), the non-bioavailable 600mg of curcumin will remain in the GI tract until elimination, exhibiting strong anti-fungal properties the entire time. In other words: a fantastic anti-fungal cleanse.

Also while taking Candibactin AR and Candibactin BR, take 500mg of the anti-oxidant 'NAC' (N-Acetylcysteine). This thins the cell walls of offending GI tract bacteria, making the Candibactin AR and Candibactin BR more effective.

STEP 2

Re-load your body with healthy pro-biotic strains, using "loading doses," meaning: high doses at first, tapering down to a more sustainable daily dose over the course of a few weeks. (A great pro-biotic blend is Dr Ohhira Pro-biotics; and a loading dose can look like 5 capsules twice daily for 5 days, then 3 capsules twice daily for 5 days, then a normal daily dose of one capsule twice daily indefinitely).

NOTE



At the time of this volume of this regimen, INCREMENT #4 on gut health is not complete. What is written above is that which we are 100% concrete about, but this particular phase of the regimen will certainly develop more fully. We are experimenting with and researching several new aspects of this regimen, including the use of pre-biotic fiber blends to boost the effectiveness of pro-biotics, as well as some potentially crucial pro-biotic strands (in particular, Lactobacillus reuteri, Lactobacillus gasseri, and Bacillus coagulans) none of which are found in effective concentrations in any commercially available pro-biotic product. Trailing the findings of Dr. William Davis, we are experimenting with fermenting these cultures in yogurt, and video instructions for how to do this will come if we determine that it's important and successful.

INCREMENT 8: CRITICAL SUPPORT NUTRIENTS, LAYER 1

Substance Category	Substance	Capsules Per Session:	Or, Liquid (drops) Per Session:	Across # Sessions (Times Per Day)	Dosage (total)	TIME
LEVEL 1 - MOST IMPORTANT						
Vitamin - Fat soluble	Vitamin A	_____	_____	1	1500mcg	With Breakfast
Vitamin - Fat soluble	Jigsaw K2+E	_____	_____	2	100mcg	With Breakfast and Lunch
Vitamin - Fat soluble	Vitamin E	_____	_____	2	800mg	With Breakfast and Lunch
Vitamin - Water soluble	B15 Complete	_____	_____	3	1500mg	Afternoon
Vitamin - Water soluble	B Complex	_____	_____	1		Afternoon
Vitamin - Water soluble	Folic Acid	_____	_____	1	800mcg	Afternoon
Minerals + Vitamins	Quality Multivitamin	_____	_____	1		Afternoon or Evening, with Dinner
Hormone	Melatonin	_____	_____	1	500mcg- 4mg*	Shortly Before Sleep

*Melatonin: If you're in your 30s or younger, take 500mcg (micro-grams, not milligrams). If you're in your 40s, take 1mg. 50s, take 1.5 - 2mg. If you're 60+, experiment with a dose between 2mg and 4mg until you find what helps you to sleep the most soundly.



INCREMENT 9: CANCER KILLING VITAMIN C PROTOCOL

Substance Category	Substance	Capsules Per Session:	Or, Liquid (drops) Per Session:	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Vitamin- Water soluble	Vitamin C	_____	_____		SEE BELOW	Throughout the Day

TAKE THE 'VITAMIN C BOWEL TOLERANCE TEST.'

Vitamin C is one of the most powerful of all the vitamins. Furthermore, the amount of Vitamin C your body will retain is an accurate measure of your internal health. You can discover this measure and determine your exact therapeutic dose using the Vitamin C Bowel Tolerance Test.

To take this test, order a bottle of Sodium Ascorbate Powder. Sodium Ascorbate is the only form of Vitamin C that works for this test. Once the bottle arrives, begin in the morning by mixing 2,000mg of Sodium Ascorbate (Vitamin C) into a half glass of warm water. Drink. Wait one hour, and repeat. Repeat this 2,000mg dosage every hour until you get diarrhea. Diarrhea is how your body says, "that's 2,000 more milligrams of Vitamin C than I need!" Your optimal daily therapeutic dose of Vitamin C is 2,000mg less than that which caused diarrhea. If you do not reach 'bowel tolerance,' begin again the following day, but use 4,000mg each hour. A healthy adult 'tests out' at around 12,000-15,000mg. Shortly after I was diagnosed, I didn't test out until 65,000mg! Strive to take your optimal daily therapeutic dose every day. As you begin developing loose stools (this means you're getting healthier), decrease your dosage.

If you can afford it, you might choose to use Liposomal Vitamin C, once you know your target optimal dose. 1mg of Liposomal Vitamin C is the equivalent of between 3,000 and 5,000mg of sodium ascorbate, and it stays active in the blood stream and tissues for many times longer than sodium ascorbate or ascorbic acid.



INCREMENT 10: DIET, PHASE 2. LIFE-SAVING LIQUIDS

STRIVE TO CONSUME THE FOLLOWING DAILY

ALKALIZED WATER

Drink 64 to 140 ounces of water daily (determined by your comfort level and what you feel your body needs. This need often increases when taking high quantities of supplements).

It is important to consume deeply **alkalized** water with a pH above 10. It will be easiest and ultimately the cheapest to invest in a quality under-counter mounted Reverse-Osmosis + Alkalizing unit. These units are costly, **but they're one of the greatest material investments you can make in your health.**

They can often be purchased via affordable payment plans.

GREEN JUICE

Several times a week (daily if possible, especially for the first couple months of your journey), try to drink 32 ounces of greens juice in a day.

Ideally, make it fresh at home in a juicer, including mostly kale. Limit spinach and other high oxalate greens like chard. If in doubt and if you can handle the taste, go 100% kale; add some carrots until it's palatable if you can't. Don't mix fruit and veggie juice. Add ginger if you can stand the intensity.

***Note:** My preference for strong greens juice is abnormal in the juicing world. Look to Norman Walker's guidelines , or to the wisdom of Moon Hyun Lee for a more enjoyable approach.*

MOLECULAR H2 TABLETS

Twice Daily: Dissolve one Molecular H2 tablet in 16 ounces of your alkalized water, consume within 5 minutes of the tablet fully dissolving (ideally, drink all 16oz within a minute or so).

INCREMENT 11: CRITICAL SUPPORT NUTRIENTS, LAYER 2

Substance Category	Substance	Capsules Per Session:	Or, Liquid (drops) Per Session:	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Vitamin- Water soluble	B17 (Amygdalin)	_____	_____	1	500mg	Afternoon
Mineral	Zinc	_____	_____	1	50mg	With Breakfast or Lunch
Mineral	Magnesium Malate	_____	_____	2	400mg	With Breakfast or Lunch
Phytochemical	GSE Capsules	_____	_____	1	400mg	Afternoon or Evening
Phytochemical	Artemisinin	_____	_____	1	100mg	Afternoon or Evening
Phytochemical	Beta Carotene	_____	_____	4	100,000 IU	Throughout the Day
Mineral	Iodoral	_____	_____	1-4	12.5-50mg*	Throughout the Day

***Iodoral:** We are still in the process of determining the best way to determine the balance between the safest and most effective dose of Iodoral. 50mg (4 tablets) daily across 4 sessions seems perfectly safe, and I myself took this for 5 months. However, I have since backed down to 25mg (two tablets) pending the results of our current research. We may determine that a blood test that checks for safe iodine levels in the body must be taken every 6 months to determine the safety of a high dose (4 tablets), but especially for those with Prostate and Breast cancers, a high dose (4 tablets daily) may be extremely beneficial.



INCREMENT 12: DETOX AND REVITALIZE YOUR BODY - BASIC

WALK

If a brisk walk is possible, do so at least a few times a week - preferably in nature and with no distractions. De-stressing conversation with a companion is an excellent addition. Walking gently exercises some of the most important systems in the body. Work for a sense of peace and keep up as brisk a pace as your body will allow. Note that it takes as many as two hours of walking to yield the lymphatic circulation/drainage benefits of 15 minutes on the rebounder, so do both!



REBOUNDING

Rebounding regularly ("rebounding" is light bouncing on a miniature exercise trampoline). This circulates lymphatic fluid more effectively than any other known form of exercise. Some think this exercise alone has the power to halt and reverse cancer. This can be done 7 days a week, up to 20 minutes per session, but even 5 minutes is beneficial. Maximize (turbo-charge) the benefits of rebounding by practicing deep breathing while you bounce.



COLD THERAPY

3 times a week (or more), try to expose yourself to cold temperatures. For example, take a 2 minute long COLD shower (immediately after stepping out of the sauna is ideal), or spend 15 minutes in frigid winter temps with minimal clothing on. This extreme stimulates the immune system into production. Couple the cold with the deep breathing detailed above for maximum effect.

INCREMENT 13: DETOX AND REVITALIZE YOUR BODY - ADVANCED

E.W.O.T.

“Exercise With Oxygen Therapy” is a method of exercise which involves breathing concentrated oxygen when the heart rate is high - such as on a spinning exercise bike or a treadmill. This has been shown to produce 5-6x the healing benefits of hyperbaric oxygen therapy. Many people have seen miraculous results in eliminating their cancer using only this treatment. This can be done 7 days a week. Focus on slow, deep breaths even when your heart is racing. This will require the purchase of an oxygen concentrator & medical grade 200-500L air bladder w/ mask. If you can't then skip EWOT.

If you invest in an EWOT system, aim for sessions 12 to 15 minutes in length at as high a heart-rate as you can muster, between 3 and 7 days per week.



SAUNA

Traditional or, better still: infrared sauna. 45 - 60 minutes (at a gym, or invest in an in-home infrared sauna).

INCREMENT 14: CELLULAR HEALTH

FISH OIL

Take a daily dose of 1 to 3 teaspoons of ultra-refined high EPA/DH a fish oil.

For most supplements, the brand name is not important. For this one, it is. The best source is from Dr. Randy Sears' Zone Diet company, called OmegaRX2 Liquid Fish Oil.

This contains a therapeutic concentration of EPA and DHA fatty acids, to the extent where 2tsp contains more than most other companies' entire bottles.

Your dosage (between 1 and 3tsp/day) will be determined by the Cellular Inflammation Test results (see next column).

TEST: CELLULAR INFLAMMATION

Chronic inflammation makes healing very difficult and often triggers dozens of other diseases and symptoms. And yet, the most destructive and obstructing inflammation is invisible, happening at the cellular level.

Buy the at-home "Zone Labs Cellular Inflammation Test Kit" from www.ZoneDiet.com to test your body for cellular inflammation, and use your results to determine how much ultra-concentrated fish-oil you need in order to correct and balance your cellular health in this regard. This will open up many 'doors' in your body and greatly assist in therapeutic, nourishing, cleansing, detoxing, and healing.

TEST: HAIR TISSUE MINERAL ANALYSIS

A "HTMA" test can reveal much about what might be keeping our bodies in a state of disease, potentially even revealing the root cause of a cancer or disease.

These simple tests require a few strands of scalp or body hair, which is then sent to a laboratory, and analyzed for toxic concentrations of a variety of heavy metals and toxins.

Quality tests (which cost around \$200) will direct you on what specific steps can be taken to remove these toxins from your body. Often this regimen itself is enough; other times, specific compounds are needed to draw certain heavy metals out of the body.

INCREMENT 15: CANCER KILLER TREATMENTS – LAYER 3

Substance Category	Substance	Capsules Per Session:	Or, Liquid (drops) Per Session:	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Minerals + Vitamins	Beef Liver	_____	_____	2	3000mg	With Breakfast and Lunch
Mineral	Selenium	_____	_____	1	200mg	Any Time
Enzyme	CoQ10	_____	_____	3	600mg	Throughout the Day
Mineral	Colloidal Silver	_____	_____	3	150mcg	Throughout the Day
Phytochemical	Green Tea Extract	_____	_____	3	3000mg	Throughout the Day
Mineral	Boron Drops	_____	_____		See Bottle	Throughout the Day
Mineral	Fulvic Acid	_____	_____		250mg (See bottle)	Throughout the Day



STRIVE TO CONSUME THE FOLLOWING DAILY

- One cup of beans/legumes
- One cup of fermented food (raw, unpasteurized - sauerkraut, kimchi, etc.)
- Half a cup of sprouted nuts or/and sprouted seeds
- 2 tablespoons of flax oil consumed
- 3 tablespoons of olive oil consumed
- 3 teaspoons of "REAL" brand salt or pink Himalayan salt
- 2+ cups of tea consumed daily - dandelion root, burdock, green, or essiac
- 2 teaspoons of vitamin butter oil
- 2 teaspoons of ultra-refined high EPA/DH a fish oil (also listed in increment #9)
- 25-30 raw, unpasteurized apricot kernels per day, broken up into 5 or 7 at a time. Ease into this for the first couple weeks; 3 the first day, 5 the second, etc. (also listed in increment #3)

INCREMENT 17: OBTAINING DEEP, RESTORATIVE SLEEP

ELECTRICAL GROUNDING

Purchase and sleep on what is called a 'grounding sheet' or 'earthing sheet.'

These sheets, when plugged into a properly grounded outlet, directly simulate the natural, electrically-grounding effect of walking barefoot or sleeping on the ground.

RELAXING BATHS

Consider soaking for 30-45 minutes in a magnesium and baking soda bath (two large handfuls of each). This is a great time to read a relaxing book while doing Deep Breathing Therapy.

YOGA

30 to 45 minutes of yoga daily (or a similar practice such as chi gong tai chi) brings many, many health benefits. It also greatly assists the body in obtain top quality sleep.

EMF REDUCTION

Limit your proximity to strong electromagnetic fields. Limit the frequency with which you wear your phone in your pocket; switch to 'airplane mode' whenever possible.

A key element here is that multiple studies demonstrate that skin wounds heal as much as ten times more slowly when the tissue is in close proximity to an EMF field, such as that produced by an electrical outlet. Imagine the effect throughout our entire bodies at the cellular level?

For this reason, I strongly recommend that you make your bedroom into a 'healing space'. This will sound extreme, but it's sound and practical advice. You will sleep more deeply, and you'll heal faster and better. To do so:

- Turn off the circuit breaker to your sleeping space at night before you turn in.
- Keep your phone on airplane mode when you sleep.
- Turn off (or set on a timer) your WiFi router during your sleeping times.
- Many people who live in dense urban areas with dozens of WiFi routers in their proximity have even purchased EMF-Resistant 'sleeping tents' for use in their bedrooms.

INCREMENT 18: DIET, PHASE 4. THE FOUNDATION OF YOUTH & VITALITY



GUIDELINES

- **Plant-based.** Limit animal products except those supplements derived from animal products found within this regimen. If animal products must be eaten, try to choose wild-caught fish or true free-range eggs, minimally cooked at the lowest temps possible.
- **As few grains as possible.** Especially processed grains, like bread (including whole grains), pasta, etc. In particular, eliminate wheat, barley, spelt, millet, oats, and corn.
- **Vegetable-based.** 5x more vegetables than fruit should be eaten. Fruit should ideally be eaten on its own, rather than with other foods so that its sugars don't ferment in the gut.
- **Dark Leafy Greens-based.** Strive to make 75%+ of the vegetables you eat of the dark, leafy green variety (kale, spinach, chard, etc). "Micro-green" sprouts seem to be incredible nutrition powerhouses, but eating mature kale, spinach, chard (etc) leaves is great, too.
- **Raw Food-based.** Whenever possible, try to eat your vegetables raw. In their raw state, they're often most easily 'translated,' processed, and absorbed by the body. Many experts are adamant that 80% of our vegetables should ideally be consumed raw (ie, salad or smoothie). However, some vegetables are more easily and gently digested when lightly cooked - bell peppers and spinach are great examples of this. When other vegetables are preferred cooked, cook as lightly as possible (lightly sautéed or steamed).
- **Ultra-low sugar.** Ideally no refined sugar will be in your diet (at least until cancer is healed; keep to a minimum even afterward).

INCREMENT 19: CRITICAL SUPPORT NUTRIENTS, LAYER 3

Substance Category	Substance	Capsules Per Session:	Or, Liquid (drops) Per Session:	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Enzyme	Pancreatic Enzymes	_____	_____	1	1000mg	On an empty stomach. A good strategy for pancreatic enzymes is to take them in the middle of the night, if you wake up.
Mineral	Chromium	_____	_____	1	1,000mg	With Breakfast or most carb-heavy meal
Intermediate Metabolite	Glucosamine w/ MSM	_____	_____	2	1,100mg	Afternoon or Evening, with Lunch or Dinner
Phytochemical	Resveratrol	_____	_____	1	600mg	Afternoon or Evening, with Lunch or Dinner
Antioxidant	Glutathione	_____	_____	1	500mg	Afternoon or Evening, with Lunch or Dinner
Vitamin- Water soluble	B3 no flush	_____	_____	1	500mg	Afternoon or Evening, with Lunch or Dinner
Amino Acid	Taurine	_____	_____		500mg	Afternoon or Evening, with Lunch or Dinner
Minerals	IP6 (Calcium, Mag, Phos)	_____	_____	2		Afternoon or Evening, with Lunch or Dinner
Mineral	Remag	_____	_____		300mg	Throughout the Day
Amino Acids	Lysine and Proline	_____	_____	4	4400mg	Throughout the Day

INCREMENT 20: CRITICAL SUPPORT NUTRIENTS, LAYER 4

Substance Category	Substance	Capsules Per Session:	Or, Liquid (drops) Per Session:	Across # Sessions (Times Per Day)	Dosage (total)	TIME
Amino Acid	ALC (acetyl-L-carnitine)	_____	_____	2	1,000mg	Afternoon or Evening, with Lunch or Dinner
Carbohydrate	Inositol	_____	_____	1	500mg	Afternoon or Evening, with Lunch or Dinner
Carbohydrate	D-Ribose	_____	_____	4	2,800mg	Throughout the Day
Intermediate Metabolite	5-HTP	_____	_____	1	100mg	Shortly Before Sleep