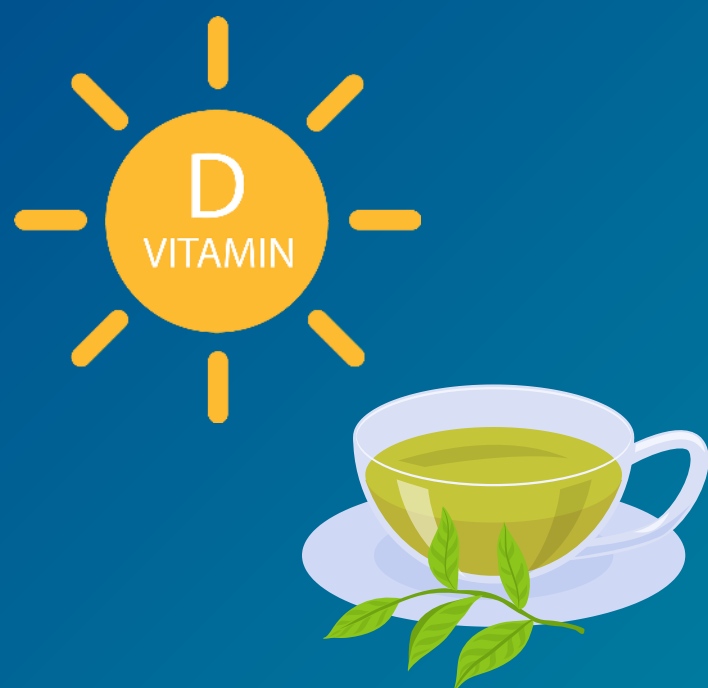


# CANCER THERAPY STRATEGIES

## LIMITED THERAPY

**Diet:** Low-carbohydrate, low-glycemic diet. Add broccoli sprouts (sulforaphane), matcha tea, brewed green tea (<4 cups/day)

- **Ivermectin:** 0.2–0.4 mg/kg/daily (commonly 0.3 mg/kg/day)
- **Vitamin D + K2:** Vitamin D 10,000 IU and vitamin K2 100 mcg daily; with monitoring of 25-OH vitamin D and parathyroid hormone (PTH) levels
- **Curcumin:** High-bioavailability extract, 2–4 g daily, titrated up to 8 g/day
- **Doxycycline:** 50 mg daily taken with 2 g oral vitamin C (consider cycling after 6 months)
- **Melatonin:** 20 mg at night, titrated upward from 5 mg
- **Propranolol:** 10–40 mg twice daily as tolerated
- **Green tea extract (EGCG):** Twice daily, less than 800 mg/day
- **Berberine** 500 mg twice daily
- **Resveratrol:** 500 mg twice daily (high bioavailability)



*Cancer is a complicated disease, and patient care should be supervised by an integrative clinician; patients should not treat themselves.*

## CORE AGENTS



IVERMECTIN



MEBENDAZOLE



DOXYCYCLINE



CURCUMIN



## AGGRESSIVE THERAPY

**Diet:** Low-glycemic ketogenic diet, OMAD (one-meal-a-day) and periodic 48 and 72 hour fasting (7 days fast if feasible every other month)

- **Ivermectin:** 0.4–0.8 mg/kg/daily (commonly 0.6 mg/kg/day)
- **Mebendazole:** 200 mg daily
- **Curcumin:** High-bioavailability extract, 2–4 g daily, titrated up to 8g /day
- **Vitamin D + K2:** Vitamin D 10,000 IU and vitamin K2 100 mcg daily; with monitoring of 25-OH vitamin D and PTH: titrate to achieve a low-normal PTH level (Coimbra protocol)
- **Green tea extract (EGCG):** Twice daily, less than 800 mg/day
- **Berberine** 500 mg twice daily
- **Resveratrol:** 500 mg twice daily (high bioavailability)
- **Doxycycline:** 50 mg daily taken with 2 g oral vitamin C
- **Sulforaphane:** Free stabilized sulforaphane from broccoli seed extract (dosage varies)
- **Metformin:** 500–1,000 mg twice daily
- **Propranolol:** 10–40 mg twice daily
- **Melatonin:** 20 mg at night, titrated upward from 5 mg
- **Modified citrus pectin (PectaSol):** 14.4 g daily; six capsules, 3x a day
- **Omega-3 fatty acids:** 2–4 g daily
- **Statins:** Atorvastatin 40–80 mg daily or simvastatin 40 mg daily; avoid long-term use or precipitous LDL reduction, which may increase dementia risk
- **Quercetin:** 500–1,000 mg twice daily
- **Alpha lipoic acid:** 300–600 mg daily
- **Dandelion extract:** 250–1,000 mg twice daily
- **Methylene blue:** 10–50 mg daily
- **Artesunate:** 200 mg daily
- **Low-dose naltrexone:** 2–4.5 mg daily
- **Epigenin (apigenin):** 50–400 mg/day
- **Pomegranate extract:** 250 mg daily
- **Aged garlic extract:** 1,000 mg daily
- **Monk fruit sweetener:** As required