

Weekly Cancer-Fighting Regimen

Treatment:	Cost (Full price cost is listed, but I do look for discounts!)
Ketogenic Diet: Low Carb/Low Sugar	Organic Foods can add up quickly.
Exercise 30-45 min. Aerobic (Just a brisk walk, best after food to break down glutamine)	Free if you exercise at home
Rebounder 10 min. Twice/Day (This helps your lymphatic system get moving)	You can purchase one for home anywhere from \$50 to \$500. Once you purchase it then there is no more cost to use it daily!
IV Vitamin C 60 g two to three times per week	I was receiving treatments at Holistic Medical Group for \$240 an infusion with 75 grams. I have since found friends to help me get the supplies for home infusions, and I can do them at about \$125 per infusion with 60 grams.
Coffee Enema Twice/Week (I use Medisential enema kit with Foret Organic light roast coffee enema)	You can purchase stainless steel coffee enema kits starting around \$30. I purchased the Medisential Enema Kit for about \$40. That price is now up to about \$65. I also purchased Organic Coffee Enema blend for about \$30 on Amazon, which will last about two to three months.
Ultraviolet Blood Irradiation with ozone therapy (would like to get these once a week)	I have received these treatments at Holistic Medical Group for \$355 a session. This is for what she calls a double dose, which is when she pulls two syringes of blood out of the IV instead of one before setting everything up. She puts 0.5 mL of heparin in each syringe before drawing out the blood to prevent clotting. I would be willing to invest in these two machines; however, I would not be able to use them at home without heparin to prevent blood clotting. I am unsure how to obtain my own multi-use vial of heparin. So far, I have only done this treatment three times due to cost.

<p>Take on Empty Stomach Zinc with Copper (50mg/2mg) (1 cap/QD)</p>	<p>\$13.99 for 100 capsules (about 3 ½ months supply)</p>
<p>Take on Empty Stomach Magnesium 400mg QD HOLD on IVC days</p>	<p>\$24.95 for 120 capsules (2-month supply)</p>
<p>Take on Empty Stomach Beta Glucan 500mg QD (from cell wall) (1 Cap./QD HOLD on IVC days)</p>	<p>\$99.00 for 60 capsules (should be a 1-month supply, but I take only one a day, so it will last for 2 months.) I get this from Better Way Health, which is an excellent company for reliable, safe products. The cost is normally \$149 per bottle, but the price is reduced when you subscribe to monthly purchases.</p>
<p>Take on Empty Stomach Moringa 400 mg (2 cap./QD) (Total 800mg) Hold on IVC days</p>	<p>\$24.99 for 60 capsules (1-month supply) I make sure to get Rosabella Moringa due to the quality of the product.</p>
<p><u>Morn.</u> Ivermectin 1mg/kg/day (50 mg) Take 48 mg QD (2 cap/QD)</p>	<p>I have been taking the Ivermectin at a dosage of 48 mg every morning. This is a prescription medication from a compounding pharmacy. The cost is \$30 for 60 capsules (1 month supply) I also take Ivermectin 3 mg in a DMSO cream topically once a day. The cost is \$36 for a month's supply.</p>
<p><u>Morn. / Bed</u> Fenbendazole 500mg BID (2 cap/BID)</p>	<p>This is a Vet medication that I was able to get at a compounding pharmacy. The cost is \$70 for a 6-month supply.</p>
<p><u>Morn. / Noon / Eve.</u> Take before meals Berberine 333.3mg TID (total of 1000mg)</p>	<p>\$24.99 for 90 capsules (1-month supply)</p>
<p><u>Morn.</u> Metformin 500mg QD</p>	<p>Metformin is a prescription medication that is covered by insurance. I can get this at a low price.</p>

<p><u>Morn.</u> Aspirin 81mg QD</p>	<p>\$8.35 for 120 tablets (4-month supply)</p>
<p><u>Morn.</u> Vitamin D3 - 10,000 IU (1 cap/QD) (already bought, will go to D3 + K2 only later)</p>	<p>\$26.99 for 180 capsules (6-month supply)</p>
<p><u>Morn.</u> Vitamin K2 120 mcg (1 cap/QD)</p>	<p>\$17.92 for 60 capsules (2-month supply)</p>
<p><u>Morn.</u> Vitamin D3 + K2 (5,000 IU + 125 mcg) (1 cap/QD) (per dr/ stay with K2 added)</p>	<p>\$26.95 for 60 capsules (2-month supply)</p>
<p><u>Morn.</u> Hemp Seed Oil 1,000mg QD</p>	<p>\$10.29 for 60 capsules (2-month supply)</p>
<p><u>Morn.</u> Green Tea Extract 1000 mg (45% EGCG) QD (2 cap./QD) HOLD on IVC days</p>	<p>\$25.99 for 240 capsules (4-month supply)</p>
<p><u>Morn./Noon/Eve.</u> Apple Cider Vinegar (1 Cap/BID) Hold on IVC days</p>	<p>\$16.99 for 240 capsules (about 2 ½ months supply)</p>

<p><u>Morn/Noon/Eve.</u> Turkey Tail Mushroom Powder (1/2 tsp. /1x-3x/day) HOLD on IVC days</p>	<p>\$23.96 for a 3.5-oz container (I often forget to take this, so it has been lasting me a while.)</p>
<p><u>Morn/Noon/Eve.</u> Ashwagandha 400mg TID (1 Cap/TID for total 1200 mg HOLD on IVC days</p>	<p>\$41.95 for 180 capsules (2-month supply)</p>
<p><u>Morn. / Even.</u> Resveratrol (root) 500mg QD (1 cap./BID) HOLD on IVC days</p>	<p>\$17.95 for 120 capsules (4-month supply)</p>
<p><u>Morn. / Bed</u> Super Bio Vitamin C (Buffered) 1,000 mg (2 cap./BID) HOLD on IVC days</p>	<p>\$20.09 for 100 capsules (about a 1-month supply)</p>
<p><u>Morn. / Bed</u> Boswellia Extract 1000 mg QD (1 cap./BID) HOLD on IVC days</p>	<p>\$19.95 for 240 capsules (4-month supply)</p>
<p><u>Noon</u> Hydroxychloroquine 200mg (1 cap/QD)</p>	<p>This is a prescription medication that I can get at a low cost with my insurance.</p>
<p><u>Noon</u> Raw Zinc 30 mg (1 cap/QD)</p>	<p>\$13.99 for 60 capsules (2-month supply)</p>

<p>Noon (2) Quercetin w/ Bromelain (800 mg / 165 mg) (2 Cap./QD) HOLD on IVC days</p>	<p>\$24.95 for 120 capsules (2-month supply)</p>
<p>Noon Fisetin 100mg QD HOLD on IVC days</p>	<p>\$21.95 for 60 capsules (2-month supply)</p>
<p>Noon Alpha Lipoic Acid 300mg QD with food</p>	<p>\$19.49 for 60 capsules (2-month supply)</p>
<p>Noon / Bed Omega 3-6-9 1,000 mcg (1 cap. BID)</p>	<p>\$17.74 for 250 capsules (about 2 ½ months supply)</p>
<p>Noon / Bed Turmeric 700mg (Curcuminoids 475 mg) (1 Tab/BID) HOLD on IVC days</p>	<p>\$25.36 for 60 capsules (1-month supply)</p>
<p>Noon/Bed Cimetidine 200mg BID HOLD on chemo days</p>	<p>\$26.91 for 120 count (2-month supply)</p>
<p>Eve. Calcium 600mg QD HOLD on IVC days</p>	<p>\$16.99 for 220 tablets (about a 7-month supply) This is a cheaper brand (Nature Made) that we already had at home. I plan on purchasing a better quality product the next time, which will increase the price quite a bit.</p>

<p><u>Eve.</u> Amla 350mg (stem)/250mg (fruit) 1 cap/QD Hold on IVC days</p>	<p>\$21.99 for 60 capsules (2-month supply)</p>
<p><u>Eve.</u> Vitamin Code Healthy Blood 2 capsules/twice a week</p>	<p>\$16.99 for 60 capsules (4-month supply)</p>
<p><u>Bed</u> Sea Buckthorn Berry (Omega 7) 4400 mg QD</p>	<p>\$23.95 for 200 capsules (about a 6 ½ month supply)</p>
<p><u>Bed</u> Loratadine 10mg QD</p>	<p>\$9.49 for 300 tablets (10-month supply)</p>
<p><u>Bed</u> (Atorvastatin) Lipitor 20 mg QD (goal is 40mg)</p>	<p>This is a prescription medication that I can get at a low price with insurance.</p>
<p><u>Bed</u> Melatonin 10mg qHS</p>	<p>\$13.95 for 240 tablets (8-month supply)</p>
<p><u>Bed</u> Naltrexone 4.5mg qHS (weaning onto medicine @ ~2.25 mg qHS)</p>	<p>This is a prescription medication that I am able to get at a compounding pharmacy. It was about \$30. I have not been taking it due to an upset stomach. They said that I could mix it in a solution and take ½ on the first day and ½ the next to taper up to the prescribed amount.</p>
<p><u>Red Light Therapy and Hyperbaric Chamber therapy</u></p>	<p>I have not tried these yet. However, there is a place called Elevate Health in Tampa that offers a membership for \$399 per month to have unlimited sessions of certain treatments, which includes these two as well as a few others. I am hoping to start this soon.</p>

Patriox Liquid
Oxygen Water

This is a way to bring more oxygen into your cells. I usually order 5 packs of 6 water bottles at a time since there is a discount when you order more packs. They are located in Clearwater, which makes it easy to pick up instead of paying for shipping. The cost is \$358.80 for 30 bottles. The website is <https://patriox.us>