

How to Cure Cancer: A Natural and Holistic Approach

Introduction

Cancer is one of the most feared diseases of our time, yet it is often misunderstood. While conventional treatments like chemotherapy and radiation can be effective, they come with significant side effects and do not address the root causes of cancer. A growing body of research and anecdotal evidence suggests that natural and holistic approaches can play a powerful role in preventing, managing, and even curing cancer.

This article outlines a comprehensive, step-by-step protocol for tackling cancer naturally. From the power of prolonged water fasting to the incorporation of anti-cancer herbs and cutting-edge repurposed medications, this guide provides actionable strategies to take control of your health.

The Protocol to Cure Cancer

1. Prolonged Water Fasting (3–5–7 Days)

Prolonged water fasting is the cornerstone of this protocol. Fasting induces a state of autophagy, where the body cleanses itself by recycling damaged cells, including cancer cells. This natural process allows the immune system to reset and regain strength.

Why Fasting is Essential

- Induces Autophagy: Eliminates dysfunctional cells and clears precancerous and cancerous cells.
- Starves Cancer Cells: Cancer cells thrive on glucose; fasting deprives them of their primary energy source.
- Enhances Immune System: Allows the immune system to focus on attacking cancer.

How to Implement Prolonged Fasting

1. Preparation: Gradually reduce caloric intake 2–3 days before starting.
2. Duration: Aim for at least 72 hours; longer fasts (5–7 days) are more effective for deeper healing.
3. Hydration: Drink 2–3 liters of water daily during the fast.
4. Breaking the Fast: Reintroduce food slowly with light, nutrient-dense meals like bone broth, steamed vegetables, and healthy fats.

2. Completely Eliminate Sugar

Sugar is the primary fuel for cancer cells. Cutting out sugar deprives these cells of their energy source, making it harder for them to grow and spread.

Steps to Eliminate Sugar

- Avoid all refined sugars, sugary beverages, and processed foods.
 - Limit high-glycemic fruits and starchy vegetables.
 - Check food labels for hidden sugars (e.g., dextrose, corn syrup).
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3. Adopt a Ketogenic Diet

The ketogenic (keto) diet is a high-fat, moderate-protein, and low-carbohydrate eating plan designed to put your body into ketosis. In ketosis, the body burns fat for energy instead of carbohydrates, effectively starving cancer cells of glucose.

Key Components of the Keto Diet

- Fats: Avocados, olive oil, coconut oil, nuts, and seeds.
- Proteins: Grass-fed meats, wild-caught fish, and organic poultry.
- Low-Carb Vegetables: Leafy greens, broccoli, cauliflower, zucchini.
- Avoid: Grains, legumes, high-carb fruits, and processed foods.

Benefits of Ketosis

- Starves cancer cells of glucose.
 - Reduces inflammation, which is a key driver of cancer progression.
 - Enhances mitochondrial function and overall energy metabolism.
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4. Repurposed Medications: Ivermectin, Fenbendazole, and Mebendazole

Certain antiparasitic drugs have shown promise in preclinical studies for their anti-cancer properties.

Ivermectin

- Action: Disrupts cancer cell metabolism, induces apoptosis, and reduces inflammation.
- Dose: Consult a healthcare professional for dosing based on individual needs.

Fenbendazole

- Action: Disrupts microtubules in cancer cells, inhibiting their growth and division.

- Dose: Anecdotal protocols suggest 222 mg/day for three days, followed by a four-day break.

Mebendazole

- Action: Blocks angiogenesis and induces apoptosis in cancer cells.
- Dose: Typically 100–200 mg/day; consult with a professional for guidance.

Methylene Blue (MB)

- **Action:** Enhances mitochondrial respiration, disrupts cancer cell metabolism, and promotes oxidative stress selectively in cancer cells.
- **Dose:** Start with **0.5–2 mg/kg body weight/day**, divided into two doses. Adjust based on tolerance and progress.
- **How to Use:** Pair with fasting or ketogenic diets to amplify effects. Use pharmaceutical-grade MB to avoid contaminants.

5. Anti-Cancer Herbs (And Repurposed Medications alternatives)

This table compares the mechanisms of Fenbendazole, Mebendazole, and Ivermectin with their natural alternatives. Options like Curcumin, Wormwood (Artemisinin), and Berberine target similar pathways, such as disrupting cancer cell metabolism and enhancing immune response, offering accessible and complementary approaches to cancer support.

Mechanism	Fenbendazole	Natural Alternative	Mebendazole	Natural Alternative	Ivermectin	Natural Alternative
Disrupt Microtubules	Fenbendazole	Curcumin, Wormwood	Mebendazole	Curcumin	Ivermectin	Wormwood (Artemisinin)
Inhibit Glucose Uptake	Fenbendazole	Sulforaphane	Mebendazole	Berberine, Resveratrol	–	Berberine
Anti-Angiogenesis	–	–	Mebendazole	Resveratrol, Quercetin	Ivermectin	Resveratrol, Quercetin

Disrupt Cancer Metabolism	–	–	–	–	Ivermectin	Artemisinin
Immune Modulation	–	–	–	–	Ivermectin	Wormwood (Artemisinin) , Quercetin

If accessing these medications is difficult or unavailable, these natural alternatives can provide effective, research-supported benefits and are widely available.

Curcumin (Turmeric)

- Dose: 500–1,000 mg daily (standardized to 95% curcuminoids).
- Why: Targets multiple cancer-related pathways, including reducing inflammation and inducing apoptosis.
- How to Take: Pair with black pepper (piperine) or a fat source to enhance absorption.

Wormwood (Artemisinin)

- Dose: 200–400 mg daily (standardized artemisinin extract).
- Why: Disrupts cancer cell metabolism, reduces oxidative stress, and inhibits angiogenesis.
- How to Take: Take on an empty stomach for better absorption. Consider cycling (e.g., 5 days on, 2 days off) to avoid tolerance.

Berberine

- Dose: 500 mg 2–3 times daily with meals.
- Why: Mimics insulin to regulate glucose metabolism, reduces inflammation, and induces cancer cell death.
- How to Take: Take with meals to minimize potential gastrointestinal side effects.

Resveratrol

- Dose: 250–500 mg daily.
- Why: Modulates cancer pathways, including reducing tumor growth and enhancing cell cycle regulation.
- How to Take: Pair with a fat source for optimal absorption.

Sulforaphane (Broccoli Sprout Extract)

- How to Take: Take with a small amount of fat for improved bioavailability.
- Dose: 20–40 mg daily (standardized sulforaphane).

- Why: Activates detoxification enzymes, reduces oxidative stress, and protects against tumor formation.

Quercetin

- Dose: 500–1,000 mg daily.
- Why: Potent anti-inflammatory and antioxidant properties; helps modulate cancer-related pathways, reduce tumor growth, and enhance the effects of other treatments.
- How to Take: Take with bromelain or vitamin C to improve absorption.

5. Antioxidants and Vitamins

Antioxidants and vitamins play a critical role in supporting the immune system, reducing oxidative stress, and enhancing the body’s ability to fight cancer.

Recommended Supplements

- Vitamin C Complex (5+g/day): A potent antioxidant that may slow cancer growth.
- Vitamin D3 + k2 (20000+ IU/day): Enhances immune function and inhibits cancer progression.
- Magnesium: 300–500 mg/day (glycinate, malate, or citrate) supports enzymatic activation of vitamin D.
- Liposomal L-glutathione: 500–1,000 mg/day, The body’s master antioxidant, crucial for detoxification and reducing oxidative damage.

Additional Recommendations

- Exercise: Incorporate light to moderate physical activity, such as walking or yoga, to improve circulation and reduce inflammation.
- Sleep: Prioritize 7–9 hours of restful sleep per night for optimal healing.
- Stress Reduction: Practice meditation, deep breathing, or mindfulness to lower cortisol levels and support the immune system.

Supplements and Practices Summary Table

Step	Key Elements	Purpose
Fasting	3–7 days water-only	Induces autophagy, starves cancer cells, and resets the immune system.

Sugar Elimination	Avoid all sugars and processed foods	Deprives cancer cells of their energy source.
Ketogenic Diet	High-fat, moderate-protein, low-carb foods	Promotes ketosis, starving cancer cells of glucose.
Ivermectin	0.2–0.4 mg/kg body weight daily for 3–5 days	Disrupts cancer cell metabolism and reduces inflammation.
Fenbendazole	222 mg/day, 3 days on, 4 days off	Inhibits cancer cell growth and division.
Mebendazole	100–200 mg/day	Blocks angiogenesis and induces apoptosis.
Methylene Blue	0.5–2 mg/kg body weight/day	Enhances mitochondrial function, disrupts cancer metabolism, and amplifies fasting effects.
Vitamin C	5,000–10,000 mg/day	High doses reduce oxidative stress and support immune function to combat cancer cells.
Vitamin D3	10,000+ IU/day	Boosts immune function, reduces inflammation, and slows cancer progression.
Magnesium	300–400 mg/day	Relaxes muscles, supports cellular energy, and enhances immune function.

Curcumin	500–1,000 mg/day	Anti-inflammatory and induces cancer cell apoptosis.
Liposomal L-Glutathione	1,000–2,000 mg/day	Supports detoxification, reduces oxidative stress, and enhances immune system function.
Quercetin	500–1,000 mg/day	Antioxidant properties, inhibits cancer cell proliferation, and enhances apoptosis.
Artemisinin (Wormwood)	300–500 mg/day	Disrupts cancer cell metabolism and supports apoptosis.
Berberine	500 mg/day	Regulates blood sugar, inhibits tumor growth, and supports metabolic health.
Resveratrol	250–500 mg/day	Antioxidant and anti-inflammatory, inhibits cancer cell growth and angiogenesis.
Sulforaphane	20–40 mg/day	Promotes detoxification, reduces inflammation, and induces cancer cell apoptosis.

Conclusion

Cancer is a complex disease that requires a comprehensive and multi-faceted approach. By combining prolonged water fasting, eliminating sugar, adopting a ketogenic diet, using repurposed medications, and incorporating powerful antioxidants and herbs, you can target cancer from multiple angles.

This protocol empowers you to take control of your health and address the root causes of cancer naturally. Always consult a knowledgeable healthcare professional before starting any new regimen, especially with fasting or medications.

Healing is possible with the right tools and a commitment to change. Take charge of your health and embrace a path to recovery.

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Source:

D. Yahia Anane, PhD.

<https://dryahiaanane.com>

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