

# NUTRITIONAL SUPPORT FOR CANCER CONDITION PROTOCOL

## Supplementation Regimen:

**Big C Nutrient Pak Bundle - Take simultaneously, one packet from each Pak, twice daily:**

**Pak #1 - Taken Morning & Night:**

- Essential Protect (2)
- Optimal EFA (2)
- Essential DAKIK2 (2)
- Fat Sugar Trim (2)

**Pak #2 - Taken Morning & Night:**

- Essential Shrooms (2)
- Essential Magnesium (2)
- Opti-Para (2)
- Essential Resveratrol (2)

**Pak #3 - Taken Morning & Night:**

- Essential Nag Redux (2)
- Essential Protect (2)
- Opti-Adrenal (2)
- Essential Ubiquinol (1)



- Optimal Fat Sugar Trim: 1-2 Capsules Before Meals (3x daily)
- Essential Therapeutic Melatonin: Take 1-4 droppers based on needs recommended by a health professional
- Optimal BFF: 1 Chew with Meals (3x Daily)
- Optimal Fruit & Veggie Plus: 2 Scoops Daily
- Opti-Metals Detox: 3 Drops Morning
- Opti-Enviro Detox: 3 Drops Night
- Essential Glutathione: 1 Tablet 2x Daily in Water
- Essential D-Ribose: 1 Scoop Daily in Water

### Additional Supplementation

#### Recommendations:

- Potassium Bicarbonate: 1/2 Teaspoon 2x Daily, Alternating 2 Weeks On, 2 Weeks Off
- Extra Virgin Olive Oil: 2-4 Tablespoons Daily



**\*\*NOTE: IF PATIENT HAS HIGH BLOOD PRESSURE, TAKE 1 NOS PERFORMANCE PAK DAILY. IF PATIENT HAS ANY METHYLATION SNPS, FOLLOW RECOMMENDED PROTOCOL IN ADDITION.**

## Nutrition Regimen:

- Water-only fasting (if recommended by Health Professional)
- Keto vegan diet (soy free), primarily raw (example diet listed on following page)

## Exercise Regimen:

- Aerobic High Intensity Interval Training (HIIT) - 5x weekly
  - 8 rounds - 2 seconds full out, 10 seconds off
  - Aerobic exercise of your choice (walking, running, rowing, swimming, cycling, etc.)
- Anaerobic strength training - 3x weekly:
  - 20 minutes

## Additional Recommendations:

- Emotional clearing
- Meditate for 10 minutes, 2x daily, while listening to energy frequencies
- Breathing for CO2
  - 5 seconds in, 5 seconds out, hold 5 seconds, repeat 8 cycles, 2x daily
  - Breathe through nose while sleeping (tape mouth shut, if needed)
- Copper:Zinc ratio on a blood test should be 1:1