



## **So you have been diagnosed with Cancer?**

Receiving a diagnosis of cancer is very traumatic, to say the least. And then add to that all the information, all the stories, all the “expert” advice - and it very quickly gets very overwhelming. My intention with this document is to help you absorb and organize some of this information and help you make a decision about a treatment that best suits you. I will tell you what we do here at Young Foundational Health Center and what we feel works in helping people overcome their cancer.

#1 Your immune system has let you down if you have cancer. It is the immune system that looks for cancer cells and should destroy them. They say we produce cancer cells everyday but the immune system usually kills them, the immune system is made of protein. We feel the most complete protein is animal protein. If you are a vegetarian you will need to supplement with lysine and methionine. 2 amino acids plant base diets are deficient in. I use the physiology textbook Guyton and Guyton formula and use 1 gram of protein per every 2.2 pounds of lean body weight. Rarely exceeding 100 grams a day. If the patient is having trouble getting adequate protein, I will have them supplement with a Budwig Cocktail which is a protein and oil emulsion shake that the German’s developed years ago in the 1930s. It came from the noble prize in medicine they won that year which said if the oxygen concentration in a cell drops below 35% the cells dies or turns cancerous in 2 cell generations. This has never been disproven. To absorb oil per the physiology textbook the omega 3 oils must be emulsified (blended) into a protein for the body to absorb the oil to remake the cell membrane so it is more permeable to oxygen. This shake ranges from \$3.00 to \$5.00 to make. Think of it as a meal replacement.

#2 Professor Michael Holick- Head of the presidential commission on vitamin D has said that vitamin D helps modulate the immune system. We use high dose vitamin D. As the professor told me the idea of any vitamin D level over 100 is toxic (ranges from 30-100) is not necessarily true. I have a lot of my cancer patients at 150-200. The only real concern is if a patient has parathyroid disease, sarcoidosis, or middle age white women you need to watch their calcium level. I use 10,000-20,000 units a day often to get their vitamin D up. When doing chemotherapy I have seen patients require 15,000 units a day just to maintain adequate vitamin D level. As per the W.H.O. (World Health Organization) you need levels over 60 to help protect from Cancer.

#3 The University of Kansas has received large grants from National Institute of health for their work on IV Vitamin C and Cancer. Their studies show IV-C makes chemotherapy work better and with fewer side effects. We know that the only way to get enough vitamin C in the body to kill the cancer cells is IV. The level of C should be over 88mcg/dl. The dose runs 25-250 grams usually once a week. Some people can't tolerate very large doses so we may divide them up over the week. By giving IV- you bypass the GI tract so you do not experience diarrhea.

#4 The Germans have done a lot of work with ozone which is 3 atoms of oxygen. Ozone has unique properties one of which is at certain concentrations it really resets the immune system. Cancer cells do not do well in ozone. We use a technique where we take out your blood in a closed system and drain a unit of blood into an IV bag and add ozone gas to the blood and let it flow back into your body. Ozone gas dissolves instantly into the blood so you do not have to worry about an air pocket forming in your circulatory system. This treatment really turns your immune system on.

It was a few years ago the U.S. FDA and the European Medicines Agency (EMA) made a reciprocity agreement. So what is EMA approved in Europe is allowed in the U.S. and vice versa. The EMA and FDA signed the agreement on mutual recognition of inspections between European community and the United States on November 1, 2017. The US regulators (FDA) rely on good manufacturing practice (GMP) inspection reports of the labs in Europe to make sure they (the lab) is performing and keeping up with the standards set by the EMA and FDA in their agreement.

When it comes to cancer treatment we feel the European treatments in some cases may be more effective than the U.S. cancer treatment. The U.S. Cancer treatment is based on killing cancer cells or removing them via surgery or radiation but what kills 95% of cancer patients is the metastasis. When the breast cancer spreads to the liver, brain or wherever. It is the cancer stem cells that determine metastasis, not the cancer cells. The American cancer treatment is based on killing cancer cells and not the cancer stem cells. The European treatment is based on killing cancer cells and cancer stem cells. The American treatments are generalized while the European treatments are patient specific. This is why a very well-known cancer center has 30% 5-year survival rate for stage 3 and 4 cancer vs the European which has a 75% 5-year survival rate also for stage 3 and 4.

### **Testing**

Most every person I see who has been diagnosed with cancer always tells me what they are doing to fight their cancer besides the standard medical treatment. They may be doing turmeric, vitamin C, DCA, Genistein, etc. If their treatment is not working and the cancer is getting worse they go to the health food store or go on the internet and find some article that says if you use our product you will be cured of cancer and they always have a couple of really moving testimonies. That is why I love the Onconomics Plus test. This test looks at what chemo therapy RX will work on your cancer cells. The test will also tell you what natural products will work to kill your cancer cells. They will test up to 31 natural products such as vitamin C, Ginko, Turmeric, DCA, etc. It tells you for sure what will work on your cancer. A patient of mine who had breast cancer was using turmeric because it worked so well on her neighbor's breast cancer. She did the onconomics test and only 1% of her cancer cells were even inhibited

by turmeric. She stopped her turmeric. This tells you what will and will not inhibit your cancer. This test can also tell you what type of cancer cells you have from the blood draw.

## **Treatments**

The most effective treatment I feel is Supportive Oligonucleotide Technique (SOT). This is the creating of a "shut off" key for a cancer. The lock is a specific section of DNA on a cancer cell. The key is the SOT which binds only to that lock or only that person's cancer cells. Only cancer cells are killed. Since Europe and America have a mutual agreement for testing we are able to do the test at our clinic and have it sent to a lab in Europe to make the SOT. The treatment involves us drawing blood from your arm and send that blood to Europe where they grow the cancer cells in it to trillions of cancer cells. They can take the cells, pull the RNA genetic material out and look for gene defects in the cell, cancer biochemical engineering replaces the defective genes with corrected genes and grow the corrected cancer cells up and give their cells back to the patient in an IV. Those cells are programmed to go right to the cancer cells and kill them. It works in 12-48 hours. These corrected cells will not cause harm to any other tissue. It is not like chemotherapy. These cells are based on the patients genetic material so can only be used on one person and that is you. That is why it is impossible to do standard testing of treatments between U.S. and European treatments. A treatment made for your breast cancer could not ethically be used on 100 people with the same breast cancer.

The U.S. has Chimeric antigen receptor (CAR-T) therapy which is a form of SOT. This is where the T-cells have been genetically engineered to produce artificial T cells to target a specific protein on a cancer cell and specifically target only those cancer cells. The U.S. version is made for certain types of breast, prostate or other types of cancer. However, they don't look at the unique genetic aspects of the individual cancer. One size fits all you might say.

The U.S. will take a treatment for breast cancer and 10,000 women will receive that treatment. The Europeans will treat breast cancer but it is individualized because it is based on the person's genetic makeup in his/her DNA. Do you know there are 139 genetic variations of invasive ductal carcinoma a unique type of breast cancer? The Europeans will make a treatment based on only one person's RNA. Do you want a treatment for cancer that basically everyone does or do you want a treatment for your unique cancer? The treatment is based on the genetics of the individual cancer. That is why you don't have all the side affects you see with chemotherapy. The main side effect can be mild flu like feeling for several days. If the patient has a large amount of cancer all over their body the dose may have to be reduced because the die off of cancer cells is so quick within 12-48 hours that so many cancer cells die that it can be life threatening. Think of the idea of the body can't rid itself of the dead cancer cells fast enough so the body can become toxic. There are ways to handle this.

Dendritic cell therapy is another therapy in which the dendritic cells are cell that help the immune system to reorganize and attack cancer cells. The U.S. version is in its early stages while the Europeans have done more with this therapy. The idea is to make the dendritic cells recognize prostate

and breast cancer and recruit the immune system to attack the cancer cells. The vaccine for these cancers is based on the DC being programmed for the individual's unique cancer gene type.

Vaccine Prep: All tumor cells express a whole array of Tumor Associated Antigens (TAA). RGCC vaccine prep uses tumor cell antigens that are produced from the patient's isolated tumor cells. Tumor cells from each patient potentially carry gene mutations encoding for unique TAA's that are important in stimulating effective and long-lasting anti-tumor response in the patient. It is using the immune system to attack only the tumor cells. So side effects are greatly reduced. No hair loss, weakened heart, brain fog, weakness, etc. A number of institutions in the U.S. are working on vaccine prep. The difference is the U.S. vaccines are made with the idea of one size fits all type of breast cancer, prostate cancer, etc. Versus the European version is based on you and your cancer type.

Our approach at Young Foundational Health Center is to give you information for you to base your treatment on for your cancer. We do not force you into anything. Using scare techniques we feel is wrong. You have to decide what is best for you and is it within your budget. Do remember when you're looking at cost ask your oncologist what is your out of pocket cost. As you continue your journey to find the treatment best for you be sure to ask your doctor or dietician if you will be doing special diet i.e.: vegan, juicing, etc. for cancer. How do these things work on cancer tumor stem cells and what is their 5 year survival rate for the style of cancer you have.