

Learn How to

BIOHACK YOUR CANCER

Food, Lifestyle and Supplement
Natural Cancer Treatment
Research Based Information

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Learn How to Biohack Your Cancer

Forward

I'm writing this natural cancer eReport on medically researched lifestyle, food and supplement protocols to reduce your, my wife and my extremely high risks of cancer. This eReport provides basic information and is not all encompassing. Yes, there will always be more things you can do to prevent or fight cancer but each change or step you make will move you toward better health.

If you already have cancer you should change the food, lifestyle and environment that permitted that to happen. **Doing the same thing day after day and expecting different results is wrong!** The following prevention and reducing risks tips should be started and followed to keep cancer away. You don't have to be perfect. But **you can't keep doing the all the same things that allowed cancer to occur.** Each change you make will decrease the risk of cancer growth.

My Journey from traditional pharmacy to Functional / Integrative / Natural Health

My name is Keith Bishop. I was trained as a traditional pharmacist and graduated from the University of Oklahoma in 1981. I purchased a pharmacy in Mustang, OK, a western suburb of Oklahoma City in 1983. I receive the state of Oklahoma's first Innovative Pharmacist award in xxxx because of my unique practice focusing on customized patient care.

My grandfather was diagnosed with prostate cancer shortly after retiring. He died of a heart attack probably caused by the very high dose estrogen treatment that they used at the time.

My wife's father died of early onset prostate cancer.

My father was diagnosed with early onset prostate cancer and was in the traditional medicine system. But my medical studies found that his prognosis was not so good with traditional treatment. Since he was in his sixties he was at high risk of recurrence. I wasn't satisfied with this prognosis and was concerned about my risks, so I started going to and taking natural medicine/supplement continuing education (CE) programs for pharmacists and doctors. I was reminded that all medicines were originally sourced from natural products.

I started the herb feverfew for my wife's migraine headaches. We had fantastic results! No more migraine headaches unless she went more than 48 hours without the feverfew. The feverfew was like a drug. Soon after stopping it she would have a rebound headache.

My wife's asthma was not being treated successfully with traditional medicine. One night my wife had a severe asthma attack that I was barely able to treat at home without going to the emergency room. I started reading medical journals to see what I could do to improve her asthma. I came across an article demonstrating the effectiveness of using magnesium injections in the emergency room. I had magnesium tablets at the pharmacy and started giving her the recommended daily dose.

I was amazed when I added magnesium supplements and saw her asthma and migraines almost totally disappear. She didn't need the feverfew! I then realized that the professors in

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pharmacy school were incorrect in stating dietary supplements were useless.

My wife also has agammaglobulinemia, extremely low IGG, IGA and IGM which significantly increases her risk of infections and cancers.

A couple of years later my father was diagnosed with early onset Alzheimer's disease. The testosterone blocking drug combined with his work history, health issues, lifestyle and foods allowed the Alzheimer's to start early and progress. I didn't know enough help. He died about 8 years later.

In the very early stages of my father's Alzheimer's I became extremely frustrated with traditional pharmacy. I was not helping my patients get to the source of their health issues with medications. I prayed to God and asked Him that if He wanted me to go into natural medicine that He needed to help me sell the pharmacy. That would be "sign" that I was to go into natural medicine. I didn't advertise or put the pharmacy on the market. If word got out that I wanted out of the pharmacy the business would suffer. To my amazement, within 30 days a pharmacist I didn't know walked in and asked if I was interested in selling the pharmacy. Within 60 days of my initial prayer to God I had sold the pharmacy December 1998 and was preparing to open my private practice in March 1999. You fellow Christians know what I'm talking about! God answered my prayer and moved people into action. Amen!

I opened Health Nut Rx in March of 1999. I specialized in natural treatments and

compounding bioidentical hormones and thyroids.

In 2007 my mother was diagnosed with and died of glioblastoma a couple of years later. I didn't know enough and couldn't help her make enough changes survive. She died in 2010.

I merged my private practice with Flourish Compounding Pharmacy and Nutrition Center in 2010. www.Flourishrx.com This has allowed me to concentrate and expand my practice on the natural aspect of health. I'm now the general manager of the pharmacy and training the Flourish associates to help even more people with natural approaches to health.

More recently my wife has had several cancer scares but each time after making aggressive supplement changes and moderate dietary changes follow up medical tests and scans within a month or few months were negative, getting better or stable without medical treatment.

You inherit genes from your family that increase or decrease your risk of diseases including cancer. Just because a relative had cancer doesn't mean that you will get cancer.

There are many things you do each day that either decreases or increases your risk of cancer or cancer growing.

Doing the same thing day after day and expecting different results is wrong!

About this eReport

This eReport is brief and provides the basic steps supported by medical research, my personal journey, and my healthcare practice

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experience to help you win the cancer battle and prevent cancer. This is not a comprehensive report for all cancers and treatments. You, your health issues and your cancer could be unique so you should consult with your healthcare practitioner for a customized treatment program.

There are literally tens of thousands of medical research studies on laboratory grown human cancer cells and animals demonstrating that dietary supplements kill and inhibit cancer cell growth. Human research is limited because it's extremely expensive to do human studies. Drug companies generally can't get a patent on dietary supplements or the process to make them so they will not fund the research. Much of the research is done as a foundation for developing synthetic analogs of dietary supplements for future drugs.^{1,2} Since there's so many research articles and each complete article can cost \$30+ I often only list one reference for a statement. If you wish to continue your research for your particular cancer and treatments you can go to the government sponsored website <https://www.ncbi.nlm.nih.gov/pubmed/>

I've presented many items in this report and you may be thinking "Everything causes cancer, there's no way I can do all of this." I'm presenting many steps that can help reduce your risk of stimulating cancer growth. Each step you take on a regular basis will reduce the risk of stimulating cancer growth and provide you improved odds of surviving or preventing the reoccurrence of cancer.

The FDA states "Many dietary supplements contain ingredients that have strong biological

effects which may conflict with a medicine you are taking or a medical condition you may have. Dietary supplements are not intended to treat, diagnose, cure, or alleviate the effects of diseases. They cannot completely prevent diseases, as some vaccines can. However, some supplements are useful in reducing the risk of certain diseases and are authorized to make label claims about these uses."³

As with any treatment program you should check with your healthcare practitioner before making any changes in your cancer treatment program. The FDA (Food and Drug Administration) has not evaluated the information in this research report.

There are many other foods and supplements that have an impact, good or bad, on cancer. I'm presenting what I've found to be effective. I use the phrase limit/avoid several times. Avoiding is the best option but being realistic I realize that occasionally we don't have an option. It's the frequent or daily exposure that may contribute to cancer initiation, growth and metastasis. So, do the best you can when you can. Limit or avoid items known to cause cancer.

God has provided me with the spiritual gifts of wisdom, leadership and craftsmanship (old testament) and a loving wife that allows me the time to dig through medical research, organize the information and provide you with a summary of effective prevention treatments outside of my fulltime job. Janay thank you for allowing me the time and encouraging me to write this report.

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God has blessed us in writing this report. I pray that God blesses you with this report.

Work in Progress

If this report has the “Draft” watermark in the background it is a work in progress. I released it before final proofing, correcting and properly formatting the text and medical references so that you can get started making expedient changes in your cancer journey.

The footer, bottom of the page, contains a date-based version number. Please check back every week or so and download the most recent version of this report.

Stay Up to Date

I frequently post new natural cancer treatment research information on social media. Please follow, like and comment at:

Instagram:

<https://www.instagram.com/flourish.rx/>

Facebook:

<https://www.facebook.com/NaturalCancerReports/>

Website:

www.NaturalCancerReports.com

Professional Quality Supplements

www.Flourishrx.com/shop

report and have consultations with clients for customized recommendations for many different health issues including. I’m available for consultations by calling 405-751-3333 and professional quality supplements are available at www.FlourishRx.com/shop.

I may make a commission on items you purchase via Amazon and other links in this report.

How I Make Money

I do manage a compounding pharmacy that sells dietary supplements mentioned in this

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Phase-I (P-I)

I consider the P-I protocol for prevention and remission and is the fundamental part for the advanced P-II protocol.

P-I Foods

Intermittent Fasting (IF) and Calorie Restriction (CF)

IF is a term used to describe Time Restricted Eating/Feeding (TRE/TRF). IF restricts the time you eat to a set number of hours and usually reduces calories. Most of us consume too much food and/or empty calories. Calorie restriction and fasting reduces the risk of cancer, diabetes, cardiovascular diseases, and neurodegenerative diseases.^{4 5}

Limited human (because this is a newer concept) and animal cancer research studies suggest calorie restriction and IF advantages include:

- Autophagy (self-eating) is an intracellular degradation process used by cells to keep a "clean house" to eliminate damaged organelles, long-lived misfolded proteins and invading pathogens.⁶
- DNA repair and autophagy⁷
- Stimulates your immune system to fight cancer^{8 9}
- Enhanced chemotherapy effectiveness (animal studies)¹⁰
- Allows higher dose radiation treatment and survival (animal study)¹¹
- Reduces chemotherapy side effects¹²
- enhances the efficacy and tolerability of chemotherapy¹³

- Improves chemotherapy safety¹⁴
- improves quality of life and fatigue in patients¹⁵
- reduces cancer metastasis (animal study)¹⁶

Researchers at the University of Genoa in Italy and University of Southern California published a research article stating the combination of fasting mimicking diets with chemotherapy, immunotherapy or other treatments represents a potentially promising strategy to increase treatment efficacy, prevent chemotherapy and radiation treatment resistance and reduce side effects.¹⁷

Restricting carbohydrate intake prior to surgery to remove cancer tumors provides:

- Smaller tumor size and proliferation markers¹⁸
- A pronounced impact on longevity¹⁹
- Decreased risk of cancer relapse and increased risk of survival²⁰

Mediterranean / Paleo / Pegan

The basic concept is to consume whole foods and avoid all processed foods and ingredients, including sugar, certain vegetable oils, trans fats and artificial sweeteners and limit grains. Doing this will decrease excess empty carbohydrate calories that can feed cancer cells.^{21 22}

Protein is critical for physical and mental health. Most people need 50-75 grams of protein per day for basic body functions. The larger your muscle mass the more protein you require. I have found most of my clients that come to me via referrals from mental health professionals for depression, addictions and anxiety are not consuming their 50-75 grams of protein.

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Red and processed meat (with preservatives)²³, dairy²⁴, high egg intake²⁵ (breast and prostate cancer)²⁶, and well-done/roasted meat^{27 28} increase the risk of cancer.

Decrease your intake of animal protein and increase your intake of vegetable protein. You need to get 50 grams or more of protein each day to be healthy. Consuming a Protein Fruit/Vegetable smoothie most days is an excellent way to make sure you're getting your protein. Get a copy of a Protein Fruit/Vegetable Smoothie recipe at www.NaturalCancerReports.com.

Processed meats with nitrate/nitrite preservatives including sausage, ham, pepperoni, bacon, salami and hot dogs should be avoided since they are known to cause cancer in laboratory animals and increase the risk of cancer in humans.²⁹

Green Tea

Although all tea contains beneficial antioxidants, high-quality green and white teas have them in greater concentrations than black tea.³⁰ Black tea may not work as well for cancer prevention but if you don't have a choice go ahead and drink black tea.

Marinating foods with green and white teas decrease the cancer-causing heterocyclic amines (HCAs) and benzo[a]pyrene (BaP).³¹

Animal and laboratory cancer cell studies show consuming green tea decreases cancer-causing chemicals (heterocyclic amines) in the body from grilling and frying meats.^{32 33} A human study found drinking black tea does not decrease heterocyclic amines from fried

hamburgers.³⁴ Laboratory cancer cell studies show black tea antioxidants don't work as well as green tea but should lower damaging cancer-causing heterocyclic amines.³⁵

In summary I prefer to consume green tea with my meals but will drink black tea if that's all that's available.

EGCG in green tea has an anticancer effect in cancer. This well-known fact will be expanded in this report at a later date.

L-theanine, an amino acid also in green tea, supports a calming effect by helping the GABA (calming) receptor in the nervous system work better. L-theanine in tea has many positive effects especially on relaxing, cognitive performance, emotional status, sleep quality, cancer, cardiovascular diseases, obesity, and common cold.³⁶ L-theanine enhances cognition (thought processes) in humans and has neuroprotective (protects brain cells from damage) effects.³⁷

L-theanine also has an anticancer effect as demonstrated in laboratory cancer cell and animal medical research studies.^{38 39 40 41}

Restricting L-glutamine, presented elsewhere in this eReport, enhances supplemental L-theanine's anticancer effect.⁴²

There are a couple of medical studies demonstrating that L-theanine enhances the effectiveness of chemotherapy.^{43 44}

L-theanine helps keep cancer stem cells from growing.⁴⁵ L-theanine is so effective in stopping cancer that drug companies are developing synthetic stronger versions of the food ingredient for cancer treatment.⁴⁶

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Limit/Avoid L-Glutamine

Restricting L-glutamine in your food and supplements may create enough of a deficiency in cancer cells that slows or stops their growth. Glutamine metabolism restriction has been proved to be effective in inhibiting tumor growth through inducing apoptosis, growth arrest and/or autophagy.⁴⁷

L-Glutamine is an amino acid from protein that is critical for your immune system, muscles, and intestines. I will often recommend L-Glutamine to help repair the digestive system for several issues including surgery recovery, erosive esophagitis, stomach and intestinal ulcers, gastritis, colitis, and leaky gut.

L-Glutamine found in many proteins and is added to SOME protein powders. Your body naturally makes L-Glutamine from another amino acid, glutamic acid.

Cancer cells thrive with glucose (sugar) and L-Glutamine.⁴⁸ Cancer cell studies found restricting glutamine intake improves immunotherapy activity of cancer killing CD8+T cells.⁴⁹

The dietary sources of glutamine include the protein-rich foods like:

- Protein Powders/Bars/Drinks (read the amino acid profile to see if it's added or present, not all have it)
- Meat and bone broth
- Seafood
- Milk products (milk, yogurt, cheese)
- Beans
- Nuts
- Eggs

- Cabbage

Limit/Avoid Brownd/Blackened Well-done Foods

The following issue seems to be specific to some people with certain genetic issues. It's enough of an issue, besides the simple carbohydrate increasing cancer issue, that I rarely consume bread, French fries and blackened/well done meat.

The typical daily intake of carbohydrate-rich food (bread, potato chips and potatoes) heated at high temperatures (baked or fried enough to brown) might be responsible for one-fifth of the rate of the total cancer risk. That's 20% of all cancers may be caused by breads and French fries.⁵⁰ In 2015 the European Food Safety Authority published a risk assessment saying that high levels of acrylamide in food potentially increased the risk of developing all types of cancer in all age groups.⁵¹ In addition to contributing to cancer acrylamide damages the nervous system (brain) and DNA in your cells.⁵²

Avoid Charcoal

Cooking/grilling foods with charcoal infuses cancer causing heterocyclic amines (HCAs) and benzo[a]pyrene (BaP) into the foods. Grilling with gas and electric sources decreases these chemicals.⁵³

Avoid Deep Fried Foods at Restaurants

Limit/avoid fried foods at restaurants. Reusing frying oils changes the oil chemicals to products

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that increase cancer aggressiveness and metastasis.⁵⁴

Cancer causing heterocyclic amines are produced during the frying meat, and their levels increased with increasing frying time and temperature.⁵⁵

Consuming dark colored fruits with fried or grilled meats at mealtime may decrease heterocyclic amines in the body.⁵⁶

Sweet Beverages

As mentioned earlier cancer thrives with glucose (sugar).

Stevia

Stevia extract has anticancer properties and enhances 5-FU chemotherapy.⁵⁷ Stevia extract decreases inflammatory (cancer stimulating) and increases anti-inflammatory (cancer inhibiting) cytokines (chemicals) in cancer cells.⁵⁸ One medical cell study found stevia was as effective in killing gastrointestinal cancer cells as 5-FU. The researchers suggested the stevia could be used as a chemotherapy agent for gastrointestinal cancer.⁵⁹ Stevia has also been studied in breast cancer.⁶⁰

Drug company researchers are looking for ways to make chemotherapy drugs from stevia.⁶¹

Blackberry Leaf

Alcohol

Any amount of alcohol, even one daily glass of “good” red wine increases the risk of breast cancer.

Alcohol mixed with sweet beverages (above) would be a greater concern.

Colored distilled spirits are aged in burnt barrels. The burnt wood gives the spirits their color. Burnt anything will increase the risk of cancer.

More information to come.

Bad and Somewhat Better Meals

Examples of what I consider to be bad meals that could cause cancer and somewhat better meals that could reduce your cancer risks include:

Bad	Somewhat Better
Hamburger with grilled black/brown on outside, bun, fries, ketchup, soda pop, sweet tea or beer	Medium cooked hamburger brown on outside served on a salad without bun, sweet potato fries, water or unsweet tea
Steak well done with black grill marks on the outside, French fries/potato, Texas toast, corn, wine or soda pop	Steak medium rare, sweet potato, salad or asparagus, broccoli, water or unsweet tea
Tamales, tortillas, rice, beans, tortilla chips, queso, sopapilla/flan, soda pop or margarita	Fajitas, grilled vegetables, water or unsweet tea, a few tortilla chips with salsa
Sausage/bacon, scrambled eggs, hash browns, toast, biscuits, jelly or preserves, pancakes or waffles with syrup, juice	No more often than once a week: Eggs over easy or hard boiled, fruit, vegetables, water, unsweet tea or coffee.

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	My favorite! FOPS (Fruit/vegetable, Oil, Protein powder Smoothie)
Pizza with thick crust with dark brown edges, sausage, pepperoni, beer, soda pop, or sweet tea.	2-3 slices of pizza with thin crust not too brown, marinara tomato sauce, chicken or hamburger, vegetables (peppers, onions, olives, spinach), salad, water, unsweet tea.

Click on the following links to learn more about get food lists for:

- [Mediterranean Diet](#)
- [Paleo Diet](#)
- [Pegan Diet \(currently my favorite along with intermittent fasting\)](#)

Decrease Plastic Food Exposure

- Avoid plastics for hot foods and beverages. Plastics are estrogenic and may increase the risk of several cancers. Hot water and heating food in plastic may leach out the plastics into the water. Even washing the plastics in a dish water will cause the plastics to break down and release the estrogenic chemicals. BPA is not the only concern. We're learning most plastics have estrogenic properties.
- Avoid plastic K cups, most drip coffee machines and plastic tea bags. Heat your

water, brew your coffee and steep your tea in glass and stainless equipment and presses. Amazon links and examples of safer equipment include:

- [Stainless electric water heater](#)
- [Stainless stove top tea kettle](#)
- [Glass and stainless French coffee presses](#)
- [Stainless paperless coffee pour over coffee brewer](#)
- [Stainless loose tea infuser](#)
- Do not drink hot drinks from plastic, paper or Styrofoam cups. Glass, ceramic and stainless containers should be safer. While traveling if I get a cup of coffee in a paper cup, I immediately transfer it to one of my stainless cups I keep in my truck, horse trailer or wife's van. If money is an issue check your local thrift stores for stainless insulated cups/mugs.
- Do not heat foods (i.e. microwave or oven) in plastic, paper or Styrofoam containers. Glass, ceramic and stainless containers should be safer.
-

P-I Lifestyle

HIIE/HIIT

Gratitude

Focusing on reasons for being grateful promotes various aspects of well-being. Daily gratitude journaling improves the lives of people with cancer. Daily listing the reasons for gratitude in a journal led to higher levels of daily psychological functioning, greater perceived support, and greater use of adaptive coping strategies.⁶²

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“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” 1 Thessalonians 5:18 The Bible does not say you should be thankful FOR your situation but that we should be thankful as we go through our circumstances.

Yoga

A review of medical studies in 2016 following 10,666 cancer patients found that yoga improved the physical and psychological symptoms, quality of life, and markers of immunity, providing a strong support for yoga's integration into conventional cancer care.⁶³

Decrease Phthalate Exposure

I say “decrease” since these chemicals are in many, many products. You will not be able to totally avoid them. Decrease phthalates and polyvinyl chloride plastics since they increase your risk of cancer.⁶⁴ Read your ingredient labels and on everything and look for the word “phthalate” written or hidden on the following products:⁶⁵

- New vinyl flooring
- Adhesives
- Detergents
- Plastic food storage containers
- Lubricating oils
- New automotive plastics
- Plastic clothes (raincoats)
- Stain / wrinkle resistant clothing
- Personal-care products (soaps, shampoos, hair sprays, and nail polishes)
- Plastic packaging film and sheets
- Garden hoses

- Electric cords
- Inflatable toys
- Blood-storage containers
- Medical tubing
- Some children’s toys

Personal Care Products

Avoid antiperspirants.

Avoid hair dyes and hair straighteners since they increase the risk of breast cancer. The risk doubles in black women since their hair products differ with increase hormone ingredients.⁶⁶

P-I Supplements

EGCG

Epigallocatechin-3-gallate (EGCG), a bioactive polyphenol from green tea, has been studied extensively for its beneficial effects on many cancers. As of initial publication of this report there were over 1,700 published medical research studies about EGCG and cancer treatment. I don’t have the time to present a complete dissertation in this report but here is a synopsis of recent research.

EGCG inhibits cancer tumor growth, downregulates stem cell markers, suppressed metastasis chemicals, promotes the death of cancer stem cells and helps control blood vessel growth to tumors.^{67 68}

EGCG has demonstrated effectiveness in laboratory human cancer cell and animal studies in:

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- Breast cancer⁶⁹
- Cervical cancer⁷⁰
- Gastrointestinal cancer⁷¹
- Lung adenocarcinoma⁷²
- Liver cancer⁷³
- Lung cancer⁷⁴
- Nasopharyngeal carcinoma⁷⁵
- Non-small cell lung cancer⁷⁶
- Oral cancer⁷⁷
- Skin cancer⁷⁸
- Thyroid cancer⁷⁹
- Triple negative breast cancer⁸⁰
- Additional research reference pending (personal research note: cancer egcg human 40+ page 2+)

Curcumin

At time of initial publication curcumin has 5,278 medical research articles studying its use in cancer treatment.

Curcumin has demonstrated effectiveness in laboratory human cell and animal studies in:

- Breast cancer⁸¹
- Oral cancer⁸²
- Prostate cancer⁸³
- Triple negative breast cancer⁸⁴
- Additional references pending...

Beta-glucan

At time of initial publication Beta-glucan has 1,466 medical research articles studying its use in cancer treatment.

Beta-glucan has demonstrated effectiveness in laboratory human cell and animal studies in:

- Breast cancer⁸⁵
- Prostate cancer⁸⁶
- Triple negative breast cancer⁸⁷
- Additional references pending...

Berberine

At time of publication berberine has 918 medical research articles supporting its use in cancer.

Berberine has demonstrated effectiveness in laboratory human cell and animal studies in:

- Breast cancer⁸⁸
- Prostate cancer⁸⁹
- Triple negative breast cancer⁹⁰
- Additional references pending...

Combining Supplements

Berberine and Curcumin work synergistically.⁹¹

Phase-II (P-II)

The Phase II protocol should be added to P-I for current treatment for more serious cancer concerns.

P-II Foods

Intermittent Fasting

Vegan Paleo

Vegan Keto

Chemotherapy combined with KD can improve the biochemical parameters, body composition, and overall survival.⁹²

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KD provides higher physical and energy status, energy and reduced food cravings.⁹³

KD induce objective responses in 6 out of 7 patients with recurrent glioblastoma that simultaneously were treated with the antiangiogenic drug bevacizumab.^{94 95 96}

P-II Lifestyle

HIIT/HIIE

Yoga

P-II Supplements

EGCG

Curcumin

Beta-glucan

Berberine

Resveratrol

Quercetin

Resveratrol

At time of initial publication resveratrol had 3,450 medical research articles studying its use in cancer treatment.

Resveratrol has demonstrated effectiveness in laboratory human cell and animal studies in:

- Breast cancer⁹⁷
- Prostate cancer⁹⁸
- Triple negative breast cancer⁹⁹
- Additional references pending...

Quercetin

At time of initial publication quercetin had 3,450 medical research articles studying its use in cancer treatment.

Quercetin has demonstrated effectiveness in laboratory human cell and animal studies in:

- Breast cancer¹⁰⁰
- Ovarian Cancer¹⁰¹
- Prostate cancer¹⁰²
- Triple negative breast cancer¹⁰³
- Additional references pending...

Melatonin

Monitoring Your Progress

Blood tests

Doctors often use blood tests to monitor your cancer treatment progress. You may be able to do the same to see what impact your Natural Cancer Support is providing. Most states allow blood tests without a doctor's order. Instead of waiting 3 or 6 months for your next doctor's appointment you may be able to test your cancer marker(s) in a month. If you choose to go this route the tests are not covered by insurance but are available at discount prices. HSA (Health Savings Accounts) through your employment often will cover blood test expenses whether ordered by a healthcare practitioner or not. Prepay blood tests are

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usually much less expensive than what's billed to insurance.

Check out www.ultalabtests.com/flourishpharmacy to see if blood tests are allowed without a doctor's order in your state.

Examples of some cancer marker blood tests include:

- [CEA](#): Colorectal cancer, gastrointestinal cancers, breast cancer, lung cancer, ovarian cancer, prostatic cancer, liver cancer and pancreatic cancer
- [CA125](#): Ovarian Cancer
- [CA 15-3](#): Breast cancer and some ovarian cancers
- [CA 27.29](#): Breast cancer
- [PSA](#): Prostate cancer
- [AFP](#): Liver cancer, and testicular cancer
- [CA 19-9](#): pancreatic cancer, colorectal cancer, lung cancer, gallbladder cancer, bile duct obstruction (e.g., gallstones), pancreatitis, cystic fibrosis, and liver disease

Scans

Thermograms and ultrasounds are not limited to breast cancer while that's the most common use. In some state's mammography, thermograms, and ultrasounds can be done without a doctor's order. [You can click on this link to learn more about mammography, medical infrared imaging \(thermography\), and ultrasound.](#)

[Use this link to find a thermography clinic near you.](#)

Use the following links to find a thermography clinic near you.

[ACCT Approved Thermography Clinics](#)

[International Association of Medical Thermographers](#)

Working with Practitioners

Even though this protocol is based on medical research your doctor is going to be skeptical since these natural supplements are not approved by the FDA for medical treatment and they have not personally studied the research and seen the results. I respect that. Neither you nor I would recommend a restaurant to a loved one unless we personally experienced it.

It's also possible your doctor may know of a specific interaction between your specific treatment and your natural protocol. There is some medical research that shows strong antioxidants MAY decrease the effectiveness of some chemotherapy and radiation treatments.

You should give your practitioner a list of what you're doing and ask them "Do you know of any concerns?" If they are a functional medicine or integrative medicine practitioner, they may approve. Be prepared for them to not approve for the previous mentioned reasons.

You may be helping someone else in the future by letting your practitioner know what you're doing and them seeing the positive results. Like anyone doctors are influenced by positive results and MAY change their approach when they have enough people have superior outcomes.

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Additional Resources

I'm available by appointment to customize your cancer treatment program. You may call Flourish Compounding Pharmacy and Nutrition Center at 405-751-3333 or email me at kbishop@FlourishRx.com to schedule an appointment.

Since you're dealing with life and death issues, I think it's best to get your quality supplements from your local health food stores, compounding pharmacies and healthcare professionals.

What I use in my practice:

- (EGCG)
Green Tea 600 (Xymogen): 1 capsule 2-3 times daily in the morning, at noon and/or midafternoon
- (Curcumin)
CurcuPlex CR (Flourish): 2 tablets 2 to 4 times daily
or
UltraCur (UltraBotanica): 2 capsules 2-4 times daily, ideally on an empty stomach.
(Do not use UltraCur Pro)
- (Berberine)
Berberine HCL 500mg (Integrative Therapeutics): 2 capsules 2 to 4 times daily
- (Beta-glucan)
Immucite 250-500mg (Flourish): 1 capsule daily, best on an empty stomach
- (Resveratrol & Quercetin)
Resveratin (Xymogen): 1-2 capsules 2-4 times daily
- (DIM Sulforaphane) For estrogen stimulated cancer.

Hormone Protect (Xymogen): 1 capsule twice daily

- (Melatonin)
Melatonin CR (Xymogen): 1 tablet 1 hour prior to bedtime unless your quality of sleep decreases and 2 in the a.m. and 2 in the afternoon. High dose melatonin has a tendency to be more of a stimulant than causing sleep.

Flourish carries many of the supplements presented in this report. Flourish ships supplements only to the continental U.S.A. You may call 405-751-3333, or go to www.FlourishRx.com/Shop.

I'm also available for appointments to coach you through your treatment program and customize your treatment program. You may call 405-751-3333 or email me at kbishop@flourishrx.com for additional information.

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Medical References

^Pending proper formatting

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