

Protocol 2 Lite – Daily Cancer Protocol (Full Overview)

6:30 AM – Metabolic Ignition Phase (Fasted)

Goal: Mitochondrial collapse, ferroptosis, glutathione depletion (pro-oxidative cancer attack)

Supplements:

- Fenbendazole: 500–1000 mg (1000 mg used at 335 lbs / 152 kg)
- Sweet Wormwood (Artemisinin): 950 mg (1st half)
- Berberine: 600 mg
- Ivermectin: 25–62 mg (weight-based: ~0.2–0.4 mg/kg)
- Methylene Blue: 50 mg (5% solution, ~20 drops)
- Pancreatin Enzymes: 1500 mg
- MCT Oil: 1 tbsp

NO food or antioxidants until after 12:30 PM.

7:30 AM – Radiation Therapy (If Applicable)

Fully fasted. Methylene Blue + Ivermectin enhance ROS damage.

Do not eat, drink sweeteners, or take antioxidants before or after.

8:30–12:30 PM – Oxidative Kill Window

Remain fasted. Optional boosters below help extend oxidative pressure:

- Fenbendazole (Optional): 500 mg booster with MCT Oil (if >160 lbs)
- Sweet Wormwood (Artemisinin): 950 mg (2nd half)
- Ivermectin (Optional): 2nd half of total dose

Do not take antioxidants yet.

12:30 PM – Antioxidant Wave

Goal: Help healthy cells recover and push damaged cancer cells into apoptosis

Supplements:

- Vitamin C: 4 g
- EGCG (Green Tea Extract): 1000–1500 mg
- Curcumin: 3000–4000 mg
- Quercetin: 1000–1500 mg
- Apigenin: 400 mg

2:30–4:30 PM – OMAD (One Meal A Day)

Goal: Induce 24-hour fast cycle and maximize autophagy

Supplements:

- Berberine: 600 mg
- Pancreatin Enzymes: 1500 mg
- Ceylon Cinnamon: 1200 mg

Meal Guidelines:

- One meal only – all calories consumed in one window
- High-fat: ghee, pork belly, MCT oil, dark meat chicken, avocado
- Low protein: ~0.18g per lb (half RDA)
- Iron limit: <8 mg for men, <13 mg for women
- No sugar, starch, fruit, or grains
- Optional veggies: zucchini, cucumber, sauerkraut, parsley sprouts

6:00 PM – B17 Strike (Optional)

Goal: Tumor contact kill in colon

- Apricot Seeds: 20–30 chewed well
- Methylene Blue is the antidote

8:00–10:00 PM – Evening Recovery Phase

Supplements:

- Ceylon Cinnamon: 1200 mg

- Apigenin: 400 mg (if not taken earlier)
- Zinc Picolinate: 50 mg

Summary: Therapeutic Ingredients & Roles

- Fenbendazole: Microtubule disruptor, immune activator
- Artemisinin: ROS generator, ferroptosis inducer
- Berberine: AMPK activator, glucose blocker
- Ivermectin: Mitochondrial disruptor, STAT3 inhibitor
- Methylene Blue: ROS enhancer (oxidant at high dose)
- EGCG, Curcumin: Anti-inflammatory, apoptosis triggers
- Quercetin, Apigenin: CD38 inhibition, senolytic support
- Vitamin C: Pro-oxidant at high dose, DNA damage modulator
- Ceylon Cinnamon: NF- κ B inhibition, insulin control
- Pancreatin Enzymes: Digestion and absorption support
- Zinc Picolinate: Immune support (T and NK cells)
- MCT Oil: Ketogenic fat, bioavailability enhancer