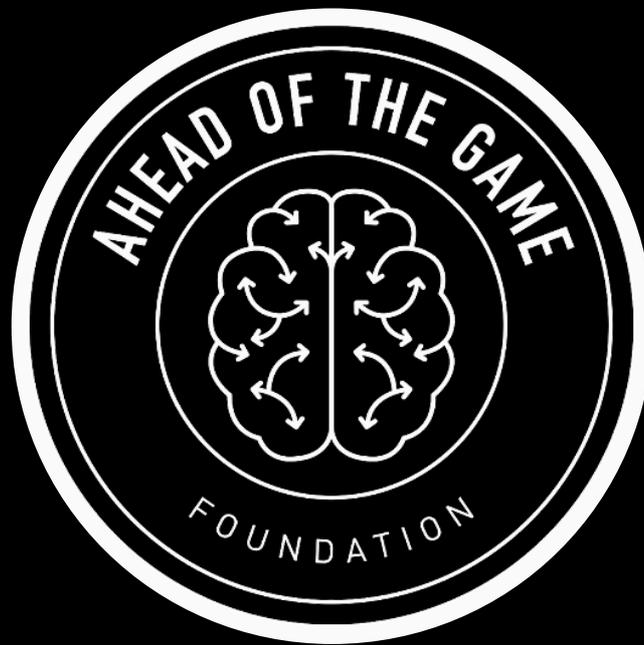




CANCER & BRAIN TUMOUR SUPPORT GUIDE

www.aheadofthegamefoundation.com



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MEET DAVE BOLTON FOUNDER OF AHEAD OF THE GAME FOUNDATION & 2% WORLDWIDE OF SURVIVORS WITH STAGE 4 GLIOBLASTOMA.

When Dave was first diagnosed in 2014, he found nothing positive on the internet. The first thing you are told is DON'T search the internet about your diagnosis. However he wanted to know as much information as possible to enable him to make the most informed choices, to enable him to take the fight to his situation. Unfortunately all he found was bad news, horror stories and very little hope. He has throughout his journey documented every supplement, treatment history, trials and key information that has contributed to being a medical miracle after given 3 months life expectancy in 2015.

Please note that this is his routine and protocol, which has so far worked for him. Remember that everyone's cancer is different! It is as unique to them as their own fingerprints or DNA. What works for one, may not work or have the same effect for others. These are his own opinions and findings, through his own experiences and extensive research. He does not claim to know it all or even always get it right.

He co-operates fully and adheres to the normal western medical practices. But this guide will provide information on his diet, nutrition, supplementation and hydration. He uses physical exercise to keep both his physical and mental health strong. He has researched everything whilst experimenting with holistic and alternative therapies, running them all side by side one another.



MORE ABOUT DAVE'S STORY ...

"I am Dave Bolton , a husband to my amazing wife Samantha.
We have two beautiful children Josh and Halle.

On leaving school I joined Her Majesty's Forces by serving in the Royal Air Force after completing a tour in the Gulf as part of Air operations IRAq and 3 years service I joined Merseyside police constabulary.

In 2004 I was involved in a near fatal bike accident involving a 23 ton articulated lorry. Having survived a 12 hour operation in which I was only 30 seconds away from dying, following coming out of a coma I was informed I would never walk again. Not only did I defy the odds to walk again, but I went on to become Welsh, British and eventually World Light Heavy Weight Kickboxing Champion with TEAM GB inPisa, Italy 2009.

In 2014 I medically retired from Merseyside Police Constabulary as a highflying Detective Sergeant when I suffered a 15 minute grand mal nocturnal seizure. I was later diagnosed with a tennis ball sized tumour in the front left hemisphere of my brain. I named the unwanted lodger and ultimately my last ever opponent "Terry."

On retiring from the force in 2014. I became a Professional qualified Strength & Conditioning Coach. Plying my trade out of the Underground Training Station. I carved out a great reputation in this field, working with professional athletes, Teams and the general public.

In 2018 I was diagnosed with skin cancer in the form of a basal cell carcinoma in my left Pectoral. This was subsequently removed through surgery.

I am now a fully requalified professional cancer rehabilitation specialist,added to this I am one of only a few coaches in the world to be qualified to rehabilitate individuals suffering from the devastating effects of Post Covid Fatigue Syndrome and long Covid."

"I was diagnosed with cancer on 1st May 2014, This was following a 15 minute Grand mal nocturnal seizure. I was rushed into hospital where it was later shown via a CT scan that I had a tennis ball sized tumour, in the frontal lobe of my brain. I called it Terry... a diffuse **Astrocytoma grade II**. I underwent surgery at The Walton Centre For Neurology to debulk Terry. Following a successful operation, I was back on my feet faster than predicted. With my life seemingly back on track I was placed on MRI scan check ups routinely every 3 months.

MRI CHECK UP - 2015

At a routine MRI scan results meeting, they unfortunately delivered the news that we were not expecting.... Terry had returned and had mutated from a diffuse Astrocytoma into a potentially a grade 3 or 4 tumour. I was admitted to Walton two days later, to once again go under the knife for yet another life saving brain operation. My 2nd major brain surgery in less than 14 months!!

Surgery took a lot longer than originally planned. This was due to the fact that whilst in surgery they discovered that the tumour had doubled in size from scan to surgery in just under 2 weeks. Whilst still recovering in hospital after 2 weeks we received the pathology results. The worst possible outcome became our reality, Terry was now in fact a high grade **Glioblastoma Multiforme IV IDH1 Wildtype (GBM4)**. Our world came crashing down around us....

"The GBM4 is known as 'The Terminator' in the medical world."

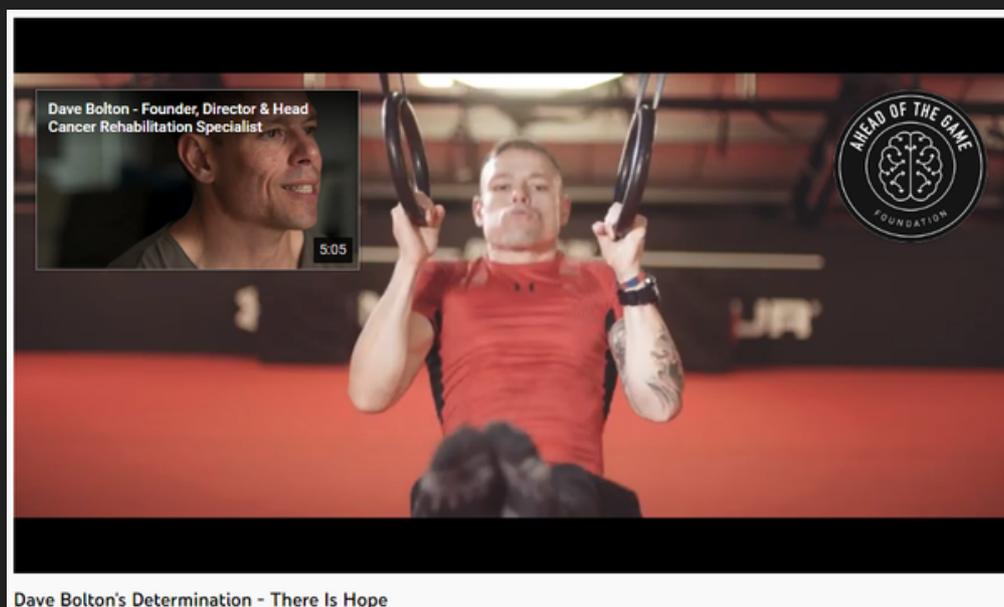
"I Don't fear cancer or my brain tumour. I don't fear this journey I must walk, I will fully embrace it!!! It will make me a stronger, wiser and more relentless individual than ever. I have become richer through the new, old and renewed friendships that this steep journey has forced me to endure. I know that this is the ultimate fight and that the odds are stacked massively against me, but I will be a new type of statistic blazing a trail for others to follow.

Nowhere at the end of my journey will it say that I gave up or quit. I will cherish every single second of this new outlook on life I have surrounded by the people I love and respect the most. I will succeed, there is no other option because I do not fear death any more.

I may have cancer but cancer doesn't have me. "

" Always remember that Behind every dark cloud the sun still shines bright. " - Dave

CLICK ON IMAGE BELOW TO WATCH DAVE'S VIDEO



DISCLAIMER

DAVE IS NOT A MEDICAL PROFESSIONAL, YET A CANCER SURVIVOR!
THIS IS A DOCUMENT THAT DETAILS WHAT HE DID, WHEN HE WAS GIVEN 3 MONTH'S
LIFE EXPECTANCY. EVERY CANCER IS DIFFERENT AS IS OUR OWN UNIQUE DNA.

THIS DOCUMENT IS TO INSPIRE YOU TO DO YOUR OWN RESEARCH, START FIGHTING
AND NOT ACCEPT YOUR DIAGNOSIS. THERE IS HOPE AND ALTERNATIVE THERAPIES ARE
GREATLY RESEARCHED AS BENEFICIAL ALONGSIDE TRADITIONAL MEDICINE. ALWAYS
TAKE ANY SUPPLEMENTS WITH CAUTION AND CREATE A DIARY OF ANY CHANGES YOU
EXPERIENCE.

DAVE HAS MADE FIGHTING HIS BRAIN TUMOUR AND HE WANTS TO SHARE WITH YOU,
WHAT HE BELIEVES MAKES HIM IN THE TOP 2% OF SURVIVORS FOR A STAGE 4
GLIOBLASTOMA.

**YOU ARE SOLELY RESPONSIBLE FOR YOUR HEALTH. RESEARCH EVERY SINGLE
SUPPLEMENT, HERB, PROTOCOL, ETC. BEFORE INGESTING IT.**

**YOU ARE FULLY RESPONSIBLE FOR HOW YOU CHOOSE TO USE THE INFORMATION
ENCLOSED. THOSE WHO CREATED THIS PROTOCOL ARE NOT RESPONSIBLE FOR ANY
MIS-USE, MISUNDERSTANDINGS OR MISTAKES THAT ARE MADE BY THOSE WHO
DECIDE TO USE IT. THIS LIST DOES NOT REPLACE MEDICAL HELP OR
YOUR DOCTOR'S ADVICE. THESE ARE SUGGESTIONS ONLY AND CERTAINLY NOT A
COMPLETE LIST OF WHAT TREATMENTS, HERBS, ETC. MIGHT ALSO BE
AVAILABLE AND EFFECTIVE FOR TREATING CANCER AND OTHER DEGENERATIVE
DISEASES.**

SUPPLEMENTS



FRANKINCENSE OIL

For years frankincense (Boswellia) , one of the most powerful essential oils available and has been around for over 5000 years or more and was known to the holistic world to assist with cancer as well as many other illnesses and conditions because of the many healing properties it contains. How it does this is that, the highest medicinal grades are known as frankincense Hojari (Boswellia sacra).

Royal green Hojari and Superior Hojari frankincense are from the country of Oman, made organically using hydro distillation which is the best method. The maker hand picks the Hojari boswelia and takes 14 days to make the oil organically.

Frankincense contains high levels of sesquiterpenes, phenols and monoterpenes. These work together to kill bad cells and restore good cells.

Hojari Frankincense is high in boswellic acid which performs a major role in working against cancer.

Frankincense oil can easily pass through the blood brain barrier.

The anticancer and anti-tumour activity of Hojari frankincense far exceeds that of other lower grade forms of boswellia from other countries.

How does frankincense oil and frank resin kill cancer cells?

It separates the head of the cancer cell from the body of the cancer cell, effectively ripping it apart and killing the cancer cell.

WAYS TO TAKE FRANKINCENSE OIL

- Drop on tongue and put to roof of mouth
- Drop under tongue and hold there till absorbed (5mins)
- Drop in water and stir and drink (one drop / glass)
- Put in suppository capsule with some coconut oil (carrier for greater absorption) and insert an inch and 1/4 into bum.(2 drops per suppository)
- Drop on sole of feet (as this gets drawn up the body) 3-6 drops
- Put in a capsule one or two drops of frank oil with 1 or 2 teaspoons of coconut oil and swallow or use as suppository.
- Put one or two drops on the area of the tumour in a carrier like coconut oil or neat directly to the tumour area in the skin.

DHA- DOCOSAHEXAENOIC ACID

DHA is a fatty acid

DHA is a long-chain fatty acid found in seafood, algae and marine fatty fish. This important structural fat can be found in every cell of your body, and it makes up over 90 percent of the omega-3 fatty acids found in your brain.

WHAT DOES DHA DO?

DHA plays a critical role in the development and functioning of your brain. It lives within the membranes of cells, helping them communicate with one another. This is particularly important for nerve cells in the brain. Nerve cells, also known as neurons, are designed to help cells stimulate and communicate with each other. This fluidity of nerve cells can benefit the entire body. When you have a healthy amount of DHA, your body can fight inflammation and lower blood triglycerides, among other important functions.

WHERE DOES IT COME FROM?

Seafood, algae and marine fatty fish are the leading sources of DHA

DHA / OMEGA

BENEFITS OF AN OMEGA-3 INDEX OVER 8%

- **HEART HEALTH** - From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health.
- **BRAIN HEALTH** - Omega-3's play a role in brain health during every phase of life- from infant brain development to maintaining cognitive function as we age.
- **EYE HEALTH** - Omega-3 DHA is a main component of eyes, and having higher levels of Omega-3's is related to better eye health & visual development.
- **OVERALL HEALTH** -There are multiple benefits to the mind and body in having a higher Omega-3 Index, all of which contribute to slower aging.

DHA: THE FATTY ACID THAT CAN IMPROVE YOUR BRAIN AND OVERALL HEALTH

THE TOP 5 BENEFITS OF DHA

- Reduces Inflammation
- Boosts Brain Development in Children
- Decreases Risk of Alzheimer's
- Improves Vision
- Improves Heart Health

DHA- DOCOSAHEXAENOIC ACID

DO YOU NEED TO SUPPLEMENT DHA?

If you are eating wild, line caught fatty fish (not bought in a supermarket!) 6-7 times per week, you may not need to supplement. If you are not eating this level of quality fish then you will need to supplement your diet. Dave has started a health protocol by Zinzino which offers a balance oil for keeping his levels balanced.

- High in Polyphenols to help absorb both DHA and EPA into the cell membrane
- Contains Vitamin D
- Dosage based on body weight to ensure mg per day are met to balance your cells

ZINZINO

Zinzino inspires change in life - They bring the world back into balance with test-based, scientifically proven and personalized solutions that drive the next generation of nutrition. Today's food is often ultra-processed and there are more packaged options than ever before. Our fridges and freezers are packed with meals that are high in sugar and low in fibre and it's very easy to make dietary choices out of convenience, not for nutritional value. While it's harder to find nutritious meals and avoid empty calories, we're also in the era of personalized nutrition - where we can leverage scientifically proven food supplements to meet our individual nutritional needs and bring our bodies back into balance. No more time-consuming and expensive mixing and matching vitamins. Test-based nutrition informs and empowers the individual.

Dave was taking a high dose of DHA or so he thought, when he was approached by Zinzino they offered him a **'balance test'** (It's a dried blood spot test that provides you with accurate readings of 11 fatty acid levels in your blood. The test includes personalized recommendations and guidelines on how to restore the essential Omega-6:3 balance in your body and move forward on your health journey.) He received his results to find out that he was out-of-balance Omega-6:3 (**The desired Omega-6:3 ratio is 3:1**) The Zinzino health protocol starts with an initial balance test, 120 days balance oil and a test following the 3 months.

Visit [Ahead Of The Game Foundation Zinzino website](#) and shop to start your health protocol today.



BOSWELLIA SERATTA

Boswellia Seratta helps turn off reactions of the immune system that drive up inflammation and swelling, boswellia is a potential natural treatment for cancer, capable of helping to fight pain in addition to inflammation. Boswellia serrata extract is so powerful that today it's considered comparable to NSAID pain relievers (the leading type of chemical anti-inflammatory medications).

However, unlike over-the-counter or prescription medications that come along with all sorts of side effects, boswellia extract has been used safely and without complications for thousands of years. The chemical structure of boswellic acids closely resemble those of steroids — however their actions are different and do much more than mask symptoms.

Frankincense oil, which is formed by purifying the resin taken from the trunk of the boswellia tree, has been used for thousands of years medicinally, as well in religious and cultural ceremonies. Today, research tells us that frankincense essential oil is strongly tied to cancer prevention. Frankincense is taken by many people around the world with no known side effects. It effectively helps target cancer cells while preserving healthy cells, which is why it's used in conjunction with traditional cancer treatments by many holistic practitioners. Research shows a link between AKBA and protection against brain, breast, colon, pancreatic, prostate and stomach cancers.

The potential cancer-killing properties of boswellia extracts and frankincense oil are in part due to how they influence our genes to promote healing, plus how they curb serious side effects of cancer treatments. One of the most challenging and devastating things about battling cancer is suffering through the life-threatening and painful side effects that treatments like chemotherapy and radiation often cause.

However boswellia extracts, such as those derived from the species boswellia carteri, show promise for fighting these complications.

For example, frankincense and boswellia extracts have been shown to fight joint pain, swelling in the brain, digestive complications and migraine headaches without destroying healthy cells that leave people vulnerable to infections. In addition to helping fight cancer, frankincense also supports the immune system in other ways by preventing infections, lowering inflammation, promoting hormonal balance, improving skin health and lowering anxiety.

MYRRH

Myrrh oil works by preventing infection and putrefaction, which helps clear toxins and promote tissue repair. It also has an expectorant action that make it useful for expelling excess mucus and soothing mucus membranes, which help alleviate respiratory conditions.

Meanwhile, its calming effects on the mind and body are mostly attributed to the chemical compounds that stimulate the pituitary gland.

YOU CAN USE MYRRH OIL BY:

- Diffusing or inhaling it. You can also add a few drops to hot water and inhale the steam.
- Applying it topically. Apply it directly on your skin to get its skin rejuvenating and healing properties. You can use it undiluted or mixed with carrier oils. Myrrh oil blends well with lavender, frankincense, sandalwood, and all spice oils.
- Taking it internally.

Myrrh oil has been approved to be used as a food additive and flavouring agent.

However, we do not advise ingesting it without the supervision of a qualified healthcare provider. If used in moderation and correct dosage (especially when ingesting it topically), myrrh oil is generally safe for adults.

However, unlike other essential oils, we advise you to use this oil with caution.

Myrrh oil's benefits can be attributed to its powerful antioxidant, antifungal, antiviral, anti-inflammatory, anti-parasitic, expectorant, and antispasmodic properties.

This essential oil can help with many health conditions, such as:

- **Respiratory problems** - Myrrh oil works well against coughs, colds, and sore throat. It also helps relieve congestion and expel phlegm.
- **Digestive ailments** - It promotes digestive health and helps cure problems like stomach upset, diarrhea, dyspepsia, indigestion, flatulence and hemorrhoids.^{16, 17}
- **Gum and mouth diseases** - It helps relieve toothache, gingivitis, and mouth ulcers, and also freshens your breath. Myrrh oil is even used as a natural ingredient in mouthwashes and toothpaste.
- **Immune system health** - It strengthens and activates your immune system to keep your body protected from infections.

Children aged six and below should also refrain from using this oil.

Diabetics and other people suffering from health conditions should also consult their physician before using myrrh oil. To make sure that myrrh oil will not have any allergic effects when applied topically, do a skin patch test on your inner arm first.

D3 & K2 VITAMINS

Vitamin D is a fat-soluble vitamin in a family of compounds that includes vitamins D1, D2, and D3. It can affect as many as 2,000 genes in the body. Vitamin D has several important functions.

Perhaps the most vital are regulating the absorption of calcium and phosphorus, and facilitating normal immune system function. Getting a sufficient amount of the vitamin is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

Most of society, has begun to appreciate the importance and value of vitamin D. But few of us, including Dave at the beginning, recognize the **importance of vitamin K2**, which is nearly as important as vitamin D.

Vitamins K1 and K2 are part of a family, but they are very different in their activity and function. Vitamin K1, found in green leafy vegetables, is a fat-soluble vitamin involved in the production of coagulation factors,(clotting of the blood) which are critical for stopping bleeding. This is why when someone's on a blood thinner such as warfarin, they need to be careful not to take too much vitamin K1, as it will antagonize the effect of the drug. Vitamin K2 is very different.

**There's a complex biochemistry that occurs with K2 involving two enzymes:
Matrix Gla-protein (MGP)
Osteocalcin**

"Gla" is short for glutamic acid. Glutamic acid is imported into the cells in the wall of your arteries, where it binds to calcium and removes it from the lining of your blood vessels. Once removed from your blood vessel lining, vitamin K2 then facilitates the integration of that calcium into your bone structure by handing it over to osteocalcin(A protein in the bone). The osteocalcin then helps cement the calcium in place.

Vitamin K2 activates these two proteins. Without it, this transfer process of calcium from your arteries to your bone cannot occur, which raises your risk of arterial calcification.

Vitamin K2 is produced by certain bacteria, so the primary food source of vitamin K2 is fermented foods such as natto, a fermented soy product typically sold in Asian grocery stores.

Fermented vegetables can be a great source of vitamin K if you ferment your own using a specially-designed starter culture.

Please note that not every strain of bacteria makes K2, so not all fermented foods will contain it. For example, most yogurts have almost no vitamin K2. Certain types of cheeses, such as Gouda, Brie, and Edam, are high in K2, while others are not. It really depends on the specific bacteria. Still, it's quite difficult to get enough vitamin K2 from your diet, especially if you do not eat K2-rich fermented foods, so taking a supplement may be a wise move for most people.

PROBIOTICS

Probiotics are important for our gut health. Our gut has more than 500 different species—trillions of microorganisms altogether—residing in our gut, whose delicate balance influences gut function, our metabolism, our hormone balance, and our overall health.

When your gut becomes disrupted gut flora opens the door for unfriendly microbes to start to take over the delicate balance can create all sorts of issues. Such as allergies, autoimmunity, weight gain, acne, skin rashes, yeast infections, hormonal imbalances, fatigue, depression and even accentuate the way you sense pain.

Cultured foods (such as yogurts or kefir); fermented foods like sauerkraut, miso, pickled vegetables, and kimchi; and cultured beverages, like kombucha—that all contain favorable live bacteria.

Probiotic supplements are a quick and effective way of keeping your gut and stomach healthy.

Your gut is diverse, so your probiotic should be too. Look for a supplement that contains multiple strains, sometimes listed as a proprietary blend. Inferior brands might contain only one probiotic strain such as *Lactobacillus acidophilus*. Aside from the beneficial *Lactobacillus* and *Bifidobacterium* strains, a good probiotic may contain *Strep. thermophilus* and *Saccharomyces boulardii*, among others.

With a direct link between brain and stomach (blood brain barrier) it's important to keep the gut as healthy as possible.

MSM

MSM is an abbreviation for methyl-sulfonyl-methane, which is an organic sulphur compound.

This compound is the third largest nutrient found in the human body and is found in all vertebrates. MSM is also an ingredient found in quite a few foods, meat, dairy products as well as vegetables. Sulphur plays a critical role in detoxification, and also in inflammatory conditions. For detoxification, sulphur is part of one of the most important antioxidants that your body produces: glutathione. Sulphur plays an important role in the production of glutathione—one of the most important antioxidants that your body produces. Glutathione also serves important functions for detoxification. Without sulphur, glutathione cannot work. So, while not an antioxidant by itself, part of MSM's action is to improve your body's ability.

SERRAPEPTASE

The enzyme is known as the magic bullet for cancer, that may be a slight overstatement but there is a growing amount of research and evidence to show that the enzyme can help patients head towards remission. Enzymes are biological catalysts that help to accelerate chemical reactions that take place in the body. Enzymes themselves are made up of proteins. There are thousands of different types of enzymes that are found within all living organisms. Enzymes initiate chemical reactions to take place within cells. They are kind of like a lock and key mechanism where enzymes are the key that opens the door and starts the reaction. A lack of enzymes can be found in various diseases including heart disease and cancer. Researchers study enzymes and their associated enzyme pathways to identify disease conditions in the human body. Hence by activating or by blocking certain enzyme processes and pathways – many diseases can be prevented. For example, researchers have identified an enzyme protein that makes cancer cells sticky. By being able to identify the protein enzyme that allows cancer cells to stick together, and by switching off this enzyme – the prevention of certain cancers from metastasising occurs. Hence enzymes are extremely important in the human body, and without them the human body would not be able to function at all.

Serrapeptase super strength 250,000 IU, & Cancer Tumours

Fibrin is a type of protein that holds tumour masses together.

When Serrapeptase encounters pieces of tumour mass floating through the arteries it may prevent the tumour mass sticking to other proteins due to its proteolytic and thrombolytic mechanism in the blood.

LIPOSOMAL VITAMIN C

One of Dave's top 3 supplements to take! (Be careful you are not taking tablet form of vitamin C that is packed with fillers.)

The sicker and/or more toxic you are, the more free radicals you have in your body, and as a result, the more Vitamin C your body will absorb and use. The body keeps a small reserve of Vitamin C available for use when there is increased internal demand, but when you are sick this is quickly depleted. Especially when you have chemotherapy and your immune system has crashed. A healthy person can take anywhere from 4-15 grams (4,000-15,000 mg) of Vitamin C in a 24 hour period without getting the runs, but a sick person can tolerate anywhere from 10-20 times more. As much as 100-200 grams per day by mouth.

TURMERIC TABLETS

Turmeric is a yellow-pigmented curry spice that is often used in Indian cuisine. But this spice is far more than a cooking staple. It also has a long history of medicinal use in traditional Chinese medicine (TCM) as well as Ayurvedic medicine.

Traditional medicinal uses include the treatment of liver disease, skin problems, respiratory and gastrointestinal ailments, sprained muscles, joint pains, and general wound healing. Its benefits have since been well documented in the medical literature, and curcumin one of the most well-studied. 2 bioactive ingredients in turmeric have been found to promote health and protect against a wide array of health conditions. It actually exhibits over 150 potentially therapeutic activities, including anti-inflammatory and antimicrobial activity, as well as potent anti-cancer properties that have been intensely studied.

Like turmeric, black pepper contains anti-inflammatory and antioxidant properties, making it potentially helpful for managing inflammatory conditions and reducing free-radical damage.

Research has shown that piperine, the main active ingredient in pepper, may reduce inflammation associated with chronic diseases like asthma, arthritis, chronic gastritis, and Alzheimers.

Taking a Piperine increases the amount of curcumin that can be absorbed by the body, a process known as bioavailability by 2,000 percent. And piperine increases the bioavailability of many other nutrients, by preventing metabolizing enzymes (enzymes that are used to break down drugs, foods, and other substances) from doing their job.

WHAT MAKES CURCUMIN SUCH A POTENT MEDICINE?

Researchers have found a number of different mechanisms of action for curcumin, and part of the answer as to why curcumin appears to be such potent medicine is because it can:

- Modulate about 700 of your genes
- Positively modulate more than 160 different physiological pathways³
- Make your cells' membranes more orderly⁴
- Affect signaling molecules.

Taking this wonder spice with black pepper, actually has been linked to the increase in DHA (covered earlier on), both in the brain and liver.

WILD OREGANO OIL

Oregano contains: fibre, iron, manganese, vitamin E, iron, calcium, omega fatty acids, manganese, and tryptophan. Oregano is also a rich source of Vitamin K – an important vitamin which promotes bone growth, the maintenance of bone density, and the production of blood clotting proteins. Oregano oil is a powerful antimicrobial, because it contains an essential compound called carvacrol. A team of British and Indian researchers reported that the essential oil of Himalayan oregano has strong antibacterial properties that can even kill the hospital superbug MRSA. Make sure you dilute with olive oil and mix this well as it burns the mouth & throat.

INOSITOL HEXAPHOSPHATE

Inositol Hexaphosphate (IP6) is a chemical found in beans, brown rice, corn, sesame seeds, wheat bran, and other high-fiber foods. It is converted into compounds in the body that are used by cells to relay outside messages to the cell nucleus. IP6 also aids the body in its use, or metabolism, of calcium and other minerals. IP6 is a “natural cancer fighter” and claims, it slows or reverses the growth of various forms of cancer, including breast, colon, and prostate cancers. It is thought to be an antioxidant, a compound that blocks the action of free radicals, activated oxygen molecules that can damage cells.

It may help to prevent the abnormal signals that tell a cancer cell to keep growing from reaching the cell's nucleus. Research shows IP6 slows abnormal cell division and may sometimes transform tumor cells into normal cells. It also lays claim that it effectively prevents kidney stones, high cholesterol, heart disease, and liver disease.

MAGNESIUM

Magnesium is basic to cancer treatment and its avoidance. Several studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water. In Egypt, the cancer rate was only about 10% of that in Europe and America. In the rural fellah, it was practically non-existent. The main difference was an extremely high magnesium intake of 2.5-3 g in these cancer-free populations, ten times more than in most western countries.

Researchers from Japan's National Cancer Centre in Tokyo, have found that an increased intake of magnesium reduces a man's risk of colon cancer by over 50 percent. Men with the highest average intakes of magnesium (at least 327 mg/d) were associated with a 52 percent lower risk of colon cancer, compared to men who consumed the lowest average intakes. Published in the Journal of Nutrition,[2] the research studied 87,117 people with an average age of 57 and followed them for about eight years. Dietary intakes were assessed using a food frequency questionnaire.

The level of magnesium in the blood is an important factor in the immune system's ability to tackle pathogens and cancer cells. Researchers have reported that T cells need a sufficient quantity of magnesium in order to operate efficiently. Their findings may have important implications for cancer patients.

B17 APRICOT KERNELS

Amygdalin found in apricot kernels and laetrile contains four potent substances: two of which are benzaldehyde and cyanide. You heard that right! Cyanide is one of the substances that makes apricot kernels a force to be reckoned with when it comes to beating cancer, including breast cancer.

Many healthy foods, such as bitter almonds, millet, sprouts, lima beans, spinach and bamboo shoots, actually have quantities of cyanide in them, yet they are still safe to eat. This is because the cyanide remains "locked" within the substance and is therefore harmless when bound within other molecular formations. In addition, Rhodanese is an enzyme in the body whose job is to "catch" any free cyanide molecules that may have escaped and render them harmless. Cancer cells are not normal cells, however; they contain beta-glucosidase, which healthy cells do not. Beta-glucosidase is also the "unlocking enzyme" for the cyanide and benzaldehyde in amygdalin molecules. When the beta-glucosidase in a cancer cell unlocks an amygdalin molecule, a toxic synergy is created that specifically targets cancer cells. With the help of Rhodanese and other protective enzymes, healthy cells are not jeopardized by this process.

BERBERINE

Berberine is a bioactive compound that can be extracted from several different plants, including a group of shrubs called Berberis. Technically, it belongs to a class of compounds called alkaloids. It has a yellow colour, and has often been used as a dye. Berberine has a long history of use in traditional Chinese medicine, where it was used to treat various ailments. Now, modern science has confirmed that it has impressive benefits for several different health problems. Berberine affects the body at the molecular level, and has a variety of functions inside cells. One of the main functions is activating an important enzyme called AMPK, which regulates metabolism. Many studies show that berberine can significantly reduce blood sugar levels in individuals with type 2 diabetes. In fact, its effectiveness is comparable to the popular diabetes drug metformin (Glucophage).

IT SEEMS TO WORK VIA MULTIPLE DIFFERENT MECHANISMS:

- Decreases insulin resistance, making the blood sugar lowering hormone insulin more effective.
- Increases glycolysis, helping the body break down sugars inside cells.
- Decrease sugar production in the liver.
- Slows the breakdown of carbohydrates in the gut.
- Increases the number of beneficial bacteria in the gut.
- Berberine may also be effective as a weight loss supplement.
- Studies show that berberine reduces cholesterol and triglyceride levels, while raising HDL (the “good”) cholesterol. It may lower the risk of heart disease in the long-term.
- **Depression:** Rat studies show that it may help fight depression.
- **Cancer:** Test tube and animal studies have shown that it can reduce the growth and spread of various different types of cancer.
- **Antioxidant and anti-inflammatory:** It has been shown to have potent antioxidant and anti-inflammatory effects in some studies.
- **Infections:** It has been shown to fight harmful microorganisms, including bacteria, viruses, fungi and parasites.
- **Fatty liver:** It can reduce fat build-up in the liver, which should help protect against non-alcoholic fatty liver disease.
- **Heart failure:** One study showed that it drastically improved symptoms and reduced risk of death in heart failure patients.

MEDICINAL MUSHROOMS

Medicinal mushrooms are mushrooms that are used as medicine. They have been used to treat infection for hundreds of years, mostly in Asia. Today, medicinal mushrooms are also used to treat lung diseases and cancer. For more than 30 years, medicinal mushrooms have been approved as an addition to standard cancer treatments in Japan and China. In these countries, mushrooms have been used safely for a long time, either alone or combined with radiation or chemotherapy.

In Asia, there are more than 100 types of mushrooms used to treat cancer. Some of the more common ones are *Ganoderma lucidum* (reishi), *Trametes versicolor* or *Coriolus versicolor* (turkey tail), *Lentinus edodes* (shiitake), and *Grifola frondosa* (maitake).

Mushrooms are being studied to find out how they affect the immune system and if they stop or slow the growth of tumors or kill tumor cells. It is thought that certain chemical compounds, such as polysaccharides (beta-glucans) in turkey tail mushrooms, strengthen the immune system to fight cancer.

For thousands of years humans have been using plants, mushrooms and other natural substances to enhance their body & mind.

Dave highly recommends [London Nootropics](#) products, Here are the benefits from each blend.

- **CBD / Hemp:** which are known for alleviating stress, anxiety and inflammation. Helping you feel alert, calm & focused.
- **Lion's Mane Mushroom & Rhodiola:** known to help support memory, focus & concentration. It's a proven neuroprotectant & is known to induce NGF (nerve growth factor) resulting in neurogenesis – the growth of new neurons.
- **Cordyceps mushrooms & Siberian Ginseng:** known to support energy and stamina; they can increase oxygen flow to muscles, aerobic capacity & resistance to fatigue. They've also been found to have strong antioxidant and immune-boosting properties.

Their nootropics are expertly paired and sourced from around the world.

** WATCH A DOCUMENTARY CALLED 'FANTASTIC FUNGI' FOR A GREAT INSIGHT INTO MEDICINAL MUSHROOMS. **

**LONDON NOOTROPICS
PROMO CODE**

'AOTG23'

for 15% off

MILK THISTLE

Milk thistle is an herb that's been used for thousands of years to support liver, kidney, and gallbladder health. It contains the flavonoid silymarin, which is thought to be responsible for many of its beneficial effects, including liver protection and antioxidant, anti-viral, and anti-inflammatory properties.

Milk thistle's anti-inflammatory effects are among its greatest achievements, and recent research suggest this is accomplished, in part using a two-phase process similar to those used by other beneficial natural compounds like curcumin (found in turmeric) and EGCG (epigallocatechin gallate, a component of green tea).

Milk thistle contains silymarin and silybin, antioxidants that are known to help protect the liver from toxins, including the effects of alcohol. Not only has silymarin been found to increase glutathione (a powerful antioxidant that is crucial for liver detoxification), but it also may help to regenerate liver cells.

LIQUID CHLOROPHYLL

Chlorophyll is one of Dave's favourite nutrients as it has so many health benefits. However what stands out about this, is the fact that its molecular structure is almost identical to haemoglobin except for the centre atom.

In haemoglobin this is iron, whereas in chlorophyll it is magnesium.

This means that when ingested, liquid chlorophyll can actually help to do the job of haemoglobin (haemoglobin is so vital to the health of our blood – in fact, blood is approx. 75% haemoglobin). It helps to rebuild and replenish our red blood cells, boosting our energy and increasing our wellbeing almost instantly.

APPLE CIDER VINEGAR (ACV)

You've probably heard the claims. But even if you are aware of all that apple cider vinegar has to offer, you might find it hard to believe that just one food can offer so many benefits. Surprisingly (or maybe not) it's true! Drinking apple cider vinegar daily is a sure fire way to improve every aspect of your health and your life.

Raw, organic, unfiltered and unpasteurized apple cider vinegar (or 'ACV' for short) is one of the oldest and most useful remedies on Earth. It contains a wealth of raw enzymes (including The MOTHER) and beneficial bacteria which are responsible for the majority of its health benefits (and there are many!)

11 REASON TO START DRINKING ACV EVERYDAY:

- It Will Help Your Body Maintain a Healthy Alkaline pH Level
- Drinking Apple Cider Vinegar Helps to Regulate Blood Sugar
- Helps Lower Blood Pressure
- Improves Heart Health
- Promotes Healthy Detoxification of the Liver and Other Organs
- Eliminates Candida Overgrowth
- Eases Digestive Ailments
- Accelerates Weight Loss
- Can Help to Prevent Osteoporosis
- Drinking Apple Cider Vinegar Slows the Aging Process
- Assists In the Fight Against Free Radical Damage

SPIRULINA & ALGAE

The above are 70% vegetable protein and have higher levels of beta-carotene than broccoli. The one-two punch potency of blue-green algae is that it contains a high concentration of nutrients- over 65 vitamins, minerals and enzymes and the complete spectrum of eight essential amino acids and ten nonessential amino acids. They are all easily absorbed by the body. In fact up to 97% of the beneficial vitamins, minerals and enzymes found in blue-green algae are easily absorbed (some supplements are as low as 5-25% absorbable). AFA also contains the most biologically active chlorophyll of any known food.

Freeze dried phytoplankton is one of the richest micro-nutrient dense foods around today.

CBD OIL - CANNABIDIOL



During your cancer Journey keep a diary of every day and your progress, including in this your eating, sleeping, mood, weight, diet and any symptoms changes/improvements etc.

It will help you chart what's happening and what to do every step of the way.

Just before you read all the information please note:

No one has ever died from taking cannabis

It's impossible to overdose on cannabis oil (you would need to eat 1200g in 15 mins!) It is a plant, the most healing plant on the planet, when taken in the oil form. It works in very simple terms by making abnormal cells normal again due to the many healing compounds it has in it called cannabinoids.

It has been used as a medicinal plant for over 3000 years at least!

WHAT ARE CANNABINOIDS

Cannabinoids are naturally occurring compounds found in the Cannabis sativa plant. Of over 480 different compounds present in the plant, only around 66 are termed cannabinoids.

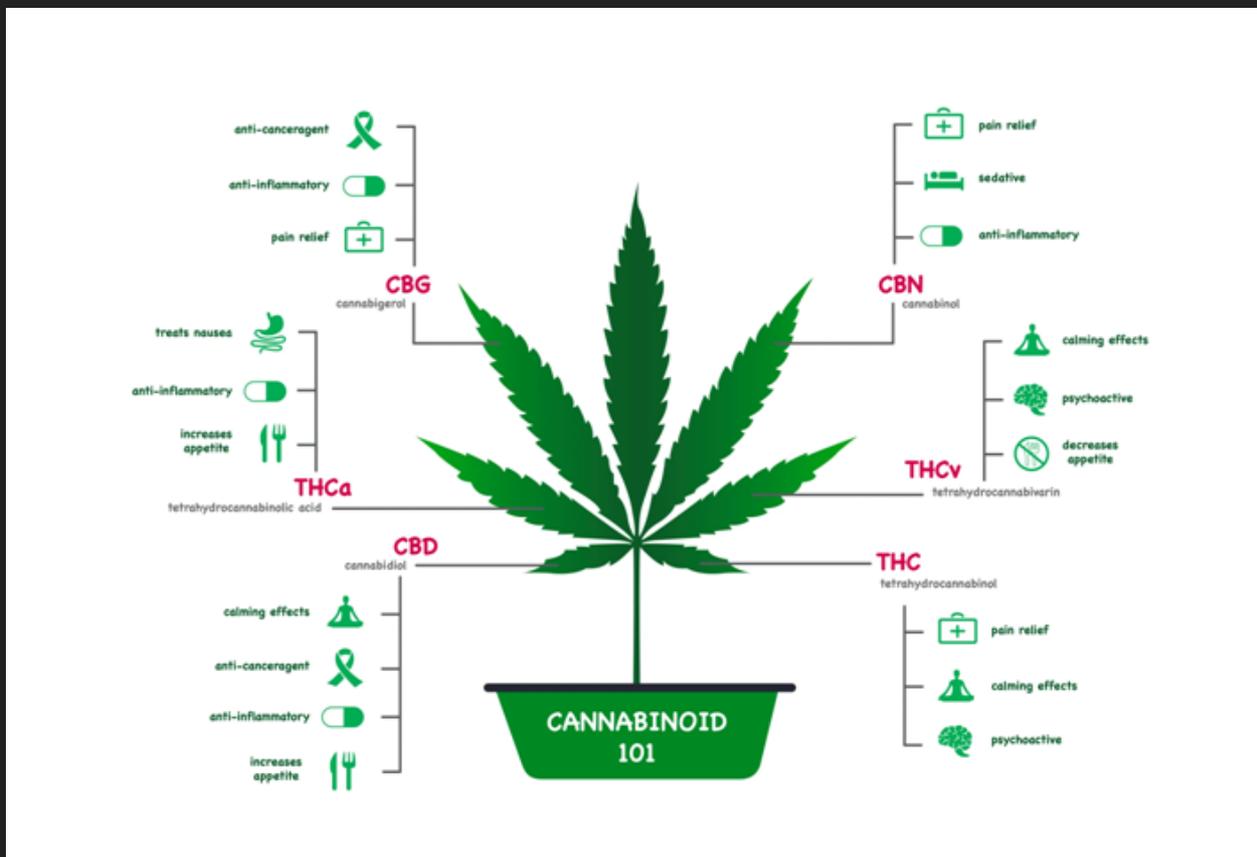
The most well known among these compounds is the delta-9-tetrahydrocannabinol (THC), which is the main psychoactive ingredient in cannabis.

Cannabidiol (CBD) is another important component, which makes up about 40% of the plant resin extract.

CLASSES OF CANNABINOIDS:

The cannabinoids are separated into the following subclasses:

- Cannabigerols (CBG)
- Cannabichromenes (CBC)
- Cannabidiol (CBD)
- Tetrahydrocannabinol (THC)
- Cannabinol (CBN)
- Cannabinodiol (CBDL)
- Other cannabinoids including cannabicyclol (CBL), cannabielsoin (CBE) and cannabitriol (CBT)



Cannabinoids exert their effects by interacting with specific cannabinoid receptors present on the surface of cells. Yes that's right we all have an endocannabinoid system.

These receptors are found in different parts of the central nervous system and the two main types of cannabinoid receptors in the body are CB1 and CB2.

In 1992, a naturally occurring substance in the brain that binds to CB1 was discovered, called anandamide. This cannabinoid-like chemical and others that were later discovered are referred to as endocannabinoids.

The effects of cannabinoids depend on the brain area involved. Effects on the limbic system may alter the memory, cognition and psychomotor performance; effects on the mesolimbic pathway may affect the reward and pleasure responses and pain perception may also be altered.

Yes, the human body is a remarkable machine, particularly the brain and its many different receptors and synapses, which control the mind's response to different chemicals or stimuli. It turns out that humans have cannabinoid receptors, and in fact a full Endocannabinoid system (ECS). [link](#)

Scientists found that these receptors help control homeostasis - in layman's terms, they keep the body balanced.

CBD was once a completely banned substance, cannabis has made its way into our everyday lives in the form of CBD oil.

You can now buy CBD infused drinks, CBD sweets and even treats for your dog. What was once seen as a controversial substance has become a well-established part of popular health culture.

CBD itself is one of many cannabinoids (such as CBDA, CBG) found naturally in hemp plants and marijuana. Another is THC (tetrahydrocannabinol), the psychoactive chemical found in marijuana. THC gives you a euphoric high or stoned feeling.

There are dozens of them, but only CBD and THC get much attention.

CBD is extracted from the Hemp plant which contains little to no THC .

Hemp contains high concentrations of CBD, but almost all CBD products go through several stages of processing to increase the concentration. That means you can get a lot of CBD from relatively little product.

CBD on its own won't make you high won't give you that euphoric high or stoned feeling.

Hemp is used in many products, including protein powders, skin care products, clothing and soaps.

CBD has a balanced amount of omega 3, 6 & 9 fatty acids , essential for cognitive function.

BENEFITS OF CBD

WHAT ARE THE HEALTH BENEFITS OF CBD?

CBD oil has gained a lot more traction in medical circles than it once had. As more research is being done, the benefits of CBD are becoming clearer and more doctors and medical practitioners are embracing the product.

CBD is also being considered as an alternative or supplement to other treatments since it comes with few side effects.

From a medical perspective, the effects of CBD are best studied in relation to epilepsy, where it seems to offer significant benefits.

But it's also been shown to have positive effects on a wide range of other disorders and conditions such as:

- Alzheimer's
- Pain
- Inflammatory Bowel Disease
- Rheumatoid Arthritis
- Multiple Sclerosis
- Huntington's Disease
- Parkinson's Disease
- Cancer
- Anxiety
- Some complications of diabetes

(according to the 2017 report by the WHO)

That doesn't mean that CBD is a treatment for those conditions, only that it can have a positive effect and may help alleviate the symptoms.

CBD OIL IS AVAILABLE IN FOUR MAIN FORMS IN THE UK:

- Vaping allows you to feel the benefits of CBD the fastest, but scientists warn that we still don't know what the long term effects of vapes are.
- CBD tinctures are the most popular, as they can be used to dispense as many drops of the oil as you wish under the tongue and gradually increase your dosage over time.
- Capsules are a great option for those who don't like the flavour of CBD oil, however they are confined to a fixed dosage.
- Edible chocolates, sweets and lozenges can be taken to mask the flavour, but do not allow as much flexibility with dosage.

WHAT TO LOOK FOR WHEN YOU BUY CBD OIL:

First of all you need to do your own research by looking at different reputed CBD brands and suppliers. Like most things if it sounds too good to be true, it probably is. Good CBD is not cheap and cheap CBD is not good. To help you look out for these key phrases:

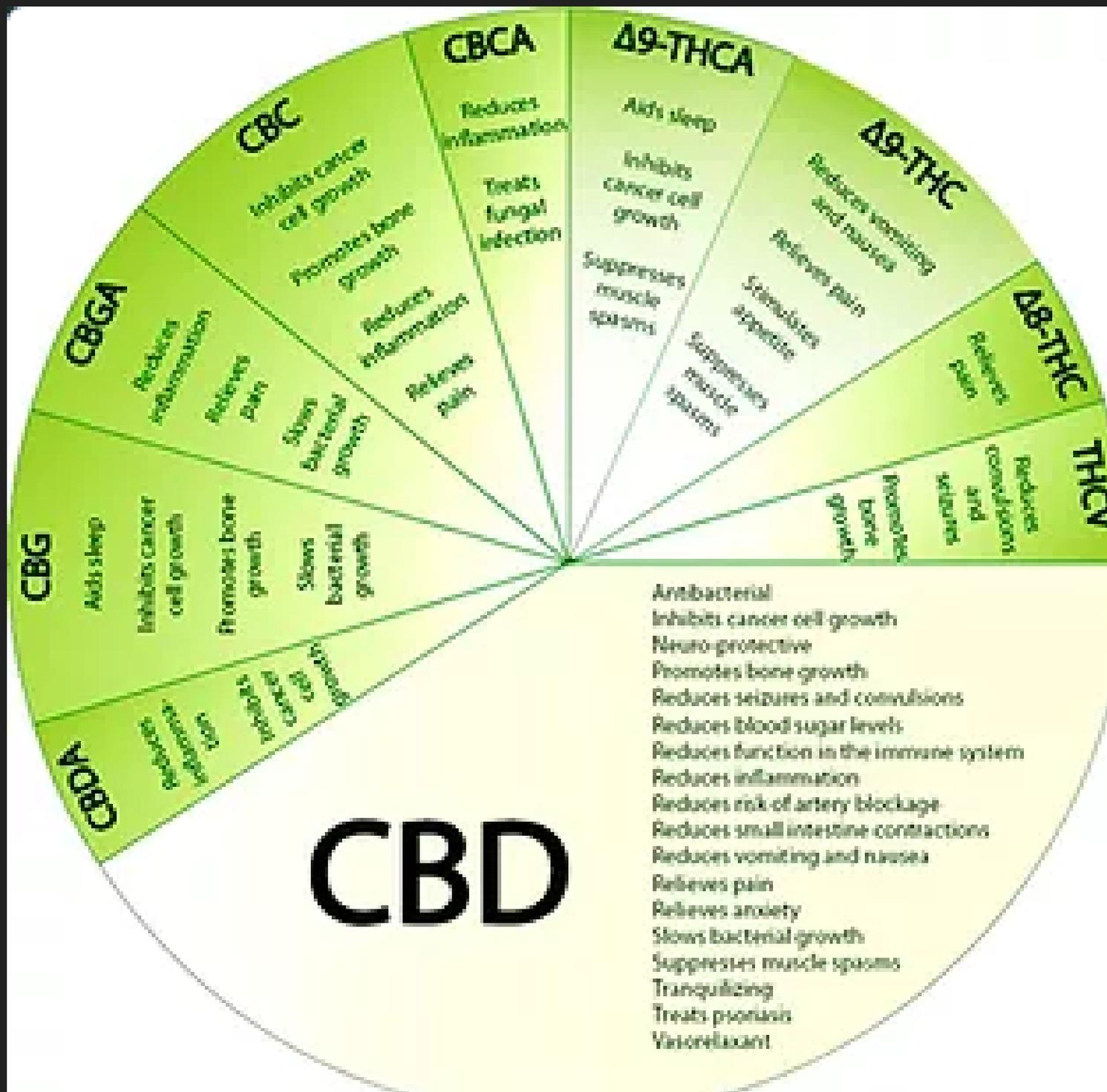
Non-GMO and organic: For the sake of purity, you will want your CBD oil to be free from pesticides, herbicides, chemical fertilisers and solvents.

- **THE CONCENTRATION OF CBD:** There should be a lab certificate of analysis (either packaged with the product or on the brand's website) showing the amount of CBD in the product. So a concentration level of 1500 mg is 15%.
- The lowest you can purchase is about 300 mg (3%), but this had no effect on Dave. Depending on the severity of what you want to treat, we would recommend starting on **600mg (6%) or 800mg (8%)**.
- **THE PERCENTAGE OF THC:** If there is more than 0.2% THC in the product, then it is illegal in the UK and unregulated.
- **SUPERCRITICAL CO2 EXTRACTION:** This is generally considered the cleanest, purest, non-toxic and most efficient method of extracting CBD, but it is expensive and can hike the price up.
- **FULL SPECTRUM CBD:** This means that a wide range of cannabinoids are present in the oil (including vitamins, minerals, fatty acids, protein, chlorophyll, terpenes and flavonoids) which is thought to be more effective at fighting pain and inflammation, with a longer lasting effect than isolates.
- **TRUSTED BRAND:** Always do your research! Brand reputation is hugely important when it comes to CBD. People tend to be vocal when they have a bad experience with CBD, but there are still some companies that get away with selling low-quality and even counterfeit products.

One of the biggest mistakes people make is buying a low-quality or cheap product, and never giving CBD another try since they didn't notice any effect.

THE BELOW CBD BRANDS MATCH THE ABOVE CRITERIA:

- ENDOCA
- The Original Alternative Oil (formally known as CBD Brothers)



THC INFORMATION

HOW DO I KNOW IT'S GENUINE?

If you have some cannabis oil now then you are probably wondering how much do I take and how? Make sure you have a reliable source and then notice if it's pure bud only that is used or Pure bud and the whole plant mixed. **If its pure bud on its own it will look like golden honey.** If the whole plant and pure bud is used it will look a green and black colour. It usually comes in **2.5gr, 5gr and sometimes 10gr syringes.**

In the syringe tube the oil should look black and be quite thick like tar.

Using the whole plant is known as the 'Entourage effect'.

Usually the oil will make you initially have high effects, it can be a sign that the oil is strong.

ALWAYS GET YOUR OIL TESTED WHERE POSSIBLE SO YOU KNOW THE THC %

Pure bud is thought to have the highest THC concentration, but the whole plant including the roots stems and close leaves, collectively known as the trim also contains THC. As Such the whole plant has been seen to produce great results and high THC % as well. Using the whole plant has huge benefits as all the plant contains cannabinoids.

So pure bud and the whole plant is the best oil to source.

The advantage of using whole plants is that more cannabinoids come into play. A plant can have over 400 cannabinoids - all doing different jobs such as regulating eating and sleeping patterns as well as pain, analgesic and mood.

Always test your oil if you can. Anything over 50% THC is classed as high, though Dave would only use oil with a minimum of 60% or more.

Don't worry about the names of different strains of cannabis. They don't really mean a lot except as a way of classifying them for people that use different ones. I.e. some of the names include: **purple haze, blue cheese, critical mass, white widow, shark attack etc.**

It's the THC % that is most important.

ALWAYS KEEP A DIARY OF THE AMOUNT OF OIL YOU ARE ON AND THE DAY YOU ARE TAKING IT AND ALSO, THE SYMPTOMS, HOW INTENSE ARE THE SYMPTOMS OUT OF 10 AND WHAT'S IMPROVED OR NOT.(I.e. eating sleeping toilet, pain, mood, weight and other symptoms).

THE EFFECTS YOU MAY FEEL

First of all, some people don't feel any effects at all, other than sleeping. Please understand that all effects from taking cannabis oil will wear off. As you get past the initial phase your body begins to build a tolerance and the effects start to become less intense.

When you start to first notice the effects of the oil, relax knowing that cannabis has a long history of human use. Most ancient cultures didn't grow the plant to get high, but as a herbal medicine, roughly starting in Asia around 500 BC. This is your medicine that is helping you by trying to reverse your cancer. Relax in a comfortable setting and enjoy the waves.

Usually after about 6 weeks, most people will be able to roughly handle nearly a gram a day as per the dosage guide. For example, If you haven't drank alcohol before, after your first drink you are likely to feel the effects straight away, the more you expose your body to alcohol, the more tolerance you develop to it and the more you can drink without being drunk from just 1 or 2 alcoholic drinks. So with that said as you increase the amount of oil that you, in theory the more oil you should be able to tolerate. As the oil contains THC you can also get some effects which are harmless but sometimes hard to tolerate, these include:

It is therefore advised that you do not drive or operate heavy machinery after taking the oil.

As your the oil contains THC you can also get some effects which are harmless but sometimes hard to tolerate, these include:

- Sleeping a lot (most common)
- Feeling High (spaced out feeling)
- Tired
- Feel creative (senses sharpened i.e music is heightened)
- Relaxed Pulling a whitey (panic/paranoia)
- Room spinning/wavy
- Groggy feeling
- Feeling tired
- Increased/Decreased appetite
- Vomiting (if you take too much too soon sometimes)
- Paranoia Anxiousness
- Giggly
- Feeling loved up Laughing

It is advised not to drive whilst taking and feeling the effects of the oil. It is therefore best to take off an evening and settle for the night.

TAKING THE THC OIL

For those who start the oil, this a good base to start: (use this summary as an initial guide and then read and add to as you read the rest of the protocol
We want to throw everything anti-cancerous into our system.
That includes nutrition, water, supplements alongside the oil.

HOW TO TAKE THE OIL:

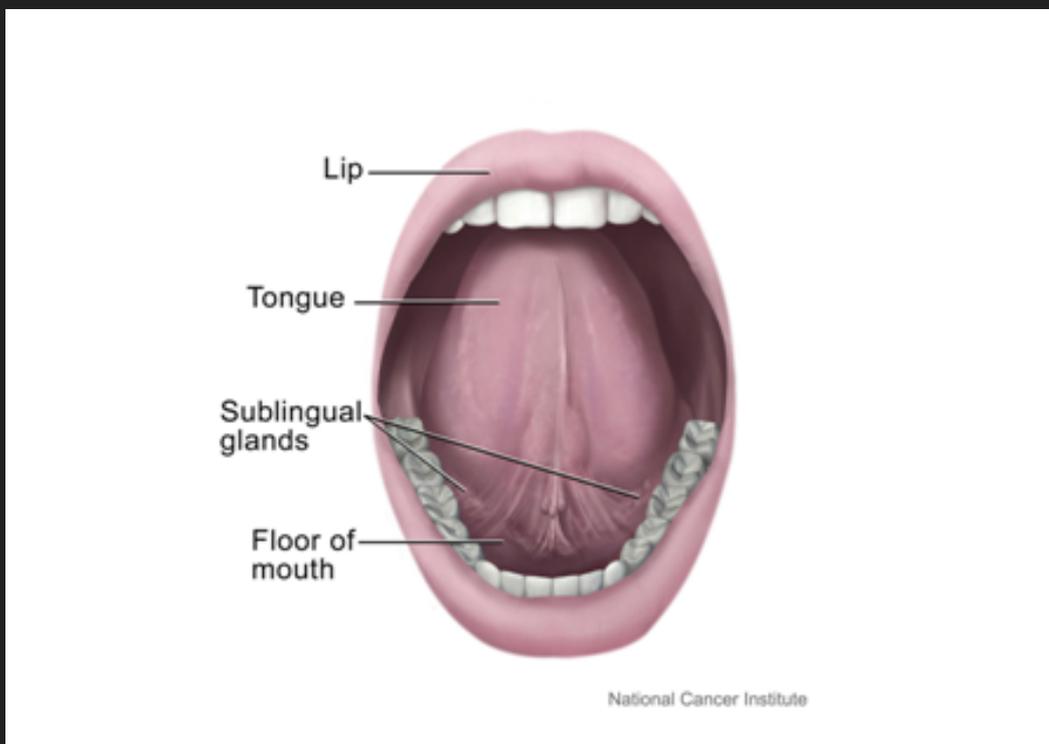
The oil can be taken one of 2 ways and depending on your prognosis determines which method you choose first and whether or not you combine others.

The 2 main ways of taking the oil are :

- Ingestion
- Suppository

INGESTION:

HOW TO INGEST THE OIL



PRIMARY METHOD : UNDER THE TONGUE

This is known as the sublingual method as it is absorbed by the sublingual glands which are located underneath the tongue (as shown above). This method has a high absorption rate due to oil having direct access into the bloodstream. (Brain tumours patients must use this primary method due to the blood brain barrier)

SECONDARY METHOD : SWALLOWING

Ingesting via swallowing straight into the stomach. With this method the absorption rate is not as effective as the sublingual. Swallowing the oil straight from the syringe or in capsules is a suitable and safe method. But due to acid within the stomach which aids the breakdown of food for the digestion process, you will lose roughly 60% of the THC.

THE SUPPOSITORY METHOD:

This method involves making the cannabis oil into cone shaped molds and inserting the oil in anally.



This method is found to be very effective. The benefits of this method is that 90% of people will not experience the high effect from the oil.

This method can be used for most cancers. Brain tumours will need to use the sublingual method to pass through the blood brain barrier.

As the dose of oil increases as per the protocol via the ingestion method a small minority of people can find that the high effect from the oil makes them feel nauseous.

This can in turn affect their appetite. If this occurs for more than a few days then the suppository method is another option as there is little to no high effect.

Higher doses can then be tolerated and administered this way.

The suppository method does take planning, preparation and time to make and administer so is often used as a backup method.

THC OIL SUPPOSITORIES

HOW TO MAKE OIL SUPPOSITORIES

Items required:

- 2ml (2gr) of cannabis oil
- 7 grams of cacao butter - The Cacao bean is used and processed to produce chocolate. The raw cacao before being processed is high in nutrients such as iron, magnesium and zinc. It is also a rich source of antioxidants for our heart and contains neurotransmitters which contribute to wellbeing and happiness. Cacao butter is made by cacao beans being pressed to separate the cacao butter and solids. Cacao butter has a melting point of body temperature making it the perfect carrier for the oil.
- 2.5ml syringes
- Cone shaped molds
- Saucepan
- Pyrex bowl

THE RECIPE FOR MAKING THE OIL SUPPOSITORIES

- **STEP 1:** Weigh 7 grams of cacao butter.
- **STEP 2:** Heat a small amount of water in a saucepan until it is gently simmering, place a bowl on top of the pan and place the Cacao butter in the bowl and allow it to slowly melt from the heat of the steam. Stir regularly until there is a smooth consistency. Do not rush this process as you may cause the butter to cook.
- **STEP 3:** Take your Cannabis Oil and warm it over the steam from a kettle.
- **STEP 4:** Squeeze 2 ml (2 grams) of the Oil into the melted butter and mix them together for roughly 5 minutes.
- **STEP 5:** Draw the now combined mixture into oral syringes.
- **STEP 6:** Squeeze 1 ml of the mixture into 8 of the cone molds.
- **STEP 7:** Leave too cool at room temperature.

Store the molds in a refrigerator. Take the required does out for the day at least an hour before use. Each mold using this method will contain 2/8th of a gram of Oil.

Use 1 suppository in the morning and 1 before bed.

THC OIL 90 DAY PROTOCOL

(As recommended by Rick Simpson)

The aim is to take 60 Grams of THC Oil over a course of 90 days (3 months). Those who are undergoing chemotherapy treatment the total amount of oil may need to be increased. Again please note that everyone's cancer and body are different. You may find that you build up a tolerance to the oil faster than the protocol dictates.

If you really are struggling to build the dose up, stick to a level you are comfortable with. As some oil is better than nothing. However it's recommended for the optimum results to stick to the **60 Gram over 90 days formula that Rick Simpson devised**.

It has been seen some terminal patients have seen a slow reversal of their cancer on 1/4 of a gram of oil a day (4 rice grains a day of the oil)

MEASUREMENTS:

Generally speaking cannabis oil dosages are measured in the size of a rice grain.

Usually the size of 1 rice grain is around 1/2 (half) a cm long.

Each 5ml syringe should have 5 Grams of Oil.

1 Gram of Oil = Roughly 16-20 rice grains

You start on literally the end of a cocktail stick amount (a pinprick amount).

STARTING THE PROTOCOL

Start your protocol by taking less than a quarter of a rice grain of oil.

The THC in the oil is highly concentrated so it is very potent.

- **Days 1 and 2** start by taking a quarter of a rice grain 2 hours before your intended bedtime. It's important to allow yourself to feel the effects of the oil. Remember to relax and ride the wave.
- **After 2 days** double the dose on days 3 and 4 to half a rice grain size a night.
- **Repeat** by doubling the dose for nights 5 and 6 so by the end of your first week you should be building up to taking about a rice grain a day.
- **After the first week** (as advised by Rick Simpson), the dose should be doubled every 4 days until you reach 16-20 rice grains a day, so by this point you are then at a gram a day.
- **You can split the dosages up throughout the day.** A good tip is to take the majority of the oil at night. This way you will sleep through the majority of the high effects. You may find that you struggle to wake up and feel groggy in the morning, this is completely normal. If you have planned something in the morning try to take the oil earlier before bed than usual.

At this point the pace you continue to dose the oil will be dependent on how well you have tolerated the oil up to this point. Remember that any oil is better than nothing. Monitor your progress on a weekly basis making sure you record how you felt and if there were any unpleasant side effects in your diary.

WHAT TO DO WHEN YOU REACH 1 GRAM A DAY?

Once you are up to 1 gram per day you can remain at this level of dosage for the rest of the protocol.

If you have a more aggressive cancer you may want to carry on increasing your dosage. As we've already stated earlier in this document there are a minority of people who will struggle to increase their daily intake of oil.

If you have the time on your side, just go at a pace that you are comfortable with and can handle. It's not a bad thing as some oil is better than none at all.

However if you can manage to get up to 1 gram a day by the first month that's fantastic! There are people who have increased their dose up to 4 grams per day, but this is extreme and very rare. Aim to get up to the 1 gram a day marker (finance permitting).

PLEASE NOTE: CANNABIS OIL - YOU CANNOT OVERDOSE ON IT. Ahead Of The Game Foundation or Dave Bolton are not endorsed by these brands in any way, they are purely recommended by our own research.



TREATMENT HISTORY



1st MAY 2014: Following a violent 15 minute nocturnal seizure , scans showed that Dave had a tennis ball sized brain tumour, located in the frontal lobe of my brain. He had no warning signs previously, apart from when speaking he experienced what we now know were mini seizures, where he was unable to speak. It lasted about 15 - 20 seconds and a quick cough would cover up this pause.

9th JUNE 2014: Dave was admitted to Walton Neurological Centre for surgery, which consisted of a craniotomy and debulking of the tumour. 4 days after surgery he was released home to continue his recovery. Histology showed that the tumour was a **Diffuse Astrocytoma grade II**.

Dave was given a life prognosis of 5 years.

Dave was placed on MRI scans which occurred every 3 months.

20th JULY 2015: Following a routine MRI scan, it was shown that a tumour had presented in the midline hemisphere of Dave's Brain. Dave this time was admitted back to The Walton Centre for Neurology 2 days later for another life saving operation. Unfortunately during surgery it was seen that his tumour was that aggressive it had more than doubled in size . This was from the scan imaged just 2 weeks earlier. The operation became more complex and the surgery took a substantial amount of time than was expected. Due to this he spent 1 night in the Intensive Care Unit, 1night on the High Dependency Unit and a further 12 days in hospital.

Whilst Dave was in hospital he and his wife Sam were given the devastating news that the histology of the new tumour was a **Glioblastoma Multiforme 4 IDH 1 Wildtype (GBM4)**. This specific type of tumour is the world's deadliest tumour, the biggest killer of the under 40's and known within the medical world as the 'TERMINATOR'.

DUAL RADIO AND CHEMOTHERAPY

20th AUGUST 2015: Dave underwent 6 weeks of concurrent dual treatment of Radiotherapy and Chemotherapy at The Clatterbridge Cancer Centre. This consisted of 150mg of Temozolomide taken every day for 6 weeks. Monday to Friday Dave would take his chemotherapy 20 minutes before his radiotherapy treatment. dexamethasone medical steroids for too long on too high a dose.

Going into his final week of duel radio and chemotherapy he suffered a full psychological mental breakdown. He was admitted to hospital for assessment and after 3 days he was released home to rest and recover from the episode which had been triggered by being left on dexamethasone for too long of a period.

Following a 7 day break in treatment he finally finished the 6 weeks course and rang the bell to signal that this phase of treatment was over.

CHEMOTHERAPY

30th OCTOBER 2015: Commence 6 Cycles of Temozolomide tablets. A Cycle consisted of 5 consecutive days of treatment. Cycle 1 was 300 mg dose, with 2 mg dexamethasone (steroids), 8 mg Ondansetron (Anti Sickness). admitted to A&E due to constant vomiting after completion of 5 days chemo.

21/11/15: Cycle 2 was 380 mg dose, a 30% increase, with 8 mg Ondansetron. (Due to side effects nausea and sickness, he was unable to finish the last day, as directed by oncology team. Dave was admitted back to A&E due to persistent sickness and nausea.)

08/01/16: Cycle 3 was 300 mg dose, with 125 mg Aprepitant (New anti sickness), 8 mg dexamethasone, 8mg Ondansetron. Syringe driver with injections on standby incase of vomiting or nausea. **Cycle was completed fully with no sickness or vomiting. Dave had lost his taste and had sores and ulcers in and on his mouth food became fuel from this point.**

05/02/16: Cycle 4 commenced 300 mg dose, with 125 mg Aprepitant (New anti sickness), 8 mg dexamethasone, 8 mg Ondansetron. Syringe driver with injections on standby incase of vomiting or nausea. **No sickness but he was extremely fatigued walking the stairs at home and physically wiped him out. Dave spent large parts of the day on the couch physically unable to move.**

05/03/16: Cycle 5 commenced 300 mg dose, with 125 mg Aprepitant (New anti sickness), 8 mg dexamethasone, 8 mg Ondansetron. Syringe driver with injections on standby incase of vomiting or nausea. **He was ill starting chemo and this was not the best of cycles .**

12/03/16: Unfortunately whilst in Windsor following attending the rugby 6 Nations England V Wales game at Twickenham, Dave suffered 5 nocturnal seizures and woke up 2 days later in hospital, slough. He had dislocated both shoulders, bitten clean through the right side of his tongue and was left covered in bruises. This was once again another major setback he had to face and overcome. 1 step forward 2 steps back. Dave's anti seizure Keppra tablets were increased to **2x 500 mg Keppra Tablets.**

01/05/16 FINAL CYCLE: Dave had initially refused to start his final cycle due to the amount of physical pain he was in coupled with how weak he had become. Dave had lost nearly 2 stone and was a shadow of the person who started cycle 1, 6 months earlier. His wife Sam encouraged him to complete this last cycle making sure that he finished his last treatment cycle. Commencing 300mg dose, with 125mg Aprepitant, 8mg dexamethasone, 8mg Ondansetron. Syringe driver with injections, on standby incase of vomiting or nausea. **Cycle 6 was completed and although there were no medical complications, Dave was left with treatment related fatigue which saw him spend large parts of the day sleeping through complete exhaustion.**

MRI SCANS

5th May 2014: Following his initial 15 minute nocturnal seizure an MRI scan showed a large tennis ball sized tumour in the front hemisphere of his brain.
He was scanned at The Walton Centre for neurology.

20th July 2015: Following a routine MRI scan, it was shown that the tumour had grown at an alarming rate. He subsequently underwent major life saving brain surgery for the second time in only 13 months.

5th February 2016: Dave was told his highly aggressive tumour GBM4 was stable and there was no change . But his consultant Dr Husband stated he thought it had shrunk and had now virtually gone. NOW! We don't believe there is one cure for cancer, but a multitude of approaches needed to defeat it. **This result has now cemented our belief in his approach combined with conventional medical treatment.**

23rd March 2016: A 3 month routine check up, showed the tumour to be stable. But once again remarkably it had reduced in size and was now virtually visible.

1st April 2016: Following 5 seizures in London whilst at the 6 Nations rugby. It was decided by his team that he was to undergo an emergency MRI. This was to see if the cause of the seizures was due to the tumour having started to grow. **The results were all stable and no changes were seen since the last scan.**

10th June 2016: At a 3 monthly check up, it was seen that the tumour had been reduced to only a few cells. **Dave's consultant informed him that's the best MRI he could ever hope for.**

9th Sept 201: At a 3 monthly scan, it was seen that the tumour had now gone. All was stable, there were no signs of regrowth and his bloods were perfect. **The focus and fight switched to keeping Terry away.**

2nd December 2016: At a 3 monthly scan results meeting, it showed no recurrence of Terry.

24th February 2017: At a 3 monthly scan results meeting, it showed no recurrence of Terry.

26th May 2017: At a 3 monthly scan results meeting, it showed no recurrence.

1st September 2017: At a 3 monthly scan results meeting, it showed no recurrence.

1st December 2017: At a 3 monthly scan results meeting, it showed no recurrence.

2nd March 2018: At a 3 monthly scan results meeting, it showed no recurrence. It was discussed that we move his scans to every 4 months only if his next scan was once again clear.

27th March 2018: After 4 years he was reissued his driving license. Life was finally starting to resemble normality.

NUTRITION



CANCER NUTRITION

What a person eats can determine their quality of life and how long they live.

Oxygen levels are low and acid levels are high in cancer tumours.

Therefore, it stands to reason to starve cancer by removing excessive acidic food and liquids, thereby promoting the return of oxygen to the cells.

As Hippocrates, the Father and Founder of Modern Medicine wrote **"Let thy food be thy medicine, and thy medicine be thy food."**

Throughout many years of research, the following cancer diet information has been developed.

This information will typically **not** be given to you by your doctor or oncologist as it is not in their best interest and affords them no profit - they are counting on your ignorance, shock and **FEAR** so that they may push drugs, surgery, chemo and radiation.

What they are not counting on, is your self education and research to uncover the truth and determine the healthiest, and safest, non-toxic and non-invasive course of action to heal, recover and live.

Did you know- It takes on average 12 years to qualify to become a doctor. In those 12 years on average a national survey has shown that between 11-20 hours of nutritional education is delivered. **"He who does not know food, how can he understand the diseases of man?"**

Hippocrate

NUTRITION OVERVIEW

- Organic fresh veggies and low sugar fruits are the best choice. Frozen is an option when foods are out of season or difficult to obtain.
- Refrain from eating too much cooked food which removes healing properties and kills critical enzymes - steam, bake or boil lightly.
- Juicing of fresh, raw veggies is important for vitamins, minerals and enzymes (drink immediately for potency) - diet still includes whole veggies and whole fruit for fibre to cleanse and detox the colon.
- Eat seasonally and eat locally for freshest produce - shop at local Farmers Market's (commonly set up on weekends).
- Never mix animal protein with carbs. Carbs turn into glucose which feeds cancer.
- Fruit should always be eaten alone - focus on low sugar fruits, berries with seeds (for B17), are good.
- Sprouts, certain nuts, fresh herbs and spices, fermented foods and probiotics may also be included.

CANCER NUTRITION

HOW IMPORTANT IS DIET?

HOW IMPORTANT IS ORGANIC?

Read up on Salvestrols found in organic fruits and vegetables which have been proven scientifically to play a role in killing cancer cells.

- A) NO sugar.
- B) NO gluten.
- C) NO casein.

SUGAR (found in processed foods and beverages), of course including fructose corn syrup, is **FORBIDDEN** as it feeds cancer. No Cheating! A can of soda, an ice-cream, a cheese fat-burger, a cigarette for stress or pain, will set you back and retard the healing process. Discipline is called for, which is a no brainer once a cancer diagnosis has been given.

OXYGEN & PH BALANCE

ALL CANCER BODIES are acidic which creates oxygen depletion, and thus they generally have a lower than normal pH balance.

A cancer body should be reverted to a healthy alkaline environment with a stabilised pH balance of at least 7.4. As the acidity is removed, the oxygen can return.

To be even more precise, Magnetic Resonance Spectroscopy using micro-electrodes, has shown that the pH of the extracellular fluid is indeed acidic (lactic acid retention). For more info see PubMed - read guest editorial by J.R. Griffiths, St George's Hospital medical school, London, 1991.

Consider these two important quotes from Dr. Otto H. Warburg, Nobel Prize Winner 1931, Germany:

- "The cause of cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its OXYGEN requirements."
- "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarised in a few words, the prime cause of cancer is the replacement of the respiration of OXYGEN in normal body cells by a fermentation of SUGAR."

**STARVE CANCER TO DEATH,
REMOVE THE FOOD IT FEEDS ON.**

CANCER NUTRITION

All cells, including cancer cells, are fuelled by glucose.

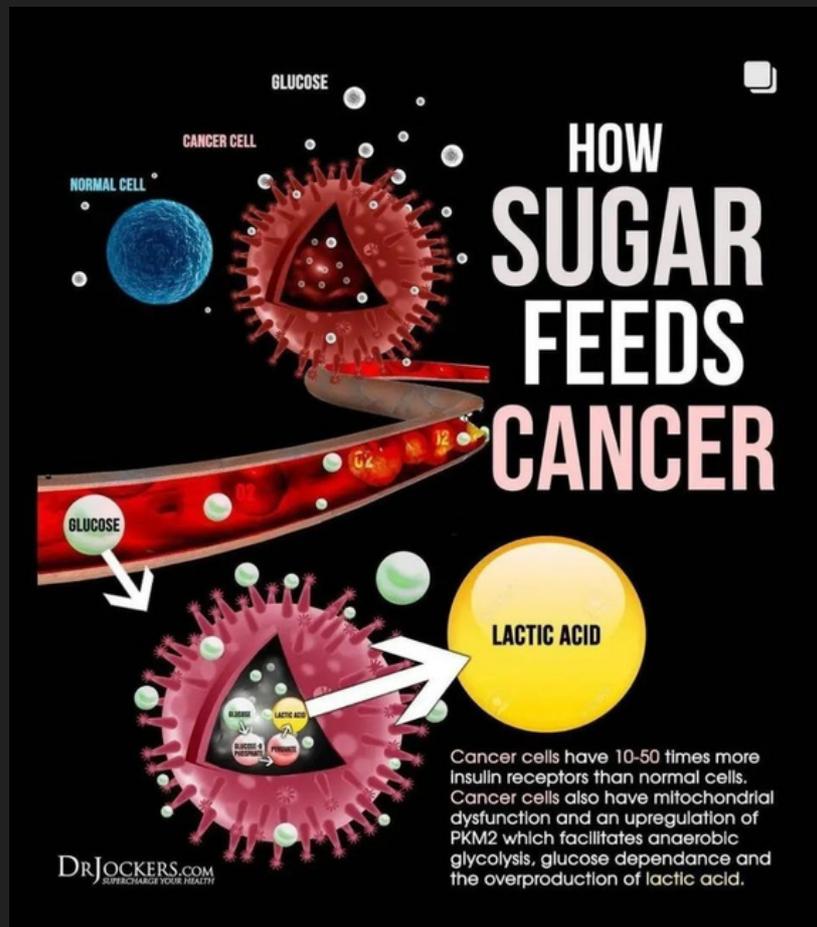
If you deprive them of glucose, they switch to an alternate fuel known as ketone bodies, except cancer cells. A defect prevents them from switching to ketone bodies as fuel, so cancer cells can only thrive and survive on glucose.

All other cells can use either glucose or ketone bodies. Therefore, If you stop feeding cancer cells glucose, they die. Research 'Ketogenic Diet' for specific info.

Cancer cells have 28 times more insulin receptors than normal cells, which is why it can be said that starch and sugar promote cancer. (See Ketogenic Diet)

IMPORTANT DIET NOTES

- Pancreatic cancer feeds on fructose - avoid fruit completely in this case.
- Blood cancers - lymphoma, leukaemia, myeloma - need to include lean meat protein so as to build blood and bone marrow.
- Any cancer that involves heavy bleeding and anaemia needs to include organic/grass fed/free range meat for iron.



ANTI CANCER DIET

PART ONE: FOOD THAT FIGHTS CANCER PH BALANCE - ALKALINE FOOD & DRINK

Fighting Cancer With Colour

Fruits and vegetables are rich in cancer-fighting nutrients -- and the more colour, the more nutrients they contain. These foods can help lower your risk in a second way, too, when they help you reach and maintain a healthy body weight. Carrying extra pounds increases the risk for multiple cancers, including colon, esophagus, and kidney cancers. Eat a variety of vegetables, especially dark green, red, and orange vegetables.

Anti-cancer colours are dark green, red, orange and purple.



- **Cruciferous vegetables** include broccoli, cauliflower, cabbage, bok choy, and kale. These members of the cabbage family make an excellent stir fry and can really liven up a salad. But most importantly, components in these vegetables may help your body defend against cancers such as colon, breast, lung, and cervix, Cauliflower, Cabbage - prevent estrogen dominance.
- **Brussel Sprouts** - excellent for combating breast cancer. Brussels sprouts consumption is associated with reduced breast cancer risk. Brussels sprouts compounds have been found to be promote apoptosis (cell suicide), suppress cell cycle progression and inhibit angiogenesis (new formation of blood vessels) of human breast cancer cells.

ANTI CANCER DIET

- **Spinach** - Spinach may help reduce your risk of cancer because it contains multiple nutrients. First, spinach contains beta carotene, which is used to form Vitamin A. Next, it also contains Vitamin C, an antioxidant. Both beta carotene and Vitamin C are important nutrients and serve as protectors against developing cancer cells.
- **Watercress** - Watercress, a relative of the cruciferous vegetable family, has been found to contain an abundance of essential vitamins, antioxidants, and carotenoid nutrients that help fight cancer and diseases of the eyes and heart. Watercress contains Lutein which may assist in combating cancer cells.
- **Carrots and Beets** (strengthen kidneys). Both have high glucose content but many nutrients that override the sugar and kill cancer cells. Carrots may be eaten raw or preferably juiced.
- **Lentils** - According to a study in the International Journal of Cancer, women who eat beans and lentils have a significantly lower risk of developing breast cancer because they contain antioxidants, fibre and phytoestrogens (also a good source of protein). Lentils stimulate cancer preventing enzymes and can help in lowering harmful estrogen levels.
- **Mushrooms:** Shiitake (stimulates the immune system), Maitake, Reishi - all have a protein called lectin, which attacks cancerous cells and prevents them from metastasising (multiplying).
- **Lion's mane mushrooms**- protects neural pathways and cells against dementia, reduces mild symptoms of anxiety and depression and helps repair nerve damage. It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and has been shown to lower the risk of heart disease, cancer, ulcers and diabetes.
- **Turkey tail mushrooms** - contain compounds called polysaccharopeptide (PSP) and polysaccharide-K (PSK). PSP and PSK appear to inhibit the growth of cancer cells. Some evidence suggests that PSP may also have the ability to stimulate the immune system, especially when combined with other anticancer treatments
- **Hot Peppers** - Studies have demonstrated that capsaicin found in hot peppers such as habanero, scotch bonnet, jalapeño and Cayenne peppers, can inhibit the growth of prostate cancer cells and may protect cells from becoming cancerous. Moreover, habaneros contain potent antioxidants that may decrease the risk of cancer by inhibiting the DNA-damaging effects of free radicals.
- **Turmeric (and extract curcumin)** - inhibits production of the inflammation related enzyme content, levels of which are abnormally high in certain inflammatory diseases and cancers. Turmeric blocks cancer cell growth. In several studies it was revealed that turmeric can reduce tumour size by 81%. for more information see the supplements guide. Note: Turmeric is a natural blood thinner and not advisable for some cancer patients.
- **Cinnamon**- Ceylon cinnamon was part of a study that showed it enhanced antioxidant enzyme activity. This means it may prevent or treat certain types of cancer. This is good news for people who are looking for dietary supplements that can help prevent their cancer from growing. **(Caution)** You may not realise that there are many different varieties of the spice Cinnamon. Some of these are really healthy, benefiting your blood sugar, heart health and dental health, yet the majority of the cheap cinnamon on the market in the US & UK today contains a high proportion of coumarin, which is known to be toxic for your liver.

ANTI CANCER DIET

- **Ceylon Cinnamon** (Verum) is known as true cinnamon which comes from a small tree in Sri Lanka. Everything good you have heard about the spice can be attributed to Ceylon or verum cinnamon. Ceylon cinnamon contains none of the toxic phytochemical coumarin but all the Ceylon cinnamon contains anti-inflammatory, antioxidant, and antimicrobial effects. These properties mean Ceylon cinnamon supports your immune health. Ceylon cinnamon was part of a study that showed it enhanced antioxidant enzyme activity. This means it may prevent or treat certain types of cancer.
- **Cassia/ Saigon Cinnamon**, on the other hand, derives from three different regions: Vietnam, China and Indonesia. Most commonly used for flavouring, cassia now dominates the cinnamon market. Cheap and hard cassia contains between 2 to 8% of a phytochemical called coumarin, a dangerous ingredient of rat poison, which has been shown to cause cancer in rodents. According to the BFR in Germany, coumarin taken in even low doses can lead to liver damage. **Please do your own research.**
- **Garlic** - Helps blood and tissue hold more oxygen which cancer hates. Sulphur compounds are proven to protect against cancer by neutralising carcinogens and slowing tumour growth. Antibacterial and antiviral.
- **Ginger** - Found to reduce tumours, and significant anti-inflammatory effects. Excellent to reduce nausea and vomiting.
- **Horseradish** - Excellent for detoxification.
- **Vegetables** offer hundreds of phytonutrients, provide protection from disease and have the ability to rebuild the body better than any other food. They also provide fibre, vitamins and minerals. FYI: Veggies should be lightly steamed, gently sautéed or baked. Cooking breaks down the tough fibre in vegetables, allowing us to absorb many more nutrients. Raw is ok, such as for salads or juicing.

FOCUS ON FRUITS

CHOOSE LOW SUGAR FRUITS

All Berries good for B17 - Raspberries, Strawberries, Blueberries, Blackberries.

- **Apricots B17** - the apricot seed is inside a hard shell which may be crushed and sprinkled on food for B17. The Hunza tribe represents a population that has been cancer free for over 900 years of its existence. This population has a natural diet, which supplies on the average between 50-75 milligrams of Vitamin B17 a day.
- Eat 1 kernel for every 20 lbs of body weight - e.g. 120 lb person would consume 6 kernels per day. Chew ground kernel until liquified.

FYI:

- Good source for Apricot kernels, B17 (laetrile): hunzagold.com
- B17 has been found to be most helpful for colon cancer.

ANTI CANCER DIET

- **Tomatoes** - Loaded with Vitamin C and Lycopene, an antioxidant that attacks roaming oxygen molecules (free radicals), suspected of triggering cancer. Tomatoes cooked in oil (virgin olive oil is ok) may prevent and shrink prostate cancer. An increased intake of lycopene has already also been linked to a reduced risk of breast, pancreas and colorectal cancer, and also protects from sunburn.
- **Avocado** - rich in glutathione, a powerful antioxidant that attacks free radicals in the body by blocking intestinal absorption of certain fats. More potassium than bananas and a strong source of beta-carotene. Scientists believe avocados may also be useful in treating viral hepatitis (a cause of liver cancer), as well as other sources of liver damage. Packed with nutrition, a superb food for cancer patients. High in 'good' fat.

High glucose content fruits, but excellent for fighting cancer:

- **Purple/Red Grapes** - Studies show that resveratrol has the potential to possibly stop cancer from starting in the breast, liver, stomach and lymphatic system. "The grape's skin has the most resveratrol, so leave the skin intact," Wohlford says. Red and purple grapes have significantly more resveratrol than green grapes. may be eaten also.
- **Pineapple** - Digestive enzyme is bromelain. It helps to de-shield the cancer cell's protective protein coating, caused by consuming animal protein. Pineapple contains natural pancreatic enzymes (papaya also but only eats organic).
- **Strawberries and raspberries** - have a phytochemical called elegiac acid. This powerful antioxidant may actually fight cancer in several ways at once, including deactivating certain cancer causing substances and slowing the growth of cancer cells.
- **Blueberries** -The potent antioxidants in blueberries may have wide value in supporting our health, starting with cancer. Antioxidants may help fight cancer by ridding the body of free radicals before they can do their damage to cells. But more research is needed. Try topping oatmeal, cold cereal, yogurt, even salad with blueberries to boost your intake of these healthful berries.
- **Coconut meat, coconut milk or coconut yogurt.**

FYI:

- **Enzymes** - It is often best to juice on an empty stomach so more enzymes can get into the body and work their best. Juice the core of the pineapple for maximum bromelain benefit.
- **Citrus fruits** inhibit the formation of cancerous cells. Vitamin C strengthens the immune system.

ANTI CANCER DIET

RAW SEEDS & SPROUTS

- **Brocco Sprouts, Alfalfa** - Brown Sesame, Sunflower, Pumpkin seeds. Soak seeds in water so their protective enzyme inhibitors are removed and the enzymes - which have been "asleep," become active - in three days the nutritional values of the seeds are well increased and the seeds become much easier to digest.

NUTS

High in protein (best when soaked overnight in water). FYI: Be very careful of nuts as they tend to become moldy. Keep intake to a minimum. NEVER eat peanuts as they are highly toxic.

- **Raw Walnuts, Almonds, Macadamia** - best eaten for prevention. Excellent for prostate and breast cancer, packed with Omega 3, and protein.
- **Raw Brazil Nuts** - selenium, very important for prostate cancer and breast cancer. Cancer patients have very low selenium levels.

OILS

- **Organic Hemp Seed Oil for salad dressing** - Excellent source of Omega 3 and 6.
- **Avocado Oil and Flaxseed Oil** may be used for salad dressing.
- **Virgin Olive Oil** - Most oils will cause havoc on your hormonal system, and induce cancer causing hormones. Greek women, who tend to eat a diet rich in olive oil, have a very low rate of breast cancer. Use for salad dressing.
- **Raw Sesame Tahini** - The oil reduces estrogen. Recommended daily, especially with breast cancer.
- **Flax Seed Oil (unrefined, organic)** - Omega oils protect you from cancer and inhibit tumour growth (especially breast cancer). Should be taken daily by all cancer patients - two tablespoons can be used as a salad dressing. Ground flax seeds contain fibre.

BEVERAGES:

- **Alkaline/ Antioxidant/ filtered Water** - see Kangen water further in this PDF.
- **Coconut Water** from young coconuts (white shell, not brown).
- **Green tea** is loaded with polyphenol antioxidants, including a catechin called EGCG. These antioxidants can have various beneficial effects on health. Green tea contains less caffeine than coffee but enough to produce an effect. It also contains the amino acid L-theanine, which can work synergistically with caffeine to improve brain function. Green tea has powerful antioxidants that may protect against cancer. Multiple studies show that green tea drinkers have a lower risk of various types of cancer. The bioactive compounds in green tea can have various protective effects on the brain. They may reduce the risk of dementia, a common neurodegenerative disorder in older adults.
- **Papaya Leaf Tea** - Carica papaya — also simply known as papaya or pawpaw — is a type of tropical, fruit-bearing tree native to Mexico and northern regions of South America. It may be an effective anti-cancer agent against cervix, breast, liver, lung and pancreas cancers. Research indicates that papaya extract induces cell death.

ANTI CANCER DIET

SEAFOOD

FYI: The oceans are severely polluted with heavy metal poisons and radiation - including the Pacific coastline (Fukushima), and the Gulf of Mexico (oil and chemical contamination). Eating anything from the ocean and rivers will contain a certain level of toxicity.

- **Iodine:** Found in seaweed and some fish. Japanese women consume 25 times more dietary iodine than North American women and have lower breast cancer rates. Iodine consumption by Americans has dropped 50% since the 1970s as breast cancer rates have risen. Kelp is the best source.
- **Brown Seaweed** - Modifilan, Laminaria (good for breast cancer) - contains at least 3 nutrients that kill cancer cells; furanone, fucoidan and alginic acid.
- **Sea Veggies** - Nori, kelp, wakame, kombu, hizike, and dulce. High in iodine which is depleted in Cancer bodies.
- **Fish** - Wild Alaskan Salmon (NO farm raised fish), Alaskan Cod. Sardines for calcium are most preferred choice of fish with the least amount of toxic pollution. Fresh tuna is ok but only once a week (radiation from Fukushima and mercury contamination). NO coastal fish or shellfish, or shrimp (toxic metals and carcinogens). No smoked fish.

PLANT PROTEIN

Apart from greens, nuts, seeds and sprouts, Hemp Hearts are one of the very best sources of concentrated protein, essential fats and vitamins found in nature.

ANTI-CANCER DIET MUST INCLUDE

- **Enzymes** - Enzymes are needed for every chemical process in the body. Everyone lacks enzymes, destroyed by cooking and prescribed drugs. Hormonal excesses (estrogen), can cause cancer, whilst pancreatic enzymes can stop cancer's growth. Enzymes may be obtained by eating veggies and low sugar fruits - also juicing daily, and smoothies, for highest concentrate. For info on enzymes as a proven cancer therapy, research Dr. John Beard, Dr. William Kelley and Dr. Nicholas Gonzalez. Dr. Kelley who was aggressively persecuted and oppressed - author of '**ONE ANSWER TO CANCER**' - **maintained that, "Cancer is nothing more than a pancreatic enzyme deficiency"**. His success was unparalleled with conventional medicine

ANTI CANCER DIET

SPECIAL CIRCUMSTANCES

- **Red Wine** - A study, published in the Journal of Women's Health, shows that women who drank 235 ml of red wine for a month had slightly decreased estrogen levels. Ingredient of red wine is Resveratrol (Res) which inhibits human breast cancer cell proliferation.
- **Grains** - No wheat (contaminated by Monsanto chemicals). Whole grains only if a cancer patient is fighting dangerous weight loss. Quinoa is a good choice, a complete protein grain. Hemp bread is delicious with excellent nutrition and fibre source. Toasted rice bread (gluten free) is a delicious option as are sprouted breads. Consume grains in extreme moderation due to high carb content!
- **Basmati Rice** - low glycaemic index food. Better to avoid.
- **Cottage Cheese** - The Budwig diet of cottage cheese combined with flaxseed oil, is a leading anti-cancer diet protocol.
- **Eggs** - Organic DHA enhanced, free range, natural feed, poached or soft boiled (egg yolk should be orange not yellow). Protein source.
- **Unsalted Butter** - from grass fed cows.
- **Grass fed organic Beef** - include beef if a cancer patient is fighting dangerous weight loss, a common effect with chemo, or if fighting blood system cancers because lean meat protein is needed to build blood and bone marrow.

FYI:

- **Distilled water** is acidic and aggressively dangerous as it pulls needed minerals and electrolytes from the body, promoting degenerative diseases and aging. The more distilled water consumed, the higher the body acidity becomes.
- **The Gerson Diet** apart from being expensive, excludes important nutritious veggies, fruit, seeds and nuts. Water is prohibited ... never mind that the body is 75% water. All oils such as avocado and coconuts are forbidden.
- **Keto Diet** - Many cancer patients now are opting for a Ketogenic Diet which is basically no carbs, high fat, adequate protein. Please research well to decide if it is for you. (Dave's keto protocol will follow)

KETOGENIC DIET

The ketogenic diet was designed in 1924 by Dr. Russell Wilder at the Mayo Clinic. Despite being highly effective in treating epilepsy, it fell out of fashion due to the surge in new anti-seizure medications in the 1940s.

The diet is high in fat, supplies adequate protein and is low in carbohydrates. This combination changes the way energy is used in the body. It is essentially getting your body to run and be fueled solely on Ketones. Ketones are a by-product from the fat converted in the liver.

This is when your body is in a state of Ketosis. Your body uses carbohydrates as its primary source of fuel and stores the fat on your body and around your organs. Once in ketosis your body produces Ketones (**caution Ketones are bad for pregnant women**) The big plus Dave saw with this trial, was the removal of sugar and grains completely. There are **3 Macronutrients: Fat, Protein & Carbohydrates**. As a species we have only started consuming Carbohydrates in the last 100 years. Only one of the Macronutrients as humans we do not need to survive yep you guessed it... CARBOHYDRATES!!!!

Buy or borrow the book **The Real Meal Revolution**, written by Professor Tim Noakes (The scientist), Sally-Ann Creed (The Nutritionist) & Jonno Proudfoot (The Chef).

This book has the history of the Low Carb, High Fat diet (LCHF), the science behind LCHF and 100's of recipes and cheats to keep you on the right track. The book is aimed at the LCHF more than the Ketogenic diet. Visit their website for more details: <https://realmealrevolution.com/>

Now imagine a tumour as its own self sustaining, living structure. It has its own nucleus, blood supply and its main food source is derived from your blood sugar. I.E Glucose , Glutamine, fructose, Carbs and in a recent study, Acetate. Acetate is an enzyme produced from alcohol in the liver, when it's attempted to be broken down.

By essentially removing the food supply to the tumour and replacing it with goods fats which will in turn produce ketones.

The Cancer/Tumours can't use Ketones as fuel and the principle is that the tumour should either starve it, stop it growing or shrink & kill it!

"I was asked to take part in a clinical trial at the brilliant Walton Centre. This was Following my reoccurrence of my tumour. Unfortunately to address the new Terry the terminator, a Glioblastoma Multiforme 4 (GBM4). This was/is to look at the effects the Ketogenic Diet has on the body, whilst undertaking chemotherapy. This was/is the first phase to see if we, as patients (only 5 GBM4 patients were picked) could handle the diet whilst in treatment. Now this was a BIG decision for me having been on a mostly plant based and dairy free diet. After doing my own research, it was something I believed was worth a try. I thought I had spent the last 12 months as a ovo-vegetarian (vegan that eats organic eggs) since first diagnosis. I had now relapsed following a routine MRI. But this time it had progressed into the worst brain tumour you can get GBM4. So time to change direction and approach. I accepted to go on the trial with a day to spare." - **Dave Bolton**

KETOGENIC DIET

DAVE'S KETO TRIAL

In 2015 after Dave was given a 3 months life expectancy, he researched about how sugar and glucose feeds Cancer. He researched and found that the Ketogenic diet can complement traditional medical treatments, whilst in theory starving cancer. He was accepted onto a trial that he inspired at The Walton Centre NHS Foundation Trust and Charity under the guidance of the dietitian specialists.

There are thousands of versions and variations of the Ketogenic diet . Dave was on an extreme modified version, he combined the vegetarian with the meat version.

Dave now eats predominantly as a vegetarian only eating turkey, chicken and white fish on the odd occasion such as meal out.

His macronutrients have a minimum of:

- 120 grams of good fat per day
- 2400 calories per day
- 20 grams of total carbs (**this is taken up, with any fruit or veg**)
- 90-130 grams of protein a day

As Dave was currently undergoing the standard care of treatment at the time, his weight needed to be maintained to be able to handle treatment. For this reason his protein intake was unrestricted. Please note that when too much protein is consumed and is not used up or processed by the body, it is converted into glucose. Dave does not buy or consume any processed food. When cooking, use a medium chain triglyceride oil (MCT) such as extra virgin cold pressed coconut oil.

HOW DO YOU KNOW IF YOU ARE IN KETOSIS & YOUR BODY IS USING KETONES?

You have to test your urine with special ketosis testing sticks and match the colour after 15 seconds. This shows what level of Ketosis the body is in.

There are 0-Negative , 0.5- Traces , 1.5- Faible, 4-Moyen (KETOSIS) , 8-Fort(KETOSIS) , 16-Fort (Potentially hyper ketosis.)

DAVE'S EXPERIENCE:

0-3 months: Dave would water fast before he started the Ketogenic diet for 36 hrs, this is something he continued to do once in a while which would kick start the process of his body producing ketones changing the body's main fuel source from carbohydrates to Ketones. Water fasting beforehand enabled Dave to get into ketosis within 2 days. It can take up to a week. For the first few days all he craved was the wrong types of food - cakes, carbs and sugar! (Sugar gives off the same addictive high chemical, called dopamine in the brain as cocaine.) After that initial period, he lost the cravings for grains, sugars and carbs. Dave actually found he had more energy, better mental clarity and his cognitive functionality improved. You do have to be creative on it, researching recipes non-stop is a must in the beginning, or you can get sick and tired of eating the same things, over and over again.

KETOGENIC DIET

There's not much you can drink. However you need to drink a lot of water to help stop kidney stones. **Dave drank 4 litres a day of Kangen Water.** Along with a host of different green, red, soursop, herbal and breakfast tea's with homemade almond milk. What Dave realised is that you still have to live your life, so if it's a special occasion he will eat what he wants. (Now this was once maybe every 6-8 weeks, as long as he didn't go crazy, he could get back to Ketosis within 1-2days max.)

DAVE'S KETO TRIAL RESULTS:

Dave's 3 Month final review was very successful with body fat at 9% at its lowest. He added 10cm to my biceps, visceral fat, good & bad cholesterol were all perfect and his balance of macronutrients were the best they had seen. He told them he would continue with this keto diet but will up the carbohydrates to 5g-10g to allow more fruit and veg. This was agreed and he stayed under his consultant's guidance.

Dave stayed on this strict keto diet for 18 months. The trial has been that so successful, that it has now been opened up to other GBM4 sufferers.

GUIDANCE:

All of the food above sticks to the strict 5% carbohydrate allowance that we use on keto.

In general, you can eat from the following food groups:

- **Fats & Oils:** Try to get your fat from natural sources like meat and nuts. Supplement with saturated and monounsaturated fats like coconut oil, butter, and olive oil.
- **Protein:** Try to stick with organic, pasture-raised and grass-fed meat where possible. Most meats don't have added sugar in them, so they can be consumed in moderate quantities. Remember that too much protein on a ketogenic diet is not a good thing.
- **Vegetables:** Fresh or frozen doesn't matter. Stick with above ground vegetables, leaning toward leafy/green items.
- **Dairy:** Most dairy is fine, but make sure to buy **full-fat dairy items**. Harder cheeses typically have fewer carbs.
- **Nuts and Seeds:** In moderation, nuts and seeds can be used to create some fantastic textures. Try to use fattier nuts like macadamias and almonds.
- **Beverages:** Stay simple and stick to mostly water. You can flavor it if needed with stevia-based flavourings or lemon/lime juice.

HYPERKETOSIS

Dave found out about this one like always - the hard way!
Hyperketosis can occur when your body's ketones are too high and excessive.

SIGNS OF HYPERKETOSIS CAN INCLUDE:

- Rapid, panted breathing,
- Increased heart rate,
- Facial flushing,
- Vomiting & dizzy feeling,
- Unexpected Lethargy & irritability

If you experience these, test your ketone levels, if hyper ketosis drink a fresh juice or sugary drink, then 15 minutes later re-test.

DAVE'S EXPERIENCE WITH HYPERKETOSIS:

Having been on holiday Dave had taken a week off the diet. When he returned he resumed the diet and on day 3 he decided to do a Ketosis test to see where on the scale as he hadn't been feeling too well and had a few of the aforementioned symptoms.

To his surprise he was +4 or 16-Fort on the test, basically in hyper ketosis.

As it was late at night he decided to leave it and just go to sleep hoping he would feel fine in the morning. **BIG MISTAKE** - he woke up at 3am, walked to the toilet and was staggering everywhere. Dave was short of breath, felt weak, nauseous and dizzy.

The next thing Dave new, he was coming round on the bathroom floor. He couldn't stand and his wife had rushed to him after hearing a loud thud, his wife sat him up. Dave's head was pounding and was bleeding from a cut to the side of his head. Dave drank a glass of fresh orange and 10 minutes later he felt fine.

Do's

- Eat leafy greens
- Increase your intake of seeds
- Add nuts into your diet
- Eat lean protein
- Cook with high-fat oils
- Drink low-calorie, low-sugar beverages

Dont's

- Eat high-carb vegetables
- Eat high-sugar fruit
- Buy grain-based items
- Eat carbs
- Consume sugar: processed and natural
- Drink high-calorie, high-sugar beverages



KANGEN WATER

When it comes to your health, you need the best. Water is vital for our survival.

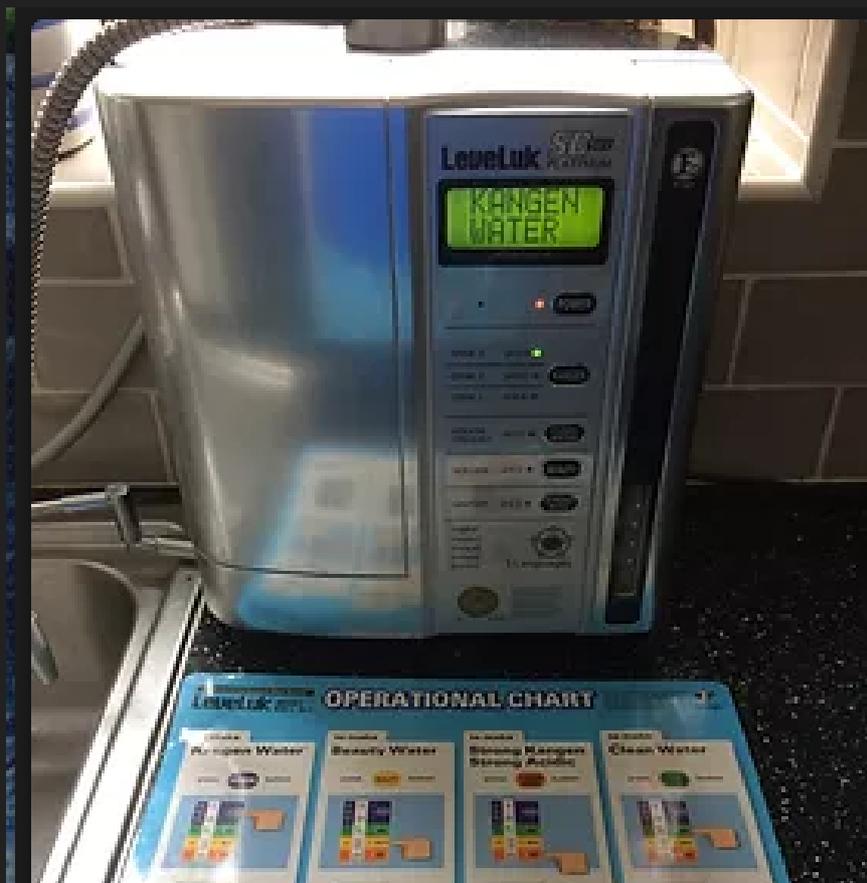
The body can go without food for 40 days, but it can only go 3 days without water! This is because 75% of our body is water, 75% of our brain is water, 86% of our liver and 83% of our blood is water! So, if we don't keep our body hydrated, it becomes unable to function properly and work to its maximum potential.

After drinking 10ls of Kangen water every 3 days for over 6 months. Dave saw first hand the benefits and tasted the difference in the quality of the water. With numerous news articles at that time being published about contaminated drinking water and also reading the breakdown of what is contained within his tap water. **(The list which is not exhaustive included heavy metals, fluoride and it was seen to be very high in chlorine.)**

Dave decided if he wanted to be attacking his cancer 360 Degrees, then he needed to be fueling his cells with the best nutrients. So of course this had to apply for his water. Dave bought the full system and has never looked back. (although they are an expensive addition to the kitchen, it is well worth it!)

The word "KANGEN" is a Japanese term, meaning to return to the origin!

The Water itself comes out cloudy white due to its titanium plates which increase the antioxidant production being pumped into the filtered water. Not only do these devices filter your tap water, but they also produce ionised alkaline and acidic waters through electrolysis. These waters can be used for various purposes, including drinking, cooking, beauty, and cleaning.



KANGEN WATER

HEALTH BENEFITS:

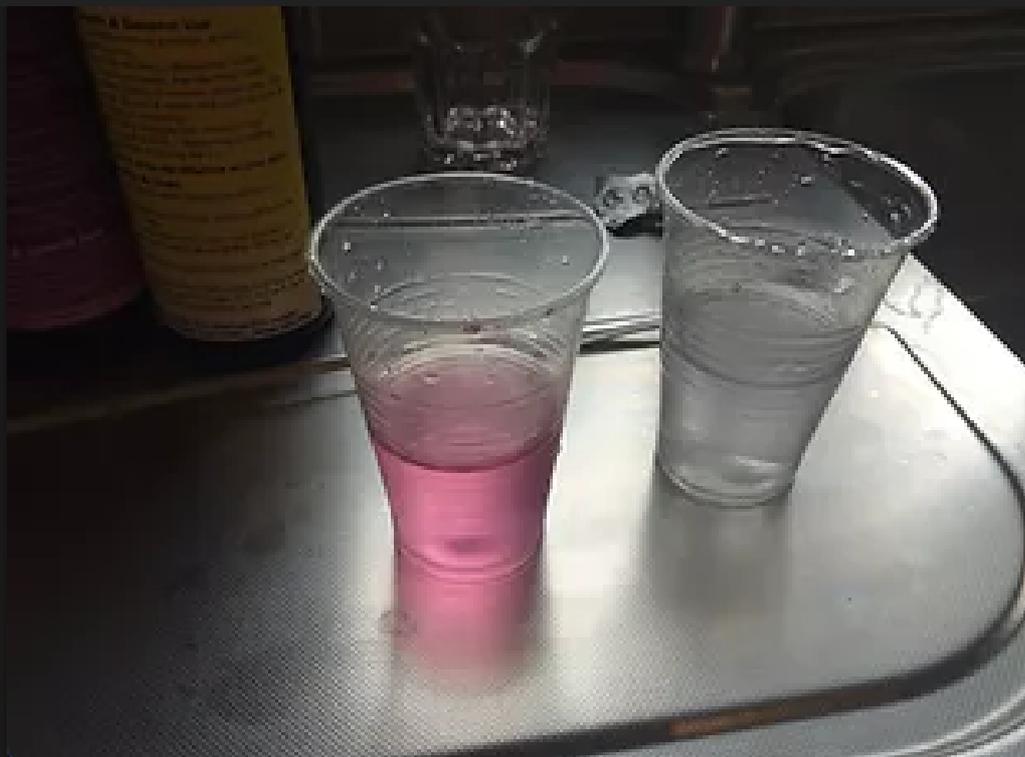
Improves and cures many illnesses, Better sleep, more energy, greater endurance, less fatigue, healthy skin, better mental clarity, reduction of body fat through increased metabolism improvement.

THE MACHINE:

It's the only water machine that is certified as a medical device in the USA and Japan, which are used in hospitals. Cancer cannot exist above 7.4ph, your body is made up of over 80% water and every cell needs the best water to function correctly. The system itself alkaline drinking water up to 9.5ph. It actually can go as high as 11.5ph, but this is highly alkaline and not suitable for drinking. (However it is amazing for washing the chemicals off fruit & vegetables.)

The water is highly oxygenated and this process is done after it has been through a charcoal filter which removes all the impurities from the water. The final stage is where the water passes through the Ionising plates whilst adding antioxidants to your drinking water.

The picture to the right was of a test to see how much chlorine was in his water. The pinker the water the higher the chlorine levels , Dave's was extremely pink as you can see. The cup which is not pink was retested after filtration of the water was complete.



WATER FASTING

Dave used to frequently get asked, what are the benefits and reasons why he used to water fast once a week. The simple answer is it's a good way to get into Ketosis faster (covered above). He believes it's important to give your digestive system a break which improves metabolic production, reduces inflammation, resets your hormone and energy balance and improves brain function by boosting the production of proteins **called brain-derived neurotrophic factor or BDNF** for short it has other benefits to your health as well so it's best to just attach a link that explains it in more depth.

Visit this link to find out more - [How Fasting fights cancer](#)

WHAT IS WATER FASTING:

Water fasting is a type of fasting where water will be the only thing you'll consume for the whole duration of your fast. Most people practice a 24-72 hour water fast.

If you're on the ketogenic diet, you may find water fast beneficial on or the day after an occasional cheat meal. Although there are many ways to stick to keto when eating out, it may not always be possible. For example, you might get convinced to eat a carb and sugar-rich foods at a party. Falling prey for cheat meals can kick you out of ketosis, and short water fast or intermittent fasting can help you get back into ketosis faster.

Some people like to spice up their water fast by creating naturally flavoured water using fruits and herbs. Some examples include lemon and cucumber infused water, pineapple and lime infused water, and mint infused water. The reason they do this is to avoid cheating because of the plain taste of water and also to add the benefits of fruits and herbs to the water.

WATER FASTING & CANCER:

In a 2016 study, roughly 106 patients were divided into three groups to undergo fasting before chemotherapy. They followed a 24h, 48h, or 72 h fast. The results revealed that chemotherapy-induced toxicity symptoms were limited to fatigue, headache, and dizziness. They also found a reduction in DNA damage in those who fasted for 48 hours. The study concluded that fasting for up to 72 hours around the time of chemotherapy is safe and tolerable for cancer patients. Recent animal studies and a few preliminary human trials have shown a decrease in risk for cancer or a decrease in cancer growth rates.

These studies indicate this may be due to the following effects from fasting:

- Decreased blood glucose production
- Stem cells triggered to regenerate the immune system
- Balanced nutritional intake
- Increased production of tumour-killing cells

Water fasting is generally considered to be safe as long as you don't cross the recommended 24 - 72 hour limit!

4 BENEFITS OF FASTING

1. ENHANCE DETOXIFICATION

Fasting allows our cells to bolster their defenses. When we limit/eliminate our food intake, pathways get turned on and off.

2. LOSE WEIGHT

Weight-loss is actually just a side effect of the fast. Fasting has been shown to reduce inflammation. Fasting can quickly decrease that inflammation and as a result, get rid of that extra water weight.

3. BOOST ENERGY PRODUCTION

Our cells have special survival mechanisms when food is scarce. Every pound of body fat can provide you over 4,000 calories! This allows you to produce a tremendous amount of energy even when you're not eating.

4. IMPROVE CELLULAR REPAIR

Fasting allows our body to take a close look at each cell's efficiency. You can think of this like an internal audit.



BY BRIDGIT DANNER LAc. FDNP

HOW TO START WATER FASTING:

Here are some tips for someone who is contemplating it for the first time:

1. PUSH BREAKFAST BACK BY 2 HOURS

If you normally eat breakfast at 8am. Push it to 10 am. If your last meal was at 7 pm the previous night, that means you've already fasted for 15 hours! You can push your first meal back even further once you get used to it.

2. DRINK BLACK COFFEE OR GREEN TEA

Drinking black coffee and green tea during your fasting window will help to accelerate your metabolism. They both have zero calories so don't worry about them taking you out of your fast.

3. DRINK TONNES OF WATER

Seriously, you need to stay as hydrated as possible. If you get a growling belly, try sparkling water. The bubbles will make you feel full.

4. DON'T SKIMP ON YOUR WORKOUT

Fasting is no excuse for not getting your daily exercise in. Try doing your workout in a fasted state for an even greater delivery of health benefits

HYPERBARIC OXYGEN THERAPY

In March 2021 Dave was given the news that on his latest MRI scan, it was seen that small blood vessels throughout his brain had died at an accelerated rate. Daves brain had prematurely aged, this is known as ischemic changes. This had been caused due to the excessive amount of radiation delivered to his brain whilst in treatment back in 2015. Dave was told that he is now at a high risk of early Alzheimer's and Dementia. His research brought him to a therapy called Hyperbaric Oxygen Therapy (HBOT). Dave himself now goes into the chamber at least twice a week and highly recommends finding a course in your area of 20 - 40 sessions.

WHAT IS HYPERBARIC OXYGEN THERAPY?

Hyperbaric Oxygen Therapy (HBOT) involves breathing almost pure oxygen in a special room or small chamber. Generally used by those wishing to give their body a quick boost in health & vitality. It enhances healing in people with various other conditions and energises your body, giving you the general feeling of strength & wellbeing.

It is great for anti-aging, pain relief, reducing swelling, creating new stem cell production, stimulating new collagen / new tissue, creates new blood flow & circulation.

HBOT not only highly oxygenates the red bloods but by the chamber being safely pressurised during treatment, it actually causes your plasma which usually only carries 2% oxygen molecules to be enriched and super oxygenated.

This enables the oxygen rich plasma to flow into hypoxic (low oxygen) areas and tissue in the body where the red blood cells can't reach. This improves, restores and regenerates the once inefficient or dead cells.

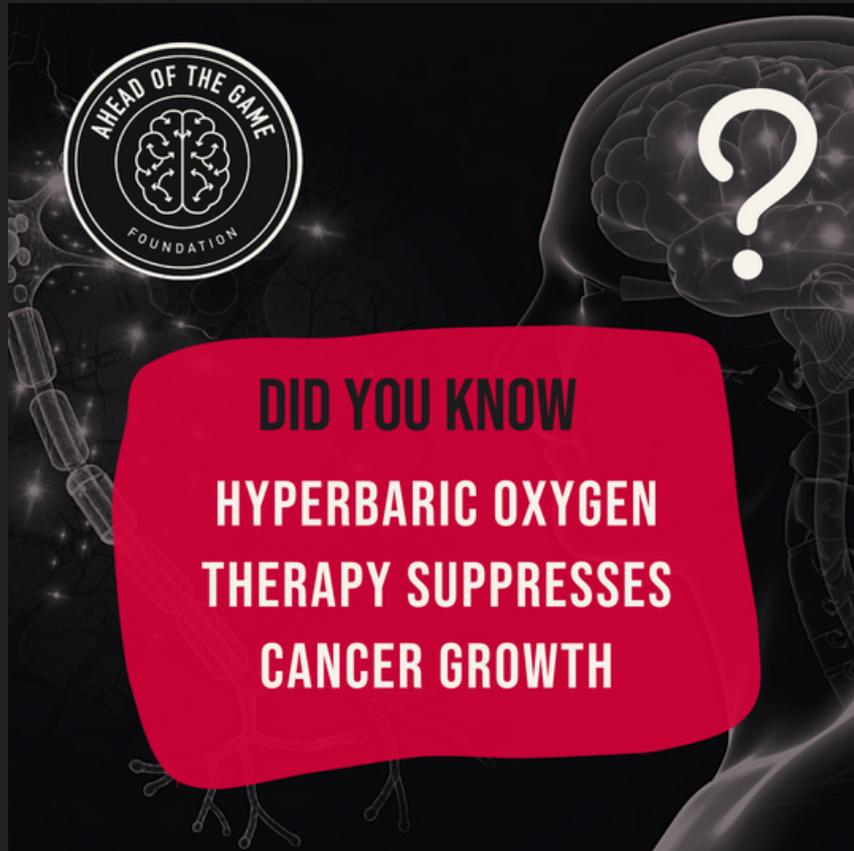
This is just 1 of thousands benefits that HBOT has on our body.

HELPING WITH CONDITIONS SUCH AS

- * Diabetes
- * Chronic Infections
- * Crohn's
- * Long Covid
- * Cancer
- * Non Healing Wounds
- * Immune System
- * Colitis
- * Cancer
- * Brain Injuries
- * Parkinson's
- * Alzheimer's
- * Chronic Migraines
- * Stroke
- * Concussion



HYPERBARIC OXYGEN THERAPY



Low levels within tumour cells (tumour hypoxia) is a major signal for these cancer cells to produce more blood vessels (angiogenesis) and rapidly grow. Not only does that make them much more aggressive, but it also makes them much more resistant to both chemotherapy and radiation therapy. This is truly a dangerous combination and why there has been so much attention in the medical field (and with oncologists) to reduce tumour hypoxia.

Hyperbaric Oxygen Therapy (HBOT) is one of the most effective, and most practical, ways to alleviate tumour hypoxia. The results are extremely promising and researchers concluded 'HBOT significantly suppressed tumour growth in both the triple positive and negative tumours.' Despite the fact that behaviour and prognosis of the triple positive and negative subtypes of cancer are different, the HBOT had a similar suppressive effect on tumour growth, indicating that they share a common oxygen dependant anti-tumour mechanism. Furthermore, HBOT significantly reduced the number and area of metastatic lesions in the triple negative model." We have come a long way in our understanding of tumour growth, in relation to HBOT. Since HBOT stimulates angiogenesis (new blood vessel growth), the long standing concern was that this mechanism may stimulate the growth of new cancer cells through the same mechanism. Over the past 2 decades, not only has this hypothesis clearly been refuted, but solid evidence as demonstrated in many studies, are making us shift our attention towards utilising HBOT with many current cancer treatment programmes.

Read research here: <https://pubmed.ncbi.nlm.nih.gov/28832662/>

HYPERBARIC OXYGEN THERAPY

HOW MANY SESSIONS OF HBOT SHOULD YOU HAVE?

1 Session:

For those who are wanting to super oxygenate their system, whilst trying out the hyperbaric oxygen therapy experience.

5 Sessions:

Generally used by those wishing to help give their body a quick boost in health and vitality, precondition their organs before or after surgery, provide a complement for physical therapy, orthopedic/chiropractic manipulation, massage, or any other body therapies. • Energise your body, giving you a general feeling of strength and well being • Quickly reduce on-going inflammation throughout the body • Strong protection of the body and all its organs including the brain, liver, and heart.

10 Sessions:

Typically used for those who have recent injuries like sprains or strains, and also has shown dramatic relief in painful joints or tissue. • Strong pain-relief and reduction in swelling • Help repair acute and recent injuries

20 Sessions:

Preferred for those who require major tissue repair that involves enhancing the body's regenerative capacities • Help to mobilise new stem cell production • Stimulate new collagen and new tissue • Help create new blood flow and circulation Such as Anti ageing, Atherosclerosis, Diabetes, Chronic infections, Crohn's, Colitis, Long Covid, Cancer, non healing wounds.

40 Sessions:

Often Reserved for those who have very serious or chronic (long-lasting) injuries or conditions or those who are more proactive in their health and want to reduce the chances of having major health challenges or crisis • Help the body recover from major health challenges • Help fight infections and diseases • Help combat ageing and degenerative diseases Such as Cancer, Parkinson's, Stroke, Brain Injury, Concussion, Alzheimer's, Chronic Migraines, Autism.



THE NORTHWEST
WELLBEING HUB

**THE NORTHWEST WELLBEING HUB
VICTORIA PARADE, NEW BRIGHTON,
WIRRAL, CH45 2PH**

**NOW OFFERS HYPERBARIC OXYGEN,
INFRARED SAUNA & RED LIGHT THERAPY.**

INFRARED SAUNA

Unlike a traditional sauna, infrared saunas don't heat the air around you. Instead, they use infrared lamps (that use electromagnetic radiation) to warm your body directly and heat your body's cells outwards.

BENEFITS OF INFRARED SAUNA

- Better Sleep
- Relaxation & Detoxification
- Relief From Sore Muscles
- Relief From Joint Pain i.e. arthritis
- Help For People With Chronic Fatigue
- Improved Circulation
- Help Reduce High Blood Pressure
- Helps With Dementia and Alzheimer's disease
- Anti-aging & Revitalising Skin's Appearance
- Improves To Strengthen The Heart
- Boosts Immunity & Cell Health
- Weight Loss & Increased Metabolism

Full-Body Light Therapy

Clinically-Proven Benefits



Skin Health



Muscle Recovery



Body Contouring



Mental Clarity



Athletic Performance



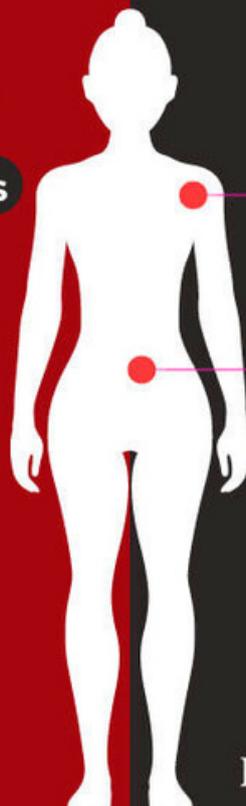
Joint Pain



Sexual Performance



Relaxation & Sleep



How Does it Work?

Red Light Therapy

Red light is primarily absorbed by your skin, leading to increased collagen production and optimal skin health.

Near Infrared Light Therapy

Near infrared light penetrates deeper within your body – enhancing muscle recovery and reducing joint pain.



DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

RED LIGHT THERAPY

Dave highly recommends Red Light Therapy not just for cancer patients, but as a wellness therapy available to everyone! (in fact he has it in his own home, along with a Kangen water machine) Red light therapy is nontoxic, non-invasive, and considered safe for all skin types. It does not require the use of harsh topical substances or heat which can irritate or burn the skin.

HOW DOES RED LIGHT THERAPY WORK?

Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell — it's where the cell's energy is created. The energy-carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

By increasing the function of the mitochondria using RLT, a cell can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves, and repair damage.

BENEFITS OF RED LIGHT THERAPY

- Pain and Reducing Inflammation
- Skin Health and Appearance
- Wound Healing
- Exercise Performance and Recovery
- Arthritis and Joint Health
- Bone Healing
- Thyroid Function
- Brain Health
- Anti-aging
- Improves skin texture - acne
- Reduce pain from arthritis
- Boost hair growth

Red and Infrared light

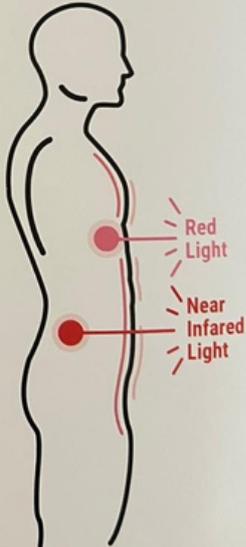
This type of light will go the deepest into your skin. It will help to address the clarity and tone of your skin as well as the deeper bone and muscle. Great for elastin and collagen production, this type of light helps to heal skin with wounds and scars.

RED LIGHT

- Boosts liver function
- Skin repair
- Beneficial for lungs
- Reduces scar tissue
- Promotes circulation
- Pain relief
- Enhances the senses
- Beneficial for bones
- Improves nutritional metabolism
- Beneficial for heart
- Regenerates blood
- Beneficial for kidneys
- Boosts liver function
- Promotes muscle healing

NEAR INFARED (NIR)

- Pain relief
- Speeds wound healing
- Increases circulation
- Healing of muscle and ligament sprains
- Enzymes boosted to improve body processes
- Boosts mitochondria function in cells
- For healing and energy
- Boosts DNA in body cells for better healing
- Alleviates allergy symptoms
- Speeds healing of burns
- Skin repair



The diagram shows a human silhouette with two red circles on the back indicating light penetration. The upper circle is labeled 'Red Light' and the lower circle is labeled 'Near Infrared Light'. Red lines radiate from these circles, showing the light's path into the skin and deeper tissues.



THE NORTHWEST
WELLBEING HUB

COLD WATER THERAPY

Dave highly recommends cold water therapy as part of your recovery and the benefits are huge not only for mental but physical health too. He recently completed a challenge called 'Freezing February' where he completed 28 open water swims every day in February 2022.

WHAT IS COLD WATER THERAPY?

Cold water therapy is the practice of using water that's around 59°F (15°C) to treat health conditions or stimulate health benefits. It's also known as cold hydrotherapy. The practice has been around for a couple of millennia. But recent adaptations include ice baths, brisk daily showers, outdoor swims, and cold water immersion therapy sessions.

HOW DOES IT AID IN RECOVERY?

Training can inflict damage on the musculoskeletal, nervous, and metabolic systems. Scientific studies have tested the effectiveness of cold water immersion therapy by measuring changes in both subjective and objective factors.

- **SUBJECTIVE FACTORS:** * Delayed onset muscle soreness (DOMS)
- **OBJECTIVE FACTORS:** * Creatine kinase (CK) * Blood lactate concentration * C-reactive protein

(CRP) Their studies have shown that cold-water immersion significantly reduces the effects of sore muscles and perceived exertion. A recent meta-analysis concluded that cold-water immersion is an effective technique for: Reducing the symptoms of muscle soreness 24 hours, 48 hours and 96 hours after exercise. Reducing the perceived exertion 24 hours after exercise. Researchers suggest an optimal immersion time between 11 and 15 minutes. And to encourage the occurrence of blood plasma fractionation (movement of the interstitial/intravascular fluid) it is suggested that one remains immersed for at least 10 minutes to optimize the full recovery effects. Although, positive effects of cold-water immersion have been reported for durations between 1 and 15 minutes, so it may still be beneficial to opt for shorter immersion sessions.



COLD WATER THERAPY

WHAT HAPPENS TO YOUR BODY?

When entering cold water, cold receptors very close to the surface of your skin sense that your skin has been cooled quickly. This results in an initial gasp, followed by rapid, uncontrollable breathing, as well as an increase in heart rate and blood pressure. This process - also known as the 'cold shock response' - is why it is important that you always enter cold water slowly. You can reduce your 'cold shock response' with repeated immersions in cold water. Repeated exposure to cold water will mean that you will hyperventilate less and will be able to start swimming sooner as you will be able to control your breathing more rapidly. You will know that you are adapting as you should feel more comfortable on repeated exposure to cold water and shiver less when immersed in water of the same temperature for the same duration of time. The temperature threshold at which you start shivering should also reduce. This is known as hypothermic adaptation. You may cool more rapidly, but will start to shiver vigorously when the new lower shivering threshold is reached, and will start to 'defend' your deep body temperature closer to the medical definition of hypothermia (35°C).

COLD WATER EXPOSURE PLAN

Highly recommended before considering cold water therapy.

Gradual and regular exposure to cold water will allow your body to acclimate over time. This means you'll be able to stay in the water for longer. If you've spent the winter on land, out of the water, you can follow this acclimation guide over the next two weeks to get used to the low temperatures little by little.

Control your breathing: Either take a look at [Iceman Hof](#) videos or try box breathing. Breathe in for 4 seconds and then breathe out for 4 seconds.

DAY 1-3: Take a cold shower for 30 seconds.

DAY 4-5: Take a cold shower for 45 seconds.

DAY 6: Put your head underwater in a cold bath and sit in the bath for 1 minute.

DAY 7-8: Take a shower for 1 minute and 30 seconds.

DAY 9: Sit in a cold bath for 2 minutes, making sure to put your head underwater.

DAY 10-11: Take a cold shower for 2 minutes and 30 seconds, making sure to put your head under the water.

DAY 12-14: Alternate between cold baths and cold 3-minute showers. Remember that it is extremely important to practice controlling your breathing before and during immersion to avoid moving too fast.



COLD WATER THERAPY

WARMING UP AFTER

Experts point out that once you get out of the water, your body continues to cool for about 20-30 minutes. This means that your body temperature will be lower 20-30 minutes after swimming than it was when you finished your open water swimming session. Warming up immediately after swimming is vital. You should dry off, remove wet clothing as soon as possible, and quickly dress in warm clothing, including gloves, thick socks and have a hot drink. Allow your body to warm up naturally, before taking a hot shower then relax and enjoy the post swim high as the endorphins race through your system.

. Cold water drains body heat up to 4 times faster than cold air. When your body hits cold water, "cold shock" causes some quite dramatic changes to your heart rate and blood pressure and respiratory system.

WHAT BENEFITS WILL YOU EXPERIENCE?

- Improved lymphatic circulation as cold water forces the lymphatic vessels to contract, pumping lymphatic fluids throughout the body
- Mental clarity & improved concentration
- Reduced stress as the cold water causes an explosion of endorphins, as the body uses them to compensate as it's own 'pain reliever'
- Improved rest cold water stimulates parasympathetic nervous system, resulting in a sense of well-being and satisfaction

THE COLD WATER COMMUNITY

If you are serious about cold water swimming, find some local cold water community groups in your area. Groups are a great way to go into open water together for support, motivation and extra safety. You may make friends for life along the way!



DAVE'S 4 TOP CHANGES

4 TOP CHANGES

Pre & Post Cancer Diagnosis



1 Exercise & Physical Activity

2 Nutrition & Hydration

3 CBD oil & Supplements

4 Additional Therapies & Mindfulness

www.aheadofthegamefoundation.com

Dave says unfortunately 1 in 2 people will now develop some form of cancer in their lifetime. So instead of saying why me if you are unfortunate to be diagnosed with cancer you should be asking yourself now why not me! When you are diagnosed it can be so unexpected, with very little early signs of what could be growing inside. So we need to start looking after ourselves NOW! Today's food is often ultra-processed and there are more packaged options than ever before. We live stressful lives, filled with very little self-care and awareness of how our bodies cope with everyday life.

We need to invest in ourselves!

Here are some of Dave's essential changes:

- **MOVE:** walks, exercise, swimming - whatever you can (great for mental health as well as physical)
- **NOURISH YOUR BODY:** cook fresh food, less processed, more nutrients, less chemicals, ditch the microwaves & look into a water filtration.
- **QUALITY SUPPLEMENTS:** Full spectrum CBD oil, Medicinal mushrooms such as lion's mane, turkey tail and cordyceps, Liposomal Vitamin C, Vitamin D3 & K2, DHA / Balance Oil with Omega 3 are his top suggestions!
- **ADDITIONAL THERAPIES:** get into meditation, mindfulness, being present and new technologies such as the Hyperbaric Oxygen & Red Light Therapy.
- All the above have helped Dave be in the top 2% survivors for a stage 4 Glioblastoma with a 3 months life expectancy in 2015.

MENTAL HEALTH

Brain tumours and their treatments can cause a number of mood, behavioural or cognitive symptoms that present or overlap like mental health disorders. These are called neuropsychiatric symptoms, also known as neurobehavioral symptoms.

Dave was going into his final week of dual radio and chemotherapy and suffered a full psychological mental breakdown. He was admitted to a local hospital for assessment. After 3 days he was released home to rest and recover from the episode which had been triggered by being left on too high a dose of dexamethasone (Medical steroids) for too long of a period.

HOW DID HE RECOVER?

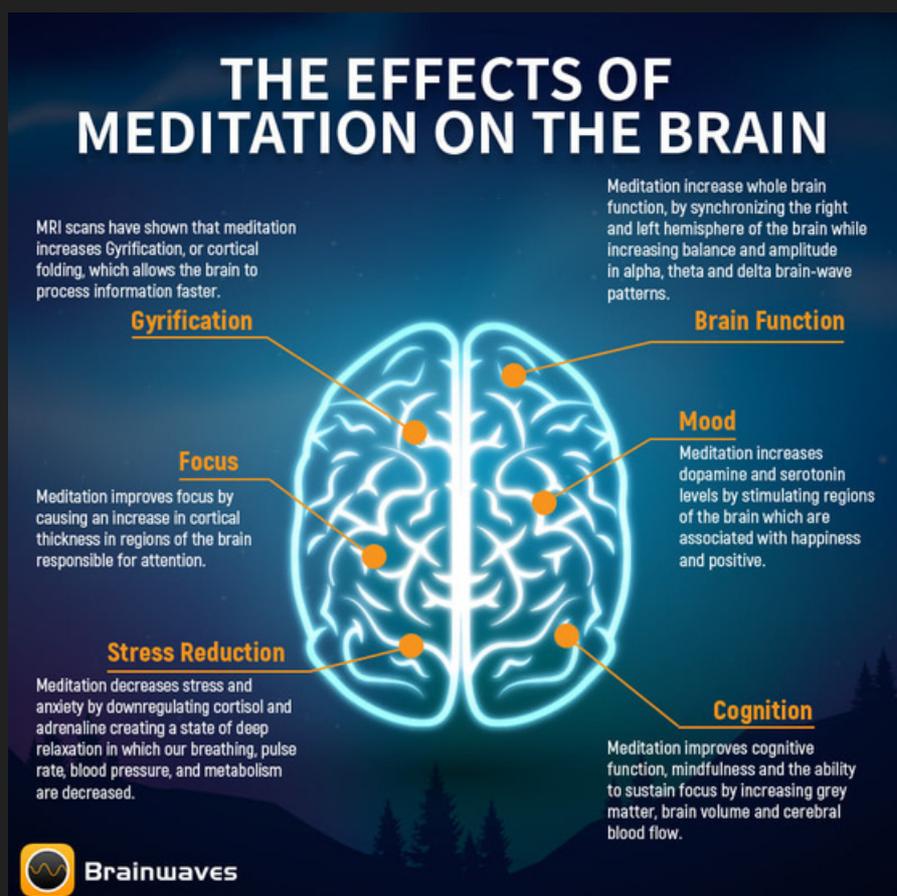
- Plenty of rest & healthy nutrition (smoothies!)
- Relying on his support network
- Mindfulness & meditation

When living with any form of cancer, you may often find yourself consumed by lots of different thoughts and priorities, leaving you overwhelmed. Mindfulness for brain tumours can help you feel less overwhelmed and allow you to work through any negative thoughts you are experiencing. Allocating time in your day to being mindful can give you the opportunity to create space between you, your thoughts and your reactions.

Having the right mindset is the reason why Dave believes he is still here to this day.

BEST MEDITATION APPS:

- Insight Timer
- Calm





ABOUT AHEAD OF THE GAME FOUNDATION

www.aheadofthegamefoundation.com

AHEAD OF THE GAME FOUNDATION

WE ARE BRIDGING THE GAP in rehabilitation for patients with Cancer.

In the below video, Dave looks back over the last 7 years at his journey with both an **Astrocytoma II and a Glioblastoma IV** and discusses his original MRI scans with Anna Crofton, **Head Nurse Practitioner The Walton Centre NHS Foundation Trust and Charity**, where he explains from his personal experiences how he felt during each stage of treatment and what he believes assisted with him being now in the top 2% worldwide of survivors with Stage 4 Glioblastoma.

WHY IS AHEAD OF THE GAME FOUNDATION SO IMPORTANT?

To educate, improve and enhance the mental, financial, physical health and wellbeing of children, young people and adults, particularly those we are at risk, vulnerable or experiencing mental ill health and / or terminal illness. The financial burden that a cancer diagnosis brings to an individual and their family is often crippling.

All monies that are raised will be used to directly help those individuals facing the devastating impact that cancer inflicts on their physical, financial and mental health.

The more money that is raised or donated means we can make a positive impact to more people and families when it is needed the most by helping them to regain the quality of life they once had by accessing for free our new **12 week Cancer Pre/Rehabilitation Health & Wellbeing Programme**. We are looking to launch our online programme early 2023, which will allow us to offer our 12 week Cancer Rehabilitation Programme to those who are suffering from all over the world.

CLICK ON THE IMAGE BELOW TO WATCH ANNA CROFTON & DAVE (FILMED 2021)



The Current Gap In Rehabilitation For Patients With Cancer And Terminal Illnesses.

AHEAD OF THE GAME FOUNDATION

Our physical activity programme is **available to anyone with a cancer diagnosis** and is designed to aid cancer pre/rehabilitation by improving your physical, mental health and wellbeing which will help to improve the quality of life. Just complete the application form to apply for your own placement.

WHAT DOES THE 12 WEEK PROGRAMME CONSIST OF?

- Initial Online Consultation up to 2 hours with Dave.
- Functional Movement screening and testing session.
- A Bespoke 12 week Pre/rehabilitation exercise programme. The programme will be safe, structured and phased which will be coached weekly. The weekly coaching sessions can be delivered by a live online platform, in person at one of our facilities or when cleared by the cancer specialist coach to participate in a monthly group exercise session with other programme enrollees.
- Nutritional guidance and support.

WHEN DEEMED NECESSARY:

- Mental health counselling
- Family support counselling
- Financial support / guidance

OPTIONAL FOR ALL NORTH WEST PATIENTS:

- Yoga
- Pilates
- Guided walks
- 8 week mindfulness course

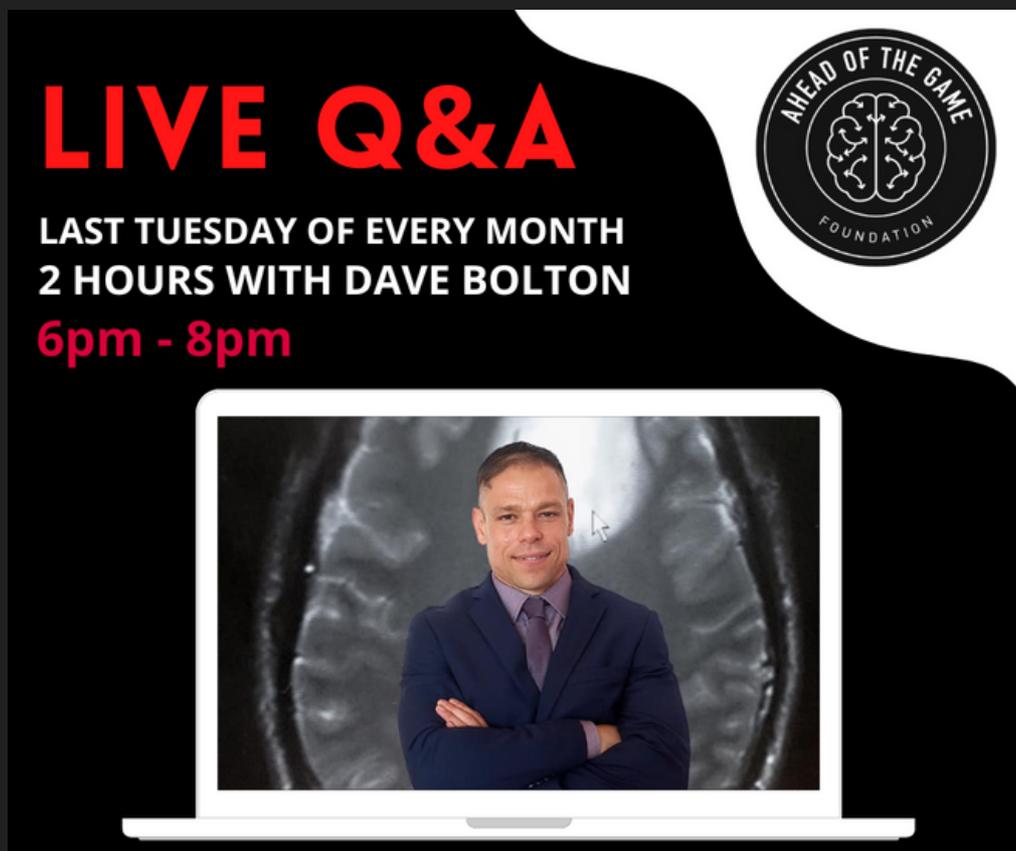


COMPLETE
APPLICATION

MONTHLY LIVE Q&A

We have decided to start these on a monthly basis as Dave is very in demand and busy with the foundation, but he still wants to offer this dedicated support to those who need it.

The sessions will be 2 hours each on the **last Tuesday of each month** and will be conducted via zoom call. During the sessions you can ask him anything specific to your situation, he can answer any questions, give you support in areas you are struggling with and give you that motivation to help move forward. As you can see from his social channels he is a very inspirational member of the community with a vast knowledge at helping people who are struggling with any physical, mental or financial issues. There is a maximum of 3 people per call to ensure that he can answer everyone's questions. Having other people with a cancer diagnosis on the call, allows for you to speak amongst people who understand.



LIVE Q&A

LAST TUESDAY OF EVERY MONTH
2 HOURS WITH DAVE BOLTON
6pm - 8pm

AHEAD OF THE GAME
FOUNDATION

We are asking for a donation towards the foundation (which helps us continue our work with helping patients in our 12 week Health & Wellbeing Cancer Rehabilitation Programme), which is £100 per session for Dave's time. All monies raised will go towards funding extra placements on our programme.

**If you are interested in participating in the next available
Live Q&A, please email us on
info@aheadofthegamefoundation.com**

KEEP FIGHTING!

Exercise is hugely important in the fight and subsequent successful recovery from this cruel disease. This could be just brisk walks or even climbing stairs.

Exercise is scientifically proven to not only inhibit cancer growth by up to 50% but is also massive for your mental health by combating depression, stress, insomnia & anxiety. It improves the immune system and builds self esteem.

If you have any questions or need any advice or tips after digesting all the above and attached, then please contact us via our channels and we are more than happy to try to answer them.

**Stay strong, stay positive and always believe in yourself.
Please remember that there is another option, another way
and most important of all there is always HOPE!
You've got this!**

Dave Bolton
Ahead Of The Game Foundation
x

FOLLOW US ON OUR SOCIAL CHANNELS



CONTACT AHEAD OF THE GAME FOUNDATION

www.aheadofthegamefoundation.com
Email: info@aheadofthegamefoundation.com