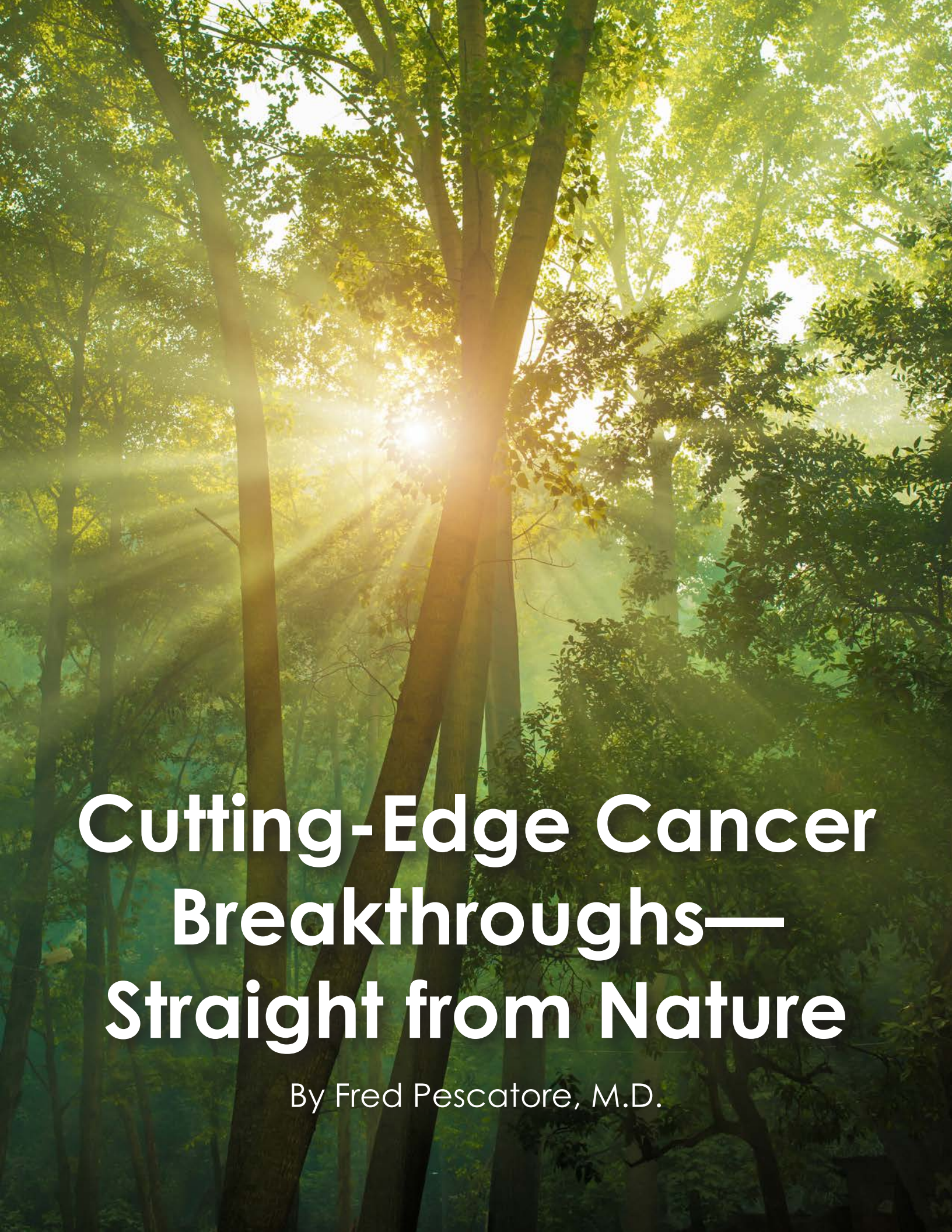

Cutting-Edge Cancer Breakthroughs—Straight from Nature

By Fred Pescatore, M.D.

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Introduction

When it comes to cancer treatment options, the decisions are yours to make. But making informed choices that will ultimately benefit you requires knowledge and preparation.

You don't want to rush into anything, despite the pushiness of the mainstream medical establishment. No matter what your diagnosis, you owe it to yourself to get to know your options first, and then make an educated decision.

So, in this report, I want to tell you about some cutting-edge breakthroughs and simple, science-backed strategies that can help you fight cancer naturally.

But before we get to that, let's talk about your body's first and best defense against cancer… and how it's transforming the way even conventional medicine deals with this dreaded diagnosis.

I'm talking about your body's immune cells. Let me explain…

You have cancer forming in your body every single day…even at this very moment. I don't say that to scare you— but as a simple statement of fact. This is a reality of all disease-forming processes that few people realize.

The good news is, if your body is healthy, it will never become a problem. In fact, you won't even know it's happening. And that's where your immune cells come in…

Because, when these microscopic tumors develop, your immune cells hunt them down like Pac-Man to gobble them up before they can grow any larger. This is called "cell-mediated immunity"—and it's sustained by your body's natural killer (NK) cells, macrophages, T-cells, and chemical messengers called cytokines.

In fact, doctors assess these immune cell populations in order to form cancer prognoses. (The test is called T and B cell subsets, with NK cell activity.) I do this test for my patients, and your doctor should, too. Because your odds against any disease are only as good as your defenses.

Ultimately, it's easy to see why having a healthy immune system is so essential. It is, quite literally, a matter of life and death.

Which is why the fact that conventional cancer treatments—like surgery, chemotherapy, and radiotherapy—wipe out your innate immunity is such a catch-22.

These treatments usually have a short-term effect. But you need to think of cancer as a long-term battle. When you undergo numerous cycles of conventional therapy, you end up with a dangerously suppressed immune system. Not to mention, you're left with chemotherapy- and radiation-resistant tumors (because the cells that can't be killed by such diabolical methods are the only ones left behind).

And of course, there's the systemic toxicity that accompanies treatment—which triggers nausea, vomiting, fatigue, brain fog, hair loss and all of the other devastating side effects we've come to "accept" as a part of cancer treatment.

Fortunately, the rise of immunotherapy—a new type of cancer treatment that harnesses the body's own natural immune defenses—represents a step in the right direction.

Unfortunately, that means Big Pharma is chomping at the bit to cash in. They've already created several

different types of immunotherapy drugs—such as biologics that target tumors based on their specific genetic makeup and immune checkpoint inhibitors (ICIs) that "turn off" proteins that allow cancer cells to hide.

The problem with these pharmaceutical immunotherapy drugs is that they're either only helpful in a small number of cancer cases… or worse, they're dangerous, with reports of fast and fatal side effects.

That's why I'm excited to share the information in this report. It can help boost your body's natural immunity and cancer-fighting power.

So let's dive in…

Chapter 1
The simple supplement that could be the next big breakthrough in cancer treatment

A simple supplement you may not have heard of could prove to be the next big breakthrough in cancer treatment.

It's an all-natural biological response modifier called Rice Bran Arabinoxylan Concentrate (RBAC)—or, as it's called in the U.S., BRM-4.

The name might be a mouthful—but the supplement itself is simple. It's derived from the plant cell walls of rice bran, which are then blended with shiitake mushroom enzymes.

And what makes it such an exciting breakthrough is that it offers the best of both worlds: A safe way to mobilize your immune system against cancer… without any side effects at all.

Research shows BRM-4 upregulates, or "switches on," your body's NK cells, multiple times over. As a result, it not only restores a depleted immune system after conventional cancer treatment—it can also stimulate your body's own defenses to guard against future cancer growth.

As I mentioned earlier, your NK cells are a critical component of your immune system. Essentially they're your body's first line of defense. Healthy, active populations of NK cells are linked with good prognoses and increased survival time in patients with invasive cancer.

In fact, trials are underway for a new stem cell therapy designed to mobilize NK cells. So mark my words, this is going to be the next "big thing."

But you don't have to wait years to start reaping the benefits of this breakthrough. Just start taking BRM-4—simple as that. And the sooner the better, because this all-natural plant compound offers a full range of other critical immune-modulating effects, including:

- Boosting antioxidant enzyme activity
- Improving T and B cell activity
- Increasing cancer cell death
- Upregulating production of cytokines, like interferon and interleukin

All of these benefits leave you with a virtually superhuman immune system… and a near ironclad defense against cancer.

And that's not all…

Block tumors at the source

Cell wall membranes carry microbes called Pathogenic Associated Molecular Pattern (PAMP) molecules. These microbes can boost immunity against tumors and block their growth.

Modern chemistry isn't currently able to create a safe cancer treatment that replicates these unique PAMP configurations. But there are plants that can—again, without any side effects or toxicity.

And you guessed it: BRM-4 is the first plant immunomodulator that can do all of these things.

Of course, it's one thing for a treatment to work on paper—or even in test tubes. It's another to see it in action among actual human cancer patients.

And clinical research demonstrates that BRM-4 is the real deal: In one study, NK cell activity increased significantly in patients after just one month of a 500 mg daily dose of BRM-4.[1]

BRM-4 was also able to decrease liver enzymes and viral loads in human study subjects. Which suggests that this simple substance might be able to combat immunosenescence (the gradual, age-related deterioration of your immune system)—or as I call it, immunity rot.[2]

This is one of the main reasons older people are more vulnerable to illness and disease. NK cells are the first defense against cancer and viruses. But their activity declines with age, leaving us more susceptible to invasions of all kinds.

BRM-4 can help reverse that lethal trend. And it offers a critical helping hand in the fight against cancer, even when conventional therapies are involved.

Research shows that—as a complement to conventional chemotherapy and radiation—BRM-4 can boost patients' immune profiles, reduce notorious side effects (like diarrhea, nausea and vomiting, pain, fatigue, and appetite loss), and ultimately improve treatment outcomes.

Even after the usual gauntlet of mainstream therapies, BRM-4 restores weakened immunity, improves quality of life, increases survival rates, and reduces recurrence in late-stage cancer patients.

In fact, it boosts the effectiveness of traditional chemotherapy by making the cancer cells more sensitive to it. And better yet, no side effects were reported in any of the research.

Needless to say, this is exactly the direction in which cancer research should be headed.

There's simply no excuse for anything else. Every other country relies on nutritional supplementation to enhance treatment outcomes. But for some reason, our modern cancer "industry" can't seem to set aside its biases—or its greed—long enough to give perfectly harmless substances a shot.

BRM-4 may not be a cure for cancer. But in a world still crawling out of the dark ages when it comes to effective treatment, it's one of our best allies in the fight.

So if you're currently battling cancer, or if you're looking to prevent it, it's certainly worth adding a high-quality source of BRM-4 to your daily regimen. A quick internet search for "BRM-4 supplement" will give you a few sources to choose from.

I recommend taking 1,000 mg three times daily for one month, followed by 1,000 mg once per day for maintenance.

Chapter 2
Four tried-and-true, affordable supplements with stellar cancer-fighting power

Now that we've taken a look at the latest cutting-edge supplement for fighting cancer, let's back up and highlight some of the old standbys. You know—the ones people either tend to ignore, or just plain forget about, in favor of whatever big breakthrough is in the limelight at the moment.

Because you know what? Newer doesn't always mean better. And in fact, some of the most powerful natural solutions out there are the ones that have been sitting right under our noses for years.

The good news is, these supplements are easy to find. And they don't cost a fortune. Perhaps best of all, they can combat even lethal diseases like cancer—safely—and with a downright shocking degree of effectiveness.

Ward off the country's fastest-growing killer

I first became interested in the use of selenium for cancer when I briefly worked with Dr. Emanuel Revici, who was one of the best alternative doctors in the field at the time. Using nutrition to prevent, treat, and reverse disease was still a fairly new concept back then. (I like to say I got my start in alternative medicine when it was still considered *very* "alternative." And I've been fortunate enough to work with the very best in the field—including Dr. Revici.)

Dr. Revici's entire philosophy for optimal health was built upon three cornerstones: high-dose selenium, dietary changes, and a constant check of the body's acid/alkaline balance. In other words, selenium really should be a part of *everyone's* nutritional supplement arsenal—whether you already have cancer or you're simply trying to prevent it.

Consider a new study from a team of German scientists published in the *American Journal of Clinical Nutrition*. Before I reveal their findings, let me first remind you that selenium is a trace mineral typically present in soil. So, the amount of selenium in our fresh foods often depends on the selenium content in which it was grown.

Therefore, researchers looked at the effect of mineral-deficient soils and the role it plays in cancer, with a specific focus on cancers of the liver, gallbladder, and bile duct. After tracking the subjects' health data for 10 years, they discovered selenium deficiency poses a very serious threat to your liver.

Results showed that subjects with the lowest selenium levels faced as much as 10 times higher risk of liver cancer, compared to their selenium-sufficient counterparts.[3] And in an age when rates of this once-rare disease continue to skyrocket, we simply can't afford to ignore this connection.

But there's more: Selenium acts as a powerful antioxidant. It's also responsible for tissue elasticity. So it's an essential player in the effort to protect your skin from UV damage… and in preventing skin cancer (the most common cancer in the U.S.) as a result. And there are two ways to get more selenium—dietary sources or a supplement.

When it comes to diet, Brazil nuts just may be the best source of dietary selenium. And you don't need to eat that many—just 3 to 4 nuts a day provides enough selenium for most people. Eggs, poultry, red meat, white bottom mushrooms, garlic, spinach and seafood (like yellowfin tuna, salmon, cod, halibut, shrimp) are also great sources.

Or, you could take a simple daily supplement containing 200 mcg of selenium per day. That's just the right amount to keep your immune system healthy and your antioxidant stores up and running. Both are critical weapons in the fight against cancer.

Critical cancer prevention <u>half</u> the population may be missing out on

Magnesium is another ordinary mineral that's not nearly as "sexy" as the latest industry darlings. But published research shows that it's just as life-saving…even against deadly conditions like cancer.

A group of Chinese researchers reviewed data from eight different studies involving nearly 340,000 subjects. Results showed that people with the highest magnesium intakes benefited from an 11 percent lower risk of colorectal cancer.[4]

That's a modest reduction. But it's not insignificant. Especially when you consider the fact that more than 50 percent of the population *doesn't* get enough magnesium.

And believe me, you don't want to fall on the wrong side of this statistic. Magnesium plays a key role in a number of vital systems. It protects your bones, nerves, immune system, and your heart health, too. Research shows it can even cut your risk of death *in half*.

So how can you guarantee you're getting enough? Your diet can make a big difference. Leafy green veggies, avocados, beans, and nuts (like pine nuts, almonds, or cashews) are all abundant sources of this important trace mineral.

But to err on the safe side, I always recommend taking a daily multivitamin with either 32 mg of magnesium orotate or 125 mg of magnesium taurate.

The sunshine secret that <u>doubles</u> your odds of survival

Vitamin D3 isn't just for healthy bones anymore—it's also the most critical form of protection against cancer you've got. In fact, when it comes to cancer, supplementing with vitamin D is a matter of *survival*.

Consider this recent study, published in the *Journal of Clinical Endocrinology and Metabolism.* Researchers analyzed 25 different studies, involving more than 17,000 cancer patients. And the trends they uncovered were game-changing, to say the least.

Breast cancer patients with the highest vitamin D levels had a 37 percent lower risk of dying. Colorectal cancer patients had a 45 percent lower mortality risk. Among lymphoma patients, the mortality risk dropped by more than 50 percent.[5]

In fact, for every 4 ng/ml increase in blood levels of vitamin D, there was a 4 percent increase in overall survival time. And higher D levels also correlated with higher disease-free remission rates.

Recently, the *British Medical Journal* published a study that exposed the detrimental effects of D deficiency. Among people with a history of cancer, low levels of vitamin D3 increased mortality risk by a whopping 70 percent.[6]

Yet another recent study found that men with vitamin D deficiencies face more than *double* the risk of positive prostate biopsies.[7] Severely deficient levels also significantly boost the odds of aggressive, high-risk prostate cancer.

So needless to say, you should find out your current levels. If your doctor hasn't given you a 25-hydroxyvitamin D, or 25(OH)D test recently—or ever—make an appointment and ask for one now!

Just bear in mind, most labs will indicate that a level of 30 ng/ml is sufficient. But that just isn't good enough. I

like my patients' levels to be between 80 and 100 ng/ml. And you'll most likely need to supplement with at least 2,000 to 5,000 IU of D3 per day to maintain those levels.

However, I often prescribe as much as 10,000 IU of vitamin D3 every day to my patients—and I take 10,000 IU every day myself. This higher dose is particularly necessary in the winter, when sunlight exposure—a main source of vitamin D—takes a nosedive.

Now I know that this dose looks pretty high, but I assure you, it's very safe. And if you're working closely with your doctor—as you should—there's really no reason to take any less. Just make sure to keep regular tabs on your levels, and work with your doctor to adjust your dose accordingly.

I test the blood levels of my D-deficient patients every six weeks until they get where they need to be. And I test the rest of my patients quarterly, at a minimum.

For an added boost of D, the following foods are great dietary sources: eggs, liver, mushroom, oysters, and wild-caught salmon.

An affordable ally against the deadliest cancers around

Next on the list is a common, affordable, and surprisingly effective form of cancer prevention that *no one* ever talks about. At least, they don't *usually* talk about it.

But thanks to researchers from the University of Texas at Arlington, the life-saving benefits of zinc actually made a few headlines recently.

They found that zinc was able to block overactive calcium signaling in esophageal cancer cells—impeding their growth, while leaving healthy cells intact.[8]

This would be a major discovery for *any* type of cancer. But for cancer of the esophagus—which carries a five-year survival rate below 20 percent—it's nothing short of groundbreaking. And it's not the only finding of its kind…

One previous study found that nearly 65 percent of subjects with head and neck cancer were zinc deficient—and suffered reductions in natural killer cell activity because of it.[9] And that's a major loss considering these types of immune cells are your first line of defense against cancer…

Plus, these researchers found zinc status to be a better indication of tumor size and disease stage than overall nutritional status.

It might be hard to believe that a single nutrient could have such a profound effect on the course of disease—but given what we already know about zinc's role in cancer prevention, it actually makes perfect sense.

Zinc is an effective anti-inflammatory that ensures your body's natural tumor-fighting defenses are in tip-top shape. And its powers of prevention aren't limited to head, neck, and esophageal cancers.

Healthy levels also appear to play a protective role against colon, bladder, kidney, and non-melanoma skin cancers.[10-12] Research even shows that, among carriers of the lethal BRCA-1 gene, women with higher zinc levels were significantly less likely to develop breast cancer.[13]

Unfortunately, conventional medicine is notorious for ignoring zinc's importance. So your doctor isn't likely to be proactive about assessing your status. But there is a test available. It's called an RBC mineral screening. And it measures the levels of zinc, magnesium, potassium, chromium, copper, manganese, and calcium in your blood.

You'll want your results to be in the "upper normal" range. But if you find your zinc levels are low, getting a boost is simple.

First, make sure to include plenty of high-zinc foods in your daily diet. You have a lot of options—including red meat, eggs, nuts, and shellfish.

But because your body can't store this trace mineral very efficiently—especially if you're over 60—I urge you to supplement with at least 30 mg of zinc per day, along with 1 mg of copper for good balance.

These four tried-and-true supplements can go a long way in helping your immune system fight off cancer. But there are some other pill-free things you can do to boost your defenses even further. I'll tell you all about them in the following chapters…

Chapter 3
The highly effective cancer prescription docs love to ignore

I've been waiting my entire life—or at least, my entire career—for a headline like this one: *"Exercise is Cancer Medicine."*

In fact, according to the article attached to this headline, a global coalition of 17 organizations—including the American College of Sports Medicine—is now saying that conventional oncology is "failing those diagnosed with cancer" by not prescribing exercise to patients.[14]

And what can I say? *Finally*, someone else is calling out these imbeciles and their playbook of hideous treatments…

Survival increases near 50 percent

This development has been a long time coming. Believe it not, there's now more evidence supporting the role of exercise in cancer treatment than there was behind its role in heart disease prevention when we first started pushing physical activity for cardiovascular health.

We're talking more than 2,500 gold-standard clinical exercise trials on cancer patients in publication just since 2010. And all of those came with calls (from the likes of the National Comprehensive Cancer Network and the American Society of Clinical Oncology) to start using exercise as medicine in cancer protocols.

Unfortunately, however, these findings have been virtually ignored.

Get this: Back in 2017, Australian researchers pooled data from two randomized, controlled trials, both of which investigated the benefits of exercise in cancer patients. Results showed a significant mortality benefit.

In fact, after more than eight years of follow-up, researchers observed a 5.3 percent death rate in the exercise group, and an 11.5 percent death rate in the standard care group.

Those numbers may not look like much. But statistically speaking, they represent a nearly 50 percent increase in survival with exercise. Yet still, publication proved challenging because the study wasn't about a new drug.

And you and I both know full well that oncologists wouldn't hesitate to prescribe *any* drug with even *half* the benefit. So why can't they get on board with this?

Setting a new standard

The path forward is clear. Prescriptions for exercise need to be the new standard of care for cancer patients. And doctors should be monitoring physical activity with the same vigilance they give vitals like blood pressure.

In fact, that's exactly what I do. Because this type of assessment holds my patients accountable, and I simply can't imagine practicing without that critical information.

The really sad part here is that most people who are living with and after cancer *aren't* physically active—and up to two-thirds are completely sedentary. Partly because no one is telling them what's at stake.

Of course, the U.K. is leading the way here, with programs that provide a minimum of one year of free exercise intervention to all patients. Here in the U.S., organizations like LIVESTRONG offer shorter 12-week programs—none of which are covered by insurance.

As usual, you're on your own here. So whether you have cancer, are a cancer survivor, or you just want to simply live longer, ask yourself these questions:

1. On how many days in the past week have you performed an exercise that raised your heart rate for at least 30 minutes?

2. On how many days in the past week did you lift weights, or perform some other kind of strength-building exercise?

Ideally, the answer you should be striving for is "nearly every day." The target for cancer is moderate intensity activity for 30 minutes three times a week—and resistance training for 20 to 30 minutes twice a week. (But as I always say, a little can still go a long way where exercise is concerned. And there's nothing wrong with starting small and increasing efforts as you feel comfortable.)

Either way, have this discussion with your oncologist. And if they don't seem to think exercise is a priority? Well, don't you dare let that stop you from making it one.

Chapter 4
Dodge cancer by eating an early dinner

The power of your circadian rhythms (or what I like to refer to as your internal "body clock") can't be overstated—whether your goal is to lose weight, dodge diabetes, or ward off a cancer diagnosis down the road.

But there's more to a balanced "body clock" than keeping a regular bedtime. Your mealtimes matter, too.

I talk about this often, but I can't emphasize its importance enough: *When* you eat is just as important to your health as *what* you eat. And yet again, science has delivered crystal clear proof…

In a recent study from the Barcelona Institute for Global Health, researchers reviewed data from more than 600 men with prostate cancer and more than 1,200 women with breast cancer.[15] They then compared it with more than 2,000 randomly selected participants.

Researchers interviewed all subjects about the timing of their meals, their sleep habits, and their *chronotypes* (that is, an individual's personal biological clock, which determines whether you're a "morning persona" or a "night owl").

Subjects also reported how well their eating habits adhered to the dietary recommendations for cancer prevention.

Ultimately, results from both groups suggested that leaving two hours between dinnertime and bedtime, or simply eating before 9 p.m. could literally save your life.

Either precaution correlated with a 20 percent lower risk of breast or prostate cancer—a dramatic advantage over people who ate after 10 p.m. or who hit the sheets right after scarfing down dinner.

As the first study to look at the connection between mealtime, sleep, and cancer risk, these results are a pretty big deal.

Especially since current dietary cancer prevention recommendations neglect to factor in the timing of meals. (And believe me, that's only one of many problems with these preventative guidelines… but that's a story for another day.)

But to be honest, nothing about these results surprises me one bit. We already know that circadian disruptions—like late shift work, for example—have a particularly strong influence on breast and prostate cancer risk.

And while most people might not think to factor mealtimes into the equation, there's no question that they have a significant effect on your overall health. In fact, science shows that the time you eat can affect everything from weight loss to your susceptibility to sunburn. And now, you can add cancer to that list.

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So there you have it—a handful of simple, all-natural strategies to preventing, treating, and reversing some of the deadliest forms of cancer. And all it takes are some easy additions to your diet and supplement routine.

Of course, you can find information on many more cancer-fighting techniques in my online learning program, Dr. Pescatore's *Essential Cancer Protocol*. To learn more about this educational tool, or to enroll today, click here.

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