



**INTEGRATIVE MEDICINE
PROTOCOL
CANCER**

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INTEGRATIVE MEDICINE PROTOCOL CANCER

*COMPLIED BY:
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A. INTEGRATIVE MEDICAL PROTOCOL: Summary Information

INTEGRATIVE MEDICAL PROTOCOL TITLE:

*Complementary and alternative Medical treatment program for the general
treatment of cancer patients*

Protocol number: *No 1 - General Cancer*

Version number and date:

No1 of 1

Date: _____

SPONSOR:

To be advised

Authorized Signatories:

To be advised

MEDICAL DIRECTOR: *(Dr P I Smith)*

SUPPORT STUDY SERVICES:

*Wings
Medford
NDS
Rejuvenix
Ozone Therapy*

B. CLINICAL PROTOCOL

1. INTRODUCTION:

1.1 Background:

At Body Revival Institute CC we practice Integrative Medicine as we believe the body is a wise and an able bio-chemical machine. We focus on finding the source of the disease to aid in its elimination. Our full spectrum approach to healing offers a wide variety of options for both the Doctor and Patient.

Our protocols are efficient and we are continually updating and researching our protocols. We are a dedicated, family run based clinic where patient comfort, care and happiness is considered a significant aspect to overall healing.

As time is of the essence, many choose to begin treatments immediately. Others choose to begin at another time depending on their schedule and the Doctor's recommendations. We are here to help you make your experience with us a positive one.

Healing can be defined as the dynamic process of recovery, repair, reintegration and renewal that increases resilience, coherence and wholeness. It is an emergent, transformative process of the whole person: Physical, Mental, Social, Spiritual and Environmental. It is a unique personal and communal experience that involves the curing of the patient. A growing amount of research shows how the environment is based on positive intention, wholeness and relationship centred care which can enhance the healing process independent of the treatment used, be it drugs or acupuncture needles.

1.2 Rationale:

Chronic Disease Therapy is used in our clinic for a variety of diseases such as Cancer, Arthritis, Asthma, Cardiac Disease, Diabetes and more. Chronic disease develops when one or more of the body's systems become weakened. We know that disease is primarily caused by a lack of oxygen at cellular level in an acid environment. This can be a gradual process often unbeknownst to the patient until

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more severe symptoms arise. Once symptoms become intolerable or **chronic**, our services are sought out. Hence, the need for Chronic Disease Therapy.

Education is the key to understanding that our nation needs to practice immune boosting and regular blood monitoring as a preventative measure, but poverty and a lack of proper facilities prevents this in South Africa.

When the immune system is not functioning properly, there are ways to stimulate it. Smart pathogens have a way of hiding or disguising themselves within the body to prevent obvious detection and common treatments are usually ineffective. It is a constant quest for researchers to find new ways of exposing these pathogens and eliminating them from your body.

With this in mind, we offer the following chronic disease therapies to isolate and eliminate a myriad of pathogens from the body.

Coinciding with this level of “seek out and eliminate” therapy we also provide the body with much needed immune boosting therapies to re-build and re-empower the body to resume its normal function.

Rebalancing of hormones is very important as a therapy and if the Endocrine system is compromised this could lead to further degenerative disease.

We offer the optimal healing environment based on the social, psychological, spiritual, physical and behavioural components of health care. These therapies are targeted to support the innate healing capacity and achievement of wholeness.

The six core domains are:-

Development of Intention and Awareness

Experience of Wholeness

Relationship Centered Care

Health Promotion with Self Care and Developing Lifestyle Skills

Collaborative Treatment

Spiritual Connection

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2. INTEGRATIVE PROTOCOLS USED AT BODY REVIVAL INSTITUTE

1. Vitamin infusions Our IV infusions offer a secret formula developed with a Medical Doctor and a reputable Pharmacologist to provide the compromised body with the correct vitamins and minerals. This patented formula contains various vitamin C molecules, as well as other vitamins and minerals. The content of the vitamin C in this ampoule amounts to 30000 mg / 30 grams. This is only 5% of our intellectual property. Due to the concentrated content of the vials we use them in the treatment of various diseases i.e. cancer etc. They are all designed to strengthen the immune system and enhance normal metabolism. These treatments are in a constant state of development and change. They can vary according to individual needs. One does not have to have a chronic disease to benefit from the system enhancing effects of this therapy. We recommend this for both preventive as well as therapeutic purposes.

2. Biological Response Modifiers These are remedies and substances that are given orally and intravenously to increase the sensitivity and strength of the immune system as well as other systems of the body. This could be thought of as a "**Wake-up call** for the body.

There are times when the immune system can be fooled by the chronic disease. It may not even know it is present in the body. This therapy re-stimulates those areas that have gone dormant and calls attention to the disease. This is a natural way to allow your own body to seek out and destroy that which is praying upon it.

This therapy is usually addressed in conjunction with our other therapies because of its synergistic principles.

3. Immune Enhancement Therapy This therapy uses a combination of different homeopathic remedies, herbs, and nutrients that enhance the effectiveness of the immune system and therefore help your body fight chronic disease. Again, this therapy is recommended to be used for preventive purposes as well as chronic and acute situations.

We would love to promote more preventive care. Stress of any kind impacts the immune system in a negative way.

Many of our patients arrive at our clinic with compromised immune systems. We offer Massage, Ozone Therapy and Supplement Therapy that can help to reduce their stress and create relaxation.

4. Mega dose Ascorbate Infusions This consists of intravenous doses of Ascorbate (Vitamin C) that starts from 30 grams and can go as high as 60 grams dependant on the disease and the state of the patient. Many people make this a part of their regular health regimen. This is a very effective chronic disease therapy because it boosts the immune system. (Annexure B1, B2, B3)

5. Chelation Therapy This treatment is used for the removal of heavy metals from the body. Heavy metals can cause a myriad of chronic disease symptoms that continue to drain the body of its vital force. (Annexure F)

The therapy can be taken orally or intravenously and consists of a dose of **Calcium EDTA**. It is a chemical that has been proven to be safe for human treatment in detoxifying, or binding with poisonous heavy metals in the body. Once bound, it turns them into forms that can be eliminated through the kidneys and the bowel. (ANNEXURE F)

6. Homeopathy This is a system of treating human ailments with very small dilute forms of what are called remedies that are designed to help the body to accomplish its own inherent healing capabilities rather than trying to block the symptoms with pharmaceutical grade drugs. It was started by Samuel Hahnemann, M. D. in Germany over 200 years ago.

This treatment can be used in treating simple symptoms and in chronic disease.

7. Naturopathy, or Naturopathic Medicine, is a form of alternative medicine based on a belief in Vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. Naturopathic philosophy favours a holistic approach and seeks to find the least invasive measures necessary for symptom improvement or resolution, thus encouraging minimal use of surgery and unnecessary drugs. According to the Association of Accredited

Naturopathic Medical Colleges, "Naturopathic medicine is defined by principles rather than by methods or modalities. Above all, it honours the body's innate wisdom to heal."

8. Ozone Therapy As we believe the dictum that disease is caused by a lack of oxygen at cellular level in an acid environment, we offer Ozone Therapy. This provides oxygen (O₂) through various complicated chemical processes to oxygenate the mitochondria at a cellular level. The acid environment is the toxins, wrong foods, pH acid water, external toxins, etc and we educate the client to understand the processes of eliminating the acid from the body using Ozone as well as all the other above-mentioned therapies. We focus on the mind-body connection and if the mind is toxic, then the thoughts are toxic the body pH levels are acid and that may lead to disease. We offer Hyperthermia Ozone Therapy, Rectal and Vaginal Insufflation and Auto-Hemotherapy.

9. Healing Crisis: Annexure E

2. INTEGRATIVE MEDICAL PROTOCOLS - OBJECTIVES

1. Primary objective:

*To find health should be the object of the doctor. Anyone can find disease.
T Still M.D.*

To write prescriptions is easy, but to find an understanding of people is hard. Franz Kafka.

What kind of doctor do I need to be for this patient today? M.Balint

Salutogenesis or the creation of health is the opposite of pathogenesis the creating of suffering or disease. The goal of the integrative doctor is to help facilitate the creation of health that transcends the physical and results in less suffering and an overall improvement of life.

2. Doctor Versus Drug

The mind often attributes healing to external influences outside of ourselves such as drugs, herbs and other treatments. The specific variables are often the most thoroughly studied and are thought to have the most benefit, partly as they are physical treatments that can be quantified. The gold standard in medical research focuses on the double blind placebo controlled trial, which focuses on removing the non-specific variables that often are more powerful

than the pill or the procedure being studied. These non specific variables often include aspects of care that are difficult to quantify. They include trust, empathy, sense of control and compassion. The non-specific effects that have been thoroughly studied in influencing healing in the clinical encounter can be summarized through the following positive prognosis...empathy...empowerment...connection...education.

*To re-establish Health
To maintain Health and Longevity
Detoxification*

3. PROTOCOL FOR THE GENERAL TREATMENT FOR CANCER

Cancer encompasses a wide variety of diseases that have uncontrolled growth of abnormal cells. Each cancer has a unique set of genetic and environmental factors that trigger this abnormal cell response. Otto Warburg stated that disease is a lack of oxygen at cellular level in an acid environment. If we look at that statement carefully, we understand that the acid environment is anything from the incorrect foods to stress, to the wrong water, pharmaceutical drugs, cell phone radiation, atmospheric toxins, etc. There is also the genetic vulnerability coupled with these environmental factors that give favorability to the growth of the cancer cells. Breast cancer usually involves the interplay of genes with environmental connection as well as the estrogen factors. So while integrative medicine emphasizes the personal empowerment to make the lifestyle choices to prevent cancer from occurring it cannot influence the many outside factors that occur in the environment.

4. THERAPIES AND MEDICINE

Conventional therapies include Chemotherapy, Radiation and Surgery. At Body Revival Institute, we support the cancer patient that chooses the conventional approach by offering support and alternative medicinal therapies such as Ozone Therapy, Chinese Medicine, Immune Boosting Supplements, Diet Therapy, Spiritual Therapy, Mind, Soul and Body connection.

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5. TREATMENT PROCEDURES

Patient Education The process of educating the patient requires a few steps by the Doctor, Therapist and other Auxiliary Healers.

1. **Listen** The patient needs to verbalise their history, health complaints, current treatments and current medications that they are receiving and how that might be affecting them.

The medical team needs to form a relationship with the patient as they need to gain the trust of the patient as this is the source of healing.

2. **Empower** The patient needs to feel empowered by the decision that they are making. i.e.

They need to understand their home care protocol. e.g.

- Food
- Water
- Exercise
- Stress Management
- Supplement Regime
- The contaminants relating to their specific disease i.e. mold management in the home
- Toxic Radiation i.e. cell phone masts, clean air
- Self- Monitoring and Management
- Dream Therapy
- Intuitive Action
- Home stress Monitoring
- Learn about their Disease
- Allergy Elimination
- Home Tests, if required

3. **History assessments** include detection of heavy metals, genetic markers, adrenal dysfunction, metabolic typing, health appraisal, body type and patterning.

4. **Assess:** using integrative medical intake forms (see attached documentation).

7. INTEGRATIVE PROTOCOL

1. Conventional Therapies

- Surgery
- Radiation
- Chemotherapy
- Pharmacologic Agents

2. Integrative Therapies

- Diet
- Exercise (weight bearing and strength training)
- Acupuncture
- Yoga
- Ozone Therapy
- Supplements
- Mind Body Therapies
- Support Group Therapies
- Biofeedback
- Meditation
- Relaxation
- Stress Management
- Sleep Management
- Complementary Medication

3. Risk factors for colorectal cancer include factors such as

1. Age older than 50
2. African American
3. Personal history of Colorectal Polyps or Cancer
4. Inflammatory Bowel Disease
5. Inherited Syndrome such as family Polyposis and Lynch Syndrome
6. Family history of Colorectal Cancer or Polyps
7. Low fibre, High Fat Diet i.e. Western Diet
8. Sedentary Lifestyle
9. Diabetes
10. Tobacco and Alcohol use
11. Previous Radiation Therapy to Abdomen or Pelvis
12. Psychosocial Distress

4. Diet

1. Plant based diet rich in cruciferous vegetables such as Broccoli, Kale, Brussels Sprouts, Cabbage Eat 1 to 2 servings daily
2. Follow Mediterranean Diet and Anti Inflammatory Diet.
3. Avoid Processed Foods
4. Organic foods are not contaminated with pesticides and herbicides. Get foods at organic and local markets or learn to grow own crops within the community.
5. Fatty and cold water fish such as Mackerel, Salmon, Sardines. Avoid fish with mercury.
6. Omega 3 supplements 3 x per week
7. Do not skip meals
8. Drink lots of water
9. Body Revival Institute supplies restructured and restored water that is revitalized with the correct minerals.
10. Green tea 2 cups per day
11. Medicinal mushrooms e.g., Shitake, Reishi, Turkey Tail as a food or supplement.
12. Soy food daily 1 to 3 servings daily.
13. Vitamin D up to 2000 units 2 x daily (Annexure C)
14. Maintain a healthy BMI
15. Avoid Tobacco and Smoking
16. Exercise for 30-60 minutes daily
17. Optimize sleep
18. Maintain spiritual practice which give meaning and relaxation to your life
19. Minimize estrogen replacement therapy if it is an estrogen based cancer
20. Attend self care. Make healthy lifestyle choices part of your routine.

5. Nutrition:

1. The Mediterranean Diet can lower the risk for the Cancer patient as well as other chronic diseases such as Heart Disease, Diabetes and Obesity. The diet is high in Omega 3 and Omega 9. Add 5 to 9 servings per day.
2. Cruciferous vegetables are beneficial
3. Antioxidants obtained from food are preferable
4. 3 cups of green tea per day

5. Flaxseed Oil can lower risk of Cancer
6. Avoid Alcohol intake.
7. Weight control and weight management and reduce risk of Cancer. This can be controlled by exercise, portion control and eating more fruit and lower calorie dense foods.
8. Vitamin D up to 2000 units 2 per daily
9. Medicinal mushroom daily as food or supplement

6. Medication (Pharmaceutical)

1. Avoid prolonged HRT of both Progesterone and Estrogen
2. Non hormonal therapies for Post Menopausal symptoms
3. Tamoxifen for Estrogen to prevent recurrence
4. Aromatase Inhibitors

7. Exercise

1. Exercise for 3 hours per week can reduce the risk of Cancer

8. Lifestyle

1. Sleep is vital for decreasing cancer risk
2. Psychological intervention can be helpful. However, meditation and yoga are more therapeutic and are less likely to administer drugs.
3. Mindfulness stress reduction can enhance well being and coping and decrease anxiety during and after treatment

8. INTEGRATIVE MEDICINE

There is a list of 100 different medicines that can be prescribed, for example, A1 tea, this 5000 year old Chinese medicine is used as oncology support. The other medicines that we have recommended for the general use in cancer, please to refer to the Annexures (Annexure D1, D2, D3, D4, D5, D6, D7, D8, D9).

9. RECORDING REQUIREMENTS

Annexure B1

10. DATA HANDLING AND RECORD-KEEPING

It is the same as any medical practice as governed by the HPCSA