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My natural therapy cancer healing regimen
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I get a lot of requests for the details of my personal cancer-healing diet regimen, so I decided to publish the website www.icuredcancer.com to provide those details in an easily accessible manner. See below for the regimen. I'm not a doctor, and this is not medical advice, this is just my story.

My cancer is a very rare type called "gastrinoma," diagnosed in Feb. 2019, stage 4. I had a large, 9-cm tumor in the abdomen, and 35 smaller metastases in the liver, lymph nodes, and bones (vertebrae, ribs, pelvis, femurs). See "My Story" on the menu at the top of the page for the background of my cancer and how it went from "incurable" to healing through prayer and nutrition. This type of regimen is not only cancer-fighting, it's health-promoting in general, and could be an effective against a wide variety of chronic diseases. My regimen is intense because it's aimed at healing an active case of cancer. But if a chronic disease is not your issue, a milder version could be used for prevention or general health.

This page describes my personal diet regimen. It's a radical lifestyle shift. It's designed to be an avalanche of nutrition and detoxification. I learned the basic natural-therapy concept from Chris Wark's book, "Chris Beat Cancer" (and website by the same name, www.chrisbeatcancer.com, which includes tons of resources, expert interviews, testimonials, etc.). The theory is that healing cancer involves the following elements: (1) overdose of plant-based nutrition (no animal products), particularly incorporating juicing because it's the only way to get a high enough volume of nutrients, (2) detoxification, (3) exercise/sunshine, and (4) mental/emotional/spiritual de-stressing; prayer and devotion to God are key. I immediately saw the soundness of the theory the first day reading that book; by the time I finished the book the next day I had already radically changed my lifestyle, and have never looked back or slacked off.

Another good resource is a book called "The China Study," by T. Colin Campbell, about the link between diet (particularly animal products) and cancer (see <https://nutritionstudies.org/the-china-study>).

I have customized my diet regimen as I've learned more over time, particularly by incorporating lots of herbal supplements and additives; the supplement portion of my regimen is **admittedly over the top**, I adopted a nuclear-bomb approach. The varieties and quantities of supplements are continually evolving as I learn more, or according to availability and prices (I buy most supplements online). Although my diet is vegan, it's not just vegan (elimination of all animal products); there are a lot of things eliminated even though they are vegan. So I may say "vegan" as shorthand, but it's actually better described as "plant-based, whole foods." Furthermore, here's an editorial comment: although I'm a "vegan," my reason is health (actually survival), not ideology.

The most important part of this regimen is the **diet and juicing**, which are consistent with every natural therapy regimen I've researched. The supplements and juice additives I've bundled into my regimen are my own ideas, based on my theory that if anything could help, I'll try it. So if you're overwhelmed by what you see, remember it's the **diet and juicing** that are the most important things to focus on. If you prefer to keep it simple, I urge you

to at least adopt the diet, and make juice consisting primarily of carrot juice, and that's 90% of the battle. Again, my custom regimen is admittedly over the top.

If you're ready to embark on this therapy (why not?), my recommendation if you want to minimize overwhelm is to make the lifestyle shift in two phases. First, immediately adopt the basics: switch to a plant-based, whole foods diet, including juicing, and in addition to eliminating animal products, eliminate sugar, refined grains, synthetic chemicals, and processed foods. Second, systematically add in the rest of the regimen, whatever that may be based on your individual research. Again, the following list is my own custom creation, but its core follows the typical natural-therapy concept of plant-based nutrition and detoxification.

Note: Don't expect your oncologist (or medical doctors in general), or even family or friends, to be enthusiastic about your natural therapy, and don't be discouraged or deterred by that. Although there's a ton of scientific data supporting this type of therapy, it's not widely known or appreciated in conventional medicine. The Titanic can't turn on a dime; it's going to take a few more generations for the medical momentum to shift. If your oncologist accepts the fact that you are in charge of your own health care, that's good enough.

My diet/detox regimen:

I don't eat:

Sugar (it's in everything, in numerous forms such as corn syrup, cane juice, dextrose, fructose, honey, etc.).

Any processed grain, particularly white flour (a.k.a. "enriched flour" or "wheat flour", which is in everything); I eat whole grains only.

White rice.

Processed foods.

Chemicals, preservatives, etc. (that includes tap water; I use filtered/bottled water only; best filter is "Berkey").

Animal products, no meat, fish, eggs, dairy.

Added oils. Particularly processed oils like corn oil, canola oil, safflower oil (added oils are in everything; avoid processed foods). Because my regimen is extreme, I even avoid oil-rich foods like avocado, nuts/seeds, olives, coconut.

Caffeine (or alcohol or tobacco/nicotine); I avoid caffeinated coffee, but don't mind naturally occurring caffeine in other things like tea.

I have recently discovered I have a gluten sensitivity, so now I am also wheat-free (previously I preferred any wheat to be "whole grain" as better than "whole wheat," which is a mixture of white flour and whole grain).

I don't use chemical personal care products, such as soap, shampoo, shaving cream, toothpaste, lotion, deodorant, sunscreen, etc. I use only natural product types, with no synthetic chemical ingredients.

Diet:

Plant-based, whole foods, including wide variety of vegetables and fruits, whole grains (oatmeal, brown rice, etc.), quinoa, legumes, spices, apple cider vinegar, etc. (see also www.chrisbeatcancer.com/top-10-anti-cancervegetables).

Homemade juice 32oz - 64oz per day, consisting of:

- 80% carrot juice;
- 10% variety of vegetable juices.
- 10% variety of pureed fruit (pureed, not juiced, to retain natural fiber/sugar balance).

Additives/supplements:

Apricot kernels - 50+/day, half in the morning, half in the evening (raw, bitter, not rinsed, as source of amygdalin/vitamin B17/laetrile; I started with just a few per day then ramped up over time).

Matcha tea powder.

Moringa tea powder.

Amla fruit powder (most potent natural source of Vitamin C).

Vitamin C (mixture of ascorbic acid, sodium ascorbate, and liposomal C, for better absorption/bowel tolerance).

Manuka honey (10 UMF standard) (this is an exception to the vegan, no-sugar rules, because of its antimicrobial properties).

Superfood powder (mixture of various brands).

"Hoxsey" formula (<https://www.pureformulas.com/hoxsey-formula-4-oz-by-professional-formulas.html>).

Aloe vera gel.

"Celtic Sea Salt"/"Real Salt" (<https://www.celticseasalt.com/>)(<https://redmond.life/pages/realsalt>).

Resveratrol.

Turmeric.

Vitamin D3.

Cinnamon.

Dandelion Root.

Garlic.

Cayenne.

Chanca Piedra.

Milk Thistle.

Vitamin B12.

Ginger.

Zinc (as zinc gluconate).

Chlorella.

Enzyme blend.

Essiac tea powder.

Boswellia (frankincense).

Beta Glucan.

Feverfew.

Wormwood.

Selenium.

Vitamin E (as mixed tocopherols).

Magnesium (as magnesium glycinate).

"Amazon Tonic III" (<https://www.herbhealers.com/amazon-tonic-iii-8oz-formerly-sold-as-cansema.html>).

"Amazon Bloodroot Capsules" (<https://www.herbhealers.com/amazon-bloodroot-capsules-100-vegetarian-capsules-x-300-mg-1.html>).

Colloidal silver: Mesosilver by Purest Colloids. It's the only type that is non-ionic. Most brands are ionic silver, which is useless integrally because it binds with stomach acid and is neutralized.

(<https://www.purestcolloids.com/ionic.php>).

Bentonite clay.

Hulda Clark parasite cleanse protocol (<https://drclarkstore.com/collections/cleanses/products/dr-clark-paracleanse-maintenance-program-vegetarian>).

Lugol's iodine.

Hydronium (<https://www.herbhealers.com/calcium-sulfate-concentrate-8fl-oz-solution-formerly-sold-as-h3o.html>).

Fenbendazole (<https://thehappyhealingstore.com/product/fenben-pure/>)(with DMSO to make it water soluble).
DMSO.

Fasting:

Periodic fasting, water only, 3-6 days at a time. Fasting triggers powerful detoxification and healing. I do this about once every few months. It gets easier the more you do it.