

# Non-Conventional Treatment Programs and Centers

The  
Book of Living  
Collection

A Resource Handbook by

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## DISCLAIMER

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## **TREATMENT PROGRAMS**

This resource handbook contains a compilation of non-conventional treatment programs that have developed unique philosophies, approaches, and protocols for treating the whole person with a cancer diagnosis. All of the programs and centers draw upon a holistic and comprehensive model to address the root cause of cancer as well as the underlying terrain that supports cancer growth. Rather than solely focusing on destroying cancer cells, these programs focus on the individual with a diagnosis and take into account a person's mental, emotional, and spiritual health.

Due to the nature of holistic health, non-conventional treatment programs naturally require personal engagement from the individual going through the process. These pathways depend on committed lifestyle changes as well as confronting and resolving the possible root causes of cancer. These protocols are about optimizing the whole system in order to sustain wellness during and after targeted cancer treatments.

Some of the programs listed here include both conventional FDA-approved therapies such as surgery, radiation, chemotherapy, and/or immunotherapy in addition to non-conventional and holistic remedies such as detoxification, frequency-based medicine, plant remedies, emotional & trauma healing, and cutting edge protocols that minimize toxicity and adverse effects.

Should you wish to explore their protocols in depth, many of the websites provide science-backed research and education reinforcing their chosen therapies. Many provide complementary educational tools, lifestyle changes, and at-home protocols that you can initiate at your convenience. Also, most offer a complementary introductory call so you can ask personalized questions and receive initial guidance regarding your unique health situation.

It is important to note that most of these programs are not covered through insurance despite their proven efficacy as demonstrated through research, testimonials, and statistical analysis. Therefore, you will have to weigh all factors, including quality of life and financial investments. Not all of these programs will resonate with you. Take what feels right to you and move on. This compilation is one of wide-ranging interests and protocols available to the public at this time. It is not an exhaustive list, nor is it the end of development. New protocols and discoveries are happening all the time outside conventional models. It is my hope that you are inspired to begin your own process of elimination and that you discover what is best for you and your unique path. It takes a

lot of courage and curiosity to step outside the conventional model. Remember that you are not alone.

One last note: If your current healthcare team and/or loved ones are resistant to support you in seeking non-conventional treatments, I suggest that you share with them why you are seeking this pathway. Most concerns regarding these types of treatments is based in misunderstanding, misinformation, and lack of education. People care about you, your health, and your life.

Many blessings to you on your path.

In friendship,

Leah

## The Annie Appleseed Project

**Website:** <https://www.annieappleseedproject.org/>

**Type of program:** educational, coaching & counseling, annual conference

**Length of program:** person dependent

**Resources:** on website

**Primary Doctor:** Medical Board, Advisor's Board, Global partners, and Ambassadors

**A 501(c)3 non-profit providing information on holistic cancer therapies that bridge the gap between standard care and integrative solutions such as science-based education, nutrition, mind-body medicine, and lifestyle support.**

We envision a world where hope in healing can truly flourish, where integrative options are accessible to all, and where every person feels empowered throughout their journey — a vision inspired by our founder, Ann (Annie) Fonfa, a metastatic breast cancer thriver who has survived more than 35 years using holistic modalities.

The Annie Appleseed Project is devoted to transforming lives through hope, knowledge, and empowerment. They bridge conventional cancer treatment with evidence-based integrative medicine, weaving together science, nutrition, mind-body healing, and lifestyle practices to support true whole-person care. Through their nationally respected Complementary and Alternative Medicine (CAM) Conference and year-round educational programs, they unite leading physicians, researchers, advocates, survivors, thrivers, and caregivers in a shared mission to learn, connect, and elevate what is possible in healing.

At its heart, The Annie Appleseed Project plants seeds of knowledge and cultivates hope — empowering patients to become active participants in their own care, strengthening community through advocacy and collaboration, and affirming the belief that when people are informed, supported, and inspired, healing can take root in powerful ways.

They offer wellness retreats and workshops, holistic cancer coaching, and information & resources for the cancer journey.

## **Beat Cancer.org**

**Website:** <https://beatcancer.org/>

**Type of program:** at home/ coaching & counseling, podcast, education materials

**Length of program:** person dependent

**Resources:** many recommendations on the website

**Primary Doctor:** several available through the website

### **Holistic cancer coaching, guidance, and support for individuals going through cancer treatment.**

One-on-one individualized cancer counseling is at the heart of their work. They offer telephone-based counseling to patients and families seeking guidance and support. They also offer resources such as book and DVD recommendations, tip sheets, educational materials, a podcast, and a blog.

**\*There is no required cost for patients or families  
to receive cancer counseling through BeatCancer.org.\***

The organization operates on a donation supported model. All contributions are voluntary and tax-deductible. While counseling is provided at no mandatory cost to the patient, the average operational cost to BeatCancer.org for each patient counseled is approximately \$2,500.

## The Beljanski Foundation

**Website:** <https://www.beljanski.org/>

**Type of program:** at home

**Length of program:** person dependent

**Resources:** Books - Winning the War on Cancer; Cancer's Cause, Cancer's Cure

**Primary Doctor:** Dr. Beljanski research

**The Beljanski Foundation's overall mission is to study and share knowledge of effective non-toxic and natural answers that work alone and in synergy with conventional medicine to cure cancer and other chronic diseases the natural way.**

In Dr. Beljanski's research, he observed that the DNA double helix in cancer is permanently destabilized, whereas, in normal DNA, destabilization only occurs locally and temporarily for replication or for gene expression. He also discovered two plant extracts that are non-toxic to healthy cells and that target damaged cancer cells: Pao Pereira and Rauwolfia Vomitoria.

These plant extracts selectively bind to the destabilized DNA in cancer cells, impede DNA synthesis, and induce cancer cell death by apoptosis or cell cycle arrest. Working at the level of the DNA, these plant extracts are not organ or gender specific. Pau Pereira and Rauwolfia vomitoria are anti-cancer, synergistic with chemotherapies, anti-viral, and anti-inflammatory.

Dr. Beljanski also showed that combining his extracts with chemotherapy drugs could **improve conventional cancer treatments**. The extract enables lower doses of the anti-cancer drugs to be used while maintaining the same anti-tumor effect and reducing the toxicity and negative side effects associated with the drugs. The extracts plus drug combinations are even effective against tumor cells that have become resistant to the chemotherapy drug being used.

## Block Center for Integrative Cancer Treatment

**Website:** [http:// blockmd.com/](http://blockmd.com/)

**Type of program:** on location AND/OR at home

**Length of program:** person dependent

**Resources:** Book - Life Over Cancer

**Primary Doctor:** Dr. Keith Block

**Systematic, comprehensive, multi-intervention, whole system model with treatment strategies individualized to each patient based on objective assessments provided with life-affirming and open communication between patients and practitioners.**

This Center, in Skokie, Illinois is highly reputable and respected as an Integrative Cancer program providing a bridge between conventional cancer treatments of surgery, chemotherapy and radiation alongside supportive therapies including diet and nutrition, exercise programs, and emotional healing techniques. Their model of care continues to set the standard for the practice of a comprehensive, individualized, truly integrative approach to cancer treatment.

They offer all first-time patients the option of a comprehensive telehealth consultation with both their clinical and integrative care teams. Phone consultations are also available upon request. When specific diagnostics or treatments are needed – including chemotherapy, chronotherapy, targeted therapies, immunotherapy, intravenous nutritional support, or Hyperbaric Oxygen Therapy (HBOT) – they schedule an in-person appointment during or after the initial consultation to ensure the most effective and personalized care.

They offer on-location services as well as at-home, self-initiative services. They have published a book titled, *Life Over Cancer* that offers a thorough, in-depth review of their program and how to initiate the protocols in the comfort of your own home. The book is very approachable, including context and background as well as an understandable how-to guide.

They focus on the unique circumstances you are facing and develop a personalized treatment plan accordingly. Some of the effective methods they use combine an individualized program that helps patients create an environment that is inhospitable to cancer.

- Diagnostics and Testing
  - Tailoring treatment to patient
- Chemotherapy, Radiation, Surgery
  - Administering chemotherapy medications in a less toxic and more effective way
- Chronomodulation
  - Pioneered methods for best times of day and rates of delivery to reduce chemotherapy toxicity, improve treatment tolerance, and boost overall survival.
  - Detoxifying agents to mitigate toxic metabolites from chemotherapeutic drugs – toxic metabolites contribute to drug resistance, toxicity and mutations, making cancer more aggressive and treatments less effective.
- Nutrition
  - Fundamental to every individual treatment plan
- Hyperbaric Oxygen Therapy
  - Elevated oxygen levels promote the repair and regeneration of damaged tissues, enhances healing, and strengthens the body's natural immune defenses.
- Bio-behavioral Care
  - Guidance and Counseling to support biochemistry (immunity, gene expression)
- Fitness & Exercise
  - Fundamental to every individual treatment plan
- Cancer Recurrence Prevention
  - Individualized recurrence-prevention plans to keep anti-cancer environment

## Budwig Center

**Website:** [www.budwigcenter.com/](http://www.budwigcenter.com/)

**Type of program:** home-based program

**Length of program:** person dependent

**Resources:** website resources and guides

**Primary Doctor:** Lloyd Jenkins Ph.D., ND

**The Budwig Center offers a complete natural and holistic program for treating chronic illnesses, specifically cancer, effectively addressing all issues that contribute to disease.**

The program is based on the work and research of Dr. Johanna Budwig and can be followed as an alternative or addition to conventional treatment. In 1952, Dr. Johanna Budwig was the German Government's Senior Expert on lipids and pharmacology and was considered one of the leading global authorities on fats and oils. During her research, she discovered that many of the conventionally processed fats and hydrogenated oils were destroying the membranes of our cells, and this caused diseased cells and toxicity.

Developing the Budwig protocol to counteract this cancer-causing process, Dr. Budwig claimed to have had over a 90 percent success rate with her protocol over a 50-year period. The Budwig protocol is easy to integrate with any healing program and is offered as an at-home protocol designed specifically for each individual and their genetic blueprint. The home program includes homeopathy, cleanses, supplements, magnets, essential oils, and light therapy. The full Budwig diet protocol consists primarily of an organic, whole food diet, with fresh vegetable juices, exercise, herbs, and absorbing the energy of the earth and sun.

### *How the Budwig Protocol Works*

When you replace deadly processed fats and oils with life-giving unsaturated/ saturated fatty acids, the body's cells rebuild and are rejuvenated. Dr. Budwig found that consuming a mixture of cottage cheese, flaxseeds, and flaxseed oil had the best results. When cottage cheese (rich in sulfur protein and saturated fats) and flax (high in electron-rich unsaturated fatty acids) are combined this way, the body is able to absorb these vital nutrients easier and quicker. This combination is called the *Budwig Muesli* and is the principle component of the Budwig protocol. This recipe can be included alongside any other treatment program, approach, or therapy.

### Basic Recipe

6 ounces cottage cheese  
2-4 tablespoons ground flaxseeds  
3 tablespoon flaxseed oil

### Instructions

Using a high-immersion blender, blend flax oil and cottage cheese for one minute. Add ground seeds on top and stir together with spoon. Consume once daily. Herbs, spices, fruit, raw honey, and other fresh ingredients can be added depending on your tastes and needs.

## Cancer Center for Healing in Irvine

**Website:** [www.cancercenterforhealing.com/](http://www.cancercenterforhealing.com/)

**Type of program:** on location first, THEN at home

**Length of program:** 3 weeks

**Resources:** Book - The Cancer Revolution

**Primary Doctor:** Dr. Leigh Erin Connealy

**Their integrative approach combines advanced cancer treatments, functional medicine, and cutting-edge therapies to support long-term healing and wellness.**

Cancer Center for Healing has developed Integrative Regulatory Therapy (IRT). IRT is a combination of integrative and conventional cancer treatments designed to shrink primary tumors, slow the growth of tumors and eliminate cancer cells that have spread (metastasized) to other parts of your body. At the same time, Integrative Regulatory Therapy protects your normal healthy cells, boosts your immune system, blocks the angiogenic process that supports cancer growth, and minimizes cancer-induced cachexia (muscle loss). They focus on preserving the patients' dignity and quality of life through non-invasive integrative treatments. They avoid the toxic aspects of conventional medicine by using drugs and surgery only when such an intervention is necessary. None of the treatments offered at this Center have negative effects on the life of the patient.

**\*NOTE\*: They do not work with children.**

The therapies used focus on supporting the body's innate defenses and healing mechanisms by determining the root cause of the cancer and combining those treatments with advanced integrative medical protocols that reduce side effects of conventional treatments as well as make them more effective. They utilize a *Whole Being Health Platform* to affect healing from the inside out:

- **Emotional Work (connecting the Mind-Body-Soul)**
  - Spirituality: deepest values and meanings by which people live
    - Hope, optimism, freedom from regret, life satisfaction
  - Mind-Body: thoughts and emotions to influence physical health
    - The natural healing force within each one of us is the greatest force in getting well – focused concentration, biofeedback (Brain Paint), EVOX, meditation

- **Enhance the Immune System**
  - Boost, strengthen, and balance the immune system
    - Liver cleanse, supplements, laughter, acupuncture, massage, classical music, unconditional love, foods (onions, garlic, peppers, mustard, cruciferous veggies, etc.)
  
- **Healing with Nutrition**
  - Anti-cancer/disease diet
    - Alkaline, organic, lean protein, no sugar
  
- **Purification (detoxing the body)**
  - Rid the body of toxic overload
    - Physical: detox diet, liver, colon and kidney cleanses, enemas
    - Spiritual: rid yourself of suspicions, anger, resentment, bitterness
    - Emotional: purge toxic memories, EVOX (85% of disease is caused by emotion)
    - Psychological: change negative thinking, self-confidence, self-love
  
- **Creating an Anti-Cancer Environment/Lifestyle**
  - Recreate your lifestyle
    - Eliminate negatives, reduce/control stress, participate in fun activities, positive support groups, have an “attitude of gratitude”, fresh air and sunshine, sleep, build physical strength, move your body, TurboSonic exercise, deep breathing
  
- **Targeted Cancer Therapies**
  - Choose a targeted therapy with your practitioner
    - IPTLD, high-dose Vitamin C, hyperbaric oxygen therapy, ultraviolet blood irradiation, light beam generator, surgery
    - Energy testing, biofeedback, pain relief, laboratory assessments, IV therapies, supplementation and nutraceuticals.

## The Cancer Support Community

**Website:** <https://www.cancersupportcommunity.org/>

**Type of program:** support services

**Length of program:** see website

**Resources:** see website

**Primary Doctor:** several

**The cancer support community is a non-profit organization dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.**

This global network of 175 locations, including CSC and Gilda's Club centers, health-care partnerships, and satellite locations deliver more than \$50 million in free support services to patients and families. In addition, CSC administers a toll-free helpline and produces award-winning educational resources that reach more than one million people each year.

## The Gerson Institute

**Website:** <https://gerson.org>

**Type of program:** web-based or on location consults, THEN at home

**Length of program:** see website

**Resources:** Book – The Gerson Therapy; and other resources on website

**Primary Doctor:** clinic locations in Tijuana, Mexico; Budapest, Hungary; Shangri-La, China

**The *Gerson Therapy* is a natural treatment system that activates the body's extraordinary ability to heal itself by treating the underlying cause of degenerative disease – toxicity and nutritional deficiency – through a specific protocol consisting of an organic, plant-based diet, raw juices, coffee enemas, and natural supplements.**

Dr. Max Gerson, a German-born American medical doctor, developed The *Gerson Therapy* in the 1930's, helping hundreds of cancer patients. The theory is that disease can be repaired by removing toxins, boosting the immune system, and rebalancing the sodium potassium gradient within the body's cells. The *Gerson Therapy* targets the most significant metabolic requirements in the body by allowing the body to retain the nutritional benefits of consuming 15–20 pounds of organically grown fruits and vegetables each day.

### *The Gerson Diet*

Exceptionally rich in vitamins, minerals and enzymes the *Diet* consists of eating only organic fruits, vegetables and sprouted ancient grains. It is very low in fats, proteins and sodium. The meal plan advises cancer patients to drink 13 glasses of freshly prepared juice, eat three plant-based meals, and only snack on fresh fruits each day. The traditional *Gerson Therapy* recommends consuming raw beef liver since it is the most nutrient-dense food on the planet and extremely high in vitamin B12.

To preserve the nutritional content, and prevent denaturation, it is advised to juice hourly using a masticating juicer used with a separate hydraulic press. The *Gerson Therapy* utilizes coffee enemas as the primary method of detoxing the body by increasing the parasympathetic nervous system. For cancer patients, this may take up to five enemas each day. Keeping the body free of toxins is a high priority.

## Hawaii Naturopathic Retreat

**Website:** <http://www.hawaiinaturopathicretreat.com>

**Type of program:** at location

**Length of program:** person dependent

**Resources:** information on website

**Primary Doctor:** depends on treatment

**Hawaii Naturopathic Retreat specializes in mind-body-spirit and holistic medicine. They treat residential patients as well as outpatients and offer medically supervised programs, detoxification, weight loss programs, natural drug rehabilitation, wellness programs, and healthy vacations.**

Their programs focus on biochemical, mental and emotional **detoxification**, using natural methods such as raw food diet, juicing, juice fasting, water fasting, exercise, massage, counseling, psychotherapy and meditation. They also use various naturopathic methods: hydrotherapy, infrared sauna, enemas, colon hydrotherapy, acupuncture, acupressure.

Physical, emotional and spiritual balance is restored and the immune system is strengthened with the most advanced, holistic, research-based alternative medicines, such as nutritional IV therapy.

The Hawaii Naturopathic Retreat Center focuses on four main principles in choosing which cancer treatment programs to provide individuals at their center (listed in summary here):

- 1) Cancer should be fought with nutrition, detoxification, and avoidance of carcinogens.
- 2) Scientific studies should demonstrate successful results.
- 3) We need treatments that work quickly to give more time for slower approaches to work.
- 4) The body cannot be separated from the mind and physical healing is subject to restoration of the vital force.

The retreat center provides a holistic program blending a few different alternative cancer therapies for their synergistic action. Primarily using the protocols for Mistletoe (Isador) therapy, High Dose Vitamin C, IV Therapy, Gerson Therapy, meditation, psychology, nutrition, oxygenation, supplementation, and detoxing – the comprehensive programs address all aspects of the patient.

## Hope 4 Cancer

**Website:** [www.hope4cancer.com/](http://www.hope4cancer.com/)

**Type of program:** on location first, THEN at home

**Length of program:** see website, call for personalized info

**Resources:** Book – Hope 4 Cancer

**Primary Doctor:** Dr. Antonio Jimenez

**Hope4Cancer Treatment Centers take a comprehensive approach to cancer, addressing its complexity through personalized, integrative oncology programs. Designed to focus on the root causes and contributing factors associated with cancer, Hope4Cancer care also prioritizes patient quality of life at every stage.**

Unlike traditional approaches, their integrative cancer care model brings together innovative therapies, comprehensive testing, personalized nutrition, and emotional support so care can be tailored to the patient, not just the diagnosis.

Founded in 2000 by Dr. Antonio Jimenez, Hope4Cancer is recognized as a world leader in holistic and integrative oncology, located in Tijuana and Cancun Mexico. Their *Seven Key Principles of Cancer Therapy* utilizes innovative, non-toxic treatments for all stages and types of cancer.

- 1) Non Toxic Cancer Therapies
- 2) Immuno Modulation
- 3) Full Spectrum Nutrition
- 4) Detoxification
- 5) Oxygenation
- 6) Restore Microbiome
- 7) Emotional and Spiritual Healing

The *Non-Toxic Cancer Therapies* are designed to kill cancer cells while minimizing damage to the rest of the body, effectively targeting only cancer cells, keeping vital tissues and organs healthy, and minimizing the negative effects associated with chemotherapy and radiation.

Specializing in Sono-Photo Dynamic Therapy and Sunivera Immunotherapy, these treatments are included in the comprehensive therapies provided on-location in Mexico. After attending a three week intensive healing retreat, some home tools are provided so therapies can be continued at home.

- 1) *Sono-Photo Dynamic Therapy* - Using non-toxic sensitizers that selectively concentrate in cancer cells, these can be activated using predetermined sound (Sono-Dynamic Therapy) and light (Photo-Dynamic Therapy) frequencies.
- 2) *Sunivera Immunotherapy* - Combining one of the world's most powerful immunotherapy agents, GcMAF, with synergistic therapies and nutraceuticals, Sunivera Immunotherapy brings together these elements to modulate the innate and adaptive immune systems.

The three cornerstones of their approach are described on their website:

- 1) Safe, Non-Toxic Therapies
  - a. We are proud to provide our patients with a variety of effective, non-toxic therapies that avoid adverse side effects.
- 2) Whole-Body Approach
  - a. As the Hippocratic Oath states, "To do any good, you must first do not harm." Incorporating therapeutic elements dedicated to healing the mind, body, and spirit, we treat not just the cancer in a person, but the person who has cancer. We believe true healing is multi-dimensional, and starts by unlocking the power within.
- 3) Education and Empowerment
  - a. We invest our resources not only into treating our patients, but also into educating them, so they can stay empowered and in control of their own recovery. Our patients leave both feeling better and knowing better.

## Hoxsey Biomedical Clinic in Tijuana

**Website:** [www.hoxseybiomedical.com/](http://www.hoxseybiomedical.com/)

**Type of program:** On location for one day, THEN at home

**Length of program:** person dependent

**Resources:** several on website

**Primary Doctor:** Dr. Elias Gutierrez

**Hoxsey Bio-Medical Center specializes in alternative therapies for cancer and a wide variety of illnesses and conditions with a focus on improving a patient's high quality of life as an essential component of any cure.**

Their treatments attempt to restore a holistic physiological balance. Instead of performing surgery or irradiating the body, the doctors at Hoxsey Bio-Medical Center work to improve the patient's sense of well-being through diet plans, herbs, vitamins and minerals, homeopathic remedies, and counseling.

Hoxsey Bio-Medical Center does not reject modern medicine. Conventional treatments may still be used. However, they are implemented in conjunction with a holistic approach, allowing for a more comprehensive treatment regimen. The alternative methods can strengthen a patient's immune system, making it easier for the body to heal itself. This, in turn, helps the body fight the disease and recover from potential side effects.

Many treatments take the form of natural tonics. Others are powders and pastes that doctors apply externally. All of these help restore the body's natural sense of wholeness and health.

You will need to spend one full day at the center, and then you may return home with the treatments and return again in 6 months for a follow up. The natural herbal tonic, supplements, counseling, vitamins and minerals, and diet plans.

## Makis Cancer Consults

**Website:** <https://makiscancerconsult.com/>

**Type of program:** Consult first, then at home

**Length of program:** 3month initial protocol

**Resources:** many educational resources on website

**Primary Doctor:** Dr. William Makis

**The Makis Cancer Clinic offer comprehensive, evidence-based treatment strategies focusing on metabolic interventions and repurposed medications for cancer recovery.**

The metabolic approach to cancer protocols targets cancer by addressing its unique metabolic vulnerabilities. Cancer cells rely heavily on glucose and glutamine for energy. Protocols include ketogenic diets to reduce glucose, medications that interfere with cancer metabolism and supplements that enhance mitochondrial function. This approach starves cancer cells while supporting healthy cells.

All protocols use FDA-approved medications (often repurposed), natural supplements, and therapies with established safety profiles. Each treatment is personalized based on individual health status, cancer type, and medical history. Regular monitoring ensures safety and effectiveness throughout treatment. Many patients experience fewer side-effects compared to conventional chemotherapy.

Many patients successfully combine their protocols with conventional treatments. Dr. Makis works collaboratively with oncologists to create integrated treatment plans. The metabolic and supportive therapies often enhance the effectiveness of conventional treatments while reducing side effects. Each case is evaluated individually to ensure compatibility and safety. Protocol kits include all the necessary medications, supplements, detailed dosing instructions, dietary guidelines, and lifestyle recommendations. The four protocols are:

- 1) Immunological System Reset
- 2) Pathogen Elimination Protocol
- 3) Integrated Wellness System
- 4) Ivermectin Cancer Protocols

## Mederi Foundation

**Website:** <http://mederifoundation.org/>

**Type of program:** In-person consults in Ashland, OR; and virtually via phone or video

**Length of program:** person dependent

**Resources:** on website

**Primary Doctor:** Donnie Yance & Dr. Susan Saccomanno

**The mission of the Mederi Foundation is to optimize health, promote longevity, and improve the quality of life of those facing chronic diseases, especially cancer; and to provide a comprehensive approach toward the transformation of healthcare for individuals and institutions.**

The Mederi Foundation is a nonprofit organization dedicated to the transformation of healthcare. Their holistic approach combines botanical and nutritional medicines as primary therapies best suited for the individual. Applying advanced diagnostics and integrating conventional medicine where appropriate, an emphasis is placed on enhancing the quality of life for every patient.

Clinicians practice a 'Whole-System' approach called the *Eclectic Triphasic Medical System (ETMS)*. Each ETMS practitioner will develop a personalized and comprehensive treatment plan based on a thorough ETMS assessment and utilization of the 'ETMS Toolboxes,' which include:

- Botanical Medicine
- Nutritional Medicine
- Dietary Medicine
- Life-style Medicine
- Pharmaceutical Medicine guidance

They have a clinic in Ashland, Oregon but are equally sufficient through skype or phone consultations and treatment development, in which herbs, supplements, and medicines can be shipped directly to your desired location. They also compile case studies and coordinate clinical research programs regarding their system of healing.

## The Metabolic Terrain Institute of Health

**Website:** <https://www.mtih.org/>

**Type of program:** at-home

**Length of program:** person dependent

**Resources:** Book – The Metabolic Approach to Cancer

**Primary Doctor:** Dr. Nasha Winters

**Founded in 2020, the Metabolic Terrain Institute of Health is a 501c3 non-profit that exists to support people navigating cancer and metabolic disease by removing barriers to care and connection. Through patient treatment grants, education, advocacy, and community, MTHI helps individuals access trained providers, understand their options, and take an active role in their healing journeys.**

Their work centers on real people, real needs, and real-world support – offering hope, practical guidance, and compassionate community so no one has to face the cancer process alone.

According to the Institute, in the past two hundred years, we've made major changes to the planet, air, water, and soil. These changes have created a lack of adaptability within ourselves, within our genetics, and in our lives, and a loss of flexibility to adapt to the pressures of modern living. This lack of adaptability and flexibility damages our metabolic system and the health of our mitochondria. Putting our bodies into a state of disease and the cancer process.

The Metabolic Approach to Cancer focuses on understanding cancer as a systemic process rather than a tumor alone. Human cells rely on healthy mitochondria to function properly, yet when mitochondrial function is disrupted by factors such as poor diet, environmental toxins, chronic stress, and inflammation, cells can become dysfunctional and cancerous.

This approach prioritizes optimizing mitochondrial function and supporting the body's innate healing mechanisms. By identifying the underlying factors driving the cancer process and addressing the terrain – the biological environment in which cancer develops – care is tailored to the individual's metabolic and mitochondrial needs. The result is a comprehensive, integrative strategy that supports healing beyond the tumor itself. The Terrain Ten philosophy is as follows:

## **The Terrain Ten**

- 1) Genetic, epigenetic, and nutrigenomic modifications
- 2) Blood sugar balance
- 3) Toxic burden management
- 4) Repopulating and balancing the microbiome
- 5) Immune system maximization
- 6) Modulating inflammation and oxidative stress
- 7) Enhancing blood circulation while inhibiting angiogenesis and metastasis
- 8) Establishing hormone balance
- 9) Recalibrating stress levels and biorhythms
- 10) Enhancing mental and emotional well-being

## The Nicholas Gonzales Foundation

**Website:** <https://thegonzalezprotocol.com/>

**Type of program:** at-home

**Length of program:** person dependent

**Resources:** Several books written by Dr. Gonzales and talks

**Primary Doctor:** Several MD's and ND's continue Dr. Gonzales's work

**The Foundation believes that – disease is an invitation to reclaim your regenerative power. The body does not make mistakes. It informs you of your needs – physical and spiritual – and healing takes place when you answer the call.**

The Gonzales Protocol, developed by Nicholas Gonzales, M.D., is a system of individualized diets, supplementation, detoxification and spirituality. It can be broken down into the following basic components: individualized diet, vitamin, mineral, trace element, anti-oxidant, animal glandular concentrate, and other food supplements (with pancreas product for cancer patients), and detoxification routines such as coffee enemas. For the greatest change of success, all three areas of the protocol must be followed.

They provide lots of educational materials and a downloadable guide that includes education about nutrition, supplementation, detoxification, how to have a healthy, non-toxic home, and the importance of spirituality. They also provide an online test to determine your Metabolic Type as designed by Dr. Gonzales so that you can develop a diet suited to your unique body.

## Steiner Health Center

**Website:** <https://steinerhealth.org/health/alternative-cancer-treatment/>

**Type of program:** on location first, THEN at home

**Length of program:** 2 weeks “Life Force Intensive Retreat” in Ann Arbor, Michigan

**Resources:** online blog

**Primary Doctor:** Drs. Quentin McMullen and Molly McMullen-Laird

**Using holistic methods, nature-based remedies, innovative direct care,  
and in-patient intensive treatments.**

Steiner Health is a 501(c)3 nonprofit based on the principle of community supported anthroposophic medicine. They both rely on and serve the community of patients, donors, and volunteers. They founded a first of its kind, sliding scale patient organization and work on projects concerning health and education in southeast Michigan, pricing their programs to be as accessible as possible.

Steiner Health Center uses Anthroposophical medicine which is a form of medical practice developed by Rudolf Steiner that combines spiritual insight with practical diagnosis and healing to address the body as a whole. Conventional and complementary practices are integrated with homeopathics, plant medicines, and natural remedies to create holistic treatments. Other therapeutic disciplines such as art, music, massage, and movement therapy are included within the anthroposophical practices.

The Anthroposophical Cancer Treatment protocol includes a 2-week intensive session called the Life Force Retreat that includes daily therapies, group activities, and family-style organic meals. Frequent doctor visits and evening educational programming brings focus to each individualized medical plan.

- Mistletoe therapy, such as with *Viscum Album*
- High dose Vitamin C
- Overwarming Baths (also known as Fever Bath Therapy)
- Liver compresses for detoxification

- Hepatodoron, Formica, Stibium (anthroposophic medicines)
- Vegetarian Diet
- Supervised fasting
- Regular physical activity
- Social engagement
- Therapeutic Eurythmy or Spacial Dynamics
- Artistic therapy
- Bowel cleansing
- Standard therapy (chemo, radiation, hormonal treatment) when indicated and requested  
(these treatments are not done at the center)

## Sophia Health Institute

**Website:** <https://www.sophiahi.com/>

**Type of program:** on location first, then at home

**Length of program:** person dependent

**Resources:** Videos and articles on website

**Primary Doctor:** Dr. Klinghardt

**Sophia Health Institute is a world-renowned healing center dedicated to restoring health on every level – physical, emotional, mental, and spiritual. Their mission is to provide comprehensive, compassionate care that supports each individual’s journey toward optimal physical, emotional, mental, and spiritual well-being. They are a center for true healing – where advanced medicine meets deep, individualized support.**

Sophia Health Institute’s model of medicine addresses the true cause of disease, focusing on chronic infection, environmental toxicity, genetic susceptibilities, nutrition, lifestyle, and their *Five Levels of Healing*. Dr. Klinghardt and the team of Sophia Health Institute combine non-surgical orthopedic medicine with immunology, endocrinology, toxicology, neural therapy, hypnotherapy and energy psychology.

The Sophia Method looks beyond symptoms and into the entire health history and current health profile to determine the best course of individualized action to take. The focus is on finding and treating the root causes of illness. While this is not a specialized cancer treatment center, their approach and protocols can be useful in creating an environment to address the symptoms and possible root causes of cancer.

The *Five Levels of Healing* are:

- 1) Physical body
- 2) Energy body
- 3) Mental body
- 4) Intuitive body
- 5) Spiritual body

The Four Pillars used in treating chronic illness at the Sophia Institute:

- 1) Balance physiology – balance Ph, balance electrolytes, including hormones
- 2) Detoxification – the metabolic enzymes that govern life are often contaminated with heavy metals or manmade chemicals. Detoxifying liberates these enzymes from toxicity.
- 3) Immune modulation – using methods to downregulate or upregulate the immune system so that it can function properly.
- 4) Decreasing the pathogens in the body, increasing the beneficial bacteria, healthy biome in sinuses, tissues, gut, blood vessels.

## Books and Documentaries

### Documentaries

The following documentaries focus on comprehensive, natural, and non-conventional cancer healing and recovery protocols.

- 1) Stop Cancer Docu-class: Natural Health 365 programs
  - a. (<https://naturalhealth365programs.com/>)
  - b. Jonathan Landsman
- 2) Cancer Unraveled: The Zonia Team
  - a. (<https://zonia.com/cancer-unraveled>)
  - b.
- 3) The Truth about Cancer
  - a. (<https://go2.thetruthaboutcancer.com/agq/episode-1/>)
  - b. Ty & Charlene Bollinger
- 4) Cancer Decoded & Cancer Secrets
  - a. (<https://cancerdecodedseries.com/>)(<https://cancerseries.com/>)
  - b. Jonathan Otto

## **Books**

The following books are inspirational and educational related to the cancer journey and overall health and wellness. Any books written by the founders, physicians, or staff at the above-mentioned treatment centers are not included in this list but are highlighted in the program center's Resources.

- Radical Remission & Radical Hope ~ Kelly Turner
- Dying to be me ~ Anita Moorjani
- Catalyst ~ Leah Guthridge Caron
- Between Two Kingdoms ~ Suleika Jaouad
- When Breath Becomes Air ~ Paul Kalanithi
- Fat for Fuel ~ Dr. Joseph Mercola
- Chris Beat Cancer & Beat Cancer Kitchen & Beat Cancer Daily ~ Chris Wark
- Crazy Sexy Cancer ~ Kris Carr
- Outside the box cancer therapies ~ Mark Stengler & Paul Anderson
- Cancer and the New Biology of Water & The Fourfold Path to Healing ~ Dr. Tom Cowan
- Regenerate ~ Sayer Ji
- Optimize ~ Dr. Catherine Clinton
- Cancer Secrets ~ Dr. Jonathan Stegall
- The Ultimate Guide to Red Light Therapy ~ Ari Whitten