

Targeted Metabolic Therapy (TMT) Cancer Protocol By Dr. Yahia Anane

Read the TMT study first: <https://pmc.ncbi.nlm.nih.gov/articles/PMC13240970/>

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Cancer is a metabolic disease. Tumors rewire their metabolism to fuel uncontrolled growth, evade the immune system, build blood supply, resist treatment, and spread. This protocol targets those metabolic vulnerabilities while simultaneously protecting healthy cells and repairing the body's own metabolic terrain.

TMT combines a strict ketogenic diet, strategic fasting, repurposed medications, and natural compounds — each selected for specific, evidence-backed mechanisms that disrupt how cancer cells survive, grow, and protect themselves. But killing cancer is only half the battle. The protocol also focuses on reducing inflammation, correcting nutritional deficiencies, supporting liver and organ function, restoring immune competence, and rebuilding the internal environment so cancer cannot easily return.

These agents work as a system, not in isolation. Together, they attack cancer from multiple angles simultaneously — starving it of fuel, cutting its blood supply, killing its stem cells, breaking its defenses, and reawakening the immune system — while strengthening the body's own capacity to heal and resist disease.

This is not alternative medicine. This is not guesswork. Every agent in this protocol is here because published science supports its mechanism, and real patients have demonstrated its potential. It is designed to work alongside or independent of conventional treatment — never to replace critical thinking or medical supervision.

◆ 1. Ketogenic diet

(Starves cancer of glucose, Ketone bodies reduce inflammation & modulate immunity, Lowers insulin & IGF-1 growth signals)

✓ Strict Therapeutic Ketogenic Diet

- **By calories: ~70–80% Fat, ~15–20% Protein, <5% Net Carbs**
- **Fats:** Grass-fed butter, MCT oil, coconut oil, olive oil, and avocados.
- **Proteins:** Moderate intake (0.8g/kg body weight) of grass-fed beef, pasture-raised eggs, wild-caught fish, and liver.
- **Carbs:** Limited to **low-glycemic vegetables/fruits** (ex, zucchini, berries)
- **Bone broth**, Medicinal Mushrooms, Turmeric, Ginger, garlic, onion...
- **Hydration & Electrolyte Optimization – 2+ Liters of Water + Himalayan/Sea Salt**

✓ No total calorie counting required — eat until satiated within the macronutrient framework

🔥 Monitor Blood Glucose & Ketones, first 2 times daily, then 2-3 times a week.

◆ 2. Fasting

(Activates deep cellular cleanup, Weakens cancer while protecting healthy cells, Resets the immune system)

✓ Intermittent Fasting (18:6h) with 2 main meals

✓ 48H Water-Fasting-Only, on the 2 days off from repurposed drugs

◆ 3. Repurposed (5 days in, 2 days off)

✓ **Ivermectin** (Kills cancer stem cells, Blocks growth signals, Oxidative cancer cell death)

✓ **Fenbendazole or Mebendazole** (Disrupts cell skeleton, Triggers cell suicide, Cuts blood supply)

✓ **Itraconazole** (Blocks stem cell renewal, Starves blood vessels, Traps cholesterol in cancer cells)

◆ 4. Natural Supplements (daily)

✓ **Full-Spectrum CBD Oil with THC** (Reduces inflammation, Modulates immune response, Triggers cancer cell death)

- ✓ **Astaxanthin** (Strongest natural cell protector, Shields brain & nervous system, Guards cell membranes)
- ✓ **Curcumin 95% + Piperine/Phytosome** (Master inflammation blocker, Shuts down tumor survival, Targets cancer stem cells)
- ✓ **Quercetin with Bromelain** (Drives zinc into cells, Stabilizes mast cells, Blocks cancer survival signals)
- ✓ **Berberine Liposomal/Phytosome** (Disrupts cancer energy, Blocks growth signaling, Starves cancer of glucose)
- ✓ **Omega-3 Cod Liver Oil** (Disrupts cancer cell membranes, Actively resolves inflammation, Suppresses tumor immune evasion)
- ✓ **Modified Citrus Pectin** (Blocks metastatic spread, Activates NK killer cells, Chelates heavy metals)
- ✓ **Milk Thistle** (Protects liver from drug damage, Regenerates liver cells, Blocks cancer drug resistance)
- ✓ **TUDCA** (Protects bile flow & liver, Relieves cellular stress, Regulates gut-liver communication)
- ✓ **Vitamin D3 + K2** (Triggers cancer cell death, Activates innate immunity, Routes calcium to bones not arteries)
- ✓ **Magnesium Glycinate** (Essential for 600+ body reactions, Supports sleep & muscle function, Maintains heart & electrolyte stability)
- ✓ **Zinc + Copper** (Matures immune T-cells, Powers antioxidant defense, Activates innate immune sensing)
- ✓ **Turkey Tail Mushroom or AHCC** (Activates NK cells & macrophages, Matures immune dendritic cells, Boosts T-cell multiplication)
- ✓ **Black Seed Oil High Thymoquinone** (Reprograms cancer metabolism, Selectively kills cancer cells, Reactivates silenced tumor suppressors)
- ✓ **Lactoferrin** (Starves tumors of iron, Activates innate immunity, Breaks through bacterial biofilms)
- ✓ **Nattokinase** (Dissolves blood clots, Activates body's own clot-clearing system, Degrades spike protein)
- ✓ **Olive Leaf Extract** (Disrupts cancer protein recycling, Suppresses HER2 & growth receptors, Destroys viruses)

◆ 5. Baking Soda (Aluminum-free)

(Neutralizes acidic tumor environment, Restores immune cell function in acidic tumors, Disrupts cancer lactate export)

- Spacing: Keep ≥ 2 hours away from meds/supplements (acid-dependent drugs especially).
- Stop/skip if: Bloating, nausea, ankle swelling, rising BP, or kidney discomfort.

◆ 6. Exercise

(Reduces inflammation & insulin, Builds immune-boosting muscle mass, Floods body with oxygen — hostile to cancer)

The 4 Core Exercise Types:

- **Walking / Light Cycling** — Daily, reduces inflammatory markers and improves metabolic stability
- **Resistance Training** — Priority #1 for muscle preservation and strength
- **HIIT (Short Intervals)** — When tolerated, the fastest way to improve VO_2 peak and oxygen capacity
- **Yoga / Breathing Exercises** — Reduces stress physiology and inflammatory signaling

If deconditioned or weak — start here:

- Seated movements and light stretching
- Chair squats, wall push-ups, seated leg raises
- Progress gradually — consistency over intensity

◆ 7. Forest Bathing (Shinrin-Yoku)

(Tree phytoncides activate NK killer cells for up to 30 days, Lowers stress hormones & inflammation, Resets circadian rhythm & melatonin production)

- 2–3 hours in a natural forest environment, 1–2 times per week — slow walking, deep breathing, sensory engagement with nature.

- ✓ Not exercise-focused — the goal is slow immersion.
- ✓ If forest access is limited, parks with dense tree cover provide partial benefit.
- ✓ Combine with grounding (barefoot on soil/grass) for additional anti-inflammatory effect.

◆ 8. Sleep Optimization

(Deep sleep triggers peak immune surveillance & NK cell activity, Melatonin production peaks in darkness — anti-cancer hormone, Growth hormone release during sleep repairs & regenerates healthy tissue)

- No food 3–4 hours before bed to prevent glucose spikes and enhance melatonin production.
 - Optional: Drink chamomile tea to promote relaxation.
 - Avoid blue light (screens) 1 hour before sleep to maintain circadian rhythm.
 - Keep bedroom cool & dark (16–19°C / 60–67°F, blackout curtains).
- ✓ Prioritize a fixed sleep schedule.
 - ✓ Use relaxation techniques (deep breathing, meditation).
 - ✓ Limit stimulants (caffeine, nicotine) after midday.

◆ 9. Stress Management

(Inner peace activates NK cells & immune defense, Calm mind lowers cortisol — unlocks healing, Relaxed nervous system promotes repair & regeneration)

- Prayer & Faith: Connecting with God through prayer can provide strength, peace, and healing during difficult times.
 - Daily mindfulness, meditation, or Deep breathing (Box Breathing, 4-7-8 method) instantly calms the nervous system.
 - Spend time in nature & practice grounding (barefoot walking).
- ✓ Prioritize social support & laughter.
 - ✓ Engage in enjoyable, low-stress activities.
 - ✓ Reduce negative inputs (news, toxic environments).

✗ 10. Avoid Environmental Toxins

(Clean environment frees immune system to focus on cancer, Reduces toxic burden on liver & detox pathways, Eliminates hidden triggers that fuel tumor growth)

To support healing and reduce cancer triggers, eliminate exposure to:

- **Personal care & cleaning products** with parabens, phthalates, formaldehyde, synthetic fragrance, and petroleum-based compounds.
- **Non-stick cookware** and plastic containers – switch to glass, stainless steel, and cast iron.
- **Mold** – test your home, especially if you have chronic symptoms or immune issues.

- **Air pollution** – use air purifiers and avoid scented candles or incense.
- **Contaminated water** – use high-quality filters to remove chlorine, fluoride, heavy metals, and pathogens.
- **EMFs** – reduce Wi-Fi exposure, especially during sleep.

Your environment must become part of the healing protocol.

♦ The Plan

This is not a passive protocol. Cancer healing through metabolic therapy requires discipline, consistency, and long-term commitment. Outcomes are directly correlated with compliance. This protocol is designed to be evaluated over months, not weeks.

✓ 1. Baseline Bloodwork (Mandatory – Pre-Protocol)

Before starting, all patients must complete a full baseline blood panel.

Purpose:

- Establish objective benchmarks
- Ensure liver and kidney safety
- Enable accurate future adjustments

2. Ongoing Blood Monitoring (Mandatory)

Blood tests are required every 4 weeks without exception to monitor progress, metabolism, and liver/kidney health.

The list of blood tests is required at the start and every 4 weeks.

- ✓ Liver & Kidney Function (ALT, AST, ALP, GGT, Albumin, Bilirubin, EGfr, Creatinine, BUN, Uric Acid)
- ✓ Iron Panel (Iron, Ferritin, Transferrin Saturation%)
- ✓ LDH, CRP, ESR
- ✓ Blood Counts with differential
- ✓ HB1ac, fasting glucose
- ✓ Vitamin D, B12
- ✓ D-dimer
- ✓ Lipid Profile
- ✓ Tumor markers (Depends on cancer type)

Imaging / Scan Reassessment

- A follow-up scan is recommended after 6 months of full compliance
- Earlier scans are discouraged unless clinically necessary
- Scans are used to confirm response, not to replace metabolic tracking

3. Glucose & Ketone Tracking (Non-Negotiable)

Patients must track metabolic markers to ensure therapeutic pressure on cancer metabolism.

Required Monitoring:

- Blood Glucose (mg/dL)
- Blood Ketones (mmol/L)

 **Target: Glucose <90 and ketones >2, ideally glucose ~80 and ketones >3.**

This confirms therapeutic ketosis, which is essential.

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♦ Repurposed

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Read This First — Disclaimer

This is not a self-administered protocol. It is a clinical framework that requires supervision by a qualified medical professional who can evaluate your specific case, monitor your bloodwork, and determine appropriate dosing based on your condition.

Cancer is not the disease to experiment on alone. The agents in this protocol interact with each other, with your medications, and with your organs. Getting the sequencing, cycling, or monitoring wrong can cost you time you do not have.

Dosages are intentionally not included. Every patient is different — your weight, organ function, disease stage, and current medications all determine what is safe and effective. Only a qualified professional who has reviewed your full case can determine the right dosing.

This document is a reference framework to help you understand the mechanisms and structure of Targeted Metabolic Therapy — not a substitute for professional guidance.

If you are reading this without medical supervision in place, stop, and arrange it before starting anything. The creator of this content is not responsible for outcomes resulting from unsupervised use.