NUTRITIONAL SUPPORT FOR CANCER CONDITION PROTOCOL

Supplementation Regimen:
Big C Nutrient Pak Bundle - Take simultaneously, one packet from each Pak, twice daily:

Pak #1 - Taken Morning & Night:
- Essential Protect (2)
- Optimal EFA (2)
- Essential DAKIK2 (2)
- Fat Sugar Trim (2)

Pak #2 - Taken Morning & Night:
- Essential Shrooms (2)
- Essential Magnesium (2)
- Opti-Para (2)
- Essential Resveratrol (2)

Pak #3 - Taken Morning & Night:
- Essential Nag Redux (2)
- Essential Protect (2)
- Opti-Adrenal (2)
- Essential Ubiquinol (1)

- Optional Fat Sugar Trim: 1-2 Capsules Before Meals (3x daily)
- Essential Therapeutic Melatonin: Take 1-3 droppers based on needs recommended by a health professional
- Optimal BFF: 1 Chew with Meals (3x Daily)
- Optimal Fruit & Veggie Plus: 2 Scoops Daily
- Opti-Metals Detox: 3 Drops Morning
- Opti-Enviro Detox: 3 Drops Night
- Essential Glutathione: 1 Tablet 2x Daily in Water
- Essential D-Ribose: 1 Scoop Daily in Water

Additional Supplementation Recommendations:
- Potassium Bicarbonate: 1/2 Teaspoon 2x Daily, Alternating 2 Weeks On, 2 Weeks Off
- Extra Virgin Olive Oil: 2-4 Tablespoons Daily

**NOTE: IF PATIENT HAS HIGH BLOOD PRESSURE, TAKE 1 NOS PERFORMANCE PAK DAILY. IF PATIENT HAS ANY METHYLATION SNPS, FOLLOW RECOMMENDED PROTOCOL IN ADDITION.

Nutrition Regimen:
- Water-only fasting (if recommended by Health Professional)
- Keto vegan diet (soy free), primarily raw (example diet listed on following page

Exercise Regimen:
- Aerobic High Intensity Interval Training (HIIT) - 5x weekly
  - 8 rounds - 2 seconds full out, 10 seconds off
  - Aerobic exercise of your choice (walking, running, rowing, swimming, cycling, etc.)
- Anaerobic strength training - 3x weekly:
  - 20 minutes

Additional Recommendations:
- Emotional clearing
- Meditate for 10 minutes, 2x daily, while listening to energy frequencies
- Breathing for CO2
  - 5 seconds in, 5 seconds out, hold 5 seconds, repeat 8 cycles, 2x daily
- Breathe through nose while sleeping (tape mouth shut, if needed)
- Copper:Zinc ratio on a blood test should be 1:1

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease
## Daily Sample Diet:

### Breakfast

**Sunday:**
- Coconut almond chia pudding

**Monday:**
- Keto porridge made with full-fat coconut milk, ground flaxseeds, chia seeds, and unsweetened shredded coconut

**Tuesday:**
- Tofu scramble with vegan cheese and avocado

**Wednesday:**
- Chia pudding made with full-fat coconut milk topped with sliced almonds

**Thursday:**
- Full-fat coconut yogurt topped with nuts, seeds, and unsweetened shredded coconut

**Friday:**
- Tofu scramble with vegan cheese, mushrooms, and spinach

**Saturday:**
- Vegan keto smoothie with full-fat coconut milk, almond butter, cocoa powder, and Optimal Complete Nutrition Plus

### Lunch

- **Large green salad with tempeh avocado, vegan cheese, non-starchy vegetables, and pumpkin seeds**
- **Vegan cream and low-carb vegetable soup**
- **Zucchini noodles with walnut pesto and vegan cheese**
- **Creamy coconut and cauliflower soup**
- **Tofu, vegetable, and coconut curry**
- **Vegetable and tofu salad with avocado dressing**
- **Vegetable and tofu salad with avocado dressing**

### Dinner

- **Vegan cauliflower mac and cheese**
- **Cauliflower rice stir-fry with tofu**
- **Vegan walnut chili with vegan cheese and sliced avocado**
- **Shirataki noodles with mushrooms and vegan Alfredo sauce**
- **Cauliflower crust pizza topped with non-starchy vegetables and vegan cheese**
- **Eggplant lasagna made with vegan cheese**
- **Cauliflower fried rice**

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