

A BREAKTHROUGH FOR A CLIENT WITH CHRONIC LYMPHATIC LEUKEMIA

By Misha Sakaroff, Denmark

Dear BBEA colleagues,

I want to share the latest results of work with one of my clients with CLL/ chronic lymphatic leukemia.



This case is interesting and inspiring for us because this client said "no" to chemo and radiation. He chose to work exclusively with my intensive cancer protocol - 100 % medicine-free. Here is a short overview of our team-work over the past 6 months:

- Buteyko, Frolov, Breathing mask, lymph-work made the breakthrough. The result is an average weekly morning CP rise from 10 to stunning 110 sec- in only 6 months!
- Lots of structured daily movement (>2 hrs elliptical cross-trainer, biking, light jogging, all with reduced breathing) brought my client's body fat percentage down from 25 to 7- with 20 kg weight loss.
- My body-work protocol 3D Circular Joint Motion. It is inspired by the old Indian martial art and health system, Dharma Marga, that is recreated in Russia from the old Indian writings found in the archives of Moscow University of Oriental Studies. 3D Circular Joint Motion connects Dharma Marga with mobility training for synovial joint health from the American trainer Scott Sonnon. Other built-in components are in-motion lymph drain with Hara 1-pointed attention and active relaxation.
- Strict Ketogenic IF/CR nutrition based on daily measured macronutrient breakdown of all meals. 75% daily caloric restriction (related to BMRxPAL). Our nutritional team-work resulted in stable, very low blood glucose lower than 4 mmol/l and over 4 mmol/l blood ketones. Strong therapeutic ketosis as defined by Prof. Dr. Thomas Seyfried.
- Gradual life change with sleep hacking- 4.30 hours sleep waking up at 4.30AM every night.
- Mental training built-in all the movement with 1-pointed attention in hara-point, inspired by the samurai and the internal martial arts (aikido, systema).

To ensure daily training, I programmed an online tool for all of my clients. It makes a big difference by establishing my client and me as members of the same team for daily reporting and supervision, through secured online data access. The pictures show 4 of the tool's 20 interfaces documenting the healing process:

1. Daily breathing and exercise log

2. Daily nutrition log

3. Daily blood tests and nutrition analysis

4. Weekly average CP gain report

One of the unfavorable prognostic factors for CLL is a rapid lymphocyte doubling time- in less than 12 months. In this medicine-free case the lymphocyte-count halved instead. Now it is almost normal again.

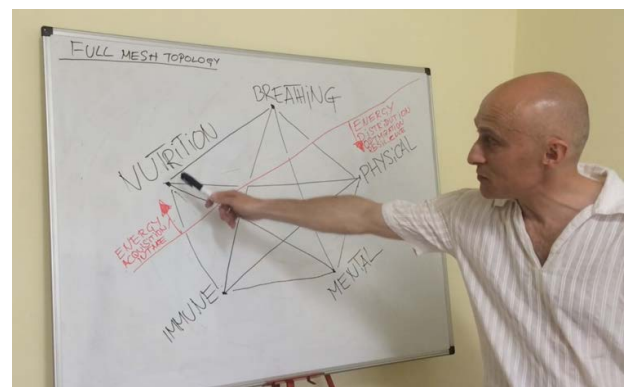
In other words, my client went from a lightly obese cancer client to very fit athletic client without cancer in 6 months. Totally medicine-free. While working full-time as classical musician in one of the world's best symphony orchestras.

My client says that he has "Never been in such good shape before in his life". We both are very happy!

I'm doing 2 day seminars/trainings "Breathing and diet for self-healing of cancer, diabetes and neurodegenerative diseases". This year it's Russia and twice in Israel. Next year?? Please contact me if you are interested in arranging a seminar/training in your country.

ABOUT MY DAILY WORK:

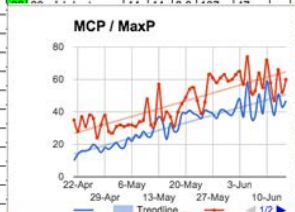
- Integrative Health Engineer, M.Sc.
 - Supporting self-healing of Cancer, Diabetes and Neurodegenerative diseases- sakharoff.com
 - Peak Performance Trainer for athletes, artists and executives with over 6.000 hours of consulting and coaching experience- dancingSword.dk
 - Founder of resilience training program for tennis athletes- breathingfortennis.com
 - Author of Ki-Kaizen energy process and Sakharoff Resilience & Health Recovery Protocol
- Ki-Kaizen energy process inspires you with small everyday steps and lifestyle changes to rebuild your physical, mental and immune resilience.



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... A Breakthrough cont'd

BREATHING - LOG																						
Date	FRav	APu	ACP	Sleep	Wake	MPu	MCP	MaxP	FR1	PE 1 - morning	go	run	bik	CP1b	CP1a	FR opt	PE 2 - after	CP2	CP2	FR2	IF start	IF window
26-Sep	28	62	53	5,00	4,30	53	110	141	28	105 gâ leb st	44	44	3,0	110	51	28	90 min cy ma			28	16,00	3,30
27-Sep	28	61	55	6,00	4,30	56	105	127	28	60 gâ leb st	44	44	3,0	105	42	28	129 min cy ma			28	15,00	4,00
28-Sep	28	60	52	5,00	4,30	51	107	131	28							28	90 min cy ma			28	14,30	4,00
29-Sep	30	58	61	5,30	4,30	56	106	127	30							30	100 min cy ma			30	15,00	4,00
30-Sep	30	62	54	5,00	4,30	58	104	128	30							30	110 min cy ma			30	17,00	2,30
1-Oct	30	62	55	5,00	4,30	57	103	124	30							30	70 min cy ma			30	15,30	3,30
2-Oct	30	64	52	5,30	4,30	60	106	129	30							30	70 min cy ma			30	15,30	4,00
3-Oct	30	66	45	5,00	4,30	62	101	124	30							30	90 min cy ma			30	15,30	4,00
4-Oct	30	62	58	5,00	4,30	58	102	123	30							30	100 min cy ma			30	13,45	4,00
5-Oct	32	61	50	4,30	4,00	63	106	129	32							32	70 min cy ma			32	17,15	2,00
6-Oct	32	67	62	4,30	4,00	61	109	139	32							32	70 min cy ma			32	17,15	2,45
7-Oct	32	63	67	4,30	4,00	61	107	135	32							32	70 min cy ma			32	16,30	2,00
8-Oct	32	61	73	4,30	4,00	65	108	134	32							32	70 min cy ma			32	15,30	3,30
9-Oct	32	65	59	4,30	4,00	62	104	126	32							32	100 min cy ma			32	15,15	4,00
10-Oct	33	63	65	4,30	5,15	65	110	136	33	60 gâ leb st ma	52	52	3,0	110	66	33	75 min cy ma			33	15,00	4,00
11-Oct	33	61	72	4,30	4,30	61	112	146	33	75 leb gâ st	52	52	3,0	112	67	33	90 min gâ tur i skoven.			33	16,00	2,30
12-Oct	33	67	65	4,30	4,00	66	106	139	33	85 leb gâ st	52	52	3,0	106	61	33	130 min cy ma			33	15,30	3,30
13-Oct	33	61	65	4,30	4,00	63	110	138	33	80 leb gâ st	52	52	3,0	110	61	33	60 min cy ma			33	17,00	3,00
14-Oct	33	63	67	4,30	4,00	61	114	148	33	80 leb gâ st	52	52	3,0	114	67	33	60 min cy ma			33	16,30	2,30
15-Oct	33	69	85	4,00	4,00	64	112	145	33	110 leb gâ st	52	52	3,0	112	61	33	90 min cy ma			33	17,30	1,30



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This training protocol is based on pure physiology. It is universal, targeting ill-health individuals as well as top performers in sports, arts and business with tailored programs. This protocol introduces fully measurable multi-purpose training and life changes that create strong synergetic effect - optimizing and merging 5 basic areas towards health and resilience:

ENERGY ACQUISITION:

- 1- Buteyko breathing
- 2- Ketogenic IF/CR nutrition

ENERGY DISTRIBUTION:

- 3- Mental resilience
- 4- Physical resilience
- 5- Immune resilience



Time1	Items on time1	Time2	Items on time 2	IF Window	Tot Cal	% Fats	% Prot	% Carbs	Carbs [g]	Prot [gr]	
					2558	90.0%	8.4%	1.6%		61.8	
17-okt	18:00	40g macadamia, 90g salmon, 140g lard, 220g sauerkraut,	18:30	250g duck confit, 130g squash, 20 gr butter, 100g cucumber, 45g blue cheese	1:00	3053	86.8%	10.8%	2.4%	18	82
18-okt	16:30	40g macadamia, 100g lard, 80g sauerkraut,	18:30	95g lard, 150g beef, 115g squash, eggplant, 25g cream; 60g lettuce, 45g blue cheese	2:30	3014	89.3%	8.8%	1.8%	14	66
19-okt	15:30	30g macadamia, 80g lard, 70g sauerkraut,	18:00	70g lard, 100g chicken, 80g broccoli, 80g mushroom, 20g cream, 40g blue cheese	3:00	2428	85.6%	12.0%	2.4%	14	73
20-okt	16:00	30g macadamia, 75g lard, 35g blue cheese,	18:30	85g lard, 95g chorizo, 170g spinach, 40 g cream, 23g blue cheese,	3:00	2347	91.3%	4.8%	3.9%	23	28
21-okt	16:00	30g macadamia, 85g lard, 25g blue cheese,	18:30	50g lard, 95g pork, 80g cucumber, 20 g mayo, 25g blue cheese, 15g chocolate 95%	3:00	1964	89.8%	8.0%	2.2%	11	39
22-okt	8:30	30g macadamia, 73g lard, 1egg 50g, 90g avokado, 30g blue cheese, 59g tomato	17:00	70g lard, 57g beef, 45g onions, 70g broccoli, 30g blue cheese, 30g macadamia	9:00	2460	89.0%	7.0%	4.0%	25	43
23-okt	14:00	80g lard, 95g cucumber, 40g macadamia,	19:30	70g lard, 100g chicken, 70 g zucchini, 30 g cream, 30g blue cheese,	6:00	2058	86.2%	11.3%	2.6%	13	58
24-okt	14:00	85g lard, 85g avokado, 90g cucumber, 30g macadamia,	18:00	85g lard, 30g macadamia, 100g chicken, 70 g zucchini, 30 g cream, 30g blue cheese,	4:30	2584	87.5%	9.7%	2.8%	18	63

KETO - LOG														
Date	Time	I. Urine Ketones		II. Blood Ketones		Glucose		K/G ratio	2356.8	90.0%	8.4%	1.6%	55.6	
		Morning	Evening	Morning	Evening	Morning	Evening							
3-okt	4,45			4.1		4.6		0.9	2551	87%	11%	2%	14	70
4-okt	4,45			2.2		5.0		0.4	2841	84%	14%	2%	11	102
5-okt	4,15			3.8		4.3		0.9	2078	90%	9%	2%	10	45
6-okt	4,15			4.3		4.3		1.0	3283	87%	11%	2%	13	90
7-okt	4,15			2.2		4.6		0.5	2504	89%	10%	0%	3	66
8-okt	4,15			4.8		3.6		1.3	2558	89%	9%	1%	8	59
9-okt	4,15			4.7		3.9		1.2	2845	88%	11%	1%	6	76
10-okt	5,30			4.8		4.3		1.1	2609	93%	5%	2%	13	31
11-okt	4,45			4.5		4.4		1.0	2962	90%	9%	2%	13	64
12-okt	4,15			4.7		3.9		1.2	2480	91%	7%	2%	10	44
13-okt	4,15			3.2		4.5		0.7	2062	79%	20%	1%	6	103

Misha Sakharoff
misha@sakharoff.com
 +45 20735306
www.sakharoff.com
www.linkedin.com/in/200966

week nr	MCP week avg	Weekly gain	comments
27	50.7	-0.3	
28	52.0	1.3	WOW
29	56.1	4.1	WOWWWW :-)
30	52.1	-4.0	holiday i Spain + Anholt
31	59.3	7.1	YESSSS!!!! RESPECT!!
32	63.1	3.9	
33	64.6	1.4	Fantastic increase slowly over 60!
34	64.7	0.1	Keeps on increasing ;)))) BEAUTIFUL!
35	68.9	4.1	Training up to 5-6 hours a day....
36	76.1	7.3	
37	83.4	7.3	One f.. superhuman.....
38	86.6	3.1	
39	97.7	11.1	
40	104.1	6.4	no words...no colour ;-))
41	108.0	3.9	
42	112.0	4.0	15 weeks in a row in a strong therapeutic state
43	120.0	8.0	;))))))))))) you are NOT human... CP doubled 60 to 120 - in 13 weeks :-)

