

Brain tumors - Intro week - Video transcript

I want to welcome you to our Boot Camp about a reversal of brain tumors. In this boot camp you will learn both practical and physiological aspects, you will get physiological understanding of what you need to know and what you need to implement in your daily life in order to reverse the tumor of a member of your family – it could be DIPG, it could be glioblastoma multiforme, it could be astrocytoma or other kinds of gliomas, but this is especially for brain tumors, and all of those brain tumors, they have a little bit different window of opportunity.

In the case of DIPG you have to understand that everything that I'm saying have to be understood strictly and directly because we have no time to waste. Our window of opportunity is very limited for DIPG.

In the case of GBM, Glioblastoma Multiforme, it is almost the same: You have to understand what I'm saying, you have to be very inquisitive and ask questions, you have to basically implement everything that I'm saying into the daily life of yourself and your family.

This week is our intro week, it's a kick-off with the most important things that you have to learn and implement in order to start the process of reversal of a brain tumor. This is why I am stressing it once again:

This video is very important, we have no time to waste, and it's very practical. I'm going to explain why we are doing this and how it works from next week. This week you have to understand hundred percent that we have no time to waste, we have to start the process, there's no time for doubt, there's only time for action – there is no time for fear, there's only time for action.

All the processes of learning are slow learning, we have to balance slow learning for the process to be strong, but we also have to proceed quite fast because we don't have much time. So, this intro week we're starting relatively easy and giving you some practical explanations, but I don't go so much into physiology. We're going to take this afterwards because I want to kick-start the process to help you to make a reversal.

We must work together as a team

I tried reversal of GBM many times before. Reversal of DIPG will be something new, but I believe that it's possible if we follow the routines strictly, and when I say strictly, I mean strictly. It means that all my daily communication have to be shared among the members of the family. We have to work as a real team. Knowledge sharing is very crucial here and it's a prerequisite to make DIPG or GBM a history. And that's why we are here.

First you have to remember that we're going to meet online every day from Monday to Friday online, once a day you I will send you links to daily lessons in your own time zone.

I highly recommend that everybody in the family join every day because we are doing something very difficult. You have to understand this, it's not going to be easy. Sometimes it will be simple to explain but not easy to do it in practice. Changing patterns, changing lifestyle is never easy. To alter what you use to eat, how you usually exercise and move, how you breathe, how you think about your immunity ain't going to be easy.

So, today we're going to talk only about nutrition, Wednesday we're going to talk about breathing and movement which is two very crucial areas of work in order to change the environment in the brain cell, to reverse the tumor and to not let the normal cells mutate into tumor cells.

What is crucial to know and do about nutrition

So, how do we handle this window of opportunity from the side of nutrition?

We are using something that I call *Essential Therapeutic Ketogenic Diet*. *Therapeutic* means that this diet will be very strict, and compliance have to be hundred-percent, otherwise we cannot do it. I am going to talk to you every day about the adjustments and how to do it for every person, but you have to basically understand what I'm going to say right now about the nutrients, the recipes, the shopping list, the measurements the nutritional window the water intake and all the other details. These details have to be understood 100-percent strictly. That's a prerequisite for healing basically.

You have to comply 100-percent, and compliance includes inquisitiveness, questions, it includes no fear, just action, no doubt, just action, because we have no time to waste. Otherwise it's not going to be therapeutic, and I don't want to do anything that is not therapeutic on this Intensive Bootcamp, because I want you to reverse the tumor, and it won't happen unless you comply 100%. I hope this is clear!

Ketogenic means we are using the essential physiological mechanism for normal body cells that they can shift from the state of using glucose as a preferred and main source of nutrition to using ketones as a main source of nutrition. Ketosis, ketogenic state is normal for humans. All newborns that eat basically mother milk, they are in the state of deep ketosis, it's very normal for human beings. After the weaning we shift basically to glucose burning. Ketosis is very good for healthy cells in the brain and it's very bad for the cancerous cells in the brain because cancer cells don't have this metabolic flexibility of shifting from glucose metabolism – from sugars, from carbohydrates – to fats. that's basically how ketosis works. We really put a pressure upon the tumor and the cells that are about to transform from the normal state into a cancerous state. We stop promoting cancer basically, that's what we do, and in case of DIPG and glioblastoma, they are intrinsic, they are multiforme. Intrinsic and multiforme means that part of the cells form a kind of a shadow around the tumor. In this area there is a not so many cancer cells but many normal cells that are about to transform into cancer. With ketosis we stop this process. That's the first task, and you are going to start

this now, because you are on this Bootcamp. Again, you have to comply 100% and now you know why.

Essential means that we are trying to stop inflammation by every means. All kinds of nutrients that are coming from foods that can possibly promote inflammation, they have no place in our diet. You or your children or the whole family might have cultural needs or psychological needs for certain foods, and we discuss that afterwards, after we have stopped the tumor. However I'm not taking this discussion right now, basically because I want to help you to stop the worst thing that can happen in the human brain, it's the DIPG or GBM tumor. I hope you understand!

Essential also means that we will have no carbohydrate whatsoever. Basically I'm going to tell you about the four main ingredients and you have to understand that essential means to only have those as essential nutrients in order to normalize cellular environment to stop cancer and to be able to rebuild a cell. All the non-essential we are not talking about, that's why I want you to understand this totally strictly, essential ketogenic means only the nutrients that put you in the ketogenic state and promote this state for months to come and no other nutrients at all. If you start asking me at this stage, am I allowed to eat nuts, I say no. If you ask, am I allowed to eat broccoli, I will say no! You will get a list of the four essential nutrients that are able to stop the proliferation of tumors which is the first task.

Below (below the video) I will give you links to the to the list of the nutrients.

I also want you to have these PDFs with you, print them out, take them to the supermarket, show them to your family members, print and have more copies.

You will also get *a list of basic recipes* and *a shopping list* to take with you. I will also explain the *measurements* and I will give you links to buy the *measuring devices* and the strips to measure glucose and ketones in the blood and also ketones in the urine.

Later I will go in-depth in this, so take it easy. Again, remember it's slow learning, but we need to kick-start something practically.

You're going to have all the support possible, all the nudging every day on our sessions from Monday to Friday, from the next week you're going to have some material every single day from Monday to Sunday.

Now I will tell you about *the four nutrients*, *the nutritional window*, *the eating hours* and *how to drink water*.

Four nutrients

The four nutrients are the four sources of nutrients that you're going to use right now. The first one is *meat*, which carries protein, high quality protein. Please try to find some free-roaming animals if it is possible. If ecological or biodynamic is also possible, fantastic! If you don't have this possibility just try to buy the fattest cuts available, like Ribeye for example with up to 35% of fat, that's essential, it could be all four-legged animals because they are the fatties. It could be pig, could be beef, could be veal, could be lamb.

The second nutrient is *fat*, and I want you to buy something called *Lardo*. That's the Italian word for *pig fat*. If you are not eating pig, just wait – I will help you too! For all the others, do purchase lardo or pig fat, it's just the best source of energy for normal cells and worst for cancer. Go to the nearest Italian shop or Italian supermarket and buy this!

For those who don't eat pig, you just have to be very aware of what kind of meat you are eating, you have to only buy the absolutely fattest cuts, like the best ribeye with the most of white fat. If the fat is yellow, this is fantastic, the yellow fat is very good, it shows actually how good the fat is, very often at least. Go and buy every kind of cut with a lot of fat. I will give you recipes how to prepare it.

The third area of nutrition is the *micronutrients*. How do we get micronutrients? They are most bioavailable from inner organs of animals, from liver, heart, brains, kidneys and sweetbreads. All of those things have to be a standard part of your diet, minimum twice a week for a liver for example, you have to eat brain minimum once to twice a week. All of those things from the intestines, they have very high quality and very high quantities of micronutrients.

Minerals, vitamins, antioxidants and enzymes and hormones are also crucial for healing of brain cancer, and we have a multi factorial approach, we're working with an integrative approach. So many different factors help us move in the right direction which is to normalize the environment in order to help normal cells not to mutate to cancerous around the tumor and stop cancer cells getting the right amount of foods, so they basically stop proliferation and start dying. I will explain both the philosophical and the physiological parts later, now you just have to comply by this dietary regimen.

Remember that liver, beef liver or lamb liver, has a hundred times more micronutrients than vegetables or fruits, like vitamin C and folate, folate acid, vitamin B. The full range of vitamin B including vitamin B12 are most readily available and digestible in animal liver.

The fourth category is *collagens*. We have 26 collagens in our body, 5 of them are essential and all of them we are going to get from all these three ingredients they also have collagen, not so much in big fat or in the other fats but in the proteins very much and also in the inner organs but this is a very strong part of collagen, source of collagen, for those 5 essential collagens.

We get collagens from bone broth and you got to go and buy the bones, veal bones. You can also buy pig bones. You can also buy bones from lamb, you can also put chicken bones if you eat chicken bone, there's there have some good essential collagen also in the chicken bones, so make a bone broth I will give you a recipe it's about ten to twelve hours very slow cooking and then you have you have to chop all the things that become gelatinous and you take it off and basically when collagen get over point of cooking, the cooking parties become gelatin, collagen becomes gelatin and then you supply it into your system to sustain the ability of the cells to regenerate, to rebuild, that's what we want.

Another kind of broth, you can eat is fish broth and you go to your fishermen and you say: – I need some cheap or free if you can give me I will be very happy, fish heads from all the fish heads you have and all the fish carcasses you might have please give me give it to me for free. I'm using it to reverse my disease and they will give it you for free and the butcher's will give you the bones for free. Then you cook these bones for one and a half hour, you put some spices that are what we call hormetins, they also kill cancer, that's good.

Now that's four essential nutrients, and you are welcome to place questions, for example “should I eat bacon, should I eat eggs?”

Yes, you can, but if you have had problems with eggs, please don't eat eggs. If you feel less energy when you eat eggs, please don't don't eat eggs. That is why I didn't count eggs among these four nutrient sources.

These are the only sources of nutrients that you are going to use in these months. If you want to get off the course because you think that it's impossible for you, then it's time now.

I'm giving you 14-days money-back guarantee because we need to understand that this is essential nutrients for the human body. If you don't want to fall off the course, and if you understand that you have to comply in order to rebuild your health, please proceed because this video is not over.

About the recipes

I made some very easy recipes for you to cook and what is very crucial, is the time factor: How much do you cook, how much do you fry. I'm going to explain this. Basically try not to cook things too much because the bioavailability of all of those essential nutrients is going to be much worse than if you only fry a beef for 15 seconds on each side.

Cut the meat in slices like one and a half centimeter and then fry in a lot of butter, well basically you can use butter if you don't have lactose intolerance, then if you have intolerance, use Ghee. Ghee is a cleared butter, it's a butter with no lactose in it and there's only fat basically in this Ghee. You can make it yourself or you can buy it in the supermarket.

In a small frying pan the level of fat is higher and the time to fry is lesser. You cut your slices even one and a half centimeter like that very thin, you fry it for 15 to 20 seconds on each side and then you put salt and pepper and some nice things and you enjoy it, that's basically how it is and if you want to use liver, please do it in the same way and you can tolerate having it a little bit raw in the in the middle. It the same with the hearts, I will come with the recipes.

The ingredients shopping list is highly practical, so you have to print this list and I will give you this list for a supermarket, for a butcher, for a fisherman, that's what you've got to need, nothing else, three food stores, and in the supermarket there's only very few shelves in the supermarket that you got to go to directly and skip everything else. Buying in this way will

take you five minutes, fantastic! So, you can spend more of your time on breathing exercises that are coming this wednesday. Good!

Nutritional Window

You have to understand the nutritional windows the time between your first meal of the day and the last meal of the day.

If you eat first time at 6 o'clock in the morning and you eat last time just before you go to sleep, and you have many high carb meals during the day, this is very bad, probably one of the things that pushed cancer to proliferate.

So, if you start eating in seven o'clock and you stop eating at 10 o'clock in the evening, you have a fifteen hours nutritional window. That's a very big nutritional window, there is no time left for body cell restitution during the night. There are three kinds of autophagy, CML autophagy (Chaperone Mediated Autophagy) micro-autophagy and macro-autophagy. They will work only if your nutritional window is small. Diminishing the nutritional window means entering in the state of *intermittent fasting* and that's a major thing.

Intermittent fasting

Intermittent fasting is a very crucial part of our regimen, you also go into water fast later, but we start with intermittent fasting, we do everything to save your life or save the life of your family member.

You have to understand it may sound too strict and may sound impractical, it's strict yes, it's practical because the practice here is to stop cancer and to save your life, you have to understand that.

Take my words for granted, please, otherwise we cannot work together, that's the truth, and I want to help you save your life or the life of your son or your daughter, so please listen to this, and send this video to all of your family members and please communicate back to me on our daily from Monday to Friday question answer sessions. This is highly practical.

The nutritional window has to be as little as possible. The best will be eating once a day, the next best will be having a nutritional window of four hours around a day, for example eating first time at two o'clock and last time at six o'clock in the afternoon – or at 12 o'clock and then the last time at four o'clock.

We can start with a nutritional window of eight hours, because it has to be slow learning and it has to be doable. So let's act.

A nutritional window of eight hours will be a very good starting point, if you eat first time at ten if you eat last time at six, it should never be later than six, when I'm a teacher, because after six we get close to the moment where you go to sleep. This time span has to be as big as possible. So, don't cross the line of six o'clock in the afternoon, it's absolutely the latest

time where you can eat. You have to find the ways to do that. After this point you can have only water, like the best quality water you can get. Why? Because it takes a lot of effort to reverse DIPG and glioblastoma multiforme.

If we can reverse DIPG, and I think we can do it; I know we can do it, but only if you comply hundred percent. With GBM glioblastoma multiforme it works because I tried it before. With DIPG we have to prove that. And in order to prove that we have to show 100% compliance and understanding and inquisitiveness.

Measurements

Measurements is the last thing we're talking about today, and please, I will send you links to buy some measurement devices.

Why measurements? Because we have to know whether and when our work makes progress. We can basically measure it, we can measure it in your urine, in your blood.

We start measuring in your urine because that's where the first sign of nutritional ketosis comes. You have to buy urine sticks and you have to pee on them first time in the morning. Then in a week we're going to start measuring blood, when you have received your devices and when the first signs of ketosis in the blood can come up. There's different kinds of ketone bodies that you can measure in urine and blood. The urine ketones come first, the blood ketones comes later.

If you can smell that you have some kind of breath and it smells kind of metallic, then it's the third kind of ketones.

In the breath there are three different kind of ketones and I'm going to write about that to you, but the smell will pass. For some this breath stays for a week, for others it stays a month. This keto breath will vanish and basically never come again.

We have three stages of ketogenic adaptation, so when you start this diet or this nutritional regimen you can eat some vegetables when you have normal digestion. But basically we are mostly carnivores, that's how we evolved and I'm also going to talk about this.

This is not for discussion right now, right now it is just an information.

So, this is a normal kind of nutrition. We can also eat some fruit sometimes, some vegetables, but if we want to normalize our health that's what we are doing, and how do we know that? We measure!

The urine strips can be found in every pharmacy. All diabetics use these urine strips. Maybe you can find them in Amazon or another online store. I will give you some links.

Later you must measure blood and I'll make a special video on how do that, you just have to buy the remedies now after watching this video, because we have no time to waste, there is no time for doubt, there is no time for fear.

On my side I do not have time for feedback like “I don't believe in this”, “why are you saying so” etc. I don't want this kind of feedback. The kind of feedback I welcome is “could you please explain”, “how can I do this recipe”, “can I combine this in this way”, “where do I shop”, “where are the best places”, “is this a good quality” ...

Leave me your feedback, but please be positive, help yourselves to establish very good communication, help yourself and your family to establish a good team cooperation, that's what we need.

So, thank you for watching, now let's do it!