

# Open Letter to Terminal Cancer Patients

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**Y**ou have been declared “terminal” because conventional medicine has nothing more to offer with curative potential. However, your fight is not over unless, of course, you want it to be over. If you want to continue to fight your cancer, reasonable, relatively safe, and inexpensive treatments are available.<sup>[1]</sup> They are unconventional and untested, but they have the potential to halt cancer.<sup>[2]</sup>

Here is the best of these “last-ditch” treatments: Stop eating sugar and the vitamins folic acid and thiamin. You will stop DNA replication and that will stop cell division and cancer. You are no doubt asking why your doctors did not try this, but that is a question for another time.

Methotrexate ranks among the most effective anticancer agents. It works by inhibiting folic acid metabolism, which stops DNA replication. However, methotrexate has serious side effects and stops working as cancer cells learn to resist it. No cells can resist folic acid deficiency. If you do not eat folic acid, DNA replication and cancer growth are impossible. Of course, there will be side effects.

Folic acid-deficient diets cause anemia. However, you would gladly trade cancer for anemia. Eventually, however, the anemia will require treatment and herein lies the beauty of this theory: Replace the folic acid in trace amounts.

Cancer cells have less access to blood than do normal cells.<sup>[3]</sup> That is why it is hard to kill cancer cells with chemicals. You cannot get the chemicals to the cancer. They go instead to the normal cells where they wreak havoc. By withholding an essential chemical, like folic acid, you turn the tables. When you put that chemical back in trace amounts, blood should carry it preferentially to normal cells while starving the cancer. It is never been tested, so it is a theory, and theories do not always pan

out. However, you have nothing to lose, and, if this theory works, everything to win.

You can prepare a folic acid-deficient diet in your own kitchen: Eat egg whites or the white meat of chicken or turkey breast, all from humanely raised birds, or swordfish or shark steaks from humanely caught and killed fish. Flavor with green and black olives, olive and flaxseed oil, seitan (wheat gluten), and hemp seeds. Use salt, vinegar, and margarine. Drink plenty of tap water along with the appropriate daily dose of sugar-free dietary fiber. Have some vodka or gin (without fruit juice or other additives) at meals. Avoid all other beverages, foods, and flavorings. Take all essential minerals and all vitamins other than folic acid as supplements.

The above diet is deficient in thiamin as well as folic acid, and, like folic acid, thiamin is essential to DNA replication. Thiamin-deficiency causes beriberi, which can be tolerated when mild or treated with traces of thiamin. Alternating between folic deprivation and thiamin deprivation (by alternating between thiamin and folic supplementation) should allow recovery of normal tissue while maintaining pressure on the cancer.

Cancer cells need sugar for fuel, and the above diet is sugar free. Energy comes from fat and protein. However, cancers tend to be deficient in oxygen relative to normal tissue and it is not possible to derive energy from fat without oxygen. The above diet should feed the well-perfused, well-oxygenated normal tissue while starving the underperfused, oxygen-deficient cancer. Such ketogenic diets have been tried in the past without much success.<sup>[4]</sup> The problem, in my opinion, has been gluconeogenesis. The liver converts protein to glucose and circumvents the dietary carbohydrate deficiency. That is where the alcohol plays its role. Alcohol inhibits gluconeogenesis.<sup>[5]</sup> Hence, taking some alcohol at

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meals should empower the diet to feed the normal cells while starving the cancer.

There will be risks: Anemia and beriberi, as well as hypoglycemia, ketoacidosis, and tumor lysis syndrome. To manage these, and other, unknown, risks, place yourself under the care of a physician. This physician need not endorse the untested, unconventional, sugar-free, and vitamin-deficient diet but should be able to assure you that it might actually work. By explaining how it might work, while warning that it has not been tested, this physician can manage the risks and help you fight your cancer.

One last point: Spend time relaxing in warm baths. It will lift your spirits, and hyperthermia tends to inhibit cancer growth.<sup>[6]</sup>

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