

Courage Against Cancer: Advanced Supplement Protocol Guide

This guide provides detailed instructions for the supplements in the Courageous Transformation 21-Day Protocol, empowering you with the knowledge to support your healing journey safely and effectively.

Introduction

The following supplements are carefully selected to support your body's natural healing processes, reduce inflammation, and boost immunity. Always consult your doctor before starting any new supplement, especially if you're undergoing conventional cancer treatments.

Supplement Breakdown

1. **Fenbendazole** (Daily, All 21 Days)
 - **Dosage:** 222 mg daily, taken with a meal containing healthy fats (e.g., avocado, olive oil) to enhance absorption.
 - **Timing:** Morning or evening, consistent daily.
 - **Purpose:** May disrupt cancer cell energy production by inhibiting microtubule formation, based on anecdotal reports and early research.
 - **Precautions:** Avoid if you have liver issues; monitor for nausea or fatigue. Consult your doctor if on chemotherapy.
2. **Ivermectin** (Days 1–14, Resume Days 18–21)
 - **Dosage:** 0.2 mg/kg of body weight daily (e.g., 12 mg for a 60 kg/132 lb person), taken on an empty stomach.
 - **Timing:** Morning, 1 hour before breakfast. Break on Days 15–17 to prevent resistance.
 - **Purpose:** May inhibit cancer cell growth by targeting specific pathways, per preliminary studies.

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- **Precautions:** Do not use if allergic to Ivermectin. Monitor for dizziness or stomach upset. Consult your doctor if on blood thinners.
- 3. **DMSO** (Days 1, 4, 7, 8, 11, 14, 15, 18, 21)
 - **Dosage:** 1 tsp (5 mL) of 99% pure DMSO mixed with 1 tsp water, applied topically to clean skin (e.g., inner arm).
 - **Timing:** Evening, after a shower, on specified days.
 - **Purpose:** May enhance the absorption of other compounds and reduce inflammation, per anecdotal evidence.
 - **Precautions:** Ensure skin is clean to avoid irritation. Do not apply near open wounds. May cause a garlic-like taste or odor.
- 4. **Vitamin C** (Daily, All 21 Days)
 - **Dosage:** 1,000 mg daily, taken with breakfast.
 - **Timing:** Morning, with food to avoid stomach upset.
 - **Purpose:** An antioxidant that supports immune function and may reduce oxidative stress in cancer patients.
 - **Precautions:** High doses may cause diarrhea; reduce if needed. Avoid if you have kidney stones.
- 5. **CBD** (Days 8–21)
 - **Dosage:** 10 mg daily (e.g., 1 dropper of 300 mg/30 mL CBD oil), taken sublingually.
 - **Timing:** Evening, starting on Day 8, to aid relaxation and sleep.
 - **Purpose:** May reduce inflammation, pain, and anxiety, supporting overall well-being.
 - **Precautions:** Start with a low dose to assess tolerance. Avoid if on medications that interact with CBD (e.g., sedatives). Consult your doctor.
- 6. **Medicinal Mushrooms** (Daily, All 21 Days)
 - **Dosage:** 500 mg of a blend (e.g., reishi, turkey tail, chaga), taken as a capsule or powder in a smoothie.
 - **Timing:** Morning, with breakfast.
 - **Purpose:** Contain beta-glucans that may enhance immune response and reduce inflammation.
 - **Precautions:** Ensure the product is third-party tested for purity. Avoid if allergic to mushrooms.
- 7. **Vitamin D** (Daily, All 21 Days)
 - **Dosage:** 2,000 IU daily, taken with a meal containing fats.
 - **Timing:** Morning, with breakfast.

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- **Purpose:** Supports immune function and may reduce cancer-related inflammation.
 - **Precautions:** Monitor blood levels if taking long-term; high doses can lead to toxicity. Consult your doctor if on other vitamin D supplements.
8. **Zinc** (Daily, All 21 Days)
- **Dosage:** 15 mg daily, taken with food.
 - **Timing:** Morning, with breakfast.
 - **Purpose:** Supports immune function and may enhance the effects of other supplements like Quercetin.
 - **Precautions:** High doses may cause nausea or copper deficiency. Avoid taking with iron supplements.
9. **Quercetin** (Daily, All 21 Days)
- **Dosage:** 500 mg daily, taken with a meal.
 - **Timing:** Morning, with breakfast, alongside Zinc for synergy.
 - **Purpose:** A flavonoid with antioxidant and anti-inflammatory properties; may enhance Zinc's antiviral effects.
 - **Precautions:** May interact with certain medications (e.g., blood thinners). Consult your doctor if on prescription drugs.
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Tips for Success

- Keep a journal to track how you feel on each supplement, noting any side effects.
- Source high-quality, third-party-tested supplements to ensure purity and potency.
- Stay hydrated (8–10 glasses of water daily) to support your body's natural detox processes.
- If you experience adverse effects, pause the supplement and consult your doctor