

"Cancer Care: The Role of Repurposed Drugs and Metabolic Interventions in Treating Cancer."

Dr. Paul Marik

This book is a mixed bag. Chapter 2, entitled "what is cancer" uses terms that only a clinician or an oncologist would be likely to understand. It certainly convinced me of Malik's expertise. There was enough I could relate to convince me that he's thoroughly studied the subject. Not that he needed the credibility, but it lent authority to the rest of the book – how to avoid and how to treat cancer.

Dr. Malik came to prominence as a leading member of the Front Line Covid Critical Care Alliance. His association with them cost him his job, freeing up his time to pursue what he may have wanted to do for a long time, write a book. A key part of the FLCCC mantra is that big Pharma is in it for the money. They have a lot more interest in expensive treatments than in making you well. The theme of this book is that there are things you can do for not too much money to make yourself much more resistant to cancer and to treat it if you have it.

https://vigilantfox.news/p/dr-paul-marik-exposes-the-truth-about?publication_id=975571&post_id=145962505&isFreemail=true&r=16fp5&triedRedirect=true

We all love confirmation. I like his suggestions because they are so much in line with what I have always believed. He splits his 10 strong recommendations for avoiding and treating cancer between two chapters, three and seven.

1. Glucose management and Ketogenic diet. This is advice that anybody paying attention has received a thousand times over, but still good. Avoid too many carbs. Avoid processed foods – if it looks like food, it probably is. If it comes in a box avoid it. Don't eat between meals. Fast occasionally.
2. Exercise half an hour a day. As you all know, that's what I do. He says just plain walking will generally do the trick. I believe in sweat.
3. Stress reduction and sleep.

The next chapter goes into strong recommendations for vitamins and repurposed drugs. Specifically, and in this order:

4. Vitamin D3
5. Melatonin
6. Green tea
7. Metformin
8. Curcumin

9. Mebendazole
10. Omega-3 fatty acids
11. Berberine
12. Atorvastatin
13. Disulfiram
14. Cimetidine
15. Mistletoe
16. Phosphodiesterase 5 inhibitors.

Beyond 10, that's stuff I hadn't heard about. But once again, the beginning items in the list, the top priority stuff, convinced me that he knows what he's talking about.

His latter chapters address treatments that are probably useful, might be useful, and are not useful. He puts Laetrile in the not useful category, saying it has been extensively tested for more than 30 years and that there is nothing there. Fair enough with me. Somebody looking for an alternative to the unappetizing palette of traditional cancer treatments.

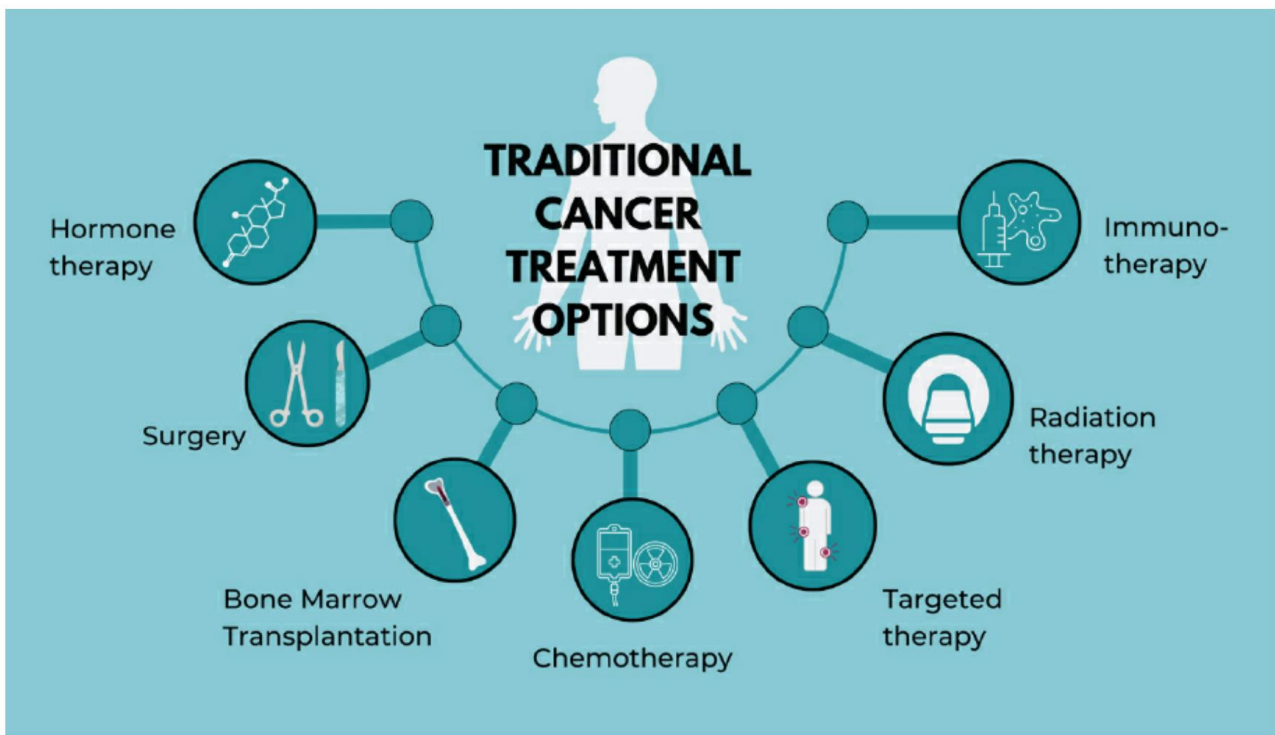


Figure 2: "Modern" cancer treatments are expensive and have limited benefit (Source: FLCCC)