

CANCER AND CANNABIS

PRACTITIONER GUIDE

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1 OVERVIEW

This document has been designed to assist both the Practitioner and Client to determine the most appropriate protocol or series of protocols for clients suffering from metabolic disorders, in particular Cancer.

Due to the seriousness and often long-term ramifications of a cancer diagnosis, an approach to the most appropriate protocol is designed as a series of programs which can be tailored to suit the persons specific needs and situation.

The information provided in this document is not structured as a “one size fits all” approach. It is a guideline that provides an outline of the most common treatment plans recommended.

2 UNDERSTANDING CANCER

Cancer is a large part of consultancy work, and its terms can often be misunderstood. Some of the common terminology used in relation to a cancer diagnosis are:

- Tumor: a mass which can be either benign or malignant
- Benign Tumor: a mass which does not metastasize
- Malignant Tumor: a mass which spreads

A tumor may also be histologically benign but biologically malignant. Eg a meningioma tumor is a tumor on the layer of the brain which does not metastasize or spread but it can function as a lesion which can also cause the demise of a patient’s health.

Histological – describes the tissue of origin (eg cancer in the liver may be a liver primary or metastatic spread from bowel).

2.1 Tumor Grade and Stage

The tumor grade is the degree of malignancy as seen under a microscope. The criteria for assessing the grade depends on numerous things including the size and shape of the nucleus of the tumor cells and the quantification of mitotic figures in that cell. Mitotic figures are found by the process of catching the cell’s DNA in mitosis. The more mitotic cells per high powered field, indicates the rate at which the tumor is growing.

Tumor stage depends on the tumor involved and only refers to solid tumors. Eg leukemia isn’t subject to tumor staging because it is disseminated throughout the body from the start making it a non-solid tumor.

2.2 Stages of Cancer Spread

There are 4 stages of cancer:

1. The tumor is confined to the original primary site.
2. Nodal spread. This is a spread where a cancer will spread from the original site to a lymph node. Eg a melanoma on the hand may spread to the nodes under the arm.

3. Metastasis is a secondary tumor which spreads to distant sites but on the same side of the diaphragm as the original tumor.
4. Distant spread which means the cancer has spread to both sides of the diaphragm.

The stage does not necessarily correlate with the lethality of the tumor. Eg a primary brain tumor rarely progresses beyond Stage 2 but its rate of mortality is extremely high.

2.3 The Right Support

In the words of Dr Andrew Katelaris 'A wise practitioner will cure occasionally, relieve often but comfort always.'

Success in medical intervention can be assessed in many ways. The greatest detriment to healing of advanced disease is the negative prognosis of people being told they have limited time to live. The nocebo effect (opposite to the placebo effect) can lead to perceived or actual physical side effects of a treatment simply based on the patient's perception of the intervention or prognosis. It is pertinent to remember that there are always options for helping people return to better health or to transition in a kinder way.

3 THE CONSULTATION PROCESS

As a Practitioner, it is our role to understand what the client is requiring through the consultation process with rule number 1 being - never assume anything. The first 2 things that must be identified in the initial consultation is:

1. Where is the client at?

It is vital that the consultant understands how far along the client is in their cancer journey. If this is a recent diagnosis the client (and their extended family) will most likely be in shock expressed in various ways. They will more than likely have been given an urgent treatment plan by their oncology medical team and in a lot of distress and/or confusion. It is IMPERATIVE that we do not add to their stress with an excessive treatment plan. Start slow with a minimal number of oils to get the client used to taking oils and to saturate the body, creating a firm platform to continue and develop accordingly.

2. Define the Client's Goals

The needs and goals of each client will differ and will directly determine the approach taken with a recommended protocol – or series of protocols. Regardless of diagnosis it is important to relay to the client that "anything is possible" and their situation may in fact change simply by starting a cannabis protocol.

You may have a client that comes to you primarily for symptomatic relief but once they start taking the oils and feeling better, they may reevaluate and want to take a more 'curative' approach. Their goals have now changed, and recommendations and protocols will change accordingly.

4 RECOMMENDATIONS & PROTOCOLS

For clients to receive the best results from their cannabis protocol it is recommended they remove all refined sugar and processed foods from their diet, they consumer filtered water only and they reduce all forms of stress as much as possible. To reduce inflammation and inhibit cancer growth we also need to drop acidic load and bring the body's Ph back to balance. Hemp seed smoothies, green detox juices and immune support juices should also be recommended in the initial consultation, especially if diet or nutrition as not been considered by the client.

From our experience, there are generally three reasons clients contact us for assistance with cancer. Recommendations and Protocols will depend on the following:

1. Symptomatic Relief eg: side effects of chemotherapy and/or radiation treatments including pain, nausea, loss of appetite, neuropathy etc; pain from the disease itself; fear and anxiety
2. Disease Management and/or "Curative" Approach
3. End of Life Care and Support

4.1 Symptomatic Relief

The symptomatic relief protocol will be very similar to the starting protocol for Disease Management and End of Life Care and Support. This will be a standard approach to managing symptoms as well as saturating the body with cannabis oils.

It is recommended to incorporate the Level 1 or Level 2 Care Program at this stage depending on the client's goals, need for support and prior experience or knowledge of cannabis. It is advisable that a member of their support team be included in the initial consultation to both learn and be better equipped to participate in the protocols.

The standard approach to symptomatic relief is designed to reduce pain and nausea within the first month. Oils are recommended to be taken every 3-4 waking hours.

4.1.1 Symptomatic Relief Protocol

- CBD Dominant Oil 6:1 for daytime use (or 5:1 Flow / Balance if suitable)
- CBD/THC Combined 1:1 or 1:3, OR THC Dominant 1:8 for nighttime use
- C60 – taken alongside cannabis formulas equal to 1 or 2 teaspoons daily
- Hemp Seeds - blended
- Tea/Essence Blend/Hydro atomizer depending on the individual situation (ie pain = balance tea/essence or hydro atomizer, digestive = flow tea or essence, stress = bliss tea or essence blend) etc.

By the end of the first month the client should be taking at least 25 drops per day of each oil. The client's protocol will then be reviewed, and doses and oils changed according to client's response.

4.2 Disease Management

The first month of the disease management protocol should be very similar to the Symptomatic protocol listed above. As mentioned previously our goal for the first month is to get clients used to taking the oils and to saturate the body.

Clients may require a Level 2 or Level 3 Care Program to offer the best ongoing Practitioner/Client support.

After the first month or when the client is averaging around 25 drops of each oil per day, the client should be moving to a high-end protocol. A high-end protocol is a more comprehensive approach and consists of intense extracts as well as other health enhancing supplements and therapies.

The consultant should now be looking to introduce 3 mid to high concentrate THC oils to the client's protocol. Oils should still be taken every 3-4 hours.

4.2.1 Disease Management Protocol

- CBD Dominant 6:1
- THC Dominant 1:7
- 1/8 8X High Concentrate
- C60
- Hemp Seeds
- Tea/Essence Oil/Hydro atomizer

At this stage of the treatment protocol (approx. 4 weeks in) you can also advise clients about additional treatment measures and supplements that may benefit them. THIS IS A SUGGESTION ONLY AND CAN BE DEFINED ACCORDING TO THE NEEDS OF THE CLIENT AND AVAILABILITY OF PRODUCTS. These suggestions include:

- 3 Day Water Fast (Autophagy: body feeds off old cells, creates deep cellular cleanse and resets immune system)
- Rice bran arabinoxylan compound (RBAC) - product called RIBRAXX by Biomedical - This is an NK4 stimulator
- C60
- FENBENDAZOLE (has a Sulphur molecule attached to it. Sulphur starves cancer, stops cancer metabolism and switches on the body's P53 genes to attack cancer). or IVERMECTIN
- TUMERIC
- ESSIAC herb formula
- Bloodroot
- IVI Vit C and Ozone
- SULFORAPHANE reduces metastatic activity
- Rope worm purge to clean gut so that oils and supplements work more efficiently

- Meditation, yoga and breathing techniques
- Finding joy – do what you love or what you’ve always wanted to do

It is our role as a consultant to ensure we offer a positive experience for the client. Even if they have been diagnosed with a ‘terminal’ illness there are always options for helping people return to a better state of health or to help them transition in a kinder way. As a consultant I would encourage them to practice self-help methods such as eating a whole food diet, exercise and yoga if possible, meditation and quality social time with loved ones. I would also encourage them to create a stronger connection between their mind and body and how they work together and complement each other in facilitating better overall health.

4.3 Curative Approach

The curative approach is an intense protocol designed to rid the body of cancer. The first month of this protocol will be similar to the Protocol for Disease Management above.

Clients undertaking this approach should be looking at the Level 3 Care Program.

4.4 Curative (Full RSO) Protocol

- CBD dominant throughout the day ie: 6/1
- 1/1 or 1/3 or High Concentrate if needed
- AGAPE (Ubuntu’s Full Extract Cannabis Oil (FECO))
- C60
- Hemp Seeds
- Tea/Essence Oil/Hydro atomizer

The AGAPE oil (Agape means ‘from love’) is classified as a Full Extract Cannabis Oil or FECO oil. FECO is the Australian version of the famous Rick Simpson Oil (RSO) ([Information on Rick Simpson Oil](#)). The Agape oil is composed of whole plant, full spectrum of three different cannabis strains. It is suspended in MCT oil making it easier to dose. Unlike the Rick Simpsons Oil, we have maintained the integrity of the entire plant in the oil making process. Research over the past 20 years since the RSO was originally created confirms that full spectrum oils have more advanced therapeutic effects.

The 90-day RSO Protocol is still widely used today. It involves 30 days of building up to 1g/day of FECO/Agape, 30 days of ingesting 1g FECO/Agape per day followed by 30 days returning to maintenance dose.

Our approach is in a bio-rhythm method designed to build up the uptake and tolerance of oils over the initial month after consultation. Ideally the client should be able to tolerate 30-40 drops of 1/8 high concentrate prior to starting a protocol with Agape (1 drop of 25ml). A base of different strengths of Agape oil can be created depending on the client’s situation ie 5g base, 10g base.

The current price of Agape is \$100/gram. The RSO protocol = 30/30/30 is approximately 60grams = \$6,000. Please note this will vary widely depending on the client’s tolerance.

5 END OF LIFE CARE AND SUPPORT

Clients with cases of advanced cancer will come to us for pain relief and end of life support. In these consultations you will need to discuss pain and other symptoms, provide emotional and psychological support and open up the discussion about end-of-life plans if appropriate.

It is known that a healthy and optimal functioning Endocannabinoid system plays a fundamental and innate role in allowing the body to shut down in a natural sequence, allowing death to be an extraordinary occasion – just like birth.

5.1 End of Life Protocol

Pain management and end of life protocols will vary depending on levels of pain and symptoms being experienced. An example of a starting protocol may look similar to the below:

- CBD Dominant 6:1
- THC Dominant 1:7
- 1/8 8X High Concentrate
- C60
- Hemp Seeds
- Balance Hydro atomizer & Bliss essence/tea

Please know that all Practitioners will be supported by senior consultants and / or Death Doulas during this process.

6 LEVELS OF CARE

6.1 LEVEL 1 CARE PROGRAMME - \$150 (1 month)

Our Level 1 package is recommended for those who have some cannabis experience, and/or those who are supported by an existing health practitioner who understands the Endocannabinoid System and formula use.

- Initial consultation (45 minutes)
- Individualized treatment protocol
- Comprehensive guidelines (emailed post-consultation)
- Access to online portal & additional resources
- Support to place your initial order, if required
- 1 x 15 minute follow up call within the month – usually 2-3 weeks after initial consultation
- Support via email or text throughout the month as appropriate

6.2 LEVEL 2 CARE PROGRAMME - \$260 (1 month)

This package is recommended for those with no prior cannabis experience, those with more complex cases, and/or those who require additional support implementing a new regimen into their daily practice. This is highly recommended for anyone feeling cautious about the use of cannabis-based formulas.

- Initial consultation (60 minutes)
- Individualized treatment protocol
- Comprehensive guidelines (emailed post-consultation)
- Access to online portal & additional resources
- Support to place your initial order, if required
- 2 x 15 minute coaching calls throughout the month
- 1 x 30 minute end of month review
- Support via email or text throughout the month as appropriate

Level 2 Care may also be considered as introducing “add-on” components to Level 1 if a client realizes they may need more support after the initial consultation. Time and support structure should be discussed openly between practitioner and client to determine the most appropriate level of care required and all that is involved by both parties.

6.3 LEVEL 3 CARE PROGRAMME - \$480 (3 months)

This package is for those requiring intensive healing, or for anyone who feels they would benefit from ongoing support as they embark on a new journey towards wellness and a better quality of life.

6.3.1 MONTH ONE

- Initial consultation (60 minutes)
- Individualised treatment protocol
- Comprehensive guidelines (emailed post-consultation)
- Access to online portal & additional resources
- Support to place your initial order, if required
- 1 x 15 minute mid-month coaching call
- 1 x 30 minute end of month review

6.3.2 MONTH TWO

- 1 x 50min one-on-one coaching, or other appropriate supportive session
- 1 x 15 minute end of month check-in

6.3.3 MONTH THREE

- 1 x 50min one-on-one coaching, or holistic psychotherapy session
- 1 x 30min end of program review

All Levels of Care include support via email or text throughout the duration of the program as appropriate and revisions to protocol and guidelines, as required throughout the program.

Please note – the above Levels of Care are a guide of the initial structure only. All Care Programs can be specifically tailored to suit both client and Practitioner according to needs and modalities.

7 FOLLOW UP CONSULTATIONS

Follow up consultations are consultations that fall outside of the first month of treatment or the Levels of Care Program. They are necessary to assess how the client's treatment is progressing and ensure they are getting their desired results. These appointments provide the opportunity for both you and the client to ask questions, discuss dosages or potential side effects, adjust treatment protocols and update scripts if necessary. The protocol will need to be adjusted as the client's health changes.

Longer follow up appointments may be necessary to dive more deeply into the underlying causes of client's symptoms if they are not getting their desired results. Diet, lifestyle and stress have a huge impact on health. Achievable strategies should be implemented with the client incorporating lifestyle choices to ensure optimal health outcomes.

The frequency of these appointments is dependent on individual requirements for ongoing treatment and support.

7.1 Cost of Follow Up Consultation

- 15mins = \$30
- 30mins = \$50
- 45mins = \$80

8 FORMULAS AND SUPPLEMENTS

Cannabis formulas start at \$60 per 25ml bottle and recommended protocols generally include a morning, afternoon, and a night-time formula. Pls note that the morning and afternoon formulas are sometimes the same oil on a starting protocol.

All costs and the rationale behind the protocol should be discussed with the client during the consultation.

There is now a large range of supplements available in the portal so please familiarize yourself with what is available. All supplements and cannabis formulas are charged separately.

9 PAYMENT PLANS & COMPASSIONATE CARE

If your client is experiencing serious financial or medical hardship, or other personal problems, please speak to us about applying for a payment plan to pay in instalments and/ or at a discounted rate.