

Cancer Support Toolkit

The tools, tests, questions, and holistic approaches we wish everyone had on day one.

Prepared by MK Wellness · Cypress, TX · mkwellness.care · Updated October 2026



Take a breath. You don't have to do this all at once. Pick where you are below, and start with one step today.

A NOTE FROM DANI

Your body was designed to heal, and you deserve every tool that can help it.

When you hear the word cancer, you deserve more than a treatment schedule. You deserve a plan for your whole self: your tumor data, your terrain, your food, your sleep, your stress, your faith, and your joy. This toolkit gathers the best of what we have learned from oncologists, functional and naturopathic doctors, researchers, and survivors who walked this road.

You will find mainstream tools next to holistic and cutting-edge ones. Some have large trials behind them; some are early and still being studied. We share them all, with honest labels, because you deserve to know your options. There is no single right path. The right path is the one you choose with your eyes open and your whole team, conventional and integrative, talking to each other.

How to use this toolkit

1. **Tell us where you are** (just below) to see your first six steps.
2. **Tick each box as you go.** Your checkmarks save on this phone or computer, so you can come back anytime.
3. **Bring your questions** to appointments: print them, or email them to yourself. Talk through anything new with your care team before you start it.

Where to start

Just diagnosed

1. Put all your records in one free app (step 1)
2. "Has the tumor had biomarker (genomic or molecular) testing? Which markers, and what did they show?" (step 2)
3. "Would a second opinion, including a second look at my pathology slides, be useful?" (step 2)
4. "Are there clinical trials that fit this cancer type, stage, and biomarkers?" (step 4)
5. Get a dental exam before treatment starts (step 7)
6. Start with a free oncology social worker (step 11)

In treatment

1. Keep a simple daily log (step 3)
2. Show your team every supplement (step 9)
3. "When is it safe to take antioxidant supplements during my chemo or radiation?" (step 9)
4. Keep moving, gently (step 6)
5. Pick one calming practice a day (step 6)
6. Book a free tour or a first visit (step 10)

After treatment

1. "Is ctDNA (circulating tumor DNA) testing right for me?" (step 3)
2. Watch the trend, not one number (step 3)
3. Keep moving, gently (step 6)
4. Cut the inflammatory foods (step 6)
5. See a biological dentist (step 7)
6. Plan one thing you enjoy each week (step 6)

What the research labels mean

STRONG National guidelines recommend it, based on many trials.

PROMISING Positive randomized or controlled human trials; still being confirmed.

EMERGING Early human data: small studies, case series, clinic data.

EXPERIMENTAL Lab and animal studies plus personal stories; human trials still needed.

The 13 steps

1

Get organized

You shouldn't have to remember everything. Free tools can hold your records, capture what doctors say, and show you what comes next.

Put all your records in one place

- ☐ **Put all your records in one free app.** Guava Health pulls records from your patient portals into one place, so you stop logging into five websites. Get it on your phone (iPhone or Android) or use it on the web.
- ☐ **Connect each patient portal** (MyChart, Cerner, and others) to bring in records, labs, and doctor notes. Apple Health on iPhone can also import records from many health systems.
- ☐ **Add your paper reports.** Snap or upload visit summaries, scans, and lab results.
- ☐ **Log how you feel:** symptoms, medications, supplements, and side effects, as they happen.
- ☐ **Share with your whole team.** Send your full profile, or only certain results, to any doctor, including integrative practitioners.
- ☐ **Keep a one-page summary** to bring to every appointment: diagnosis and date, treatments so far, medications and supplements, allergies, and your care team's phone numbers.

Pick one or two helper apps

App	Best for	Cost
ACS CARES	Cancer information for any type, plus 24/7 access to American Cancer Society specialists	Free
Cancer.Net Mobile (ASCO)	Tracking symptoms, medications, appointments, and providers, with oncologist-approved information	Free
Belong.Life	Community with others on the same road, questions to experts, clinical trial matching	Free
Caring Village or CaringBridge	Family coordination: shared calendar, meals, rides, one place to post updates	Free
MSK About Herbs	Looking up any herb or supplement: research, side effects, and drug interactions	Free

Most people only need two: one tracker and one for family.

Why record your appointments?

49%

remembered the plan correctly on their own

36%

remembered it only when reminded

15%

remembered it wrong or not at all

How well patients remembered their doctor's decisions one week after a visit (The Hospitalist).

- ☐ **Ask to record your visits:** "Do you mind if I record so I don't miss anything?" Texas is a one-party consent state, but asking keeps trust with your team. [QUESTION TO ASK](#)
- ☐ **Use your phone's voice memo app.** Many phones show a written transcript you can copy.
- ☐ **Keep recordings private,** for you and your team captain, never posted online.

Optional: build your own Healing Navigator with AI. This is a great job for a tech-savvy family member or friend.

- ☐ **Create a private project** called "My Healing Navigator" in Claude (claude.ai/projects) or ChatGPT.
- ☐ **Paste in the instructions below.** Tap "Copy" and paste them into the project's instructions.
- ☐ **Add your files:** this toolkit (the PDF), your diagnosis summary, biomarker report, and medication and supplement list.
- ☐ **Start a new chat in the project** whenever you need help.

Project instructions to copy and paste

You are my healing and care organizer. I am a patient (or caregiver).

I want whole-person care: conventional treatment plus holistic, functional, and integrative support. Use the MK Wellness Cancer Support Toolkit in this project to track where I am, step by step.

- Explain everything in plain, kind language, without fear.
- Never tell me to start, stop, or change any treatment, medication, or supplement. Turn those ideas into questions for my oncology and integrative team.
- When I ask about any therapy, tell me honestly what the research shows, what it may help, and what to watch for with my current treatment.
- When I share appointment notes or a transcript, give me: 1) what was decided, 2) my next steps with dates, 3) new questions for my next visit, 4) which toolkit boxes I can tick.
- Keep a running list of my open questions.
- If anything sounds urgent, tell me to call my care team or 911.

Things to ask your Healing Navigator

- "Here's the transcript from today's appointment. What was decided, and what are my next steps?"
- "Here's my supplement list and my treatment plan. What should I ask my oncologist and pharmacist about?"
- "Explain this lab report in plain words and list questions for my oncologist."

- "Find published research on [therapy] for this cancer type and summarize it honestly."
- "Write a short update for my family about today's visit."

Privacy rules for AI

- ☐ **Know what privacy covers.** Once you upload your own records to a consumer AI tool, HIPAA no longer protects that copy; the company's privacy policy does.
- ☐ **Cover ID numbers** (Social Security, insurance member, and account numbers) before you snap or upload.
- ☐ **Double-check with your team.** AI can be wrong, so confirm anything important before acting on it.

2

Know the tumor

Ask for biomarker testing of the tumor, ideally before treatment starts.

Biomarker testing shows which treatments your specific cancer is likely to respond to, and it is often covered. Survivor Julie Stevens says genomic testing showed her tumor was resistant to the standard chemo before she started it. Results can open doors to targeted therapies and clinical trials, and starting treatment before you know your markers can exclude you from some trials later. Medicare covers next-generation sequencing for advanced cancers, and many labs offer patient assistance.

- ☐ **Ask:** "Has the tumor had biomarker (genomic or molecular) testing? Which markers, and what did they show?" [QUESTION TO ASK](#)
- ☐ **Ask:** "Should I also have germline (inherited) genetic testing?" Tumor testing looks at the cancer; germline testing looks at what you inherited. [QUESTION TO ASK](#)
- ☐ **Ask for a copy of every report:** biomarker, pathology, and imaging. You own your records. [QUESTION TO ASK](#)
- ☐ **Get your actual scans,** not just the written reports (CT, MRI, or PET, through a secure link or disc), so other practitioners can review them.
- ☐ **Ask:** "Would a second opinion, including a second look at my pathology slides, be useful?" Major cancer centers offer them, and many insurance plans cover them. [QUESTION TO ASK](#)
- ☐ **Already in treatment?** Your hospital usually stores tumor tissue, so a new biopsy is often not needed for testing.
- ☐ **Ask:** "If the cancer returns or progresses, should we re-test?" Biomarkers can change. [QUESTION TO ASK](#)

Your right to your records

Under HIPAA you can get copies of your labs, imaging, pathology, and genetic results, and share them with anyone, including an app (HealthIT.gov). Providers generally must respond within 30 days.

3

Track what's working

Watch both the tumor and the body it lives in: your terrain.

Functional practitioners look beyond scans to the **terrain**: blood sugar, inflammation, immune health, hormones, and nutrients. Julie Stevens tracked both her tumor markers and her root-cause labs, calling scans and biopsies lagging clues and blood data a real-time view.

- ☐ **Ask:** "Which tumor markers will we track, and how often?" For example, CEA and CA 19-9 in colorectal cancer. [QUESTION TO ASK](#)
- ☐ **Ask:** "Is ctDNA (circulating tumor DNA) testing right for me?" This blood test can help monitor response or recurrence. [QUESTION TO ASK](#)
- ☐ **Ask:** "What result would make us change the plan?" Agree on this before results come in. [QUESTION TO ASK](#)
- ☐ **Ask an integrative or functional practitioner** which terrain labs fit you (see the list below). [QUESTION TO ASK](#)
- ☐ **Keep a simple daily log:** energy, sleep, appetite, digestion, pain, mood, and side effects. Bring it to appointments.
- ☐ **Save every result,** dated, in one folder or in your records app.
- ☐ **Watch the trend, not one number.** Track labs over time to see the direction you're heading, and review them with your team regularly.

Terrain labs to ask about

- Complete blood count (CBC) and comprehensive metabolic panel, including liver and kidney function
- Blood sugar and insulin: fasting glucose, fasting insulin, HbA1c
- Inflammation: hs-CRP
- Vitamin D (25-hydroxy vitamin D)
- Iron and ferritin
- Full thyroid panel
- Omega-3 index
- Nutrients: magnesium, zinc, copper, B12, and folate

- Hormones as relevant: estrogen, progesterone, testosterone, cortisol, and DHEA
- Organic acids or other functional testing, if your practitioner uses it

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Look at clinical trials early

Trials can offer newer treatments, and asking early keeps more options open.

- ☐ **Call for a free trial search:** the National Cancer Institute, 1-800-4-CANCER (1-800-422-6237). A specialist can run the search for you and send you the results.
- ☐ **Ask your oncologist:** "Are there clinical trials that fit this cancer type, stage, and biomarkers?"
 QUESTION TO ASK
- ☐ **Search on your own** at ClinicalTrials.gov, including words like "mistletoe," "vitamin C," "fasting," or "metformin" with your cancer type. Trials exist for integrative therapies too: Johns Hopkins has run trials of IV mistletoe, and the University of Iowa of high-dose IV vitamin C.
- ☐ **Ask the trial team** which costs are covered: testing, travel, and visits.  QUESTION TO ASK

The Houston advantage

You live near the Texas Medical Center, home to some of the country's largest cancer trial programs. A trial may be a short drive away.

5

Build your whole team

Your oncologist treats the cancer. Your integrative team supports the person.

The ideal team has your oncologist at the center, with integrative and functional support around them, all talking to each other. Integrative medicine pairs evidence-informed complementary care with conventional treatment in a personalized, safe way.

Who	What they do	How to find one
Integrative oncologist (MD, or FABNO naturopath)	Combines oncology knowledge with nutrition, botanicals, and mind-body care; coordinates with your oncologist	Search "FABNO" (Fellow of the American Board of Naturopathic Oncology) or the Society for Integrative Oncology. MD Anderson patients: Integrative Medicine Center, 713-794-4700
Holistic and functional practitioners	Whole-body evaluation and terrain support	The Natural Health Network directory (MK Wellness is a member)
Biological dentist	Comprehensive dental exam with a 3D cone beam scan (see "Clear the hidden stressors")	Natural Health Network directory or IAOMT

Who	What they do	How to find one
Oncology dietitian	Nutrition for treatment, side effects, and recovery	Ask your treatment center for a CSO-credentialed dietitian
Oncology pharmacist	Checks supplements, herbs, and repurposed drugs against your treatment	Ask your infusion center
Acupuncturist	Pain, neuropathy, nausea, fatigue, hot flashes	Ask for one who works with cancer patients
Exercise specialist	Safe, tailored movement	Free finder at Moving Through Cancer
Counselor, chaplain, or mentor	Emotional and spiritual support	Your treatment center, faith community, or Imerman Angels (free one-on-one survivor mentors)
Referring partner for MK clients	Medical questions and regenerative care	We refer our clients to Dr. Tina Hills, D.O., and her practice, PHMX, in Katy. Ask us to connect you
Supportive wellness, like MK	Comfort, recovery, calm, and quality of life	MK Wellness, Cypress: (346) 805-8928

Questions for any practitioner

- ☐ "What's your experience with my type of cancer?" [QUESTION TO ASK](#)
- ☐ "What published research supports this for my type of cancer, and what have you seen in practice?" [QUESTION TO ASK](#)
- ☐ "Will you coordinate with my oncologist and share your notes?" [QUESTION TO ASK](#)
- ☐ "Could this interact with my treatment, and how do you check?" [QUESTION TO ASK](#)
- ☐ "What are the risks and side effects?" [QUESTION TO ASK](#)
- ☐ "What does it cost, and how will we measure whether it is working?" [QUESTION TO ASK](#)

6 Daily foundations

Food, movement, rest, and joy: the parts of your terrain you shape every day.

The soil matters as much as the seed. Naturopathic oncologist and survivor Dr. Nasha Winters maps ten elements of the body's terrain, including blood sugar balance, the microbiome, the immune system, toxin exposure, and epigenetics, with a nutrition approach for each (*The Metabolic Approach to Cancer*). Researcher Dr. Kelly Turner studied more than 1,500 cases of unexpected remission and found ten factors survivors shared (*Radical Hope*):

1. Radically changing your diet
2. Taking control of your health

3. Following your intuition
4. Using herbs and supplements
5. Releasing suppressed emotions
6. Increasing positive emotions
7. Embracing social support
8. Deepening your spiritual connection
9. Having strong reasons for living
10. Moving your body

Nourish

- ☐ **Cut the inflammatory foods:** added sugar, alcohol, seed oils (canola, soybean, corn, cottonseed, sunflower, safflower, grapeseed), refined flour, and ultra-processed foods. Read labels: seed oils hide in dressings, chips, and restaurant fried foods.
- ☐ **Build meals around real food:** organic vegetables, quality protein, healthy fats, herbs, and spices. Cook with extra virgin olive oil, avocado oil, coconut oil, grass-fed butter, or ghee.
- ☐ **Explore a metabolic or ketogenic approach** with an oncology dietitian or integrative practitioner. It is the centerpiece of Dr. Winters' program and is being studied especially for brain tumors. **EMERGING**
- ☐ **Ask about a fasting mimicking diet around chemo.** In a randomized trial of 131 women with HER2-negative stage 2 or 3 breast cancer, a short fasting mimicking diet around chemo improved tumor response, with no increase in side effects (Nature Communications, 2020). **QUESTION TO ASK** **PROMISING**
- ☐ **Losing weight or muscle? Protect your strength first.** See a dietitian before cutting back on food.
- ☐ **Drink clean, filtered water** and stay well hydrated.
- ☐ **Download the free HEAL Well guide,** a nutrition guide from the American Institute for Cancer Research (AICR), LIVESTRONG, and Meals to Heal.

Move

- ☐ **Keep moving, gently.** Exercise is safe during treatment, can help you tolerate it, and is linked to lower recurrence. Take the free EXCEEDS survey from Moving Through Cancer to find local or online programs that fit you. **STRONG**
- ☐ **Know the research:** in a large randomized trial (CHALLENGE), a three-year structured exercise program after colon cancer treatment lowered the risk of recurrence, a new cancer, or death by 28% (New England Journal of Medicine, 2025).
- ☐ **Start small.** A 10-minute walk after meals counts, and it helps blood sugar too.

Rest, emotions, faith, and joy

- ☐ **Protect your sleep:** a consistent bedtime, a dark, cool room, and morning sunlight.
- ☐ **Pick one calming practice a day:** prayer, breathing, meditation, or a quiet walk. Mindfulness eases anxiety and depression in cancer, per national guidelines. **STRONG**
- ☐ **Give your emotions a place to go:** a counselor, journaling, a support group, or a trusted friend.
- ☐ **Name your reasons for living,** and put them where you see them every day.
- ☐ **If faith is part of your life, lean on it daily.** Speak God's promises over yourself. Healing scriptures Dr. Pete Sulack meditates on include Exodus 15:26, Jeremiah 30:17, Isaiah 53:5, Psalm 103:2-3, Mark 5:34, and James 5:14-15. Invite your church elders to pray over you.
- ☐ **Plan one thing you enjoy each week.** Julie Stevens calls joy part of the healing strategy, not a reward after it.

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Clear the hidden stressors

The terrain approach looks for the burdens that weigh on the immune system, so they can be found and removed.

Your mouth

- ☐ **Get a dental exam before treatment starts.** Mouth infections can delay chemo or radiation, and some bone-strengthening cancer drugs raise jaw risks after extractions.
- ☐ **See a biological dentist** for a comprehensive exam with a 3D cone beam (CBCT) scan, to look for hidden infections (cavitations), problem root canals, and mercury fillings. If you choose to remove amalgam fillings, use a dentist trained in safe removal. Read root canals, both sides and implant and dental material toxicity.
- ☐ **Treat gum disease** and keep up daily care: brushing, flossing, and regular cleanings.

Your home

- ☐ **Filter your drinking water,** and store food in glass instead of plastic. Never heat food in plastic.
- ☐ **Choose fragrance-free products** for your body and your home. Check them in the free EWG Skin Deep and Healthy Living databases, and see our non-toxic home guide.
- ☐ **Check for mold,** especially after any water damage, and consider a professional inspection. Read mold illness.
- ☐ **Test for radon** with an inexpensive home kit. Radon is a known cause of lung cancer.
- ☐ **Freshen your indoor air** with a HEPA air purifier, and open the windows regularly.
- ☐ **Swap nonstick pans** for stainless steel, cast iron, or ceramic.

- ☐ **Buy organic for the most-sprayed produce,** using EWG's Dirty Dozen list.
 - ☐ **Lower wireless exposure at night:** put your phone on airplane mode or charge it outside the bedroom.
-
- Your body**
- ☐ **Support your natural detox pathways:** daily bowel movements, sweating, water, fiber, and cruciferous vegetables like broccoli sprouts.
 - ☐ **Care for your gut and microbiome.** See repair, then rebuild the gut.
 - ☐ **Ask:** "Should we look for chronic infections, such as Epstein-Barr virus, Lyme disease, H. pylori, or parasites?"
QUESTION TO ASK
 - ☐ **Check your sleep and breathing.** Undiagnosed sleep apnea lowers oxygen at night; a sleep study and an airway-focused dentist can check for it.
 - ☐ **Ask:** "Should I be tested for heavy metals?" This matters most if you have a history of exposure.
QUESTION TO ASK
 - ☐ **Have breast implants or metal-on-metal joint replacements?** Read implant toxicity, both sides.
 - ☐ **Ask your team before any cleanse, binder, or sauna protocol** during active treatment. QUESTION TO ASK
-

8 The integrative toolbox

What helps with symptoms, and what's on the cutting edge.

Most people with cancer use some integrative approaches. National guidelines from ASCO and the Society for Integrative Oncology now recommend specific ones for symptoms:

Symptom	What helps	Evidence
Fatigue	Exercise, CBT talk therapy, mindfulness, tai chi or qigong; American ginseng during treatment	Strong / Promising
Joint pain from aromatase inhibitors	Acupuncture; yoga	Strong / Promising
General cancer pain	Acupuncture, reflexology, acupressure; hypnosis for procedures	Promising
Chemo neuropathy	Acupuncture	Emerging
Anxiety and depression	Mindfulness, meditation, yoga, physical activity	Strong

Sources: ASCO-SIO fatigue guideline (2024) and SIO-ASCO pain and anxiety guidelines.

The cutting edge: therapies to ask about

These are the therapies we hear about most from clients and holistic practitioners. Each is meant to work alongside your treatment plan, and each needs your team's input because some interact with treatment.

Mistletoe therapy

PROMISING

Used for decades in Europe, especially Germany and Switzerland, to support quality of life during treatment. A Johns Hopkins phase I trial of IV mistletoe in 21 people with advanced, treatment-resistant cancers found manageable side effects, some disease control, and improved quality of life (Cancer Research Communications, 2023). Not FDA approved for cancer.

Good to know: Start with Believe Big, the nonprofit founded by stage IV colon cancer survivor Ivelisse Page that helped fund the Hopkins trial. Mistletoe is given by integrative MDs and naturopaths, usually as injections under the skin.

High-dose IV vitamin C

PROMISING

At very high IV doses, vitamin C generates hydrogen peroxide that targets cancer cells. In a University of Iowa randomized trial, adding high-dose IV vitamin C to chemo nearly doubled survival in metastatic pancreatic cancer, from 8.3 to 16 months, without adding side effects or lowering quality of life (Redox Biology, 2024).

Good to know: Ask: "Is IV vitamin C an option with my regimen?" It requires a G6PD blood test first and kidney monitoring. Oral vitamin C cannot reach these levels.

Turkey tail and medicinal mushrooms

PROMISING

PSK, an extract of turkey tail, has been used in Japan alongside chemo for decades, and randomized studies there linked it to better survival in gastric and colorectal cancer.

Good to know: PSK itself is a standardized product used in Japan; turkey tail supplements sold in the US are not the same thing. Generally gentle: choose a third-party tested extract and check it in MSK About Herbs.

Repurposed medications (the metabolic approach)

EMERGING

Common, inexpensive generic drugs such as metformin, atorvastatin, mebendazole, and doxycycline target cancer's fuel and growth pathways. The Care Oncology Clinic prescribes this combination alongside standard care and published early data on 95 glioblastoma patients (Frontiers in Pharmacology, 2019); controlled trials are ongoing. Survivor Jane McLelland popularized the idea in *How to Starve Cancer*.

Good to know: Prescription only. Care Oncology offers US telehealth visits and research summaries by cancer type. Your oncologist and pharmacist should review every addition.

Low-dose naltrexone (LDN)

EMERGING

Prescribed at a small fraction of the usual dose, naltrexone may calm inflammation and support immune activity. Reviews describe strong lab data and encouraging case reports and call for clinical trials.

Good to know: Prescription and compounded, usually low cost. It blocks opioid pain medicines, so tell every doctor. Learn more at the LDN Research Trust.

Ivermectin, fenbendazole, and mebendazole

EXPERIMENTAL

Anti-parasitic drugs with strong lab data and many online case stories, often used alongside chemo. No human trials have yet shown benefit, and it is often unclear whether improvement came from chemo, these drugs, or both.

Good to know: Case reports describe serious liver injury in people who took veterinary fenbendazole on their own based on online advice, and liver damage can force chemo to stop. Explore these only with a prescribing doctor who checks your liver labs, and never use animal products.

Oxygen, heat, light, and frequency

EXPERIMENTAL

Hyperbaric oxygen, ozone and infrared saunas, PEMF, the BioCharger, and red light are popular supportive therapies that many people find restorative. Red light (photobiomodulation) has the most supportive-care research: international guidelines (MASCC/ISOO) recommend it to help prevent painful mouth sores during some cancer treatments. Research on these therapies against cancer itself is early, and some need special timing around surgery, radiation, or certain chemo drugs.

Good to know: MK offers these for comfort and recovery. See "Your MK protocol."

Supplements people often research (talk through each one with your team)

- Vitamin D, based on your lab level
- Omega-3 fats
- Curcumin (from turmeric)
- Medicinal mushrooms, such as turkey tail
- Melatonin, studied for sleep and supportive care
- Probiotics, with extra caution if your immune system is suppressed

Choose wisely

Holistic care is powerful when it works with your treatment.

The most successful integrative stories we see share one pattern: people kept their oncologist on the team and added whole-person support around them. Studies show people who used alternative medicine **instead of** conventional treatment for curable cancers had a higher risk of death, while adding integrative care **alongside** treatment is a different story.

Green flags

- Coordinates with your oncologist and shares notes
- Explains the research honestly, including its limits
- Checks for interactions with your treatment
- Tracks results with labs or scans

Pause and get a second opinion if

- Someone promises a cure or success rates no one can match
- A "secret" protocol has no published results
- You're asked for large upfront cash payments
- You're told to stop talking to your oncologist

Before any supplement

- ☐ **Show your team every supplement.** Bring each bottle, or a photo of each label, to your oncologist and pharmacist. More than a quarter of people don't tell their oncologist what they take.
- ☐ **Ask:** "When is it safe to take antioxidant supplements during my chemo or radiation?" High doses of some may reduce the effect of certain treatments. Antioxidant-rich foods are still encouraged. [QUESTION TO ASK](#)
- ☐ **Ask about bleeding risk** with fish oil, turmeric, and garlic if your platelets are low or you take blood thinners. [QUESTION TO ASK](#)
- ☐ **Look up each product** in MSK About Herbs, and choose third-party tested brands.

Your MK protocol

Recovery, comfort, and calm, built into a protocol around you.

MK Wellness is a non-medical wellness spa with 26 recovery and biohacking therapies. We design custom protocols that support energy, sleep, stress relief, circulation, and recovery during and after treatment. Our services support wellbeing; they do not diagnose or treat cancer. For medical questions, we refer our clients to Dr. Tina Hills, D.O., and her practice, PHMX, in Katy. See our Cancer Support protocol.

Good to know

Clearance is not required, but we suggest sharing your MK protocol with your care team, because timing can matter around surgery, radiation, and some chemo drugs. The notes below are the facts worth knowing.

MK therapy	Good to know
Mild hyperbaric oxygen	Current treatments and timing, lung and ear health, recent surgery
HOCATT ozone sauna and infrared sauna	Heat tolerance, blood counts, skin sensitivity during radiation
PEMF and BioCharger	Implanted devices such as ports, pumps, or pacemakers
Red light therapy	Areas being treated with radiation, light-sensitizing medicines
Lymphatic massage and compression boots	Lymph node removal, lymphedema, blood clot risk
Dry cryo float	Circulation, neuropathy, cold sensitivity from chemo
Ceragem, Sound Lounge, and Zero Gravity chair	Comfort and positioning; usually the gentlest starting point

- ☐ **Book a free tour or a first visit**, and we will build your protocol with you. Call or text (346) 805-8928.
- ☐ **Share your MK protocol with your care team.**
- ☐ **Tell us at each visit** if your treatment, medications, or blood counts change, so we can adjust your protocol.

11

Help with costs

Free help is out there. Start with a social worker.

- ☐ **Start with a free oncology social worker** at CancerCare: 800-813-HOPE (4673).
- ☐ **Ask your treatment center's financial counselor** about payment plans and charity care.
[QUESTION TO ASK](#)
- ☐ **Ask each drug maker about patient assistance**, and apply for co-pay help (see the list below).
[QUESTION TO ASK](#)
- ☐ **Get free legal and financial help** with work, insurance, and disability questions from Triage Cancer.
- ☐ **Free rides to treatment:** American Cancer Society Road To Recovery, 1-800-227-2345. Ask for rides as early as you can.
- ☐ **Free lodging if you travel for treatment:** ACS Hope Lodge Houston, 6801 Ardmore St., Houston, 713-848-8905.

- ☐ **Plan for integrative costs.** Integrative care is often out of pocket: ask about HSA/FSA eligibility and superbills, and put the therapies with the strongest evidence for your goals first.

Co-pay assistance programs

Program	Phone	Website
CancerCare Co-Payment Assistance Foundation	866-552-6729	cancercare.org/copayfoundation
HealthWell Foundation	800-675-8416	healthwellfoundation.org
PAN Foundation	866-316-7263	panfoundation.org
Patient Advocate Foundation Co-Pay Relief	866-512-3861	copays.org
Good Days	877-968-7233	mygooddays.org
The Assistance Fund	855-845-3663	tafcares.org

Funds open and close during the year, so check back if one is full.

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Free help lines

Save these numbers. You don't have to figure this out alone.

Who	Helps with	Contact
NCI Cancer Information Service	Trial searches, treatment information, coping resources	1-800-4-CANCER
American Cancer Society	24/7 helpline, rides, Hope Lodge	1-800-227-2345
CancerCare	Oncology social workers, support groups	800-813-HOPE (4673)
Imerman Angels	A free one-on-one mentor who walked through the same type of cancer	imermanangels.org
Believe Big	Mistletoe therapy guidance and patient support	believebig.org
Radical Remission Project	Free database of healing stories, workshops	radicalremission.com
MD Anderson Integrative Medicine Center	Integrative oncology consults for MD Anderson patients in Houston	713-794-4700; new to MD Anderson: 877-632-6789
Society for Integrative Oncology	Finding integrative oncology practitioners	integrativeonc.org
Natural Health Network	Finding holistic practitioners near you	naturalhealthnetwork.org

Their stories are powerful. Each is one person's path, not a plan for you, and we share them as conversation starters with your team.

Julie Stevens**Stage 4 colon cancer survivor**

Reports reaching no evidence of disease in nine months by tracking her tumor and terrain data and building a team across conventional and traditional healing, including an herbalist who helped prepare her body for treatment. Her free "5 Power Moves" and guides are at [Heal Smarter](#), and her book is *MOJO Healing*.

Dr. Nasha Winters, ND, FABNO**Naturopathic oncologist and survivor**

Author of *The Metabolic Approach to Cancer*. Her Terrain Ten model and ketogenic, phytonutrient-rich nutrition are a roadmap for working with the whole body.

Dr. Kelly Turner, PhD**Researcher, Radical Remission**

Studied 1,500+ unexpected remissions. Her free database of healing stories and her courses live at [radicalremission.com](#).

Dr. Pete Sulack, DC**Grade 4 brain cancer survivor**

Diagnosed in 2024, he reports no evidence of cancer, using five pillars: a personalized diet (he leaned keto), strategic supplements, detoxification, oxygenation, and faith as the capstone. He also reports using dendritic cell immunotherapy. He shares his free protocol guide on Instagram (@drpetesulack). His outcomes are personal testimony, not yet published data.

Ivelisse Page**Stage IV colon cancer survivor**

Founded Believe Big to help patients access mistletoe therapy and fund research, including the Johns Hopkins trial. Free podcast and patient support at [believebig.org](#).

Dr. Valter Longo, PhD**USC Longevity Institute**

Pioneer of the fasting mimicking diet, now tested in randomized trials alongside chemotherapy.

From Dr. Pete Sulack's therapy guide

Area	What he uses	Evidence and notes
Metabolic	Ketogenic diet, intermittent fasting, extended water fasts, juicing, olive oil, berberine, green tea extract	Emerging. Extended fasts and berberine need medical supervision, especially with diabetes medicines or weight loss
Immune and gut	Beta-glucans, mushroom blends, colostrum, probiotics, melatonin, black seed oil	Emerging. Generally gentle; check melatonin and probiotics with your team if blood counts are low
Oxygen, light, and energy	Hyperbaric oxygen, ozone and infrared sauna, HOCATT, red light, PEMF, BEMER, vagus nerve stimulation, high-dose IV vitamin C	Experimental for cancer itself; most are offered at MK for comfort and recovery
Detox and environment	Coffee enemas, modified citrus pectin, milk thistle, grounding, sunlight, rebounding, water, air, and shower filters	Filters, sunlight, and movement are easy wins. Coffee enemas can cause electrolyte loss and burns; ask first
Botanicals and repurposed	Turmeric, frankincense, artemisinin, Essiac with AHCC, graviola, methylene blue, ivermectin	Experimental. Methylene blue interacts with SSRI antidepressants; graviola may affect nerves; review all with a pharmacist
Food protocols	Budwig mixture (flax oil with cottage cheese), Gerson therapy, sprouts and microgreens	Nourishing foods; full Gerson protocols are intensive and need medical oversight
Faith	Daily healing scriptures, spoken prayer, and a personal healing prayer	The capstone of his protocol

Source: Dr. Pete Sulack's free personal guide, Dr. Pete's Recommended Products & Therapies (2026), which builds on the metabolic work of Otto Warburg, Thomas Seyfried, and Max Gerson. Not every item will fit every person or treatment plan.

Books to explore

- *Anticancer: A New Way of Life* by Dr. David Servan-Schreiber
- *How to Starve Cancer* by Jane McLelland
- *Radical Remission and Radical Hope* by Dr. Kelly Turner
- *The Metabolic Approach to Cancer* by Dr. Nasha Winters and Jess Higgins Kelley
- *Cancer as a Metabolic Disease* by Dr. Thomas Seyfried
- *MOJO Healing* by Julie Stevens
- *Killing Cancer, Not People* by Robert G. Wright

We're in your corner.

Questions about this toolkit, or want help building your MK protocol? Call or text us. We're happy to talk it through.

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