

Caroline's Integrative Cancer Healing Protocols

An Overview of Holistic, Oxygenation, and Detoxification Therapies Used in My Personal Healing Journey

Introduction

After being diagnosed with bilateral breast cancer in late 2022—one HER2-positive and the other hormone-receptor-positive—I made a deeply personal decision to follow a holistic path focused on oxygenation, detoxification, and immune restoration. This document summarizes what I've personally implemented and refined over time. I am not giving medical advice—only sharing what has stabilized my disease and strengthened my body, mind, and spirit.

Core Therapies

The core therapies I've used most consistently. Each supports cellular energy, oxygen delivery, detox pathways, and an internal terrain less favorable to cancer.

- **IV Vitamin C:** High-concentration vitamin C delivered intravenously; explored for selective oxidative pressure on cancer cells and tissue support.
- **Hyperbaric Oxygen Therapy (HBOT):** Pressurized oxygen sessions to increase tissue oxygenation and aid healing.
- **Red Light Therapy:** Light at therapeutic wavelengths to support mitochondrial ATP, reduce inflammation, and assist lymph flow.
- **Rick Simpson Oil (RSO):** Cannabis oil used several times per week for endocannabinoid and anti-inflammatory support.
- **Methylene Blue:** Used both in small daily doses (1–2 drops in distilled water) and as part of the detox bath. Believed to enhance mitochondrial energy and oxygenation within cells.
- **Essiac Tea:** Herbal blend traditionally used for detox and immune balance.
- **Dewormer Compounds:** Occasional ivermectin/fenbendazole as metabolic therapy in my personal protocol.

Detox Bath & Oxygen Support

My daily detox bath targets lymphatic circulation, gentle alkalinity, and oxygenation through the skin—a restorative ritual for both body and emotions.

- 1 cup baking soda
- 1 cup Epsom salt
- 1 cup hydrogen peroxide (3%)
- 1 tablespoon methylene blue (added to bath water)
- Optional: a few drops of essential oils for relaxation
- Soak 20–30 minutes, 4–5 times per week
- Also taken daily: 1–2 drops of methylene blue in distilled water for cellular oxygenation support.

Supplements & Vitamins

Supportive nutrients I've emphasized for immune regulation, cellular repair, and inflammation control:

- Vitamin D3 + K2
- Zinc and Selenium
- Magnesium (glycinate or citrate)
- Turmeric / Curcumin
- Omega-3 (Fish or Algae Oil)
- Chlorophyll or Spirulina
- Probiotics or Fermented Foods
- Iodine (trace)
- Green Tea Extract (EGCG)

Guiding Principles

My approach isn't one miracle ingredient—it's a terrain strategy: oxygenation, detox, light, fasting, natural compounds, and peace of mind. The goal is an internal environment where healing is possible.

Five Critical Elements of Healing

Healing is not only about what you add, but what you restore. These five elements create the foundation for long-term health and resilience:

- **Vitamin D / Sunlight Exposure:** Supports immune function, hormone balance, and cellular repair.

- **Regular Exercise / Movement:** Improves circulation, lymph flow, and reduces inflammation and insulin resistance.
- **Dietary Strategy (Low-Carb, Nutrient-Dense, Anti-Inflammatory):** Limits cancer fuel sources and enhances cell stability.
- **Grounding & Stress Management:** Reconnecting with the Earth's natural frequencies lowers cortisol and supports calm and recovery.
- **Optimized Detoxification / Internal Terrain:** Clears toxins and maintains an oxygen-rich, low-inflammation environment where the body can heal.

This document is for educational and informational purposes only. It reflects one individual's personal experience and is not intended to diagnose, treat, cure, or replace medical advice.