

FROM STAGE 4 TO STILL HERE

*10 Cancer Prevention Steps
That Could Save Your Life*

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Introduction: The Night Everything Changed

June 3rd, 2025. Our 25th wedding anniversary.

My wife and I should have been celebrating a quarter century of marriage. Instead, I was staring at my phone as the surgical pathology results loaded on the patient portal app. The spinning wheel seemed to take forever. When the words finally appeared on that small screen, they hit me like a physical blow: Metastatic squamous cell carcinoma. My Stage 4 cancer was confirmed.

I remember looking up at my wife. I couldn't speak. I just turned the phone toward her. She read the words, and I watched the color drain from her face. Twenty-five years of building a life together, raising two sons, making plans for the future, and suddenly the future felt like a cliff I was standing on the edge of.

That night was one of many I spent staring at the ceiling at 3 AM, my mind racing through every worst-case scenario. Metastatic. Stage 4. The words echoed. I thought about my adult sons. I thought about my wife growing old without me. I thought about all the things I hadn't done, hadn't said, hadn't finished.

I had been battling cancer since August 2021. By the time I saw those words on my phone, I had already endured two brutal rounds of treatment: 70 radiation treatments that burned my throat so badly I couldn't swallow. 20 chemotherapy infusions that left me so weak I couldn't lift my left arm above my shoulder. Major surgery that carved away parts of me, like my left jugular vein, I'll never get back. My first attempt with immunotherapy destroyed my thyroid gland. There were moments, more than I want to admit, when I determined the treatment was worse than the disease.

And now, after all of that, the cancer had spread. Metastatic. Stage 4.

But here's what I need you to understand: I'm still here.

Now it's January 2026. I am not just surviving. I'm thriving. My most recent CT scan showed something that made my oncologist pause mid-sentence: of the four cancer nodes in my lungs, spread from the primary site in my neck and base of tongue and lymph nodes, two are now non-detectable. The other two have shrunk by 50%. Tumors that threatened my life have reduced significantly in size and stabilized. The radiologist used words like "remarkable response."

From Stage 4 to non-detectable. After the cancer had been spreading at a ravaging rate. That's not just good news. That's a miracle. And I don't use that word lightly.

We cried and held each other after reading those results on the patient portal app. My wife held me while I sobbed, not from fear this time, but from overwhelming, knee-buckling gratitude. We were supposed to be planning my funeral. Instead, we were planning our future.

Here's what I learned: Conventional cancer treatment wasn't enough. It was never going to be enough.

Don't misunderstand me. Radiation, chemotherapy, surgery, and immunotherapy are the current primary tools to battle cancer, but they are only half the battle. I'm grateful for every doctor and nurse who helped save my life. But there's a gaping hole in the cancer treatment process that no one talks about. In my opinion, cancer can't be defeated until you heal your body's immune system. Until you give your body the tools it needs to fight back.

I made changes to my cancer treatment protocols that I believe made the key difference. All my supplements and nutritional intervention protocols came either from my pharmacist's recommendations or from my own research, not from big medicine. Not from big pharma. I ran my own clinical trial on myself, tracking everything through routine lab tests and adjusting my treatment based on the results. I became my own experiment, and I documented every step.

This guide exists because of those dark nights at 3 AM. Because I spent hundreds of hours researching everything I could find about how the body fights cancer. Because the statistics haunt me: The World Health Organization reports over 19 million new cancer cases and nearly 10 million cancer-related deaths every single year. By 2050, cancer incidence is projected to increase by 70%.

But here's the hope buried in those terrifying numbers: The American Institute for Cancer Research estimates that 30 to 50 percent of the most common cancers could be prevented through lifestyle and nutritional modifications. That's not a typo. Up to half of cancers might be preventable.

Going from Stage 4 to non-detectable has become my lodestar. My mission now is to help others walking the same path by educating them to make better decisions sooner, before they ever see the words I saw on that portal app. If I can save even one person from the nightmare I went through, then my suffering had purpose.

The laws of attraction and connection in this universe are strong. I've felt them throughout this cancer journey. And the hand of God has been present in ways I cannot explain but also cannot deny. This guide is part of that purpose, my way of paying forward the miracle I received.

I'm still here. Let me help you stay here too.

Step 1: Take Key Supplements Daily

Three weeks after my diagnosis of Stage 4 cancer, I was logged into my phone's health app, going over my lab work results. I focused on one number and shook my head. "My vitamin D is critically low," I thought.

I'd been living in Minnesota for decades. Long winters. Office jobs. Before being diagnosed with cancer, I couldn't remember the last time I'd spent 30 minutes in the sun without sunscreen. And now, facing the fight of my life, my body was missing one of its most fundamental tools for immune function. Vitamin D.

That realization started me on a journey of discovery. But here's what I want to be clear about: while my oncologist focused on radiation, chemotherapy, surgery, and immunotherapy, the supplement protocol I developed came from two sources, as I stated in the introduction, my pharmacist's recommendations and my own extensive research. The importance of vitamin D was not communicated to me.

The Vitamin D Wake-Up Call

Here's what my research told me: Vitamin D deficiency is widespread, but it's especially common among cancer patients. A study of colorectal cancer patients found that 59% were vitamin D deficient, and that deficiency was associated with worse outcomes. The German Cancer Research Center analyzed 14 high-quality studies involving nearly 105,000 people and found something remarkable: daily vitamin D supplementation reduced cancer mortality by 12%. Not incidence, mortality. The people who took vitamin D daily were more likely to survive.

A study published in JAMA Network Open followed over 25,000 men and women who took 2,000 IU of vitamin D daily. Those participants were nearly 20% less likely to develop advanced cancer. For people at a healthy weight, that number jumped to 38%.

I started supplementing immediately and worked with my pharmacist on proper dosing. Within three months, my vitamin D levels went from critically low to the optimal range of 60-80 ng/mL. My labs confirmed the change. I don't know if that single intervention saved my life. But I know my body finally had a weapon it had been missing.

The Supporting Cast

Vitamin D wasn't the only gap. Through my research and conversations with my pharmacist, I built what I call my "foundation protocol," the supplements that support immune function at the most basic level.

Magnesium became essential. Most Americans are deficient because modern farming has depleted it from our soil. Your body can't even properly use vitamin D without adequate magnesium. The muscle cramps I'd been experiencing for years. Gone within weeks of starting supplementation. My labs showed the improvement.

Vitamin K2, a fat-soluble vitamin that plays a regulatory role in calcium metabolism. Its primary function is to activate specific proteins that determine where calcium is

deposited in the body, directing it into bones and teeth while helping keep it out of soft tissues such as arteries. Many Vitamin D supplements are now paired with vitamin K2 since they work so well together.

Omega-3 fatty acids help combat the chronic inflammation that feeds cancer. Most Americans eat 15 to 20 times more inflammatory omega-6 fats than anti-inflammatory omega-3s. I flipped that ratio with high-quality fish oil and tracked my inflammatory markers to confirm the results.

Zinc and selenium round out the foundation. Both are critical for immune cell function and cellular repair, exactly what you need when your body is fighting for its life. Zinc supports vitamin D indirectly but meaningfully, by enabling several of the biological steps that allow vitamin D to be activated, transported, and used at the cellular level.

Important: I'm sharing what worked for me, but this is not medical advice. Before starting any supplement protocol, work with your doctor and pharmacist. Get your baseline levels tested through proper lab work. Monitor your results. What worked for my body may need adjustment for yours. The key is making informed decisions with professional guidance, then tracking your results through regular testing.

Step 2: Trust in God, the Universe, and the Power of Intention

I need to tell you about a moment that changed everything.

It was 2 AM, about six weeks into my first round of treatment. I was curled up on the bathroom floor, too sick to move, too exhausted to cry anymore. The tile was cold against my cheek. My body had been destroyed by radiation and chemotherapy. I couldn't swallow. I couldn't sleep. I couldn't see any path forward.

I remember thinking, very clearly: I can't do this.

And then I prayed.

Not a formal prayer. Not the prayers I'd learned as a child. Just raw, desperate words thrown toward heaven: "God, I need You. I can't carry this alone."

I didn't hear an audible voice. There was no miraculous healing in that moment. But something shifted. A peace settled over me that I cannot explain with logic or science. A sense that I was not alone, that I had never been alone. The hand of God was present on that cold tile floor, in my darkest hour.

My wife found me there an hour later. She helped me back to bed and held my hand until I fell asleep. I survived that night. And the next. And the one after that.

God's Intervention

Looking back on my cancer journey, I can see God's hand at work in moments I didn't recognize at the time.

When I was ready to give up, something inside me whispered to keep fighting. When I needed information, it appeared. When I needed strength, it came from somewhere beyond myself. When the doctors had done everything they could and the outcome was still uncertain, something else was at work.

I'm not saying God cured my cancer. Medicine played its role. My own choices played their role. But I believe God intervened at critical moments, guiding me, sustaining me, giving me the will to continue when everything in me wanted to quit.

And ultimately, God blessed me with a miracle.

Two of my four lung tumors became non-detectable. The other two shrank by 50%. My oncologist used words like "remarkable response." The radiologist couldn't explain it based on treatment alone.

I don't use the word miracle lightly. I've seen what cancer does. I've watched it take people I love. I know the statistics. And yet here I am, still here, with tumors that were spreading now disappearing.

That's not just medicine. That's grace.

The Universe and Connection

I also believe in something bigger than any single religion or doctrine. Call it the Universe, call it divine providence, call it the interconnectedness of all things. I've experienced it too clearly to dismiss it.

Think about how I found the path that saved my life.

Months before my cancer spread to Stage 4, my wife flew to Tennessee to help her mother as her stepfather was dying of cancer. During that painful week, she happened to learn about a pharmacy that took an integrative approach to cancer treatment. She filed that information away, not knowing why.

When my biopsy confirmed metastatic disease, she remembered. Within 24 hours, we were driving to Tennessee. That consultation on June 9, 2025 introduced me to the protocols, the supplements, and the carnivore diet that I believe helped save my life.

Was that a coincidence? I don't think so.

The Universe connected me with the right information at the right time through my wife's grief over another man's cancer. Pain led to knowledge. Knowledge led to action. Action led to healing.

I've seen this pattern repeat throughout my journey. The right article appearing when I needed it. The right person crossing my path. The right question leading to the right answer. Too many "coincidences" to be coincidental.

Connection to Others Walking the Same Path

One of the most powerful things the Universe has given me is connection to other cancer patients and survivors.

There's something that happens when you meet someone else who has heard the words "Stage 4." You don't have to explain. You don't have to pretend. They understand the fear, the fight, the dark nights at 3 AM. They know what it's like to wonder if you'll see next year.

These connections have sustained me in ways I can't fully describe. Sharing what works. Learning from their experiences. Encouraging each other when the path gets hard. Celebrating victories together. Mourning losses together.

The Universe keeps putting these people in my path. Online communities. Support groups. Friends of friends who reach out after hearing my story. Each connection reminds me that I'm not alone in this fight, and neither are they.

I believe this is intentional. The Universe connects those who need each other.

The Power of Intention

I've also come to believe deeply in the power of intention.

When I set my mind on healing, when I declared to myself and to God and to the Universe that I would fight with everything I had, something shifted. Not just in my attitude, but in my reality.

Intention isn't wishful thinking. It's focused energy. It's deciding what you want and aligning your thoughts, words, and actions toward that outcome. It's believing that your choices matter and that the Universe responds to clarity of purpose.

Every morning during my treatment, I would set my intention for the day. I will nourish my body. I will rest when I need to rest. I will fight when I need to fight. I will trust the process. I would visualize my immune system attacking cancer cells. I would picture myself healthy, strong, and cancer-free.

Did visualization shrink my tumors? I can't prove it scientifically. But I believe the mind and body are connected in ways we don't fully understand. And I believe the Universe responds to focused intention.

The Laws of Attraction

This brings me to something I've experienced too many times to doubt: the laws of attraction.

What you focus on expands. What you believe shapes what you receive. The energy you put into the world comes back to you.

When I was consumed by fear, everything felt darker. Problems multiplied. Hope felt distant. But when I shifted my focus to gratitude, to possibility, to the belief that healing was possible, things began to change.

I started attracting the right information. The right people. The right opportunities. It was as if the Universe was responding to my shift in energy.

I'm not saying positive thinking cures cancer. I'm saying that your mental and spiritual state affects your physical state. Chronic fear and stress suppress your immune system. Hope and gratitude and connection strengthen it. The laws of attraction aren't magic. They're the recognition that we are not separate from the world around us. Our inner state shapes our outer reality.

When I chose to believe that healing was possible, I started making choices that supported healing. I sought out information. I connected with others. I took action. And those choices created results that reinforced my belief. The cycle built on itself.

Faith Without Guarantees

I want to be honest about something. Faith doesn't guarantee outcomes.

I've prayed for people who died. I've watched families trust God and still lose their loved ones. I've seen good people do everything right and still not make it.

I don't understand why some are healed and others aren't. I don't have answers to the deepest questions of suffering and loss. My faith isn't based on getting what I want. It's based on trusting that I'm not alone, that there's meaning even in pain, and that death is not the end.

If you're reading this and your outcome isn't what you hoped for, please know that your faith isn't failing. Your prayers aren't unheard. Sometimes the miracle is peace in the midst of the storm. Sometimes it's the strength to face what we feared we couldn't face. Sometimes it's the love that surrounds us even when the body fails.

I received a miracle of healing. But the deeper miracle was the presence of God through every moment, whether the scans showed progress or setback.

What This Means for You

If you're fighting cancer or facing any serious challenge, I want to encourage you to open yourself to the spiritual dimension of healing.

Pray. However that looks for you. Formal or raw. In a church or on a bathroom floor. God hears.

Trust the Universe. Pay attention to the connections and "coincidences" that appear. Follow the threads. The information and people you need may be closer than you think.

Set your intentions. Decide what you're fighting for. Visualize it. Speak it. Align your actions with your purpose.

Practice the laws of attraction. Focus on what you want, not what you fear. Cultivate gratitude. Put positive energy into the world and watch what comes back.

Connect with others. Find people walking the same path. You need them and they need you. We're not meant to fight alone.

The laws of attraction and connection in this universe are strong and real. I've felt them throughout my journey. And the hand of God has been present in ways I cannot explain but also cannot deny.

I'm still here. That's a miracle.

And I believe miracles are available to you too.

Step 3: Embrace a Carnivore Diet to Starve the Fire

By June 2025, I had already heard the words “you have cancer” twice. The third time was different. When the biopsy confirmed metastatic squamous cell carcinoma in my lungs, Stage 4, something in me shifted. Not denial. Not collapse. Just a strange, steady clarity. I was terrified, but I also knew the story wasn’t over yet.

The hardest part wasn’t hearing the diagnosis. It was telling my wife.

My wife wasn’t crying. She was angry. Angry that I had chosen radiation, chemotherapy, and surgery. Angry that after all that treatment, all that suffering, the cancer had come back anyway. Seventy radiation treatments. Twenty rounds of chemo. Major surgery. And now it was in my lungs.

But that’s who my wife is. She turned that anger into action. She organized an action plan, and we started moving forward.

How We Found the Path

My wife had information I didn’t.

Months earlier, she’d spent a difficult week in Tennessee helping her mother as her stepfather’s cancer rapidly progressed. During that time, she’d learned about a pharmacy that took a different approach, one that combined conventional care with integrative protocols. Pharmacists and doctors who would actually sit down with patients and explain options that mainstream oncology rarely discussed.

She’d filed that information away. She didn’t know how soon we’d need it.

When I told her my cancer had spread, she didn’t wait. By the next morning, we were driving south.

June 9, 2025: The Consultation That Changed Everything

We arrived in Tennessee a couple of days early, helping her mother with the aftermath of loss. Paperwork, arrangements, all the things that fall on grieving families. Then the day of my consultation arrived.

The pharmacist spent nearly an hour with us. He walked through protocols: vitamin D optimization, magnesium, high-dose IV vitamin C, and several repurposed medications showing promise in cancer research. He explained the science. He shared studies. He didn’t promise miracles, he offered possibilities backed by research.

And then he recommended something I hadn’t considered: the carnivore diet.

No bread. No sugar. No processed foods. Just meat, fat, salt, and water. The way humans ate for most of our existence before modern agriculture and food processing changed everything.

My first thought? That sounds extreme.

But then I reconsidered what “extreme” actually means.

Seventy radiation treatments that destroyed my ability to swallow? Extreme. Twenty rounds of chemotherapy that left me unable to lift my arm? Extreme. Surgery that took my left jugular vein and led to mobility and voice issues? Extreme.

Eating steak and eggs every day? Suddenly not so extreme.

The pharmacist explained the logic: cancer cells are glucose-dependent. They thrive on sugar. By eliminating carbohydrates, you starve them of their preferred fuel while your healthy cells adapt to burning fat. You reduce inflammation, the environment cancer loves. You stabilize blood sugar, energy, and mood.

Something clicked. My body didn’t need comfort food. It needed fuel for a fight.

A few days later, we loaded the car with supplements and medications, said goodbye to my wife’s mother, and drove back to Minnesota. Exhausted, but carrying something we hadn’t felt in a while: hope.

The Adaptation

I won’t pretend the first two weeks were easy. They weren’t.

My body had run on carbohydrates for fifty years. Suddenly cutting them off triggered withdrawal, the “keto flu” that hits when your metabolism shifts from burning sugar to burning fat. Fatigue. Headaches. Irritability. There were moments I wanted to quit.

I didn’t. I had nothing left to lose.

Around week three, something changed. The fog lifted. My energy stabilized. For the first time in years, I wasn’t riding the blood sugar rollercoaster, spiking after meals, crashing two hours later, reaching for snacks to function. My body had found a new equilibrium.

What Changed in My Body

Energy: Before carnivore, I woke up exhausted, no matter how much I slept. I crashed by mid-morning, needed naps by afternoon, and dragged through evenings. After the adaptation period, my energy became steady. No spikes. No crashes. I could think clearly and function all day.

Inflammation: This was the big one. Inflammation is gasoline for cancer; it creates the environment tumors love. I had inflammation everywhere: my throat, my neck, my nerves damaged by radiation. Within weeks of starting carnivore, the swelling in my neck visibly decreased. The burning in my feet from neuropathy eased. My voice, though still damaged, felt less strangled. My lab work confirmed it; inflammatory markers were dropping.

Mental clarity: Chemo brain had stolen my ability to think. I’d forget words mid-sentence, lose track of conversations, and feel like my mind was wrapped in cotton.

Studies show 75% of chemo patients experience cognitive impairment. I was one of them. After switching to carnivore, the clarity returned. I could write again. I could plan. I could advocate for myself.

Strength: My muscles had been wasting. The carnivore diet, rich in protein and essential nutrients, helped me rebuild. I went from barely functioning to doing daily physical therapy, exercise, and tolerating my treatments without being crushed by them.

The Results

Here's the timeline:

June 9, 2025: Started carnivore after the Tennessee consultation.

Weeks 3-4: Energy stabilized, brain fog lifted, visible reduction in inflammation.

September 8, 2025: First scan after starting the protocol. Lung nodules are shrinking.

December 2, 2025: Second scan. Two of four lung nodules are now undetectable. The other two were reduced by 50%.

January 2026: Weight down from 255 lbs to 155 lbs. Energy stable. Mind clear. Bloodwork outstanding with low triglycerides, high HDL, and inflammation markers down.

Six months after that consultation in Tennessee, two of my lung tumors were essentially gone.

What I Believe Happened

Did carnivore cure my cancer? No.

Did it play a massive role in how my body responded to treatment? I believe it absolutely did.

Carnivore worked alongside everything else: Keytruda immunotherapy, high-dose IV vitamin C, vitamin D optimization, magnesium, zinc, repurposed medications, red light therapy, physical therapy, and daily movement. It didn't replace medicine. It gave my body the foundation medicine needed to work.

Here's my theory:

Carnivore starved the cancer. Cancer cells depend on glucose. I stopped giving it to them.

Carnivore reduced inflammation. I eliminated seed oils, sugar, and processed foods, the biggest drivers of chronic inflammation.

Carnivore stabilized my metabolism. Steady energy meant I could exercise, do therapy, and handle treatments that would have flattened me before.

Carnivore supported my immune system. Proper nutrition, reduced inflammation, and optimized nutrients gave my immune cells what they needed to fight.

Carnivore provided building blocks for repair. High-quality protein, healthy fats, and bioavailable nutrients helped my body rebuild what cancer and treatment had destroyed.

When you're fighting Stage 4 cancer, every advantage matters. Carnivore gave me several at once.

If You're Considering This

I'm not saying carnivore is the only path. I'm not saying everyone should do it.

I'm saying it worked for me when the Standard American Diet had failed me for decades.

If you're thinking about trying it:

Work with your healthcare team. Especially if you're on medications or in active treatment. This isn't something to do without oversight.

Get informed. Visit WaynesCancerJourney.com for information on the carnivore diet. Read the articles and watch the videos for tips, guides, and information on the carnivore diet lifestyle.

Expect a rough transition. The first two weeks are hard. Your body needs time to adapt. Push through if you can.

Prioritize quality. Grass-fed beef, wild-caught fish, pasture-raised eggs when possible. What you eat matters.

Monitor your labs. Track vitamin D, inflammatory markers, liver function, kidney function. Let the data guide your decisions.

Listen to your body. Some people thrive on carnivore. Others need modifications. Pay attention.

Find support. A knowledgeable practitioner, a community of others on similar paths. Don't do this alone.

And if you've been following conventional dietary advice and it's led you to a hospital bed with a devastating diagnosis, ask yourself:

What if the food you've been eating is feeding the disease?

What if eliminating inflammatory foods could change the terrain cancer needs to survive?

What if giving your body clean, nutrient-dense fuel could help it fight back?

For me, those questions led to answers I never expected.

And six months after a pharmacist in Tennessee told me to try eating only meat, two of my four lung tumors had disappeared. The other two are barely detectable and stable.

Important: The carnivore diet is not appropriate for everyone. Before making dramatic dietary changes, consult your doctor. Get baseline lab work. Monitor your results. This is my personal experience, not medical advice. What worked for my body may need adjustment for yours. Make informed decisions with professional guidance.

Step 4: Understand Why the Standard American Diet Is Unhealthy

I used to think inflammation was something that happened when you twisted your ankle. Swelling, redness, pain, that kind of thing. A short-term response that helped you heal.

I had no idea that a quieter, invisible form of inflammation was smoldering inside me for years, creating the perfect environment for cancer to take root.

Chronic inflammation is different from the kind you can see. It doesn't shut off. It's a long-lasting, low-level immune response that stays active in your body even when there's no injury or infection to fight. Instead of helping, it slowly damages healthy tissues, cells, and organs over time. It interferes with normal cell function, hormone signaling, and immune balance.

And it creates the exact terrain where cancer thrives.

What triggers it? Poor diet. Excess sugar. Processed foods. Obesity. Chronic stress. Lack of sleep. Smoking. Environmental toxins. When the body is constantly exposed to these stressors, the immune system stays on high alert, continuously releasing inflammatory chemicals that were never meant to run 24/7.

I had most of these factors working against me for decades. And I had no idea.

The Way I Used to Eat

I think about how I ate as a child. Farm fresh eggs. Vegetables from the garden. Meat from animals we knew. Real food that came from the earth, not from a factory. Butter. Whole milk. Potatoes cooked from scratch.

I felt strong. I felt alive. My body worked the way it was supposed to.

Then America changed. And I changed with it.

I ate the processed food, the seed oils, the sugar, the convenient garbage. Fast food lunches between meetings. Sugary coffee drinks to power through the afternoon slump. Processed snacks from vending machines. Dinners that came out of boxes or drive-through windows.

And my body paid the price.

The Standard American Diet Is Killing Us

Let me be direct: the American diet and food supply is contributing to a poor health epidemic and obesity crisis that's killing us. We've replaced real food with processed garbage pumped full of seed oils, preservatives, and chemicals our grandparents wouldn't recognize. And then we wonder why cancer rates keep climbing.

The numbers tell the story:

1.9 million Americans are diagnosed with cancer every year. 42% of American adults are obese. 60% of the American diet is now ultra-processed foods, products designed to be addictive, nutrient-poor, and profitable.

This isn't coincidence. It's cause and effect.

The Sugar Problem

The average American consumes 77 grams of sugar per day. That's about 19 teaspoons. The American Heart Association recommends no more than 36 grams for men and 25 grams for women. We're consuming two to three times the recommended amount.

Sugar is hidden in 60% of ultra-processed foods, often under names most people don't recognize. High fructose corn syrup. Dextrose. Maltose. Sucrose. Cane juice. Evaporated cane juice. Fruit juice concentrate. There are over 60 different names for sugar on food labels, and the food industry uses every one of them.

Here's what matters for cancer: cancer cells consume glucose at 10 to 50 times the rate of normal cells. They're metabolically addicted to sugar. The Standard American Diet is literally feeding cancer.

I was eating sugar at every meal without realizing it. Breakfast cereals. Bread. Salad dressings. Pasta sauces. "Healthy" yogurt. Low-fat products that replaced fat with sugar. I thought I was making good choices. I was pouring gasoline on a fire I couldn't see.

The Seed Oil Problem

Here's something most people don't know: the oils that dominate the American diet didn't even exist 120 years ago.

In 1900, Americans consumed almost no soybean, corn, canola, or safflower oil. By 2000, seed oils made up 20% of total caloric intake. Why? Because they're cheap. They're made from industrial crops like soybeans and corn that are heavily subsidized by the U.S. government. And the food industry convinced us they were "heart-healthy."

They're not.

Seed oils are highly inflammatory because they're loaded with omega-6 fatty acids. When consumed in excess, omega-6s promote chronic inflammation throughout the body. They're easily oxidized, especially when heated, forming harmful compounds such as aldehydes and lipid peroxides. Research published in *BMJ Open Heart* found that the rise in seed oil consumption directly correlates with the rise in obesity, diabetes, and heart disease.

And chronic inflammation is one of the biggest drivers of cancer.

These oils are everywhere. Restaurant food. Packaged goods. Salad dressings. Mayonnaise. Chips. Crackers. Even products marketed as "healthy." Corn oil, soybean oil, canola oil, and vegetable oil hide under different names, but they all do the same damage.

I was cooking with these oils. Eating foods fried in them. Consuming them at every meal. My body was bathing in inflammation.

The Fire Inside

Research published in *Frontiers in Physiology* describes what I didn't understand then: chronic stress and chronic inflammation work together to create a cancer-friendly environment. The inflammatory state alters your tumor microenvironment, promotes blood vessel formation that feeds tumors, and helps cancer cells evade your immune system.

Everything I ate either fought inflammation or fed it. There was no neutral ground.

Those "convenient" meals weren't convenient at all. They were expensive. They cost me years of health I'll never get back.

The American food supply is not designed to heal you. It's designed to profit from you. It's engineered to be addictive, convenient, and cheap, not nourishing. And when you get sick, the same system that made you sick expects you to keep eating the same food while you take medications to manage the symptoms.

The Transformation

During treatment, I couldn't eat much of anything. The radiation destroyed my ability to swallow. But as I healed, I had a choice: go back to the diet that contributed to my cancer, or rebuild my eating from the ground up.

I chose revolution over return.

Processed foods went first. If it came in a package with ingredients I couldn't pronounce, it didn't come into my house.

Sugar went next. I was shocked to discover how many foods contain hidden sugars under dozens of different names. I started reading every label. I eliminated the obvious sources, then hunted down the hidden ones.

Seed oils were harder to eliminate because they're in everything. I learned to read every label and cook most of my meals at home using olive oil, butter, and animal fats. I stopped eating at restaurants that cooked with vegetable oils. I brought my own food when I had to.

I went back to the beginning. Back to real food. Back to meat, fat, and salt. Back to the way my parents fed me before America convinced us that fake food was better.

The Results

The changes weren't instant, but they were undeniable.

Joint pain I'd accepted as "getting older" disappeared. Brain fog lifted. Energy returned. My inflammatory markers on my lab work dropped. My body was finally getting building materials instead of gasoline on a fire.

And my body responded. Not just by shrinking tumors, but by healing, strengthening, waking up.

Food isn't just fuel. It's medicine. Every meal is either fighting disease or feeding it.

When cancer gave me a third chance, I stopped poisoning myself with the Standard American Diet. I went back to real food, the food my body recognized, the food humans ate for thousands of years before corporations decided they could do better.

The American diet isn't just unhealthy. It's feeding the diseases that are killing us. Sugar feeds cancer. Seed oils promote inflammation. Processed foods destroy gut health and immune function. And we're consuming all of them at unprecedented levels while cancer rates climb year after year.

I can't go back and undo the decades of damage. But I can stop adding to it. And I can tell you what I learned so you don't have to wait until Stage 4 to figure it out.

Eliminate processed foods. Cut the sugar. Get rid of seed oils. Eat real food that your great-grandparents would recognize.

Your body knows what to do with real food. Give it a chance to heal.

Important: Before making significant dietary changes, work with your doctor and get baseline lab work. Monitor your inflammatory markers over time to see how your body responds. This is my personal experience, not medical advice. What worked for me may need adjustment for your situation.

Step 5: Move Your Body Daily

There was a period during treatment when walking to the mailbox felt like climbing Everest. Chemotherapy had stolen my strength. Radiation had sapped my energy. Some days, just getting out of bed required every ounce of willpower I had.

But my oncologist said something that stuck with me: “The patients who keep moving, even a little, tend to do better.” So I moved. Even when it hurt. Even when I didn’t want to. Ten steps became twenty. Twenty became a walk around the block. A walk around the block became a mile.

I thought about who I used to be. As a kid, I was constantly moving. Football practice. Working out. Physical labor. My body was built for movement, and I fed it with farm fresh food and pushed it hard every day. That kid would barely recognize the sedentary office worker I’d become.

The Evidence That Kept Me Moving

A landmark review published in *Nature Reviews Immunology* confirmed what my oncologist told me: regular physical activity is associated with lower cancer incidence, lower mortality, and lower rates of recurrence. Studies show that moderate to vigorous exercisers reduce their cancer risk by 10 to 20 percent compared to people who don’t move.

For breast cancer survivors, the numbers are even more striking. Women who were most physically active had a 42% lower risk of death from any cause and a 40% lower risk of death from breast cancer itself. Exercise reduced colon cancer risk by up to 24%. Physical activity after a colorectal cancer diagnosis was associated with a 30% lower risk of dying from the disease.

Here’s what fascinated me most: research shows that a single bout of exercise can increase natural killer cell counts by over 100%. These are the immune cells that hunt and destroy cancer. Every time I laced up my shoes for a walk, I was deploying an army.

Finding My New Normal

Before cancer, I’d been the kind of person who thought exercise meant expensive gym memberships and complicated workout programs. That mindset kept me sedentary for years.

Now I know better. Walking counts. Swimming counts. Playing with your grandkids counts. The current guidelines recommend 150 minutes of moderate activity per week, that’s just over 20 minutes a day. Almost anyone can find 20 minutes.

I also learned that sitting is its own danger. Prolonged sedentary behavior is associated with increased cancer risk regardless of how much you exercise. Now I set a timer and stand up every 30 minutes. I take walking meetings. I park far from entrances. Every bit of movement adds up.

Exercise isn't punishment. It's a gift you give your future self. It's medicine that's free, available everywhere, and has almost no negative side effects. Move your body. Your life might depend on it.

Step 6: Use Technology as Your First Line of Defense

When I was a kid growing up on the farm, we didn't need an app to tell us what was in our food. We grew it. We raised it. We knew every ingredient because there was only one: the food itself.

Those days are gone.

Today, the average grocery store carries over 30,000 products, and most of them are filled with ingredients our grandparents wouldn't recognize. Seed oils. Artificial preservatives. Hidden sugars under 60 different names. Chemicals that are banned in Europe but perfectly legal in the United States.

You can't fight what you can't see. And for decades, I couldn't see what was slowly poisoning me.

But here's the good news: we're living in an age where the phone in your pocket can be one of the most powerful health tools you've ever owned. Technology has caught up with the problem. The same device you use to check email and scroll social media can now scan your food for hidden dangers, screen your blood for cancer signals, monitor your body for early warning signs, and reduce your exposure to toxic chemicals.

I wish I had known about these tools before my diagnosis. I can't go back and change that. But I can make sure you know about them now.

Scan Your Food Before You Buy It: Bobby Approved

I talked in Step 4 about how the Standard American Diet is feeding the diseases that are killing us. Sugar. Seed oils. Processed garbage disguised as food. The problem is that these ingredients are hidden. They're buried in labels that are designed to confuse you.

That's where the Bobby Approved Food Scanner comes in.

This free app, available on both iPhone and Android, lets you scan the barcode of any product at the grocery store and instantly see whether it's made with quality ingredients or if you should put it back on the shelf. Created by Bobby Parrish, a health-focused researcher who spent years studying the impact of ingredients on health, the app flags over 100 harmful ingredients backed by scientific studies. Seed oils, artificial flavors, fake sugars, food dyes, chemical additives, inflammatory oils, preservatives, and more.

Bad ingredients are highlighted in red. You tap on them and learn exactly why they're a problem. If a product doesn't pass, the app suggests healthier alternatives.

Here's the number that should concern you: less than 10% of products in most grocery stores qualify as Bobby Approved. That means over 90% of what's on the shelves contains ingredients that could be harming your health. To earn the Bobby Approved stamp, a product must be free of seed oils, free of refined or artificial sugars, free of harmful preservatives, free of GMOs, free of artificial or "natural" flavors, free of artificial food colorings, free of ultra-processed ingredients, and free of harmful toxins.

My wife and I started using this app, and it was a wake-up call. Foods we thought were healthy weren't even close. The "whole grain" bread. The "low-fat" dressing. The "natural" granola bars. One by one, they failed the scan. We learned that 60% of what we thought was healthy food was quietly working against us.

Now we don't buy anything without scanning it first. It takes five seconds. And those five seconds could save your life.

Download the Bobby Approved Food Scanner: Available free on the App Store and Google Play.

Screen Your Blood for Cancer: Cancerguard

If someone had told me five years ago that a simple blood test could screen for over 50 types of cancer before symptoms ever appeared, I would have said that sounds like science fiction.

It's not. It's here.

Cancerguard is a multi-cancer early detection test made by Exact Sciences, the same company that created the Cologuard colon cancer screening test. It works by detecting signals of cancer in your blood, protein and DNA biomarkers that indicate cancer may be developing in your body, sometimes years before you'd ever feel a symptom.

Think about that. The cancer that almost killed me announced itself with a biopsy result on a patient portal. By then it was Stage 4. By then it had spread to my lungs. By then the treatment options were brutal and the odds were against me.

What if a blood test had caught it at Stage 1? What if I'd known before the tumors had time to spread?

Cancerguard screens for cancers of the lung, pancreas, liver, stomach, esophagus, ovary, kidney, head and neck, colon, bladder, uterus, and dozens more. Many of these are the deadliest cancers precisely because they have no routine screening. Approximately 70% of cancer deaths come from cancers that currently have no standard screening test. Cancerguard is designed to fill that gap.

The test costs \$689 and is HSA/FSA eligible. You request it online or through your doctor, get a standard blood draw, and receive your results in about two weeks. The result is clear: negative or positive. No confusing jargon. If your result is positive, Cancerguard provides follow-up care support and may reimburse you for follow-up imaging.

Modeling data suggests that this type of screening could reduce Stage 4 cancer incidence by 42% over a ten-year period. Let that number sink in. Forty-two percent fewer people hearing the words I heard.

I would have paid ten times that amount for the chance to catch my cancer early. If you're over 50, if you have risk factors like smoking, obesity, or family history, if you've

had cancer before, or if you're simply proactive about your health, this test deserves your serious consideration.

Talk to your doctor about whether Cancerguard is right for you. Learn more at cancerguard.com.

Know What's in Your Home: EWG Healthy Living App

In Step 8, I talk about minimizing toxic exposures. But reading every label on every product in your house is overwhelming. The EWG Healthy Living app makes it manageable.

Created by the Environmental Working Group, a nonprofit organization dedicated to improving chemical safety, this free app rates over 250,000 food, cleaning, and personal care products on a scale of 1 to 10, with 1 being the safest. Scan a barcode or search by name, and you'll get an instant safety rating based on scientific research into ingredient hazards.

The app evaluates products for links to cancer, endocrine disruption, allergies, neurotoxicity, reproductive toxicity, and irritation. It covers three categories most people never think to check: the food you eat, the cleaning products you use, and the personal care products you put on your skin every day.

After my diagnosis, I started checking labels on everything. The shampoo I'd used for years contained suspected endocrine disruptors. My deodorant had chemicals linked to cancer in laboratory studies. The cleaning products under our sink carried warnings about ventilation and skin contact.

I replaced them all. The EWG app made that process simple instead of overwhelming. You scan, you see the rating, you make a better choice. Over time, you replace the toxic products with safer ones, and your body's chemical burden drops.

You can't eliminate every toxin in your environment. But you can dramatically reduce what you voluntarily put on and in your body. This app shows you exactly where to start.

Download EWG Healthy Living: Available free on the App Store and Google Play.

Track Your Health with Wearable Technology

The phone on your wrist might be smarter than you think.

Smartwatches and fitness trackers like the Apple Watch, Garmin, and Fitbit have evolved far beyond counting steps. Today's wearable devices can monitor your heart rate, track your sleep patterns, detect irregular heart rhythms, measure blood oxygen levels, track UV exposure, and monitor your daily activity levels, all passively, all day, every day.

Why does this matter for cancer prevention?

Research from Cedars-Sinai found that fitness tracker data from cancer patients could predict hospitalizations and emergency room visits. Patients who walked an average of 5,000 steps per day with modest daily increases had a 38% reduced risk of hospitalization during treatment. The data these devices collect gives you and your doctor objective, real-time information about how your body is functioning.

For cancer prevention, wearable technology serves several purposes. It monitors your sleep quality, which directly impacts immune function. It tracks your physical activity, helping you hit the 150 minutes of weekly exercise that reduces cancer risk by 10 to 20 percent. It monitors UV exposure, which matters because skin cancer is the most common cancer worldwide. And it creates a baseline of your normal health data, so you and your doctor can spot changes before they become problems.

During my treatment, I wished I had years of health data showing my baseline. Changes in sleep patterns, activity levels, heart rate variability, all of these can be early warning signals that something is shifting in your body. A smartwatch won't diagnose cancer, but it gives you data that helps you and your doctor make better decisions sooner.

If you don't already wear a fitness tracker or smartwatch, consider investing in one. Use it every day. Share the data with your doctor. The information is only valuable if someone is paying attention to it.

Your Phone Is a Weapon

I spent 15 years managing technology projects at Fortune 500 companies. I understand what technology can do when it's applied to the right problems. And cancer prevention is the right problem.

The tools I've described in this chapter didn't exist ten years ago. Some of them didn't exist five years ago. But they exist now, and they're available to anyone with a smartphone.

Scan your food before you buy it. Screen your blood for cancer signals. Check your household products for hidden toxins. Track your health metrics every day.

None of these tools replace your doctor. None of them replace the lifestyle changes I've outlined in this guide. But they give you information, and information is power. The more you know about what you're putting in your body, what's happening inside your body, and what's in the products you use every day, the better equipped you are to prevent cancer, or catch it early enough to beat it.

I wish I'd had these tools before my diagnosis. I didn't. But you do.

Use them.

Important: The technologies described in this chapter are tools for education and screening, not substitutes for medical care. Always work with your doctor when making health decisions. Screening tests like Cancerguard have limitations, including the possibility of false positives and false negatives. No app or device can guarantee cancer prevention or

detection. Use these tools as part of a comprehensive approach to your health, not as replacements for professional medical guidance.

Step 7: Support Your Gut Health

Halfway through my treatment, my digestive system completely collapsed. Chemotherapy had killed not just cancer cells but billions of beneficial bacteria in my gut. I was dealing with constant nausea, unpredictable digestion, and a vague but persistent feeling that something fundamental was wrong.

My pharmacist looked at my symptoms and said something that changed my understanding of my body: “Seventy percent of your immune system lives in your gut. If your gut isn’t healthy, your immune system can’t function properly. We need to rebuild what chemo destroyed.”

I had no idea my gut was that important. I soon learned it might be the most underappreciated organ in cancer prevention.

I thought back to my childhood, eating fermented foods without knowing what they were, consuming vegetables straight from the garden with their beneficial soil bacteria still present. My gut had been healthy because I fed it real food. The Standard American Diet had slowly destroyed what nature built.

Your Gut Is Mission Control

Research published in *Cellular & Molecular Immunology* reveals that beneficial gut bacteria like *Lactobacillus* and *Bifidobacterium* have emerged as legitimate therapeutic tools for cancer prevention and treatment support. These aren’t fringe ideas anymore, major cancer centers are actively researching how to harness the microbiome.

Studies show that gut bacteria composition affects the tumor microenvironment and how your immune system interacts with cancer. Patients with higher gut microbial diversity responded better to immunotherapy treatments. The bacteria in your gut produce short-chain fatty acids that regulate immune cell function and reduce inflammation throughout your body.

Dysbiosis, an imbalanced microbiome, has been linked to increased cancer risk and poorer treatment outcomes. A healthy, diverse gut ecosystem supports immune surveillance and helps your body identify and eliminate cancer cells before they become dangerous.

Rebuilding From the Inside

After treatment ended, rebuilding my gut became a priority. Working with my pharmacist’s guidance, I introduced fermented foods slowly, sauerkraut and plain yogurt without added sugar. These foods contain living bacteria that can colonize your gut and restore balance.

I started taking a high-quality probiotic specifically formulated with strains shown to support immune function. Not all probiotics are equal, I looked for products with research behind them and strains that actually survive stomach acid to reach the gut. My pharmacist helped me choose wisely.

I also learned to avoid things that damage the microbiome. Unnecessary antibiotics can devastate gut bacteria populations for months. Artificial sweeteners alter microbiome composition in harmful ways. Processed foods starve beneficial bacteria while feeding harmful ones.

The changes took time. But gradually, my digestion normalized. My energy improved. My immune markers strengthened on my lab work. My gut had gone from a battlefield to an ally in my fight to stay cancer-free.

Step 8: Minimize Toxic Exposures

After my diagnosis, I became obsessed with a question I'd never thought to ask: What had I been putting in and on my body for the past five decades?

I started reading labels. Really reading them. And what I found horrified me.

The shampoo I'd used for years contained suspected endocrine disruptors. My deodorant had chemicals linked to cancer in laboratory studies. The cleaning products under our sink carried warnings about ventilation and skin contact. Our tap water contained chlorine, trace pharmaceuticals, and industrial chemicals.

I thought about my childhood again, drinking well water, using simple soap, living in an environment that wasn't trying to poison me at every turn. The modern world has filled our lives with chemicals our bodies never evolved to handle. The American diet and food supply isn't just nutritionally bankrupt, it's actively toxic.

I couldn't prove any single product caused my cancer. But the cumulative load, years and years of small exposures adding up, felt like a factor I could no longer ignore.

The Invisible Burden

We can't eliminate all toxic exposures. They're in our air, our water, our food supply. But we can dramatically reduce what we voluntarily put on and in our bodies. Every reduction matters when you're trying to give your cells the best chance to stay healthy.

I started with personal care products. The Environmental Working Group has a database that rates products for safety. I replaced everything that scored poorly. It felt extreme at first, then it just felt normal.

Household cleaners went next. I discovered that vinegar, baking soda, and castile soap can clean almost anything. No warnings required. No fumes that make your eyes water.

We invested in a quality water filter. Drinking water shouldn't contain things I can't pronounce. It costs money upfront but pennies per glass over time.

The Conversation About Alcohol

This one is uncomfortable, but I have to include it. Alcohol is classified as a Group 1 carcinogen by the World Health Organization, the same category as tobacco and asbestos. Even moderate drinking increases risk for several cancers.

I'm not going to preach. I used to enjoy a drink as much as anyone. But facing my mortality made me re-evaluate. Is a beer with dinner worth even a small increase in cancer risk? For me, the answer became no. Your answer might be different. But at least make it an informed decision.

Reducing toxic load isn't about living in fear. It's about making choices that give your cells the cleanest possible environment to thrive. Small changes add up. Every toxin you eliminate is one less thing your body has to deal with while it's busy keeping you alive.

Step 9: Practice Intermittent Fasting

The first time someone suggested I skip breakfast on purpose, I thought they were crazy. Breakfast is the most important meal of the day, right? Isn't that what we've been told our entire lives?

Turns out, that advice came from cereal companies. The actual science tells a different story.

During my treatment, I naturally fell into a fasting pattern. I was too sick to eat in the mornings, and I only had appetite for a few hours in the afternoon. My oncologist said something that stuck with me: "Your body is smart. When it's fighting, it doesn't want to spend energy digesting. It wants to focus on healing."

After treatment ended, I researched why that pattern had felt so natural. What I found convinced me to keep fasting intentionally.

The Magic of Autophagy

When you fast, your body doesn't just stop eating, it starts cleaning. A process called autophagy kicks in, where your cells break down and recycle damaged components. Think of it as taking out the cellular garbage. Damaged proteins, dysfunctional mitochondria, and potentially cancerous cells get cleared out.

Research published in *CA: A Cancer Journal for Clinicians* explains that fasting-induced autophagy may protect normal cells against malignant transformation. It's your body's quality control system, and fasting activates it powerfully.

According to researchers at Cedars-Sinai, fasting reduces insulin-like growth factor (IGF-1), a marker associated with increased cancer risk. It boosts normal cells' defenses while making cancer cells more vulnerable. During fasting, healthy cells enter a protective maintenance mode. Cancer cells, already damaged and unable to regulate their growth, struggle to survive without constant nourishment.

Studies show that intermittent fasting can sensitize tumors to chemotherapy while protecting normal cells from toxic side effects. It increases tumor-infiltrating lymphocytes, immune cells that attack cancer. It reduces the chronic low-grade inflammation that creates a cancer-friendly environment.

How I Practice Fasting

I follow a 16:8 pattern most days. I finish eating by 7 PM and don't eat again until 11 AM the next day. That gives my body 16 hours in the fasted state, plenty of time for autophagy to do its work.

During the fasting window, I drink water, black coffee, and plain tea. Nothing that triggers an insulin response. Nothing that stops the cleanup process.

Once you're fat-adapted from eating a low-carb diet, fasting becomes easy. Your body doesn't panic when food isn't immediately available because it knows how to burn fat for fuel. The hunger that used to control me simply disappeared.

Fasting isn't starvation. It's giving your body time to heal instead of constantly digesting. It's an ancient practice that modern science is finally confirming. And it costs nothing, which might be why no one markets it to you.

Important: If you're currently undergoing cancer treatment, have diabetes, or have other health conditions, talk to your doctor before starting a fasting protocol. Fasting isn't appropriate for everyone, and medical supervision is essential for some people.

Step 10: Get Regular Checkups with Labs

I'll be honest with you: I used to avoid doctors. I was the guy who only went when something was seriously wrong. Checkups felt like a waste of time. Blood work felt like looking for trouble. If I felt fine, why bother?

That attitude nearly killed me.

By the time I had symptoms, my cancer was already Stage 4. If I'd been getting regular checkups and paying attention to warning signs, we might have caught it at Stage 1 or 2, when the survival rates are dramatically better and treatment is much less brutal.

I can't go back and change that. But I can make sure you don't make the same mistake.

Early Detection Saves Lives

Many cancers are highly treatable when caught early and devastating when caught late. The difference between Stage 1 and Stage 4 can be the difference between a minor procedure and years of grueling treatment. It can be the difference between watching your grandchildren grow up and leaving your family behind.

Regular blood work can catch problems before symptoms appear. Inflammatory markers like C-reactive protein can signal trouble brewing. Changes in blood counts can indicate issues that need investigation. Tracking trends over time lets you and your doctor spot patterns that a single test might miss.

My Current Protocol

Now I'm vigilant. I get comprehensive blood work every few months. I track my vitamin D levels, inflammatory markers, metabolic panel, and cancer markers. I know my baseline numbers, and I watch for any changes.

Labs are essential. They're how I ran my own clinical trial during treatment, testing supplements and dietary changes, then measuring the results. Without lab work, you're just guessing. With lab work, you're making informed decisions.

I follow all recommended cancer screenings. Colonoscopies, skin checks, imaging as needed. These aren't fun, but neither is Stage 4 cancer treatment. I know which one I'd choose.

I found healthcare providers who actually listen. Doctors who take my concerns seriously. Who explain my results instead of just saying "everything looks normal." I'm an active participant in my healthcare now, not a passive patient.

Here's my challenge to you: Schedule a comprehensive checkup this month. Get blood work that includes vitamin D, inflammatory markers, and a complete metabolic panel. Know your numbers. Track them over time. If something seems off, don't dismiss it. Push until you get answers.

Work with your doctor. Build a relationship with your pharmacist. These professionals are your partners in health. The interventions I made were done in collaboration with healthcare providers, not in spite of them. My pharmacist was invaluable in guiding my supplement choices. My doctors monitored my progress. That partnership was essential.

Prevention is powerful. But early detection is the safety net when prevention isn't enough. Don't wait until you're Stage 4 to start paying attention to your body.

Conclusion: Still Here

I want to tell you about a moment that happened six months after I started my protocol.

I was sitting in the oncologist's office waiting for my scan results. My wife was next to me, her hand trembling slightly in mine. We'd been here so many times before, waiting for news that would either let us breathe or knock the wind out of us.

The doctor walked in with a slight smile, the first smile I'd seen from him in our entire journey. He pulled up my scans on the screen and pointed to where the tumors used to be.

"Non-detectable," he said. "Two of the four lung nodules are non-detectable. The other two have shrunk by 50%. This is the best response we could have hoped for."

I couldn't speak. My wife started crying. I just stared at the screen where death had lived for so long, and death wasn't there anymore.

We cried and held each other after reading those results. All the fear, all the pain, all the dark nights, it came flooding out. But for the first time in years, they were tears of joy.

From Stage 4 to non-detectable. That's a miracle. I don't use that word casually. I've seen what cancer does. I've been through the fire. And somehow, I came out the other side.

I'm still here.

I don't know exactly why I survived when others don't. I don't have all the answers. But I know that the changes I made, the supplements, the carnivore diet, the movement, the faith, the community, gave my body the best possible chance to fight. Medicine saved my life, but these changes gave medicine something to work with.

The hand of God was present throughout my journey. The laws of attraction and connection in this universe are real. I felt them in the prayers of strangers, in the meals delivered by our church, in the way the right information seemed to find me at the right time. There's more to this universe than we understand, and I've learned to be humble about what I don't know.

Going from Stage 4 to non-detectable has become my lodestar. My mission now is clear: help others walking the same path by educating them to make better decisions sooner. If I can save even one person from the nightmare I went through, one person who reads this guide and gets their vitamin D checked, or starts sleeping more, or quits eating processed garbage, then my suffering had purpose.

You're reading this guide because some part of you knows you need to make changes. Maybe you've had a health scare. Maybe you've lost someone to cancer. Maybe you just have that quiet voice telling you it's time.

Listen to that voice.

You don't have to implement all ten steps tomorrow. Start with one. Maybe it's getting your vitamin D tested. Maybe it's going to bed an hour earlier. Maybe it's calling a friend you've been meaning to reconnect with. Just start.

Remember: 30 to 50 percent of cancers may be preventable. That's not false hope, that's peer-reviewed science. Every change you make shifts the odds in your favor.

I wrote this guide because I don't want anyone else to sit there staring at a patient portal app, watching those words load on the screen: Metastatic. Stage 4. I don't want anyone else to face that moment if there was something, anything, that could have been done differently.

I'm still here. I intend to stay here for a long time.

Now it's your turn.

With hope and gratitude,

Wayne Schlicht

Stage 4 Cancer Survivor

Author, Still Here: How Faith, Food, and Family Beat Stage Four Cancer

About the Author

Wayne Schlicht never planned to become a cancer survivor. For 15+ years, he built a successful career as a PMP-certified IT Infrastructure Project Manager at Fortune 500 companies including Best Buy, UnitedHealth Group, and Boston Scientific. He managed complex mergers and acquisitions involving billions of dollars. He was the guy who kept massive systems running, who solved problems others couldn't crack.

Then on June 3rd, 2025, his 25th wedding anniversary, he stared at his phone as surgical pathology results loaded on a patient portal app. The words that appeared changed everything: Metastatic squamous cell carcinoma. Stage 4 cancer confirmed.

Wayne had been battling cancer since August 2021, 70 radiation treatments, 20 chemotherapy infusions, major surgery that took his left jugular vein, and immunotherapy that destroyed his thyroid. Nights of darkness he wasn't sure he'd survive. But Wayne approached his cancer with the same systematic methodology he'd applied to corporate projects: research everything, document what works, and never give up.

Beyond the conventional treatments, Wayne developed his own protocol of supplements, nutritional interventions, and the carnivore diet, guided by his pharmacist's recommendations and his own extensive research. He ran his own clinical trial on himself, tracking every change through regular lab work. He documented everything.

The result was nothing short of miraculous. From Stage 4 to non-detectable. Of four lung nodules, two are now undetectable and the others have shrunk by 50%. Weight dropped from 255 lbs to 155 lbs. Energy, clarity, and strength returned.

That miracle has become Wayne's lodestar. His mission now is to help others walking the same path by educating them to make better decisions sooner, before they ever face the diagnosis he faced. His journey is documented in his memoir, *Still Here: How Faith, Food, and Family Beat Stage Four Cancer*.

Wayne lives with his wife of 25+ years and has two adult sons who gave him reasons to fight on the darkest nights.

Connect with Wayne

Website: WaynesCancerJourney.com

YouTube Channel: [@CancerTreatmentExplained](https://www.youtube.com/@CancerTreatmentExplained)

References & Further Reading

The research cited in this guide comes from peer-reviewed journals and respected medical institutions. While I've woven the statistics into the narrative, here are the primary sources for those who want to dig deeper:

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International Journal of Cancer: Study of 23,620 adults linking less than 6 hours sleep to 43% higher cancer risk.

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Ketogenic/Carnivore Diet & Cancer

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Important Medical & Legal Disclaimer

I am not a doctor, and this guide does not constitute medical advice. I'm a cancer survivor who did extensive research and made changes that I believe helped save my life. This guide shares my personal experience and what I learned, but it should not be treated as a substitute for professional medical care.

Before you change your diet, start a supplement protocol, begin fasting, or make any other significant health changes, you must consult with your healthcare provider. This is especially critical if you are currently undergoing cancer treatment, have diabetes, heart conditions, or any other health issues.

The interventions I made beyond conventional treatment were done in collaboration with healthcare professionals:

My oncologist managed my conventional treatment: radiation, chemotherapy, surgery, and immunotherapy. All of my supplement and nutritional interventions came either from my pharmacist's recommendations or from my own research, tracked and monitored through regular lab work. I ran my own "clinical trial" on myself, but I did so with professional guidance and regular testing to measure results and ensure safety.

What worked for my body may not work exactly the same way for yours. Our bodies are different. Our cancers are different. Our circumstances are different. That's why working with your doctor, consulting your pharmacist, and getting regular lab work is essential. Labs don't lie, they show you what's actually happening in your body.

Never stop conventional treatment because of something you read in this guide. Never ignore your doctor's advice. Use this information to have better conversations with your healthcare team and to make informed decisions about the lifestyle factors that are within your control.

The research cited in this guide is from peer-reviewed sources, but science evolves. New studies may emerge that change our understanding. Stay informed, stay curious, and always verify information with qualified healthcare professionals.

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If this guide has helped you, please share it with someone you love.

You never know whose life you might help save.

For more resources, visit WaynesCancerJourney.com