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DEUTERIUM DEPLETION HOW TO SURVIVE AND EVEN THRIVE YOUR WAY THROUGH CANCER

by **Dr Que Collins** Principal Scientist,
Center for Deuterium Depletion

For the past 35 years, I have been involved in cancer research and treatment in one form or another. I hold degrees in cancer epidemiology, onco-therapeutics, and immunology, and during my lifetime, as a scientist trained in both metabolic and molecular oncology, I have had opportunities to work on everything from chemo drugs to growth factors to oncogenes to antibodies to stem cell transplants. I also lost both my wife and daughter to cancer... so ridding the world of cancer means a little more to me than almost anyone else you will ever meet.

I have since cofounded the Center for Deuterium Depletion. By understanding deuterium and how the body depletes it, the Center's research has helped the world better understand why studies of the ketogenic diet and fasting have shown positive outcomes for cancer and other diseases. We have also taken the mystery out of why some therapies only work some of the time and why some people get or recover from some diseases while others do not. Our goal is to make health, disease, and clinical outcomes more predictable and, more importantly, to take the tyranny out of having cancer.

I am writing this article for people, especially cancer patients, who have never heard of deuterium or deuterium depletion. First, I will cover why deuterium is important to health and disease. I will then explain what deuterium is and how and why deuterium may cause cancer and affect cancer patients. I will finish by intro-

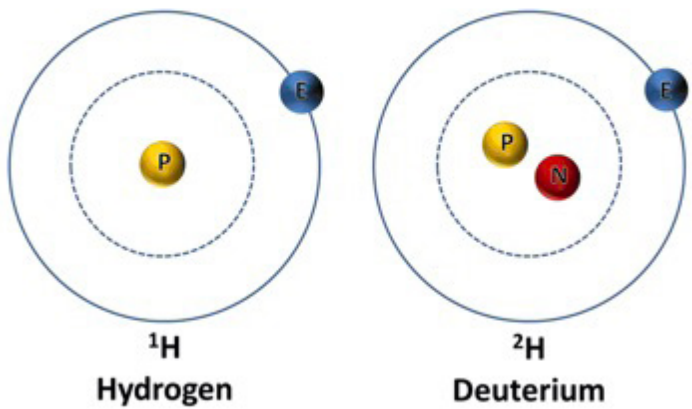
ducing you to deuterium depletion as the ultimate cancer hacking tool that may make some standard of care therapies unnecessary in early stage cancers and will work much better in late stage cancers. The Center's mission is to give the world the necessary knowledge to make cancer a choice, or, as we jokingly like to say, make cancer just another astrology sign.

WHY DEUTERIUM IS IMPORTANT FOR HEALTH AND DISEASE

Deuterium exists in your body naturally. It is involved in just about every important biological function including growth, energy storage, metabolism, and immunity. The big concern about deuterium is not its existence or presence, but rather its accumulation and an inability to clear it from your tissues and organs. Too much deuterium is a bad thing because it alters the body's normal biological processes. Cancer and metabolic diseases are on the rise in the "developed" world and deuterium accumulation is a prime suspect behind these and other modern "diseases of civilization". When you have high deuterium levels, it causes unhealthy growth like obesity, viral infections, and cancer proliferation. Studies have shown that lowering your deuterium levels can increase survival time in multiple types of cancer, slow or reverse tumor development, lead to weight loss, and even improve mood and mental health.

WHAT IS DEUTERIUM?

Hydrogen Isotopes



Deuterium is another form of hydrogen that occurs naturally in our surroundings. Another name for deuterium is "heavy hydrogen". Deuterium has an extra neutron, making it twice the size and weight of ordinary hydrogen.

The concentration of deuterium in the ocean is approximately 155 parts per million [ppm]. While that may sound low, you should think of deuterium like terrorists, not many are needed to wreak havoc. They only need to be in the wrong place to alter the millions of chemical reactions that make the difference between you being well and sick. Anywhere hydrogen goes in a chemical formula, deuterium can also go as a substitute. This includes the composition of water, the thing both the planet and we are mostly made of. Water molecules with deuterium instead of normal hydrogen are known as "heavy water" because it literally is physically heavier and bigger than "regular water".

DEUTERIUM LEVELS IN OUR ENVIRONMENT ARE INCREASING

Earth has been in a thaw period since the last ice age ended. The changing climate and melting ice have increased surface deuterium levels during that time. As recently as 5,000 years ago, it is estimated that the deuterium levels in our surroundings were at least 30% lower than today.

Modern lifestyle is increasing deuterium levels while decreasing our ability to deplete it

- We eat plants from big commercial farming enterprises that use pesticides and genetic modification that increase deuterium in the crops.
- We eat livestock from factory farms that are fed grains, corn, and calorie-rich carbohydrates instead of allowing them to graze naturally on low deuterium grasses, bugs, plants, and wild-life.
- We are eating much more deuterium-laden carbohydrates and processed foods.
- We are drinking much more deuterium-rich water than the generations of healthy people before us.
- We are getting less sleep, sunlight, activity, and out-door living, all of which help deplete deuterium, than the generations of healthy people before us.
- We are experiencing many more problems with skin integrity, as well as stress, anxiety, depression, digestive and breathing issues, all of which decrease our ability to deplete deuterium, than the generations of healthy people before us.
- We are exposed to hundreds of thousands of chemicals that decrease our ability to deplete deuterium.

HOW HIGH LEVELS OF DEUTERIUM MAY CAUSE CANCER AND AFFECT CANCER PATIENTS

Everything about cancer simply screams what I've already written about above – not only is your cancer growing but you're also tired, can't sleep, sad and depressed, aging faster, and your immune system doesn't work.

WHAT DEUTERIUM DOES TO CANCER CELLS

When deuterium becomes part of the backbone of your DNA, it changes its three-dimensional structure. Think of it like Lego pieces: the shape of what you create depends on the size of the pieces you use. When DNA becomes so misshapen that it can't fold properly, the backbone remains "open" and genetic mutations occur because the cell replicates over and over. Some of those mutations lead to normal cells becoming cancer cells. The metabolism of cancer cells differs from normal cells. Almost everyone knows that cancer primarily uses sugars [carbohydrates] for energy. In most cases, a high-carb diet means it is also a high-deuterium diet, and cancer cells use the energy made from these foods primarily to fuel the continuous replication of their DNA. Eating deuterium-rich food is literally like pouring gas into your cancer's fuel tank!

WHAT DEUTERIUM DOES TO YOUR ENERGY

Nanomotors are tiny engines inside your cell's mitochondria – there are billions of these engines powered by the hydrogens in your food. The tiny engines make cellular energy [ATP] and metabolic water, which are required for everything you do. Given that deuterium weighs twice as much as regular hydrogen, it literally breaks the nanomotors when it is used in place of regular hydrogen. Less nanomotors decreases your ability to make energy and metabolic water. Chronic fatigue happens when too many nanomotors are destroyed and not rebuilt.

WHAT DEUTERIUM DOES TO YOUR SLEEP

Sleep is an important part of your body's natural deuterium depletion process; however, high levels of deuterium can negatively impact your sleep, creating a vicious cycle. When too much deuterium ends up in your tissues and organs, it robs you of your dreams – that's right, if you don't dream, you're likely not depleting deuterium from your brain.

WHAT DEUTERIUM DOES TO YOUR IMMUNE SYSTEM

High deuterium levels can lead to immune dysregulation, with immune responses to ordinarily non-harmful entities in the body that would otherwise be ignored.

The confused immune system becomes worn out, incapable of mounting an effective response when needed. A common clinical finding in cancer is increased inflammation yet higher infections. Many patients die from these infections rather than the cancer itself. Studies have shown that many organisms such as bacteria and yeast actually thrive in a higher-deuterium environment. By reducing the amount of deuterium available, we can remove this advantage while simultaneously supporting the healthy function of your immune system!

WHY DEUTERIUM DEPLETION IS THE ULTIMATE CANCER HACKING TOOL

I have, quite frankly, grown weary reading or hearing about the next magical plant, crystal, wave, prayer, belief, or medication that is going to do away with cancer. Thirty-five plus years, four degrees, and life-changing events have taught me to only put time and effort into things that have been scientifically validated, clinically tested, and forged by the collected responses of thousands of users and verified results over years, and not fleeting moments, of success. I am interested in talking to the experts and not those that wax and wane about the latest thing they've become experts at. To this end, the original founders of the Center for Deuterium Depletion have collectively treated over 10,000 cancer patients alone, successfully completed human clinical trials, written more than 100 peer-reviewed articles on deuterium depletion and metabolism, and taught what they know to medical doctors, scientists, patients, and the community of the concerned. They did not invent a new product per se, they instead uncovered the way "life works" and learned to harness that understanding, enabling doctors to make what they do more effective, whether that be chemotherapy, radiation, immunotherapy, stem cell transplants, or the next experimental medicine.

The Center's super power is providing protocols that enable patients to gift their doctors with better clinical outcomes, which includes the mores all cancer patients want – more time with their families, more time enjoying life, more great memories, more birthday parties, and more effective standard of care treatments so the cancer says in remission. Here are some very simple things that you can do to beat cancer and live a long, vital, health-filled life.

Listen to Dr Collins here: bit.ly/2RQibsR

How to lower your deuterium levels

It has taken many years of research and thousands of patients to get here, but we now have a very easy to understand, simple to follow protocol that is tailored to each patient and guided both by the world's leading deuterium depletion practitioners and a robust, intelligent, online patient portal.

1. Start by finding out your deuterium levels

You can order a test kit from the Center for Deuterium Depletion, www.ddcenters.com. The test uses both breath and saliva or urine samples to determine the level of deuterium in the body. The breath sample is representative of the amount of deuterium in your tissues and organs. This determines your body's deuterium load. The saliva or urine sample is representative of the amount of deuterium in biological fluids. The difference between these two test values indicates how well your body depletes deuterium. A larger difference between the two test values indicates your body is successfully depleting deuterium.

2. Eat a low deuterium diet

This involves eating a diet that is high in natural fats, naturally reared meat and fish and vegetables that are low in net carbohydrates. Avoid fruits and tubers high in sugar and starch (deuterium).

3. Drink deuterium depleted water

Drink deuterium depleted water (DDW) to kick-start your body's built-in ability to deplete deuterium. DDW is a very effective means of "flushing out" deuterium, making it easier for your body to quickly regain its ability to effectively deplete deuterium.

4. Increase sleep, stress less, get exposure to natural light, move and learn how to breathe

Your body naturally depletes deuterium during sleep. By focusing on improving your sleep, you will be able to deplete deuterium more effectively. Sunlight helps deplete deuterium as does appropriate movement, reducing stress and employing correct breathing techniques.

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Dr Q is a leading scientist when it comes to developing and applying integrated nutrition and metabolic therapies to treat cancer in people and pets. Co-Founder and Principal Investigator, Center for Deuterium Depletion – the world's first organisation to use

deuterium and tracer technologies in a research clinic setting to describe and follow the health status of patients with metabolic disorders such as cancer, diabetes, and autoimmune disorders.

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The weekly Yes to Life Show is available on Listen on Demand on UK Health Radio, where you can browse through the enormous range of over 200 past guests and subjects at: bit.ly/YTLShow. I'll be delighted if you make a point of joining me each week!

Wishing you the very best for your health and healthcare,

Robin Daly

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