

Oncologist Monitoring Guide

For Patients Using the Quercetin + Vitamin C Anti-Cancer Protocol

1. Recommended Baseline Tests (Before Starting the Protocol)

- Complete Blood Count (CBC): Detects anemia, leukopenia, or signs of tumor lysis.
- Basic Metabolic Panel (BMP): Monitors kidney function and electrolyte balance.
- Liver Function Tests (LFTs): Identifies early liver stress or overload.
- LDH (Lactate Dehydrogenase): Tumor burden marker - may rise during tumor breakdown.
- Uric Acid, Phosphorus, Potassium: Monitors for Tumor Lysis Syndrome (TLS).
- CRP or ESR (optional): Inflammation markers.
- PET/CT or MRI: Baseline tumor size and characteristics.

2. Follow-Up Schedule During Protocol Use

- First 7-14 Days: Recheck electrolytes, uric acid, and kidney function if large tumor burden is present.
- Weekly for 1 Month: Physical check-ups, CBC, BMP if symptoms arise.
- Monthly Imaging (optional): PET or CT scans for tumors >5cm or patients with prior metastasis.

3. Warning Signs That Require Immediate Medical Attention

- Rapid-onset fatigue or grogginess: Tumor lysis syndrome or electrolyte imbalance.
- Leg swelling, warmth, redness: Possible Deep Vein Thrombosis (DVT).
- Painful or distended abdomen: Internal bleeding or tumor disintegration.
- Nausea, confusion, or irregular heartbeat: Renal overload or TLS.
- Fever or chills: Infection or sepsis risk.
- Decreased urination: Kidney stress from cell breakdown.

4. Important Notes for Oncologists

The protocol includes Quercetin, Vitamin C, optionally Vitamin E and Green Tea Extract (EGCG). These compounds are believed to:

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- Induce oxidative stress selectively in cancer cells.
- Enhance immune response.
- Modulate apoptosis pathways.

Tumor necrosis or shrinkage can occur rapidly; monitor for systemic effects.

Though the therapy is non-toxic to healthy cells, rapid tumor death may cause complications.

5. Patient Instructions You Can Endorse

- Continue the protocol only if feeling stable.
- If swelling, fever, or fatigue become intense or persistent, contact your doctor immediately.
- Hydrate well.
- Do not combine with strong chemotherapy agents unless advised.
- Check in with your doctor every 2 weeks during the first 2 months.

Possible Complications of the Protocol

Tumor Lysis Syndrome (TLS)

Cause: Rapid destruction of large numbers of cancer cells -> release of toxins.

How Serious: Potentially life-threatening.

Notes: Monitor kidney function, uric acid, electrolytes.

Internal Bleeding

Cause: Fast tumor breakdown causing fragile blood vessels to rupture.

How Serious: Moderate to severe.

Notes: Especially in vascular tumors or those on blood thinners.

Swelling (Edema)

Cause: Lymphatic congestion or detox burden.

How Serious: Mild to moderate.

Notes: Often temporary; monitor if painful, warm, or worsening.

Fatigue / Drowsiness

Cause: Detoxification load, TLS, or deep systemic repair.

How Serious: Mild to moderate.

Notes: Can improve with hydration and rest.

Mild Headaches

Cause: Possible detox or vascular changes.

How Serious: Mild.

Notes: Often self-resolving.

Nausea / GI Upset

Cause: High-dose Vitamin C, green tea extract, or liver detox.

How Serious: Mild to moderate.

Notes: Adjust dose, always take with food and hydration.

Constipation or Diarrhea

Cause: Dose-related Vitamin C effect or gut flora modulation.

How Serious: Mild.

Notes: Usually manageable with fiber, hydration, or probiotics.

Liver or Kidney Stress

Cause: Due to detox or TLS-related debris.

How Serious: Moderate to severe (in high-risk patients).

Notes: Monitor labs if stage 4 or multiple organ involvement.

Immune Overreaction

Cause: Rare - may trigger cytokine response or autoimmune flare.

How Serious: Rare but possible.

Notes: Very rare; watch for unusual inflammation or systemic symptoms.

Electrolyte Imbalance

Cause: TLS or massive tumor death impacting potassium, calcium, phosphate.

How Serious: Moderate to severe.

Notes: Especially if dehydration or kidney issues are present.

Skin Inflammation or Rashes

Cause: Detoxification through skin or local tumor responses.

How Serious: Mild.

Notes: Monitor and apply anti-inflammatory remedies if needed.

Drug Interactions (e.g. opioids, chemo)

Cause: Green tea or Vitamin C may increase bioavailability or interfere with metabolism.

How Serious: Moderate.

Notes: Space out doses or consult physician/pharmacist.

False Sense of Safety (Neglecting Medical Care)

Cause: Believing natural therapy alone is sufficient in critical situations.

How Serious: Very dangerous.

Notes: Always seek oncology oversight during treatment.