ACTOUARIOUS Cancer Protocol
... an Integrative Dietary & Herbal Strategy for Successful Monitored Self-Treatment

IMPORTANT UPDATE 2-15-17 (see Page 3)

.... with BioEnergetic Enhancement via Pulsed Technologies
On June 30th, 2012 an International Physicians Roundtable was hosted by Gus and Beverly Kotsanis at the Kotsanis Institute in Dallas/Ft Worth. Approximately 40 of today’s leading innovators and specialists of many disciplines participated in this age-old, common sense and practical approach to one of today’s biggest health problems.

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**ACTOUARIOUS**

Cancer Protocol
... an Integrative Dietary & Herbal Strategy for Successful Monitored Self-Treatment

**IMPORTANT UPDATE:**
The initial Actouarious Dietary & Herbal Cancer Protocol DRAFT was made publicly available and distributed shortly after the June, 2012 Physicians Roundtable. The Actouarious protocol itself by (Kotsanis/Agapiou/Kotsanis) was embedded within a larger document prepared by Pulsed Technologies (Holman/Dorneanu) which also included the protocol enhancement and support mechanisms intended to explain and provide significant delivery, uptake and utilization of the components of the protocol itself. Over the years, most questions and interest we have received has dealt with the physics of this enhanced delivery and utilization by electronic means and its application to other protocols.

At the request of the original Actouarious protocol developers, the original embedded protocol, has been REMOVED from this document. However, Pulsed Technologies’ important “Enhancement and Support via Electronic Means” strategies section remains and is applicable to not simply the original Actouarious Protocol, but virtually any supplementation/delivery/utilization protocol including conventional allopathic strategies, especially those used when dealing with Cancer.

With that in mind, please consider the symbiotic and synergistic enhancement the electronic mechanisms may add to whatever strategy or protocol you may choose.

[www.PulsedTech.com](http://www.PulsedTech.com)

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The Purpose

The purpose of the "Actouarios" cancer protocol as an integrative dietary & herbal therapy is to "improve" the established therapeutic approaches that try to reinstate the misguided cancer cell to enter the cycle to apoptosis. This we believe could be achieved once we restore the body’s alkaline pH level. The phases proposed are:

- **Phase A:** An Absolute diet (Water Therapy) for 2‐3 days
- **Phase B:** A Fruit therapy for at least 14 days
- **Phase C:** A Strict Alkaline Green Diet with Herbal Teas for 7‐14 days. The goal of this phase is to create a pH greater than 6.9 and continue to push toward alkalinity.
- **Phase D:** An Integrative Cancer Therapy by Herbal Teas for at least 7 days.
- **Phase E:** It is at this stage that a cancer patient must realize that new diet lifestyle has been established and one must follow a strict prudent alkaline fruit/green diet for life.

In general the "Actouarios Therapy" will allow the body to:

- concentrate and remove free radicals
- cleanse (detoxify) the toxic load in our body
- enhance an adequate consumption of every micronutrient with mostly plant based diets increasing their bioavailability to the organs
- optimize the function of the vital organs (Digestive tract – Liver – Kidney)
- and most of all
- invigorate our body.

It must be emphasized that any therapeutic approach hereafter cannot be effective if the body maintains an acidic pH.

The Theory

Each stage must be strictly followed to accomplish to the goal of pH higher than 6.9. The concept first of all is to save as much energy as possible.

Diverting energy from digestion allows the body to use that energy in healing. Our philosophy follows what Ancient Greek medical wisdom considered as an axiom:

"It is the body that knows best the biochemical self‐cure pathways."

The theory is:

- Rejuvenate a wellbeing state for the cancer patient
- Confine cancer progression that in turn will
- Alter uncontrollable cell proliferation which will
- Avert any metastatic tendency, and
- Activate apoptosis and/or an immune antitumor response

So what we are really talking about is the pH revolution of the extracellular space.
Phase A

In this phase one is allowed to have only water and vitamin C. Do this for 2 – 3 days or longer if you can. (If you go more than 3 days break the water fast when you get hungry.) If you feel you can go for only 24 hours, it would be fine to start on Phase B.

### Water Intake Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 am</td>
<td>12 Oz water</td>
</tr>
<tr>
<td>10 am</td>
<td>3 – 6 Oz water</td>
</tr>
<tr>
<td>11 am</td>
<td>3 – 6 Oz water</td>
</tr>
<tr>
<td>2 pm</td>
<td>12 Oz water</td>
</tr>
<tr>
<td>4 pm</td>
<td>3 – 6 Oz water</td>
</tr>
<tr>
<td>6 pm</td>
<td>3 – 6 Oz water</td>
</tr>
<tr>
<td>8 pm</td>
<td>3 – 6 Oz water</td>
</tr>
<tr>
<td>10 pm</td>
<td>6 Oz water</td>
</tr>
</tbody>
</table>

Note: If you want to drink more water, feel free to do so.

Note: If diarrhea ensues back off to a lower dose.
Phase B

Duration 14 days (may extend to 17 days)

In this phase the diet consists of fruit juice therapy for 14-17 days. One serving of each juice recipe mixture is 6 oz.

Day 1-2: Juicing for the Digestive System

<table>
<thead>
<tr>
<th>Time</th>
<th>Juice Recipe to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 am</td>
<td>A</td>
</tr>
<tr>
<td>10-11 am</td>
<td>D</td>
</tr>
<tr>
<td>12-1 pm</td>
<td>B and C</td>
</tr>
<tr>
<td>3-4 pm</td>
<td>B and C</td>
</tr>
<tr>
<td>6-7 pm</td>
<td>D</td>
</tr>
<tr>
<td>9-10 pm</td>
<td>D</td>
</tr>
</tbody>
</table>

Day 3-4: Juicing for the Liver Detoxification

<table>
<thead>
<tr>
<th>Time</th>
<th>Juice Recipe to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 am</td>
<td>E and F</td>
</tr>
<tr>
<td>10-11 am</td>
<td>G</td>
</tr>
<tr>
<td>12-1 pm</td>
<td>G</td>
</tr>
<tr>
<td>3-4 pm</td>
<td>H and/or beets</td>
</tr>
<tr>
<td>6-7 pm</td>
<td>H and/or beets</td>
</tr>
<tr>
<td>9-10 pm</td>
<td>H and/or beets</td>
</tr>
</tbody>
</table>

Day 5-6 (7): Juicing for the Kidney Detoxification

(see key)

<table>
<thead>
<tr>
<th>Time</th>
<th>Juice Recipe to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 am</td>
<td>I</td>
</tr>
<tr>
<td>10-11 am</td>
<td>watermelon &amp; C</td>
</tr>
<tr>
<td>11-12 am</td>
<td>I</td>
</tr>
<tr>
<td>12-1 pm</td>
<td>watermelon &amp; C</td>
</tr>
<tr>
<td>1-2 pm</td>
<td>I</td>
</tr>
<tr>
<td>3-4 pm</td>
<td>watermelon &amp; C</td>
</tr>
<tr>
<td>5-6 pm</td>
<td>I</td>
</tr>
<tr>
<td>6-7 pm</td>
<td>watermelon &amp; C</td>
</tr>
<tr>
<td>7-8 pm</td>
<td>I</td>
</tr>
<tr>
<td>9-10 pm</td>
<td>watermelon &amp; C</td>
</tr>
</tbody>
</table>
Day 7 – 14 (may extend to day 17)

Grape Juice Therapy (strictly grape juice & dry raisins)

Note: This is considered the most important component of the fruit therapy. One must use organic grapes whenever possible; dark grapes are better than green grapes. Dark organic raisins are better than green raisins. As a general rule, one can drink all the water desired throughout the fruit therapy. Best water is alkaline filtered water or spring water. Don’t forget each juice serving is 8 oz cup while the dry raisins can be eaten throughout the day. Graze on ½ cup raisins throughout the day.

8‐9 am  Grape juice & dry raisins
9‐10 am  Grape juice
10‐11 am  Grape juice
12‐1 pm  Grape juice & dry raisins
1‐2 pm  Grape juice
2‐3 pm  Grape juice
4 to 5 pm  Grape juice & dry raisins
5‐6 pm  Grape juice
6‐7 pm  Grape juice
8 to 9 pm  Grape juice & dry raisins
9 to 10 pm  Grape juice

Juice Recipe Key

Recipe A is considered cathartic and detoxifying. Use equal amounts of: Peach, pear, plums, raisins, apricot, carrot.

Recipe B is a combination that will repair the digestive system. Use equal amounts of: Apple, kiwi, pineapple, strawberry and plum.

Recipe C is a combination that will repair the digestive system. Use equal amounts of: Berries (blueberries, mulberries, cranberries, raspberries), strawberries and cherries.

Recipe D is a combination of repair and detoxification. Use equal amounts of: Kiwi, green apple, pear and carrot.

Recipe E is lemon juice (1/2 a lemon) and 8 oz Lukewarm water only in the morning.

Recipe F is juice of one grapefruit plus 2 to 4 tablespoons of extra virgin olive oil.

Recipe G is juice of one lemon, one grapefruit and two or oranges only in the morning.

Recipe H is apple juice or juice of one apple with every ¼ cup of red beet juice good for all day. (Do not use beet leaves). (Equal quantities of juices) to equal 6‐8 ounces.

Recipe I is apple, strawberry, apricot (you may add carrot as well).

Recipe J is grape juice (may add raisins).

Note: Recipes A, B, C, and D are for the digestive system. Recipes E, F, G and H are for the liver. Recipes I is for the kidneys. Recipe J is a grape therapy for the tumor.
Phase C

Here we have strict green alkaline diet plus herbal therapy (duration 6–7 days).

Here we are trying to stabilize the pH of the body to 7.45 (try to raise pH above 6.9). The patient must make up his/her mind to follow a permanent lifestyle change for life. Eat as much as you desire, and as often as you desire.

Note: the pH must be as high as possible during this phase.

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**Herbal Tea Preparation**

Mix one teaspoon of herbal mixture in 150 to 200 ml of water. First boil water by itself and when it reaches the boiling point remove from the fire and add water to the herbal mixture. Cover the cup or pot and let it steep exactly 13 minutes. No sugar added. Use only filtered or spring water. Strain before drinking.

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**Day 1 and 2**

Salads with green vegetables with organic first cold press olive oil and apple cider vinegar or lemon. Must be a strict green raw diet. Eat all you want.

Tea for morning: *Melisa officinalis* (lemon balm), *chamomile* (1 cup)

Tea for early afternoon: *urtica dioica* (stinging nettle) and *traxacum officinale* (dandelion) plus *cynodon dactylon* (Couch grass)

Tea for evening: *Sage*

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**Tea’s Timetable for Day 1 – 2**

*remember take your tea one hour prior breakfast/lunch/dinner* (for example if you have lunch at 12:30 drink tea at least before 11:30)
ACTOUARIOUS
Dietary & Herbal Cancer Protocol

Time

Intake

Melisa officinalis (lemon balm) and chamomile – 1 full teaspoon

Urtica dioica (stinging nettle) and traxacum officinale (dandelion) plus cynodon dactylon (Couch grass). – 1 full teaspoon of the mixture

Sage – 1 full teaspoon

8‐9 am

1 cup

10 am

May drink water

11 am

May drink water

2‐3 pm

1 cup

4 pm

May drink water

6 pm

May drink water

8‐9 pm

1 cup

10 pm

May drink water

Day 3 and 4

Par boiled vegetables eldente (steamed is better) along with fish (6‐8 oz) if desired.

Tea for morning: Melissa officinalis, (lemon balm), chamomile (1 cup)

Tea for early afternoon: urtica dioica (stinging nettle) and traxacum officinale (dandelion) plus cynodon dactylon (Couch grass)

Tea for evening: Sage

Tea's Timetable for Days 3‐4

*remember take your tea one hour prior breakfast/lunch/dinner (for example if you have lunch at 12:30 drink tea at least before 11:30)

Day 5 and 6/7

Vegetable soup (green soups), preferably Hippocrates soup (see below): one may add rice, potato or pasta. Eat all day. Also, morning till noon drink 3 to 4 cups of apple juice.

Tea from morning until noon: a cup of Melissa officinalis, chamomile

Tea for evening: traxacum officinale, artichoke and milk thistle.

Tea’s Timetable for Days 5‐7
Time | Intake
--- | ---
8-9 am | 1 cup
10 am | May drink water
11 am | May drink water
2-3 pm | May drink water
4 pm | May drink water
6 pm | May drink water
8-9 pm | 1 cup
10 pm | May drink water

Recommendations for salads, vegetable juicing and vegetable soups:

1. General: Any green leaf salad of your choice.
2. Salad with lettuce, cucumbers, green pepper, raw spinach, Brussels Sprouts.
3. Salad: Lettuce cucumbers onions and a little fine grated garlic.
4. Salad of green leaf vegetable, celery, carrot and onion.
5. Combination of steamed salad of half boiled potato, celery root (celeriac), one beet, one carrot and 4 radishes.
6. Combination of parboiled salad with broccoli, cauliflower, 2 carrots, 2 elongated red peppers and one potato.
7. Vegetable juicing combination (only the juice and not the pulp) 3 beets, 2 carrots, one broccoli and one green pepper.
8. Combination of juiced vegetables with or without pulp to contain lettuce leaves, carrot, green apple, plus a green or red pepper, plus parsley and mint.
9. Vegetable soup of spinach, broccoli, celery, and wild greens like dandelions.
10. Hippocrates soup: (1.1 lbs) edible wild plants (field salad), (1.1 lbs) spinach, plus half a head of lettuce, one small head purple broccoli, plus 2 asparagus plus beet leaves (from 2 beet heads) and 6 Brussels sprouts. (Everything should be cut into small pieces "mince cut"). Saute vegetables in pot and stir constantly without water for 5 min. at high temperature and add 1 tablespoon of olive oil, salt, a pinch garlic (powder). Then add water just to cover the ingredients and add salt to taste, and olive oil (1-2 tablespoons as desired). Stir for another 5-10 min. If desired add 1-2 potatoes or ½ cup of rice but after the soup has boiled for 15 minutes. This is a cooked soup using ionized water and must be kept at low fire for 30 minutes.
Phase D

<table>
<thead>
<tr>
<th>Time</th>
<th>Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 am</td>
<td>1 cup of the tea mixture</td>
</tr>
<tr>
<td>10 am</td>
<td>Water if desired</td>
</tr>
<tr>
<td>11 am</td>
<td>Water if desired</td>
</tr>
<tr>
<td>2-3 pm</td>
<td>1 cup of the tea mixture</td>
</tr>
<tr>
<td>4 pm</td>
<td>Water if desired</td>
</tr>
<tr>
<td>6 pm</td>
<td>Water if desired</td>
</tr>
<tr>
<td>8-9 pm</td>
<td>1 cup of the tea mixture</td>
</tr>
<tr>
<td>10 pm</td>
<td>Water if desired</td>
</tr>
</tbody>
</table>
Tea Preparation

Boil the water first then remove from heat, add 1 full teaspoon of Cistus creticus L. to 150-200 cc of water and steep exactly for eight (8) hours, drain and drink this 3 times daily. Remember that it must be drunk within 55 minutes after straining.

*Reminder: Cistus creticus L. must be steeped for eight (8) hours so prepare it in time. For example if you drink it at 8:00 am in the morning it must be prepared at 11:30-12:00pm midnight or if you decide to drink it at 7:00 am it must be prepared at 10:30–11:00 pm (this is for the morning schedule). The tea drink for 2:00 – 3:00 pm and 8:00 – 9:00 pm should be prepared eight (8) hours prior within the same day.

**Tea's Timetable for Tea 2 of phase D**

<table>
<thead>
<tr>
<th>Time</th>
<th>Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 am</td>
<td>1 cup</td>
</tr>
<tr>
<td>10 am</td>
<td>Water if desired</td>
</tr>
<tr>
<td>11 am</td>
<td>Water if desired</td>
</tr>
<tr>
<td>2-3 pm</td>
<td>1 cup</td>
</tr>
<tr>
<td>4 pm</td>
<td>Water if desired</td>
</tr>
<tr>
<td>6 pm</td>
<td>Water if desired</td>
</tr>
<tr>
<td>8-9 pm</td>
<td>1 cup</td>
</tr>
<tr>
<td>10 pm</td>
<td>Water if desired</td>
</tr>
</tbody>
</table>

Drink Tea 1 or Tea 2 for a minimum of 7 days before breakfast, lunch and dinner. After the 7th day you must remain on an alkaline diet and drink the teas for life. You may choose hereafter any of the following teas Tea 1, Tea 2 or Sage for the rest of your life.
Phase E

Conclusion: Congratulations for choosing a healthy lifestyle! One must remember that all things are possible if we put our minds to it. One can control and or defeat cancer with a permanent lifestyle change. In the words of Paracelsus (a 15th century physician) "there is no such thing as incurable diseases only incurable people."

The "Actouarios Dietary and Herbal Protocol" is designed to teach you the correct steps to recovery from your disease. The wisdom of the ages has a proven record that is difficult to challenge. Although modern medicine has made quantum leaps in technological advancements, the collective knowledge of all the physicians over the millennia is impossible to replace. We sincerely hope that you are enlightened about the wisdom of all the great physicians that came before us. Try to be happy and healthy the rest of your life.
Protocol Enhancement and Support via Electronic Means

Jimmie Holman
Paul Dorneanu

Science is but a perversion of itself unless it has, as its ultimate goal the betterment of humanity.

What we now want is closer contact and better understanding between individuals and communities all over the earth, and the elimination of egoism and pride...

Peace can only come as a natural consequence of universal enlightenment.

Nikola Tesla - 1919

The incredibly “logical” concepts/strategies of the Actouarious Cancer Protocol fall PERFECTLY in line with the concepts of bioenergetics and electro medicine. Even though we (Pulsed Technologies) are seemingly working from “electrical and physics” perspectives, these venues are in many ways identical to the underlying strategies revealed in the outlined protocol. In many ways, the underlying intents are the same, simply accomplished in different yet complementary manners.

As a member of the panel, I was continually reminded of something I read in my research several years ago after a trip to the Tesla museum in Serbia. Sometime in 1889, famed inventor Nikola Tesla became determined to enter into a systematic investigation with the electrical nature of the human body from an electro-therapeutic point of view. Throughout the 1890s and on into the early 1900s, Tesla spoke publicly about the therapeutic characteristics of high frequency, about the bodies amazing ability to inherently tolerate it, but most interesting of all, he spoke of the separation between those of science who were capable of understanding the physical/electrical science and those in the biological research and practice of medicine. He identified the need then for close cooperation and communication of these distinctly separate fields before any practical use could be made from the underlying science. My how little has changed over the last century but THIS may be the TIME and PLACE for that change and cooperation to occur!!!
While it remained for the physician to investigate the specific actions on the organism and indicate proper methods of treatment, the various ways of applying these currents to the body of a patient suggested themselves readily to the electrician.

Symbiotic/Synergistic Enhancement

During the weekend of the Actouarious roundtable, we identified 8 specific areas of symbiotic and/or synergistic strategic enhancement to the currently existing protocol with the most assured results to be faster and/or more effective response and recovery. I will briefly address these individual areas below. You will quickly realize the overlapping relationships AND the commonality with your strategy which can be used to mutual benefit and the assured accomplishment of our mutual goals.

1. **Enhanced Delivery** – electroporation is a natural and expected occurrence when provided direct or induced (inducted) micro current electrical charges. This allow the ion channels of the cell membrane to more easily and directly pass through the cell membrane, needed nutrients, oxygen, even medications where required. Much less medications can be provided the patient at less toxic doses (if toxic), because of the

2. **Manipulation of pH** – electron supply raised pH - pH being a measure of “available electrons (from hydrogen). A large portion of the protocol relies heavily on consistent maintenance of elevated pH ... something we seem to be able to provide ... in localized areas almost instantly. Something not often mentioned, the related pain and swelling is an attribute of low pH and the lack of intercellular communication.

3. **Cellular Un-Clustering** – as cellular potential (voltage) raises, the clustered “sticky blood” separates. There is a clue here that the previously mentioned pH may be part of the mechanism that allows the structural breakup/dissolution of the specific cancer cells. [Important video is available which better illustrates these results] The video frames here, clearly shows how availability of oxygen, nutrients and medications can be quickly and easily increased with enhanced efficiency.

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1 Tesla, Nikola, *High Frequency Oscillators for Electro-Therapeutic and Other Purposes* presentation to the American Electro-Therapeutic Association, Buffalo, NY, Sept 15, 1898
4. **Powering of metabolic functions** – the powering of metabolic functions and processes of the cells are provided “electrically” largely from stored energy from within the cell membrane as well as structured within the cell. These are CLEARLY electronic functions and structures ....AMAZING!!!!

5. **Organ Support / Detoxification** - Almost ALL “our” users who use the equipment for biological treatment utilize a proprietary protocol that has been developed over time and has been reportedly quite successful in assisting the flushing out of toxins and targeted pathogens. The organ stimulation (kidneys, liver, etc.) is critical to remove as much toxic debris as possible both before and after any targeted “destructive” pathogen treatment.

6. **Colloidal Silver** - the PulsedTech equipment can also be used to prepare a high grade form of “frequency imprint-able” colloidal silver. (Note: This should not be confused with commercially available colloidal silver!) Every person has at least some degree of undesirable pathogens. Nano particle size silver clusters will readily attach to an enzyme (use for respiration) on the cell surface of most pathogens and undesirable bacteria effectively suffocating them, typically within minutes leaving the organism intact and able to be processed and eliminated via normal processes. The energy being robbed by those pathogens can better be expended on “other healing efforts”

7. **Energy supply (40,000 Hz)** – Related to #4, this may be incredibly useful especially during first steps when other materials are not consumed....only water. While helping raise the pH, the body and mind can still receive energy to carry on necessary processes. It could assist them in going still another day when they may not otherwise feel able OR it may be a substitute
8. **Mind/Body/Spirit - Mental Manipulation** – This is not really covered in any of the presentation materials you have been given, however the function generator we use, as well as some of our proprietary scripts are specifically designed for mental manipulation via brain-wave “entrainment”. Waveforms used in those cases are typically Sine and can be very precise.

**Challenges and the Future**

One of the great challenges faced is the fact that much of the electrical technology has largely been described only in “conventional” electromagnetic terminology. Frankly ...

The underlying physics I am working with is actually NOT conventional ... I DO KNOW vocabulary is wrong!!!

---STILL IN WORK----

**Step-By-Step**

Convention PulsedTech equipment can be utilized along side

During Phase A
During Phase B
During Phase C
During Phase D
During Phase E

*Tesla declared in 1919 that Hertzian thinking “has stifled creative effort in the wireless art and has retarded it for 25 years.*