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# ADVANCED COLON CANCER DIET

## ROTATING DIET & FASTING-MIMICKING STRATEGY





## **Important medical disclaimer (read first)**

This document is for educational purposes only. It is not medical advice, does not diagnose, treat, cure, or prevent disease, and is not a substitute for medical care. Nutritional recommendations are supplied for you to share with your healthcare provider. The content herein and the nutrients recommended are in aid of good health, not disease treatment. Please consult your health care practitioner for diagnosis and treatment of disease. Anyone with cancer—especially advanced or stage IV disease—must review dietary changes, fasting, or supplements with their healthcare provider. If you have cachexia, severe weight loss, malnutrition, kidney disease, or are undergoing active chemotherapy or radiation, do not implement fasting or major diet changes without medical supervision. The purpose of this protocol is to stress cancer metabolism while protecting the host, not to replace conventional treatment.

## **Core principal**

Advanced colon cancer is metabolically adaptive but fragile. It survives by locking into specific fuel pathways, which are often glucose-dominant, and exploiting inflammation and immune weakness.

### **Common culprits:**

- Processed foods, packaged snacks, and frozen meals
- Sugary drinks and desserts
- Refined carbs like white bread, pasta, and pastries
- Highly-refined seed oils such as canola, soybean, and corn oil

### **Goal**

Apply rotating metabolic pressure to keep cancer from stabilizing, while preserving muscle, immunity, and resilience.

### **Three rotating phases**

**Phase 1:** Low-insulin and fasting or fasting mimicking diet (FMD)

**Phase 2:** Colon support and microbiome diversity

**Phase 3:** Refeed and resilience

Rotation helps minimize metabolic cancer adaptation and reduces the risk of muscle loss.



# Overview of rotation timing (general guidelines)

These timings are suggestions and meant as flexible guidance, not strict rules.

**Phase 1—Fasting or FMD:** 3 to 5 days (up to 5 days only if nutritionally stable)

**Phase 2—Colon support:** 7 to 14 days

**Phase 3—Refeed and resilience:** 3 to 5 days

**Repeat this cycle as needed and adjust frequency based on:**

- Body weight stability
- Muscle mass
- Energy levels
- Treatment schedule

## Phase 1

### Low-insulin and fasting or fasting mimicking diet (FMD)

#### Goal

- Lower insulin and IGF-1 signaling
- Suppress anabolic growth pathways
- Create metabolic stress for glucose-dependent cancer cells
- Activate repair and cellular cleanup pathways

#### Options

##### Option A: fasting (only if nutritionally stable)

- 24 to 72 hours
- Water, electrolytes, and natural, non-caloric fluids only
- Light movement (walking only)
- Stop fasting if rapid weight loss, dizziness, weakness, or muscle wasting occur



## Option B: FMD (preferred for advanced stage)

**Duration:** 5 days

**Calories:** ~700 to 1100 kcal per day based on body size

**Macronutrient guidelines:** very low protein, low carbohydrate, moderate fat

### FMD phase example day

#### Meal 1:

- Non-starchy vegetable soup
- 1 to 2 teaspoons of olive oil or avocado oil

#### Meal 2:

- Steamed zucchini, spinach, and mushrooms
- Small portion of olives or avocado

#### Allowed foods:

- Non-starchy vegetables
- Olive oil and avocado oil
- Small portions of nuts, such as macadamia and walnuts
- Herbal teas
- Electrolytes, including sodium, potassium, and magnesium

#### Avoid:

- Meat, fish, and eggs
- Dairy products
- High-protein foods
- Grains
- Sugar

#### Optional supplements:

- Electrolytes (including 2 to 4 g of sodium per day)
- Magnesium (200 to 400 mg per day)
- Omega-3 fatty acids (1 to 2 g EPA/DHA per day)

Avoid high-dose antioxidants during chemotherapy unless approved by an oncologist.



# Phase 2

## Colon support & microbiome diversity

### Goal

- Support colon lining integrity
- Reduce inflammation
- Restore controlled fermentation
- Improve immune signaling

The focus here is on strategic, tolerable fermentation rather than consuming excess fiber.

**Macronutrient guidelines:** Moderate protein, moderate fat, controlled carbohydrates

**Fiber strategy:** If bloating is present, start with low amounts of fiber and introduce slowly.

### Initial fiber sources (low-FODMAP):

- Cooked zucchini
- Carrots
- Spinach
- Cucumbers
- Lettuce
- Fermented vegetables

### Foods to temporarily limit (highly fermentable):

- Onions and garlic
- Beans
- Lentils
- Wheat products
- Inulin/chicory root
- Sugar alcohols

### FMD phase example day

#### Meal 1:

- Pasture-raised eggs or wild-caught fish
- Cooked spinach or zucchini
- Olive oil

#### Meal 2:

- Grass-fed meat or poultry (4 to 6 oz)
- Cooked vegetables
- Small portion of berries (if tolerated)
- Optional: fermented foods in very small amounts if tolerated



## Optional supplements:

- Electrolytes (including 2 to 4 g of sodium per day)
- Magnesium (200 to 400 mg per day)
- Omega-3 fatty acids (1 to 2 g EPA/DHA per day)

# Phase 3

## Refeed and resilience

### Goal

- Preserve or rebuild lean muscle
- Restore metabolic reserve
- Support immune resilience

This phase helps prevent cachexia and allows safe cycling back into lower insulin levels and the fasting or fasting mimicking diet (FMD) phase.

**Macronutrient guidelines:** Higher protein, moderate fat, low to moderate carbohydrates

**Movement:** Walking daily and light resistance exercises if able

### Refeed phase example day

#### Meal 1:

- Pasture-raised eggs or wild-caught fish
- Cooked vegetables
- Avocado or olive oil

#### Meal 2:

- Grass-fed beef, lamb, poultry, or fish (6 to 8 oz)
- Cooked vegetables
- Optional: root vegetables (small portion)

### Protein notes:

- Aim for adequate total protein, not excess
- Collagen may support connective tissue, but doesn't replace complete dietary protein



## General lifestyle support (all phases)

- Walking daily
- Prioritize sleep
- Avoid alcohol
- Incorporate stress reduction
- Regular sun exposure
- Avoid ultra-processed foods

## Final notes

### This rotating strategy aims to:

- Prevent cancer adaptation
- Reduce metabolic rigidity
- Protect muscles and immune functions

The focus here is on strategic, tolerable fermentation rather than consuming excess fiber.

### Adjustments to this plan should be made based on:

- Body weight trends
- Treatment plan
- Energy levels

**Next step:** This document is designed to be paired with professional guidance and individualized adjustments.

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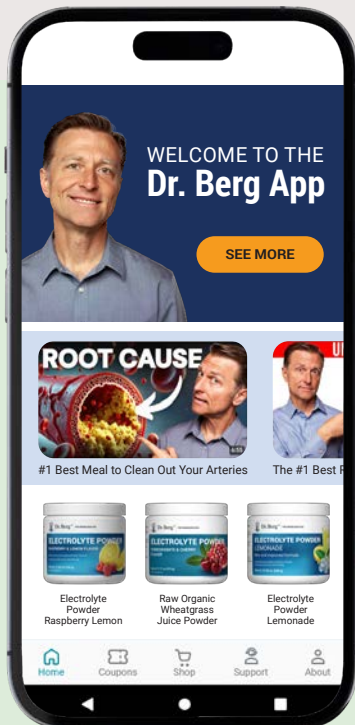
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