

The Terrain Ten™ Method for Cancer Patients

The Terrain Ten™ method is a comprehensive approach that examines ten key areas of the body's terrain. By addressing each of these areas, we create an individualized treatment plan aimed at improving your overall health and resilience against cancer.

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The 10 Terrains of the Terrain Ten™ Method

1. Genetics and Epigenetics

Our genetic blueprint, inherited from our ancestors, influences metabolism, digestion, and autoimmunity, among other things. We incorporate a patient's genetic variations, the SNPs (Single Nucleotide Polymorphisms), into their personal treatment plan to counteract these tendencies. Epigenetics describes how lifestyle factors can overcome inherited genetic weaknesses, neutralize them, and support positive genes.

2. Blood Sugar Balance

Most people have an inflexible metabolism and cannot easily switch between macronutrients fat and sugar as fuel. Metabolic therapies help deprive cancer cells of their primary nutrient, glucose.

3. Toxic Load

Avoiding a toxic environment is important but difficult. We offer toxicity tests and develop safe detoxification strategies.

4. Microbiome & Digestive Function

The microbiome influences the immune system, mood, and brain function and is affected by toxins, antibiotics, and diet. We restore the balance of gut flora and improve digestion through targeted therapies.

5. Immune Function

Immune function varies from nonexistent to overactive, as in autoimmune diseases. We examine the function of white blood cells to support the immune system as needed.

6. Inflammation and Oxidative Stress

Chronic inflammation and oxidative stress promote disease progression. We control and reduce these dysfunctions through diet and supplementation.

7. Circulation and Angiogenesis

Poor circulation and thick blood can impair overall health. We assess and treat these issues and examine markers of angiogenesis in cancer patients.

8. Hormone Balance

Hormonal imbalances affect everyone, not just women of childbearing age. We evaluate and correct these imbalances through lifestyle changes and treatments, especially in hormone-sensitive tumors.

9. Stress and Biorhythm

Chronic stress and sleep disturbances contribute to disease development. We optimize the circadian rhythm and reduce stress through various techniques.

10. Mental and Emotional Health

Emotional trauma has chronic effects on health and must be processed. We support the processing of trauma to improve overall well-being and eliminate a factor that contributes to the development and progression of cancer.

How Does the Terrain Ten™ Method Work?

By treating each area of an individual's terrain, the Terrain Ten method helps the body regain its natural ability to fight chronic diseases such as cancer. By addressing each terrain area, we create an environment where the body can heal itself.

Just as a fish in a fishbowl can only thrive if the water is clean, the human body needs a clean and balanced internal and external environment to stay healthy. It is not enough to treat only the fish; the water must be cleaned so that the fish does not get sick again. Similarly, our holistic approach ensures that the entire terrain of your body is optimized for healing and long-term health.

An Example of How Each Area Can Be Treated

Genetics and Epigenetics

Personalized genetic testing to identify genetic variations (SNPs) and prescribe tailored treatments.

Blood Sugar Regulation

Dietary changes and metabolic therapies to regulate blood sugar levels.

Toxic Load

Toxicity tests and detoxification strategies to clear accumulated toxins such as heavy metals.

Microbiome and Digestion

Dietary changes, detoxification procedures, probiotic and prebiotic therapies to restore the balance of gut flora and improve digestion.

Immune Function

Immune-boosting therapies such as HBOT and red light infusion to improve white blood cell function.

Inflammation and Oxidative Stress

Anti-inflammatory diets, antioxidant supplements, and bioregulatory therapies to reduce chronic inflammation and oxidative stress.

Circulation and Angiogenesis

Assessing and improving circulation and controlling markers of angiogenesis to prevent tumor growth.

Hormone Balance

Natural treatments and lifestyle changes to stabilize and balance hormone levels.

Stress and Biorhythm

Stress reduction techniques such as breathing exercises, meditation and bioregulation therapies to optimize sleep.

Mental and Emotional Health

Counseling and trauma processing therapies to improve mental and emotional well-being.

Understanding Cancer: Somatic vs. Metabolic Theory

Somatic Theory of Cancer Development

According to the somatic theory, which underlies most conventional cancer therapies, cancer is caused by genetic mutations in the DNA of a single cell. These mutations lead to uncontrolled cell growth and tumor formation. Conventional treatments such as chemotherapy, radiation and surgery target these rapidly dividing cells to destroy the tumor.

Conventional/Standard Treatment

- **Chemotherapy:** Cytotoxic drugs kill rapidly dividing cancer cells.
- **Radiation Therapy:** High-energy rays destroy cancer tissue.
- **Surgery:** The tumor is physically removed from the body.
- **Targeted Therapy:** Drugs specifically target certain genetic mutations in cancer cells.
- **Immunotherapy:** Strengthens the body's immune system to fight cancer.

Metabolic Theory of Cancer Development

The metabolic theory, based on the Warburg effect and the research of Prof. Thomas N. Seyfried, states that cancer is primarily a metabolic disease. The Warburg effect states that cancer cells primarily derive their energy from glycolysis and subsequent lactic acid fermentation, even in the presence of oxygen (aerobic glycolysis). The metabolic theory states that cancer cells have altered energy production mechanisms and rely primarily on the anaerobic fermentation of glucose and glutamine in the cytosol for energy, rather than the more efficient process of oxidative phosphorylation that normally occurs in the mitochondria. This metabolic shift leads to disrupted cell growth, secondary genetic mutations, and proliferation of cancer cells.

Metabolic Approach to Cancer Treatment

- **Metabolic Strategies:** Aim to disrupt the metabolic pathways of cancer cells by depriving them of their energy source, e.g., through glucose restriction.
- **Nutritional Therapies:** Focus on anti-inflammatory and low-glycemic foods to reduce metabolic stress in the body. An example is the ketogenic diet, a low-carbohydrate, high-fat diet that reduces the availability of glucose and promotes the production and use of ketone bodies, which cancer cells cannot efficiently utilize.
- **Press-Pulse Therapy:** This approach combines metabolic stress (Press) with targeted bioregulatory therapy (pulse) to exploit the vulnerabilities of cancer cells.
- **Bioregulatory Therapies:**
 - **Hyperbaric Oxygen Therapy:** Increases oxygen levels in tissues to inhibit cancer cell metabolism ([More information](#))

- **Red Light and Near-Infrared Light Therapy:** Uses specific wavelengths of light to penetrate tissues and promote healing and cell function.
- **Hemo-Laser Therapy:** Intravenous application of red light to improve blood properties, stimulate the immune system to destroy cancer cells, and improve overall cell function.
- **Enhancing the Parasympathetic System:** Techniques such as breathing exercises, meditation, ice baths, and the use of LifeVessel to promote stress perception and healing.
- **Hydrogen Therapy:** Hydrogen acts as a powerful antioxidant and reduces harmful oxidative stress.
- **Pulsed Electromagnetic Field and Brainwave:** This holistic approach provides multi-layered support for body and mind.

Understanding the differences between these theories can help you see how the metabolic approach targets the underlying metabolic abnormalities in cancer cells and offers a complementary strategy to conventional treatments.

Our Profile

Our goal at cancerXzürich is to provide patients with the highest level of care.



Our Team Consists of:

Certified MTIH Terrain Therapist

Our lead therapist, Dr. med. [Krisztina Baráth](#), is certified by the Metabolic Terrain Institute of Health (MTIH). This gives her a high level of expertise in metabolic cancer treatment.

Certified MTIH Terrain Advocate

To support and accompany you on your treatment journey, we have a certified MTIH consultant and terrain advocate, [Brandi Goode](#).

Experience the transformative power of the metabolic approach to cancer treatment at cancerXzürich. Together, we can create a healthier, cancer-free future.

Contact us at info@epigenixzuerich.ch for more information.