



THE YELLOW RIBBON

MANFRINI & PHO INSTITUTE OF SARCOMA RESEARCH

QOL - LONGEVITY PROTOCOL

1. Inj Multivitamin Infusion once in 3 months
2. Inj Zolendronic acid 4 mg or Xgeva 60mg s/c after 60 years every year x 2years and next 5 years no need of Zoldria
3. After Zoldria infusion take tab CCM two times a day x 3 months
4. Tab Vitamin D3 60K IU 6 tablets / year - weekly 1
5. Tab Curcumin BCM 95 - 100 tablets / year - once / twice a day max - 30 minutes after food
6. Inj Neurobion 1amp - 6 injections Once a week - 1 year.
7. Inj Thiamine 6 injections Once a week - 1 year.
8. Every Morning - 1 glass of water with a pinch of Himalayan salt and Lime
9. Fast inhalation and exhalation exercises - Kapalabathi / Bastrika / Wim Hof method - 3 sets
10. Mindfulness - meditation - 15 minutes
11. Yoga / Suryanamaskar / Stretching / mobility - 3-5 times minimum - 5 minutes

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