

SCOTT DAVIS

SCOTT BEAT CANCER

Scott's PERSONAL CANCER PROTOCOL

The nutrition, supplements, lifestyle and mindset strategies that helped me beat cancer and transform my life.

THIS PROTOCOL REFLECTS MY PERSONAL EXPERIENCE AND IS NOT INTENDED AS MEDICAL ADVICE.

PLEASE CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE MAKING ANY CHANGES TO YOUR HEALTH PLAN.



Scott's STORY

FROM TERMINAL DIAGNOSIS TO A SECOND CHANCE AT LIFE

On 13 September 2018, I was diagnosed with inoperable terminal bowel cancer and given just 12–18 months to live.

Doctors told me the only treatment available was palliative chemotherapy to help manage my symptoms. It was devastating news for me, my wife and my children.

But something inside me refused to accept that this was the end.

Alongside my medical treatment, I made a decision to take responsibility for every part of my health. I immersed myself in research, changed my nutrition and lifestyle, focused on my mindset, and explored supportive therapies that I believed could help my body.

Over the following years, my scans began to improve.

> *I don't claim that one single thing healed me. I believe my recovery came from giving everything I had—physically, mentally, emotionally and spiritually—towards healing.*



> *I decided that I wasn't just going to fight for more time— I was going to fight for a better life.*

The TURNING POINT

MINDSET. PURPOSE. DECISION.

THIS IS WHERE EVERYTHING CHANGED.

When I received my diagnosis, I was given 12–18 months to live. I had a choice.

I could give in to fear, or I could take ownership of my health and fight.

I chose to fight — not just for more time, but for a better life for myself, my wife and my children.

I realised that while I couldn't control everything about my diagnosis, I could control how I showed up each day.

I committed to a new way of thinking: **hope over fear, action over waiting, growth over victim.**

I TOOK RESPONSIBILITY

I stopped blaming and started focusing on what I could control.

I BECAME A STUDENT OF HEALING

I immersed myself in research and sought out the best information I could find.

I STRENGTHENED MY MINDSET

I practiced gratitude, stayed positive and surrounded myself with people who lifted me up.

I COMMITTED FOR THE LONG TERM

I knew this was a marathon, not a sprint. I was in this for the long haul.

This mindset became the foundation of my recovery and the reason I'm here today.

You have more power than you think.

My PROTOCOL

THE DAILY CHOICES THAT BECAME THE FOUNDATION OF MY RECOVERY.

> *There wasn't one single thing that changed my life. It was the combination of hundreds of small decisions, repeated consistently over time.*

IT STARTED WITH NUTRITION

One of the first areas I looked at was the food I was putting into my body.

I wanted to create an environment that supported my overall health, so I began making simple but meaningful changes to my diet.

During my journey I focused on:

- Reducing sugar
- Reducing dairy
- Eating mainly whole, mostly plant-based foods
- Choosing real, unprocessed ingredients

These changes became one part of a much bigger picture alongside my medical treatment, lifestyle, mindset and the personal choices I made throughout my journey.



A NEW SESSION

SUPPLEMENTS & NATURAL APPROACHES (2018–2020)

Between 2018 and 2020, I explored a wide range of things I personally believed might help support my body. These were decisions I made at my own risk, after extensive personal research.

CANNABIS OILS

- High-dose cannabis oils containing CBD and separate but equal amounts of THC
- Taken both orally and, for THC, also as suppositories
- THC obtained legally overseas under that country's laws

FENBENDAZOLE

- A veterinary medicine I researched for potential supportive roles
- Not licensed for human use in the UK

VITAMINS & MINERALS

- Vitamin D3 + K2
- Vitamin C
- Vitamin E
- B-Complex

NATURAL PLANT COMPOUNDS

- Curcumin
- Milk thistle
- Berberine
- Black seed oil

HEALTHY FATS & OILS

- Omega-3
- Olive oil
- Coconut oil

MEDICINAL MUSHROOMS

- Lion's Mane
- Turkey Tail
- Cordyceps

OTHER SUPPORTIVE PRACTICES

- Cellfood drops in water
- Green tea
- Lemon water daily

These are listed for historical transparency only, not as guidance.

A NEW SESSION

NUTRITION

DIET & NOURISHMENT

The daily changes I made became just as important as anything I took.

REDUCED SUGAR & DAIRY

MAINLY WHOLE, MOSTLY PLANT-BASED FOODS

PRIORITISED REAL, UNPROCESSED INGREDIENTS

> *None of this was ever perfect. It was about doing the best I could, consistently, rather than chasing perfection.*

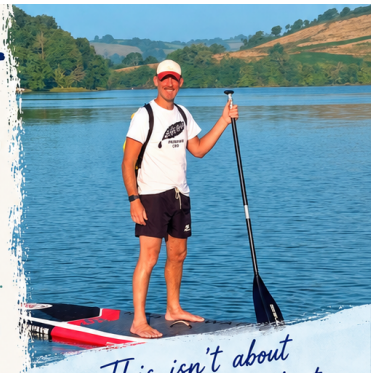


Scott's personal experience — not medical advice.

A NEW SESSION

LIFESTYLE CHANGES

THE DAILY CHANGES I MADE BECAME JUST AS IMPORTANT AS ANYTHING I TOOK.



BODY & NERVOUS SYSTEM

- Cold-water therapy, sea dips and cold showers
- Breathwork
- Intermittent fasting at times (when appropriate for me)

This isn't about perfection. It's about staying in balance."

MINDSET & EMOTIONAL HEALTH

- Stress reduction
- Working on my beliefs and mental resilience
- Emotional healing and learning to let go of what was weighing me down



MOVEMENT

Movement has always been an important part of my life and remains a key part of my lifestyle. I enjoy sea swimming, surfing, running and football.



SLEEP

I prioritise good quality sleep to help my body and mind recover. I keep a consistent routine and create the best environment possible for rest.

CONSISTENCY

None of this was ever perfect.
It was about doing the best I could, consistently, rather than chasing perfection.

LIVING FULLY

Since remission, my lifestyle remains my foundation.
I've gone on to achieve things I once thought impossible, including:

- Marathons
- Skydiving from 16,000 ft
- Cycling for charity
- Kayaking across Torbay
- Climbing Mount Kilimanjaro

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A NEW SESSION

PALLIATIVE CARE & TREATMENT

THE MEDICAL TREATMENT I WAS OFFERED
AND THE JOURNEY THROUGH IT.

When I was diagnosed with inoperable terminal colon cancer, I was offered palliative chemotherapy. This was presented as end-of-life pain management rather than a curative treatment.

Alongside this, I chose to explore a wide range of supportive approaches to encourage my overall health and wellbeing.

> *"I did not reject medicine."*
>
> I accepted the palliative chemotherapy offered to me and also pursued my own supportive approaches at the same time.





MY MEDICAL TIMELINE

KEY DATES IN MY PALLIATIVE TREATMENT AND SCAN RESULTS.

13 SEPTEMBER 2018
Diagnosed with inoperable terminal colon cancer, with a prognosis of 12–18 months.

OCTOBER 2018
Began palliative chemotherapy, described to me as for end-of-life pain management rather than a curative treatment.

OCTOBER 2018 – FEBRUARY 2019
Completed 12 rounds of chemotherapy. Chemotherapy ended in February 2019. I was advised to connect with hospice as needed.

SEPTEMBER 2018 – FEBRUARY 2020
Three-monthly scans continued to show an active, inoperable tumour.

FEBRUARY 2020
PET scan showed no active cancer detected, although the tumour was still considered inoperable.

2020 – 2024
CT scans showed scar tissue only with no active tumour.

FEBRUARY 2025
Final scan confirmed full remission.

10 MARCH 2025
Officially declared cancer-free, with no sign of the previously inoperable tumour.

I do not claim that any single thing cured me.

I believe it was a combination of the palliative treatment I was offered, alongside the many supportive approaches I adopted, and the overall changes I made in my life.

Scott's personal experience — not medical advice.

A NEW CHAPTER

SUSTAINING LIFE PROTOCOL

HOW I MAINTAIN MY HEALTH AFTER REMISSION

Remission was an incredible milestone, but my journey didn't end there. I made a promise to myself to continue doing everything I could to support my health, not from fear, but from deep respect for the life I was given back.

My Sustaining Life Protocol is the combination of supplements, nutrition, movement, mindset, sleep and lifestyle practices that I continue with today to keep my body and mind as healthy and resilient as possible.



MY ONGOING SUPPLEMENTS

These are the key supplements I continue to take to support my health and wellbeing.

- CBD
- Medicinal mushrooms
- Vitamins & minerals
- Curcumin
- Milk thistle
- Iodine
- Methylene blue
- Parasite cleanse every 4–5 months

NUTRITION

I follow a whole-food diet with plenty of fresh, natural foods, focusing on quality ingredients to support my health and energy. Good nutrition remains a foundation of my protocol.

MINDSET & EMOTIONAL WELLBEING

I continue to work on my mindset, manage stress and surround myself with positive people and experiences. Gratitude, purpose and spending time in nature all play a big part in my wellbeing.

MOVEMENT & OUTDOOR LIFE

Movement is a huge part of my continued health and wellbeing. I enjoy:

- Sea swimming
- Surfing
- Running
- Football
- Hiking and climbing (Mount Kilimanjaro)
- Kayaking (across Torbay)
- Staying active in nature

SLEEP & RECOVERY

I prioritise good quality sleep and recovery to keep my body and mind strong. Rest, relaxation and time away from screens help me stay balanced.

> "Remission wasn't the end of the journey, it was the beginning of a new one."
>
> SCOTT

A NEW CHAPTER

LIFE BEYOND CANCER

A BIGGER PURPOSE

Beating cancer gave me a second chance at life, but it also gave me a purpose. I promised myself that I would use my experience to help and support others.

Today, my focus is on educating, inspiring and giving people practical information and tools to take control of their health. Everything I do now is about helping others, because I know how overwhelming and frightening a cancer diagnosis can feel. If my story and what I've learned can help even one person, then it's worth it.



> "I wanted to turn my experience into something positive and help others on their journey."
>
> SCOTT

EDUCATE

I share my story, what I've learned, and practical information to help others make informed choices about their health.

INSPIRE

I want to give people hope and show what's possible. A cancer diagnosis doesn't have to be the end of the story.

PROVIDE TOOLS

Through Life Oils, my book and online content, I offer resources to support people on their own health journey.

SUPPORT

I'm here to help and encourage others, whether they're newly diagnosed, in treatment, in remission or simply looking to improve their overall health and wellbeing.

LIFE OILS

NATURAL SUPPORT FOR A HEALTHIER LIFE

During my own journey, I became increasingly aware of the issues with the quality of supplements available. I wanted clean, high-quality, effective products that I could trust, so I created Life Oils.

Life Oils is my range of premium CBD oils and natural supplements, developed to support overall health and wellbeing. Everything is carefully sourced, rigorously tested and made to the highest standards.

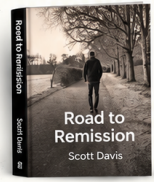


THE ROAD TO REMISSION

MY STORY, SHARED TO HELP OTHERS

I wrote *The Road to Remission* to share my full story — from diagnosis and treatment, to the approaches I used alongside conventional medicine, and how I got to where I am today.

The book brings everything together in one place, including my experiences, the information I found helpful, and the lessons I've learned. My hope is that it gives people inspiration, practical advice and a sense of hope, whatever stage they are at.



- My full story from diagnosis to remission
- Practical insights and lessons learned
- Hope and encouragement for others
- Available now for anyone going through their own journey

A NEW CHAPTER

RESOURCES & NEXT STEPS

Everything in one place to continue exploring my story, the resources I used, and the next steps on your own journey.



WHERE TO FIND WHAT I USED

CBD, Vitamins, Mushrooms, Cellfood - Life Oils
Lifeoils.co.uk

THC from California via Instagram, Facebook, or email:
Instagram: **@hope.pharm_real1**
Email: **hopepharms@gmail.com**
Facebook: **Hope Chille**

Fenbendazole (Panacur)
VetUK.co.uk

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