My Glioblastoma (GBM) Protocol

Medicines, Supplements and Lifestyle

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A Quick Note

Here's a quick rundown of my regimen of medicines and supplements, including a few things on my backup list. Apart from Optune, the GBM cancer research is mostly pre-clinical (in animals or petri dishes), with some early human studies but not proven GBM treatments. There's interesting science here, but please do your own research and check with your oncologist or pharmacist before trying anything. For supplements, a qualified nutrition professional can help; however, supplements can have risks or interact with other meds and shouldn't replace prescribed treatment. GBM is heterogeneous—our tumours may be different—so what helps one person may not help another. The links below include studies, reviews, articles and trial listings. A trial listing tells you what's being tested, not that it works. I hope this provides you a useful starting point. Follow the links, do your own digging and bring your questions to your medical team.

Treatments/Medicines

Optune — Its electrical fields interfere with cancer-cell division, and it has strong clinical evidence of longer survival. Clinical study

Clemastine — An older allergy medicine that crosses the blood brain barrier and has shown promise in lab research against GBM cells, including the stem-like cells that help keep a tumour growing. I take 2mg in the morning and 2mg before bed. Study | Stem-cell research preprint

Metformin — A widely used diabetes drug that interests me because it affects blood sugar, how cells produce energy, and some of the signals involved in cancer growth. I take 500mg in the morning and 500mg before dinner. Trial

CBD and THC — I'm especially interested in CBD's effects on the immune environment around a tumour; the mouse study found less GBM growth after inhaled CBD. Vaping/smoking works best for BBB penetration. CBD study

Menbendazole – Mebendazole is an anti-parasitic medicine like Ivermectin but crosses the blood brain barrier much more effectively which is crucial for GBM. It has attracted interest as a potential GBM treatment as it interferes with cancer cells ability to grow and divide. It has shown promising results in laboratory and animal GBM studies. Study

Supplements

Niacin or Vitamin B3 — One I'm particularly interested because of its potential to help reprogram the tumour micro-environment (TME), making it less evasive to the body's own immune cells. Research summary | Trial

Curcumin — The compound in turmeric that interests me for its effects on inflammation and its ability to make GBM more sensitive to temozolomide in cell and animal studies. Study

Boswellia serrata — I'm interested in this mainly for helping with brain swelling, with a small human trial showing benefit during brain radiotherapy. Good alternative to dexamethasone. Clinical study

Berberine — A plant compound studied for blood-sugar control and slowing GBM growth signals in the lab, although I'd want to review whether it makes sense alongside metformin. Study

Black Seed Oil — One of its compounds, thymoquinone, has killed GBM cells in lab studies by disrupting the cell's waste-processing and recycling systems. Study

Mushroom Extracts — I'm interested in reishi for its lab findings against glioma, turkey tail for its immune effects, and lion's mane for possible help with thinking and memory. Paul Stamits Host Defence brand. Reishi study | Turkey tail study | Lion's mane study

Liposomal Vitamin C — I include this for nutritional support and better absorption, but the GBM studies use high-dose intravenous vitamin C but don't suggest that oral capsules treat the tumour. Oral absorption study | Intravenous GBM study

Quercetin — A plant compound that reduces GBM cells ability to move and invade nearby tissue in experimental studies. Study

Melatonin — Best known for sleep, but also being studied for how it affects cancer-cell signals, cellular stress, and the response to treatment. 20mg nightly. Review

My Backup Medicine List

I'm not currently taking these meds but would discuss with my doctor if things change.

Vortioxetine — An antidepressant I'm keeping an eye on because it switched on signals that slowed GBM growth in patient-derived tissue and mouse studies. Study | Summary

Fluoxetine or Prozac — Another antidepressant with interesting research behind it. These antidepressants disrupt how GBM cells handle certain fats and helped temozolomide work better in experimental models. Research summary

Statins — These cholesterol-lowering drugs may interfere with the production of cholesterol and other molecules that GBM cells use to grow. Review

Hydralazine — A blood-pressure drug that caught my attention because of emerging data on fast growing cancer. A lab study shows it blocks an oxygen-sensing enzyme and stopped GBM cells growing. Research summary

Hyperbaric Oxygen Therapy

Lifestyle

Diet: I followed a very strict keto diet for the first four months during chemo and radiation, hoping to make those treatments more effective against the cancer cells. I found it difficult to maintain and eventually eased off to find a better balance between quality of life and the potential benefits. I still try to limit carbs. This led me to pursue metformin because of its effects on blood sugar and insulin sensitivity. I make a deliberate effort to improve my gut and oral microbiome. For gut health, this includes fermented foods—mostly yogurt —and prebiotic, fibre-rich foods to feed beneficial bacteria.

Sleep hygiene: I make sleep a priority, going to bed early and keeping both bedtime and wake-up time as consistent as possible. A regular routine is important. I also aim for at least 10 minutes of outdoor morning light whenever possible—even when it's cloudy—without looking directly at the sun. Bright artificial light is a fallback when I can't get outside.

Alcohol: I keep alcohol to a minimum. When I do drink, red wine is my preference, partly because of its polyphenols.

Exercise: Both Optune and fatigue from meds and treatments make exercise tricky. I try to walk at least 7,000 steps a day, do a little strength training, and, of course, ski or snowboard regularly in winter.