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## Cancer Treatment

All of the following information I got from a wonderful book titled: *How to Prevent and Treat Cancer with Natural Medicine* by Drs. Michael Murray, Tim Birdsall, Joseph Pizzorno, and Paul Reilly. It is published by Riverhead Books/the Berkeley Publishing Group, copyright 2002. I highly recommend getting this book and reading it—it is easy to read and has tons of useful information including appendices with diet plans and menus.

The main strategies of natural medicine in regards to cancer treatment are to:

- ✓ Support immune function
- ✓ Inhibit tumor growth
- ✓ Support normal cell differentiation
- ✓ Promote programmed cell death (apoptosis)
- ✓ Inhibit cancer spread
- ✓ Inhibit new blood vessel formation
- ✓ Reduce the likelihood of recurrence or future mutations

### ***The Importance of Diet***

Cancer patients who have higher nutritional status are not only more likely to fight off infections and recover from their illness, they are also better able to tolerate therapy and its side effects. Readily digestible and palatable foods are essential, especially while undergoing chemotherapy as the chemo drugs will not only target cancer cells but also hair cells, blood cells, and the cells lining your GI tract.

- **High-Protein Smoothies:** protein is important because it helps maintain muscle mass, nourishes the lining of the GI tract, boosts blood counts, heals tissues and boosts the immune system. Undergoing conventional cancer treatment therapy may require as much as a 50% increase in protein. The highest quality protein comes from whey—it has the highest bio-availability of all protein powers and is highest in glutamine. Taking 20-30 grams of whey protein, twice daily will give you approximately 8-10 g of glutamine. Play around with favorite additions, but whey protein powder mixed with water or juice, a couple of ice cubes, and a handful of your favorite fruit/berries would make a nice smoothie. (I'm including some samples of whey protein)
- **Maintain Good Hydration:** without adequate water, your body cannot detoxify the chemo drugs and remove them from your system. Drink pure water (filtered or purified), herbal iced teas, freeze ice pops of dilute fruit juice. Sip throughout the day and avoid drinking large quantities all at once; also try to drink fluids away from meal times for better digestion.

- **Ginger for Loss of Appetite, Nausea, and Vomiting:** make ginger tea with slices of fresh ginger root and hot water; get ginger lollipops from the Medicine Shoppe, or take ginger capsules.

**Nutritional Supplementation: The Basics** (I am including pricing information on products that I carry and/can order in parentheses—prices reflect a 25% discount that I extend to friends and family.)

- High potency multiple vitamin and mineral formula (\$24.75 /1 month supply)
- Extra Vitamin C—a total of 500-1000 mg three times per day (\$11.25 / 100 caps of 500 mg Vit C c/ bioflavonoids)
- Vitamin E—total of 400-800 IU per day (included in multi)
- Green tea extract—enough to provide 300-400 mg of polyphenols daily (\$13.90 / 90, 500 mg caps / 3 month supply)
- 1-2 servings of green drink daily (I’ve included samples—Greens First is \$28.50 / 1 month supply)
- Probiotics—one that provides 5-10 billion live lactobacillus spp., bifidobacteria spp., or propionibacterium freudenrichi daily (\$7.65 for 90 caps providing 4 billion live cultures per capsule)
- Fish Oil Supplements to provide 700-1200 mg EPA and 400-800 mg DHA per day (can take as capsules or liquid: I have Vital Nutrients Ultra Pure Fish Oil capsules providing 360 mg EPA and 240 mg DHA per cap—2 per day would be fine: \$26.85 / 2 month supply; or you could go with liquid such as Nordic Naturals or Carlson Fish Oil which comes in various flavors—I can get back to you with pricing information)
- 2 tbsp. Ground flax seed per day (buy in bulk at Fred Meyer, store in the fridge, and grind fresh every couple of days—can be added to smoothies)
- Indole-3 carbinol—300-400 mg daily (\$24.75 for 60, 400 mg capsules / 2 month supply)

**Nutritional Supplementation: The “Super-Eight” Natural Medicines for Cancer Treatment:** these are listed in order of overall effectiveness

- 1) Proteolytic Enzymes: taken away from food, proteolytic enzymes have been shown to inhibit new blood vessel formation in tumors, inhibit metastasis, enhance immune response, and promote differentiation in cancer cells; take 1 tablet, 3 times per day away from food (\$18.75 / 1 month or \$31.90 / 2 month supply)
- 2) Curcumin: antioxidant, may cause cancer to regress, enhances body’s own anti-cancer mechanisms such as glutathione production, promotes liver detoxification, and inhibits tumor growth; take 200-400 mg, 1-3 times per day with proteolytic enzymes, away from food (\$10 for 90, 475 mg capsules / 1-3 month supply)
- 3) Quercetin: acts similarly to curcumin; curcumin is preferred for breast cancer chemotherapy.
- 4) Maitake D- or MD-fraction: not as important in breast cancer therapy.

- 5) PSK/PSP: anti-tumor and enhances effects of chemotherapy while reducing side effects; 1-3 g per day (I am including a bottle for FREE—it is expired but still fine, just perhaps not as potent—take 2-4 capsules per day)
- 6) Polyerga: highly purified extract of small proteins obtained from pig spleens (yummy!); especially effective at preventing side effects and enhancing your current chemo drug. It also enhances the sense of general well-being, improves energy levels, and prevents weight loss. However, I'm having a hard time finding it but I will keep looking!
- 7) Modified Citrus Pectin: helpful in preventing metastasis during surgery.
- 8) Inositol hexaphosphate (Ip6): no human studies at this point.