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NUTRITIONAL SUPPORT FOR CANCER

US CANCER STATISTICS

1,500,000 new cancer cases every year

560,000 deaths

however.... Good News ...

Death rates are declining.

COMMON MYTHS RE: CANCER & SUPPLEMENTS

- ✘ **Myth #1 “ Vitamins feed cancer cells.”**
 - + Withholding nutritional supplements is like destroying the village to save it.
 - + The only way to selectively starve cancer cells is to withhold glucose (carbs) and keep the body alkaline
 - + Normal healthy cells use carbohydrates, protein and fat for their energy. Cancer cells **ONLY** use glucose (carbohydrates) and require acidic conditions to metabolize the glucose.

GOOD CANCER STRATEGY

- + Keep blood sugar low
- + Keep blood alkaline (alfalfa and vegetables). sugar, meat and dairy make blood acidic.

MYTH #2

“VITAMINS INTERFERE WITH CHEMO DRUGS”

- ✘ No good clinical studies have ever shown that supplements interfere with chemotherapy.
- ✘ To be cautious, stop taking **antioxidant** supplements 2 days before chemo until 2 days after.
(only antioxidants. Other supplements can continue)
- ✘ Chemo drugs are designed to leave the body rapidly after they do their job
- ✘ Some time between chemo treatments is required for normal cells to recover

TRADITIONAL SIDE EFFECTS OF CHEMOTHERAPY

✘ Chemotherapy non-selectively damages all rapidly growing cells in the body, affecting...

Hair

skin lesions

Lining of digestive tract

bone marrow

Sores in the mouth

Digestive side effects are nausea, vomiting, dehydration

+ Chemo causes neurological damage-- “chemo brain”

+ Some drugs adversely affect the blood, damaging platelets, neutrophils, lymphocytes .. All essential for the immune system

PRODUCTS THAT ADDRESS DIGESTIVE ISSUES

- ✘ For nausea – **Stomach Soothing Complex**
- ✘ For dehydration – **Performance**
- ✘ **Optiflora** to restore essential probiotics
- ✘ **EZ Gest** provides all the digestive enzymes needed to digest fats, proteins, carbohydrates, etc if needed.

BIG CONCERN ... BONE MARROW DAMAGE

- ✘ Bone marrow is the reservoir for undifferentiated stem cells for all blood cells–
platelets (for clotting), neutrophils & lymphocytes (white cells)
- ✘ Blood cells have a life span of a few weeks ...
to a few months, so they need constant replenishing.
- ✘ The conversion from stem cells to mature cells requires cell division and, therefore, is potentially damaged by various chemotherapy drugs

This is why blood counts often drop with chemotherapy drugs.

**IT IS CRITICAL TO PROVIDE NUTRIENTS
THE BONE MARROW NEEDS TO REPLENISH
THE WHITE BLOOD CELLS AND THE PLATELETS.**

- ✘ **Protein** – critical to keep calories & protein up
- ✘ **Feed healthy marrow cells with Vita C, Vita E, Zinc, B Complex, Carotenoids, Vita Lea –
ALL IN VITALIZER**
- ✘ **Nutriferon** – stimulates interferon production – which causes the bone marrow to make more immune cells.

WHAT ABOUT RED BLOOD CELLS

Red blood cells are less affected than white cells and platelets, but anemia can still be a problem.

B Complex --very important for red blood cell production

Iron Plus C -- sometimes needed

But the most life threatening event is the weakening of the immune system from loss of white blood cells

- ✘ Patients can succumb to infections from fungus, bacteria, yeast, etc.
- ✘ Immune system is critical to fight the cancer cells

Or get internal bleeding or stroke from loss of platelets.

CONSUMING BAD FATS CAN BE A CAUSE OF CANCER REDUCE BAD FATS – INCREASE GOOD FATS

Eicosenoids are hormone-like substances...
that control cell growth.

Bad eicosenoids are made from bad fats –

omega-6 fats, saturated & trans fats – these are found in fried foods, foods made with vegetable oils like safflower, corn oil, sunflower oil etc, such as chips, crispy snacks, baked goods, processed foods, some salad dressings, beef, pork and lamb fed corn to fatten them

Good eicosanoids are made from good fats -

omega-3 fats in fish --**Vitalizer & Omega Guard**

OMEGA GUARD OMEGA 3 FATTY ACIDS

- ✘ **Extra omega 3 fatty acids** –to reduce the eicosanoids that stimulate cancer growth.
 - + **Omega 3 fatty acids** –produce “good” eicosanoids that inhibit cancer growth.
 - + **Omega 6 fatty acids** –produce “bad” eicosanoids that stimulate cancer growth.
- ✘ **Saturated fats & trans-fats** may also stimulate cancer cell growth

RESTRICT SUGAR AND CARBOHYDRATES

- ✘ Cancer cells rely exclusively on glucose to grow.
- ✘ Cancer cells grow best in an acid environment

Therefore

- 1. Keep blood sugar very low.** (no sugar, starchy snacks)
Eat protein and vegetables.
- 2 Alkalize the body with alfalfa and vegetables**

DETOX THE BLOOD AND LIVER

- ✘ Chemotherapy drugs are poisons
- ✘ They are designed to attack their targets and then leave the body ... all within a few days.

Help detoxify the liver with Liver DTX

PURPOSE OF CHEMOTHERAPY

The effectiveness of chemotherapy is directly proportional to the number of treatments that can be given to eradicate the cancer cells.

If the patient becomes too weak, if the white blood cells drop too low, treatment must stop.

So the goal is to keep the patient as strong as possible during treatment so the full round of chemotherapy can be administered...

That is why it is essential to strengthen normal cells between chemo treatments.

WHAT NORMAL CELLS NEED TO RECOVER BETWEEN CHEMOTHERAPY TREATMENTS

- ✘ **Nutrients needed by normal cells – Vitalizer**

- ✘ **Repair damage of normal cells - Vivix**

- ✘ **Protein:**

Cinch, Energizing Soy, Mealshakes, Physique...

It doesn't matter which they use.. whichever they like ... but it is essential to keep protein and calorie levels high.

- ✘ **Immune nutrients–**

Nutriferon, Vitalizer, FlavoMax, CarotoMax

(Vitamin A controls cell growth)

ADDITIONAL NUTRIENTS

- ✘ **Defend and Resist Echinacea** (1 week on 1 off)
- ✘ **Nutriferon** – causes production of interferon.

Interferon stimulates production of more immune cells

RADIATION

- ✘ Usually given daily
- ✘ Avoid antioxidants so as not to protect cancer cells from the radiation
(C, E, carotenoids, flavonoids, Vivix,)
- ✘ BUT take the supplements that are NOT antioxidants ... Nutriferon, B Complex, Protein, Optiflora , Zinc,

To Review – The “Take Home” Lessons

- ✘ There are no clinical studies showing whether or not supplementation interferes with chemotherapy
- ✘ Because of the uncertainty some caution is prudent while the chemo drugs are in the body
- ✘ If we can help the normal cells to recover between rounds of chemo more chemo treatments can be given
- ✘ Clinical studies do show supplements can improve quality of life on chemotherapy

TO REVIEW– DURING CHEMOTHERAPY

- ✘ Stop antioxidant supplements 2 days before through 2 days after chemo.
- ✘ Antioxidants are Vita C, E, CarotoMax, FlavoMax, and Vivix.
- ✘ Continue to take Nutriferon, Optiflora, B Complex, Protein shakes, Zinc.
- ✘ The only time B vitamins are not recommended is when taking methotrexate & related drugs.
- ✘ Antioxidants should be avoided during radiation treatment

THOUGHTS FROM THE PROFESSOR

Chemotherapy is “the best of times and the worst of times”

- At its best, it offers miraculous cures
- At its worst, it exerts a terrible toll on the normal cells in our body

A prudent approach to supporting our normal cells while minimizing the interference with chemotherapy offers the possibility of:

- minimizing side effects & improving quality of life
- maximizing the number of chemotherapy treatments that can be given

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