

NUTRITIONAL THERAPIES FOR CANCER



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CANCER

For millions of people, the term “cancer” provokes anxiety and fear of a slow, painful illness and death. Images of a disfigured body, drawn-out chemotherapy and radiation, and financial distress create even more apprehension for victims and their families.

About one million new cases of invasive cancer, excluding superficial skin cancer, are diagnosed annually. Every year, half of that number die. Cancer ranks second only to heart disease as a leading cause of death in the United States.

The “war on cancer” has been a failure, with billions of dollars spent on cancer therapy for roughly 20 years and no significant improvement. In fact, one out of every two males are at lifetime risk for cancer, with lung and prostate cancers most prevalent in older-age groups. For females, the lifetime risk is one out of three, with the highest incidence of lung and breast cancers (see table 1). A century ago, only one in 33 people had cancer. What happened? Why will one out of every two or three people now die with cancer? What are the pri-



mary causes of cancer?

Theories regarding the etiology of cancer have been debated for centuries. Modern oncology science has sought to uncover the puzzle at the genetic level, with advances in Molecular Biology. According to Homotoxicology (Reckeweg, Germany) cancer development takes many years and undergoes humoral and cellular phases. Humoral phases include:

1. Excretion
 2. Reaction
 3. Deposition.
- The cellular phase includes:
4. Impregnation
 5. Degeneration
 6. Neoplasm (see table 2)

Cancer is the neoplastic final stage of a degenerative condition associated with carcinotoxins and other extremely

toxic poisons (see table 3). These poisons include: pollution, pesticides, carcinogens in food, air and water, electromagnetic radiation, tobacco smoke, antibiotics, conventional drugs, hormone therapies, nuclear radiation, nutritional deficiencies, parasites, x-rays, heavy metal poisonings, alcohol. Other factors include viruses, genetic susceptibilities, and toxic emotions. Sometimes, medical treatment may accelerate the progression of minor illness into the neoplasm phase (see table 2).

There are currently three primary therapeutic approaches in the conventional medical treatment of cancer: surgery, radiation therapy

and chemotherapy.

• **Surgery**

Cancer surgery is most beneficial to establish a tissue diagnosis and to excise the primary tumor with clear superficial margins of free tumor. It is also a valuable means to determine the extent of the cancer (staging). Surgery is a simple and safe option for the removal of solid tumors confined to a specific anatomic site of origin.

• **Radiation Therapy**

Compared to surgery, there are distinct advantages in the use of radiation therapy for localized treatment of cancer. Radiation causes less acute morbidity and preserves organ and tissue structure and function. For example, vocal function can be preserved with curative radiation treatment of the early stage of laryngeal cancer.

• **Chemotherapy**

When cancer has disseminat-

ed beyond its site of origin prior to diagnosis, and local treatment is not curative, chemotherapy is applied as systemic drug therapy, with limited clinical success. Please note that chemotherapy can be curative in a metastatic chorio carcinoma, leukemia, lymphoma, testicular carcinoma, childhood sarcoma, Wilm's tumor, osteosarcoma and rectal carcinoma.

Most conventional doctors are trained to focus on surgery, radiation therapy and chemotherapy to treat cancer. Little attention has underscored cancer prevention, except for recent campaigns on anti-smoking and tobacco use (a major source of toxic load).

Expectations for the "magic bullet" to kill cancer cells have arisen with major breakthroughs in molecular biology and gene therapy. Though billions of dollars fund this research, I firmly believe there are no magic bullets for cancer therapy. Many factors may contribute to the development of cancer (see list- environmental causes of human cancer) and holistic therapeutic approaches must be applied to reverse them. For successful treatment, a physician must regard the patient as a whole person, with many interdependent factors such as nutrition, diet, immune system, metabolic state, toxicity, lifestyle, emotional aspects and belief systems. A physician should also recognize that applied therapies don't cure the disease (cancer); the patient cures the disease. The patient can take charge of his or her body through modified diet and lifestyle; detoxify toxins; neutralized emotional toxicity; a restored immune system; and a more balanced life.

As a physician, I respect a



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a patient's wishes and expectations. I also understand that at some point in one's life and illness, recovery reaches a point of no return. Everyone is unique and no one can determine when a patient reaches that point of no return.

With this information in mind, is there a role for nutritional therapy in cancer? The role food and nutrition play in the final stages of cancer is not quite clear yet. However, food and nutrition for cancer prevention and early-stage treatment have proven essential. It is estimated that up to 60% of cancer can be prevented with proper nutrition (see *Report on Food, Nutrition and the Prevention of Cancer: A Global Perspective*). Example: There is evidence of improvement in cervical dysplasia associated with folic acid therapy in oral contraceptive users. To fight cancer, we need to follow the basic laws of nature. The goal is to balance psycho-endocrine-neuro-immune system and to ultimately boost the immune system, thereby reducing the risk of cancer.

Therapeutic modalities to enhance the immune system for cancer:

1. oxygenation
2. eliminate allergies and parasites
3. remove heavy metals, i.e., mercury cadmium, nickel, etc. and environmental toxins, i.e., pesticides, fungicides, insecticides
4. psychological/emotional/spiritual healing
5. detoxify your liver, kidney, lymph and bowel
6. enzyme therapy
7. eliminate focal infection
8. restore the body's electrical system (Na+/K+ pump) and eliminate harmful electromagnetic fields
9. restore structural integrity: spinal adjustment
10. balance endocrine/hormonal system: hormonal replacement therapy
11. botanical formulas: herbal medicine
12. vitamins and minerals and nutritional therapy
13. conventional therapy: surgery, radiation and chemotherapy
14. intravenous therapy
15. others: newer approaches in conventional cancer treatment and a list of other alternative therapies

1. Oxygenation—Dr. Otto Warburg, a two-time Nobel prize winner, states that the primary cause for the development of cancer is "the replacement of the respiration of oxygen in normal cells by a fermentation of sugar." All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs mainly by fermentation. Oxygen, the energy donor in plants and animals, is not utilized in cancer cells. Instead, it is replaced by a low energy-yielding reaction



of the lowest living form—a fermentation of glucose. Exercise and herbal supplements such as garlic, cayenne, ginkgo, germanium, etc. increase the delivery of oxygen to the cellular level and improve a person's circulation. Other therapeutic modalities are bio-oxidative therapy (such as hyperbaric oxygen therapy), IV H₂O₂ infusion, and ozone therapy.

2. Eliminate Allergies and Parasites—Food allergies, a common problem, trigger many medical complications that stress the immune system and interfere with the assimilation of food. Food allergies can be easily diagnosed through blood tests (IgE and IgG level) and the elimination of common food allergens such as cow's milk, eggs or wheat. The human body hosts unwell-

come parasites. Undiagnosed parasite infection may account for a large portion of unexplained chronic disease. Though parasites tend to reside in the intestines, they can travel to the blood, lymph, heart, liver, gallbladder, pancreas, spleen, muscle, eyes, and brain. Parasites are linked with symptoms such as weight loss, bloating, irritable bowel syndrome, allergies, anemia and disruption of the immune system. Heavy metal patients often have co-existing parasite infection. Herbal compounds formulated with black walnut, wormwood and cloves, homeopathic remedies, and colloidal silver may help to eliminate parasite infections.

3. Heavy Metals and Environmental Toxins—The great number of highly toxic chemicals and heavy metals released through industrial processes find their way into human tissue. Heavy metals such as lead, mercury, aluminum, nickel, cadmium and other petrochemical byproducts have no beneficial biological role in the human system. By 1980 the EPA had detected over 400 toxic chemicals in human tissue: 48 in fat tissue, 40 in breast milk, 73 in liver, and 250 in blood. Heavy metals and environmental toxins are highly noxious to the enzyme function of the cells and require special attention for prevention and detoxification.

Recommended:

1. Use a water filter system for drinking and cooking.
2. Avoid processed food/irradiated food and consume organic food.
3. Avoid food additives.
4. Check for heavy metal toxicity with hair mineral analysis.
5. Use chelation therapy, when indicated.

4. Psychological/Emotional/Spiritual Healing—It is essential that all cancer patients address the mind-body connection and develop a program for stress reduction and emotional support. There is a clear relationship between emotional stress and a weakened immune system. Patients are encouraged to seek psychological, social and spiritual support from a trained counselor, family, friends, clergyman or support-group meetings. Patients with a strong desire to conquer cancer have a greater chance for survival than those with either a helpless-hopeless attitude or stoic acceptance. *It is important to remember that love heals—anger destroys—the immune system.*



5. Detoxify Your Liver, Kidney, Lymph and Bowel—Elimination of toxins through liver, kidney, lymph and bowel is an imperative step for restoring optimal function and vitality of the immune system.

Steps to improve detoxification:

- a. Drink at least eight 8-oz. glasses of pure water everyday.
- b. Consume high-fiber, low mucous-forming foods such as fresh raw vegetables and fruit.
- c. Begin a regimen of colon cleansing: high enemas, colonics and coffee enemas.
- d. Use herbal cleansing for the bowel and entire body.
- e. Use homeopathic remedies to speed up the elimination of toxins through the liver and kidney and to open lymphatic drainage.
- f. Consider gallbladder/liver flush, using olive oil and apple juice.
- g. Remove specific toxins: heavy metal toxicity through chelation therapy.
- h. Massage

6. Enzyme Therapy—Dr. William Kelley, a dentist who cured his advanced pancreatic cancer, developed a nutritional program for cancer. His regimen includes a high dose of pancreatic enzymes to help break down the blocking factors around cancer cells and allow natural killer cells to destroy cancer cells. Specifically, pancreatic enzymes can

Sampling of Botanicals shown to benefit cancer patients:

Essiac tea
Cholorella, green concentrates, i.e., barley grass
Aloe vera
Cat's claw
Garlic
Grape seed extract/py-nogenols and flavonoids
Green tea
Pau d' arco
Maitake mushroom
Echinacea
Hoxsey herbs
Mistletoe
Haelan 851
Many others



be used to induce three primary effects: 1. To expose the cancer cell's antigens by removing the fibrin coating, thus making cancer cells an easier target for the immune system. 2. To reduce the adhesiveness of cancer and other cells, which makes it more difficult for cancer cells to adhere to the cell walls. 3. To decrease levels of circulating immune complexes that tend to weaken the immune system's ability to respond to cancer.

7. Eliminate Focal Infection—Hidden localized infection can be a chronic source of inflammation and immune system disruption. For example, when dentists perform root canal, they remove the live, bacterially infected pulp of the tooth and fill the cavity with an inert substance. Often, entrenched bacteria inside the structure of the teeth in the dentin tabules releases toxins that cause an energetic irritation or "focal disturbance." Focal disturbance interferes with the unobstructed flow of electrical energy through the body's meridian. (Recommended reading: *Root Canal Cover Up* by George Menig).

8. Restore the Body's Electrical System (Na⁺/K⁺ pump) and Eliminate Harmful Electromagnetic Fields—Traditional Chinese medicine and acupuncture describe "Chi," a basic flow of energy or life force through the body. Homeopathy incorporates "dynamis," the fundamental self-healing vitality of the human organism. To restore the body's electrical system, individual cells and organ systems need to undergo detoxification. The body's energy system needs to be balanced through renewing cellular respiration, reviving the function of the mitochondria, and recharging Na⁺/K⁺ ATPase pump at the cellular membrane. Acupuncture and homeopathy help regulate electrical disturbances and replenish "Chi" and "dynamis."

Magnetic field therapy, light therapy, and cold laser therapy are other energy medicines that may promote healing. Electrodermal screening (EDS), or what Dr. Voll labels Electro Acupuncture (EAV), is a powerful tool for monitoring energy disturbance in the body. This technique, which is performed in my office, gathers information through the Acupuncture Meridian System.

9. Restore Structural Integrity—An experienced chiropractor can adjust a misaligned spine with specialized attention to the C1 and C2 atlas vertebra. The head rests on this area of the spinal bone. Because the atlas is so close to the brain, the slightest misalignment of the C1-C2 spine of the neck can disturb normal stimulation of the nerves and physiologic function.

The misalignment of the atlas vertebra can create the following problems:

1. Interference with the normal function of the nervous system
2. Nutritional deficiencies and abnormal changes in body chemistry
3. Arthritis of the spine
4. Scoliosis of the spine
5. Hormonal imbalance
6. Uneven development of the muscles of the back and pelvis

10. Balance Endocrine/Hormonal System—Hormonal imbalances, common among cancer patients, appear frequently with hormones produced by the thyroid and adrenal glands. Tests to monitor basal body temperature over several days and assess hair mineral analysis are simple, inexpensive ways to check for hormonal imbalance. Several hormones that restore balance and support the immune system may benefit cancer patients: DHEA, progesterone, natural estrogen, thyroid glandular, and melatonin. Hormonal replacement therapy, however, remains highly controversial and requires a physician's close monitoring. Hormonal overload has been known to stimulate abnormal cell growth and proliferation. The hormones most frequently linked with this adverse effect are "man-made" hormones such as synthetic estrogen, xenoestrogens (namely DDT), and other petrochemical products.

11. Botanical Formulas: Herbal Medicine—As far back as recorded human history, medical practitioners have utilized herbs. Herbs, or Botanicals, contain a large

Homeopathy treats the individual rather than the disorder

Additional Unproven, Alternative Cancer Treatments:

Alivitos therapy
(Greek Cancer Cure)
Antineoplastons
Bamfolin
Beard method
Bonifacia anticancer
goat serum
Cancer-liquid concentrate
Carcin and neocarcin
Carzodelin
Issel's combination therapy
CNT
CH-23
Chase dietary method
Collodaurim and
bichloracetic acid
Chaparral tea
Claw's extracts (mercenene)
Contreras method
Cresson method
Crofton immunization
Cytec lung cancer screening
Diamond carbon compound
Frost method



number of naturally occurring phyto chemicals and enzymes known to expedite the healing process by accelerating detoxification, protecting damaged cells and possibly inhibiting cancer-activating enzymes.

12. Vitamin and Minerals/Nutritional Therapy—Nutritional support:

Diet:

- *High in vegetables of all kinds, raw or lightly cooked, 3-6 servings per day*
- *Protein/carbohydrate/fat intake based on metabolic type*
- *Blood type diet by Dr. D'Adamo*
- *Food allergy test and elimination diet are highly recommended*
- *Avoid caffeine, alcohol, refined sugar, processed foods and food additives*
- *Juicing is highly recommended*

Vitamins and minerals:

<i>Vitamin A</i>	<i>10,000 u to 100,000 u/day</i>
<i>Beta carotene</i>	<i>10,000 u to 100,000 u/day</i>
<i>Vitamin B complex</i>	<i>Based on metabolic state, in general,</i> <i>B-50 1-3x/day</i>
<i>Vitamin C</i>	<i>3,000 mg to 6,000 mg/day</i>
<i>Vitamin E (mixed, natural)</i>	<i>800 u to 1200 u/day</i>
<i>Minerals</i>	<i>Based on mineral analysis</i> <i>Always selenium 200-400 mcg/day</i> <i>Pancreatic enzyme 1200 3 tab 6x/day</i> <i>Additional enzymes based on individual</i> <i>200-300 mg/day</i>
<i>Digestive enzymes</i>	<i>Glutathione</i> <i>N-acetyl cysteine</i>
<i>Co-Enzyme Q-10</i>	<i>Botanicals/phytochemical</i> <i>Thymus extract and others as indicated</i>
<i>Other anti-oxidant</i>	<i>Shark Cartilage, Lactobacilus</i> <i>Acidophilus, Essential Fatty Acids</i>

13. Conventional Therapy—

- Surgery
- Radiation Therapy
- Chemotherapy

The important role of surgery, radiation therapy and chemotherapy were addressed earlier in this paper.

14. Intravenous Therapy—Intravenous therapy is the most effective way to deliver a high concentration of nutrients or medicine to cells in the body.

Example: IV therapy can administer 30-60 grams of vitamin C in several hours, with a dramatic response. Comparable results cannot be attained through oral intake of vitamin C.

Disadvantage: Expensive and requires physician/nurse supervision

Advantage: Very powerful tool for accelerated nutritional therapy and detoxification.

15. Others: New Approaches in Cancer Treatment—

Conventional Medical Modes:

- Gene therapy
- Cancer vaccines
- Immunotoxin therapy
- Antisense inhibition of gene expression

The key dietary causes of cancer are overeating, fat and meat.

Additional Alternative Cancer Treatments, continued:

Dimethyl sulfoxide
otto electronic reactor
Ferguson plant products
Fonti method
Francis diet
Glover Serum
Grape diet
Hemacytology index
Hett cancer serum
Hoxsey method
Immunoaugmentative therapy
Isador
Gerson method
KC-555
Kanfer handwriting test
Kelly malignancy index
Koch antitoxins
Laetrile (amygdalin,
vitamin B-12)
Low's method
Macrobiotic diet
Makari intradermal cancer test
Metabolic therapy
Mucorhycin
Multiple enzyme therapy
Orgone energy devices
Polonine
Psychic surgery
Revici method
Spears hygienic system
Ultraviolet blood irradiation

Summary:

Initial strategies for cancer prevention focused on early detection, so that treatment could be more effective. With new data to identify and understand some of the possible causes of cancer, modifiable factors such as environment were integrated into preventative and therapeutic measures for cancer. The American Institute for Cancer Research (the third largest charitable cancer organization in the nation) in association with the World Cancer Research Fund published a report, Food, Nutrition and the Prevention of Cancer: A Global Perspective, in 1997. The report proposed that the "preventive potential" for all cancers is 80-90%, for both men and women. It also revealed that diet accounts for 40% of all male cancers and 60% of all female cancers. The key dietary causes of cancer are overeating, fat and meat.

In Europe, cancer therapy has advanced with sophisticated diagnostic equipment to scientifically measure, predict and prognosticate the medical condition of individual patients. I use three primary diagnostic tests, also used by European practitioners, to assess patient condition and to design a treatment plan beyond the standard blood test and hair Mineral Analysis.

These three tests include:

- **BTA (Biological Terrain Assessment)**
- **Electrodermal Screening Test (EDS)**
- **Darkfield Microscopy**

1. **The BTA is way to measure a patient's internal milieu**, pH (acid/base balance), reduction oxidation potential and resistivity through measuring one's body fluids: saliva, blood and urine. Many European practitioners state that "sickness is not caused by bacteria but the bacteria comes with the sickness. Bacteria, viruses or fungi can only develop if they have the suitable cellular condition (internal milieu)." The BTA is a constructive tool for determining general susceptibility to cancer. It also helps evaluate necessary changes throughout the course of treatment.
2. **The EDS device gathers electrical energy signal information through the acupuncture meridian system**. Every disease state transmits a specific electrical signal. The EDS can measure the degree of stress affecting an organ and can also monitor the progress of therapy. According to Vincent Speckart, M.D., an oncologist from Norfolk, Virginia who has been successfully using the EDS device on cancer patients: "***Cancer is the result of ill health, not its cause.***"
3. **Darkfield Microscopy**-Before German biologist Gunther Enderlein studied "living blood" under the darkfield microscope, it was assumed that blood contained no living organisms that could contribute to cancer. Standard microscopes had failed to detect any sign of such microbes. Dr. Enderlein's discovery enabled him to identify tiny particles in the blood called "protits". Many years later, French Canadian biologist Gaston Naessen invented an optic microscope called Somatoscope that confirmed Dr. Enderlein's work. Naessen renamed protits "somatids". The darkfield microscope enables a physician to obtain information on toxicity degree and degenerative condition through the careful observation of living blood taken from the fingertip samples of patients. Dr. Klatter, a Dutch physician, states: "As patients watch their blood improve over time, the darkfield image serves as a kind of psychobiological feedback providing positive reinforcement for positive changes".

In addition to those covered in this discussion, there are many other modalities available for successful cancer treatment. I have briefly outline 15 basic therapeutic

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modalities that are mandatory for enhancing the immune system's defense against cancer. Personal needs vary, however, and some people may need more emphasis on emotional/spiritual healing, detoxification of heavy metals, radiation and chemotherapy, allergies and parasites, or all of the above.

As a medical doctor, I am here to guide you through the holistic approach and help you take command of your recovery. It is important to understand that therapeutic approaches for cancer stem from prevention and early detection. Holistic, multi-disciplinary approaches that weave many interdependent factors into a treatment program of self-help are mandatory for all cancer patients. If cancer is preventable, then cancer is reversible!