

Nutritional Support for Cancer

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, Lining of Digestive Tract, and Bone Marrow

Causing skin lesions, 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, and 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

Vitalizer - Feed healthy marrow cells with **Vita C, Vita E, Zinc, B Complex,**

Carotenoids, and 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.

Or get internal bleeding or stroke from loss of platelets.

Immune system is critical to fight the cancer cells

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

Keep blood sugar very low. (no sugar, starchy snacks)

Eat protein and vegetables.

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 and 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 (PreVitamin 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, and Vitalizer, Cinch and Meal Shakes as they have antioxidants in them)

BUT take the supplements that are NOT antioxidants ... Nutriferon, B Complex, Energizing Soy

Protein, Instant Soy Protein Mix, 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. So we stop antioxidant supplements 2 days before through 2 days after chemo, as the drugs leave the body in about 24-48 hours.

Then we resume them to help the normal cells recover between rounds of chemo so that 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 Vitalizer, Cinch and Meal Shakes (as they have antioxidants in them) and Vivix.

Continue to take Nutriferon, Optiflora, B Complex, Energizing Soy Protein shakes, Instant Soy Protein Mix, and 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

Notes from a presentation by Steve Chaney PhD and Barbara Lagoni. These are their opinions based on their research and experiences and are not meant to diagnose, treat, cure, or prevent any disease. Both have active Shaklee businesses for over 25 years.

Steve Chaney PhD Dr. Chaney holds a B.S. in Chemistry from Duke University and a Ph.D. in Biochemistry from UCLA. Currently he’s a professor in the Department of Biochemistry, Biophysics and the Department of Nutrition at the University of North Carolina where he teaches first year medical students and has headed an active cancer research program for 30 years.

Dr. Chaney has published over 95 papers in peer reviewed scientific journals, plus 12 reviews and two chapters on nutrition for one of the leading biochemistry textbooks for medical students today. He’s also been named “Teacher of the Year” several times by the first year medical students and currently holds a Medical Alumni Distinguished Teaching Professorship.

Barb Lagoni Nutritionist with a degree from Cornell and speaks all over the US about Health and Nutrition.

The Shaklee Difference - The principle of “Products in Harmony with Nature and Good Health” guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square foot Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world standard for quality.

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. The recommendations are geared towards the prevention of disease and the descriptions of individual products in this report are not meant to indicate that they can significantly reduce the risk of disease by themselves; rather the descriptions are meant to indicate the role that they may play as part of a holistic approach to optimal health. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their

physicians/pediatricians for guidance and proper treatment. Any testimonials herein do not represent Shaklee's position on their products. It comes entirely from the experiences of a satisfied consumer.

CANCER CONTROL: RISING TO THE CHALLENGE

The body has the ability to eliminate cancer and heal itself. Help your body do this by:

- Drink at least one half of your body weight in ounces/day of fresh PURE water.
- Eliminating all dairy foods, red meat and pork.
- Make fresh juice every day, i.e. carrot, celery, cucumber, parsley, beet, spinach, wheatgrass, malva, chard, and ginger. A popular mix is beet, carrot and ginger. For an energizing combination try: cucumber, parsley, wheat-grass, carrots and ginger.
- Variety is important. Eat lots of green vegetables.
- Sleep 9-11 hours/day.
- Do relaxation exercises, meditation, yoga, painting or other crafts.
- Practice love and laughter.
- Make plans for the future.
- Spend time with people who speak of you and your disease with a positive outlook. Spend time with people who speak of the future and share your dreams. Avoid negativity at all costs. Spend time with uplifting people doing uplifting things.

Eat a nutrient rich diet and supplement as listed below:

Vita-C Sustained Release 6 per day take 2, 3 times per day

Formula I 6 per day take 2, 3 times per day

Vita E 400 IU 4 per day 2 in a.m., 2 in p.m.

Carotomax 6 per day take 2, 3 times per day

Flavomax 4 per day

Vita Lea 6 per day take 2, 3 times per day

Liqui Lea 1 tbsp. Each meal

Energizing Soy Protein

(add Fiber Blend to mix) 6 tbsp/day a.m. and lunchtime

Shaklee 180 1-2 per day a.m. and lunchtime

Alfalfa 12 per day take 4, 3 times per day

OsteoMatrix 9 per day take 3, 3 times per day

Lecithin 6 per day take 2, 3 times per day

Zinc 6 per day take 2, 3 times per day

Herb-Lax 2 per day 1 in a.m., 1 in p.m.

Optiflora 2 per day 1 in a.m., 1 in p.m.

NutriFeron 6 per day 3 in a.m., 3 in p.m.

Liver DTX 4 per day 2 in a.m., 2 in p.m.

This is a general suggestion for where to start with your supplementation, regimens may vary depending on the individual and their health. Supplements should not be used on the day of or day after chemotherapy agents are used.

From Sandra Bevacqua PhD cellular biology and cancer researcher