



A daily guide to *preventing and treating* cancer through Naturopathic and Integrative Oncology

Presented to: Cancer Support Group, USVI

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Naturopathic Oncology: the application of the art and science of naturopathic medicine to the field of cancer care and treatment.



Anti-Cancer Lifestyle with Naturopathic Oncology—Daily methods for treatment and Prevention

- Decrease Inflammation
- Modulate Immune System
- Stop Cancer Drivers
- Reduce Stress
- Hydrotherapy



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Decrease Inflammation



Curcumin (Turmeric)

Primary use/benefit in oncology:

- Anti-Inflammatory (1,2)
- Augmentation of chemotherapies (3,4)
- Augmentation of radiation therapy (5)
- Anti-neoplastic activity/Impact on PFS or OS (6,7,8)
- Side-effect prevention/treatment

Others: Fish Oil, Boswellia



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Modulate Immune System



Vitamin D3 regulates immune system and helps cells reproduce and develop properly

Primary use/benefit in oncology:

- Bone health
- Healthy immune system function^(1,2,3)
- Potent anticancer properties for a wide variety of cancers (including Breast, Colorectal, and Lung) ^(4,5,6)

Others: Astragalus, Reishi mushroom



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Stop Cancer Drivers



Melatonin: enhancing standard therapy (chemotherapy and radiation therapy), side-effect prevention and amelioration, and anti-neoplastic actions of melatonin have all been established in recent publications.

Primary use/benefit in oncology:

- Sleep quality (1)
- Immune system enhancement (2)
- Anti-neoplastic activity/ Impact on PFS or OS/ Chemotherapy augmentation (3,4,5,)
- Cachexia (6,7)
- Cisplatin-induced renal toxicity (8)
- Chemotherapy side-effect amelioration (i.e. neuropathy) (9)

Others: Honokiol, Maitake d-fraction, Green Tea Extract



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Reduce Stress

- Meditation
- Yoga
- Qi Gong/Tai Chi
- Prayer
- Exercise



****Incorporate one or more of these daily**

Hydrotherapy—alternating hot and cold applications via water

Thermotherapy—the treatment of disease by the application of hot and cold; perhaps more accurate

Hyperthermia is heat therapy. Heat has been used for hundreds of years as therapy. According to the National Cancer Institute(NCI), scientists believe that heat may help shrink tumors by damaging cells or depriving them of the substances they need to live. There are research studies underway to determine the use and effectiveness of hyperthermia in cancer treatment.



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Hydrotherapy/Hyperthermia at home

1. Hot shower X 10 minutes, followed by 1 minute of cold water.
2. Hot bath with Epsom Salts X 20 minutes, followed by cold water application
 - Use 3 to 4 cups of Epsom Salts per bath
 - While water is draining from bath, pour cold water buckets over head and entire body, or use cold shower

**always end with cold for immune system stimulation

**make sure bathroom is warm, have warm towels/clothing ready

Benefits: increased oxygenation and circulation, stimulates immune cells, may induce heat shock proteins which damage cancer cells, removal of toxins, decreases stress and increases energy level

Others: infrared saunas, hot springs, exercise



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More on stress reduction

- Stress reduction
Genetics, allergens, environment

Avoidance of chemical exposures

1. Organic food vs. conventional
2. GMO's
3. Natural cleaning agents
4. Bucket load theory



Adrenal → nervous system → gut → inflammation

Simple solutions during treatment

- Manage and prevent side effects:
 - nausea/vomiting—acupuncture, ginger
 - neuropathy—l-glutamine, acupuncture
 - diarrhea/constipation—digestive support/natural laxatives
 - fatigue—ginseng
 - taste changes—zinc
 - hot flashes—acupuncture, cimicifuga
 - skin rashes--topicals
 - mucositis—honey



Natural Cold and Flu Prevention

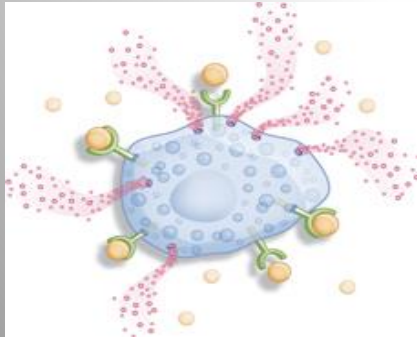
- Elderberry extract—inactivation of viruses
- Zinc lozenges—WBC production and activity
- Vitamin D3—activates natural killer cells, immune modulation



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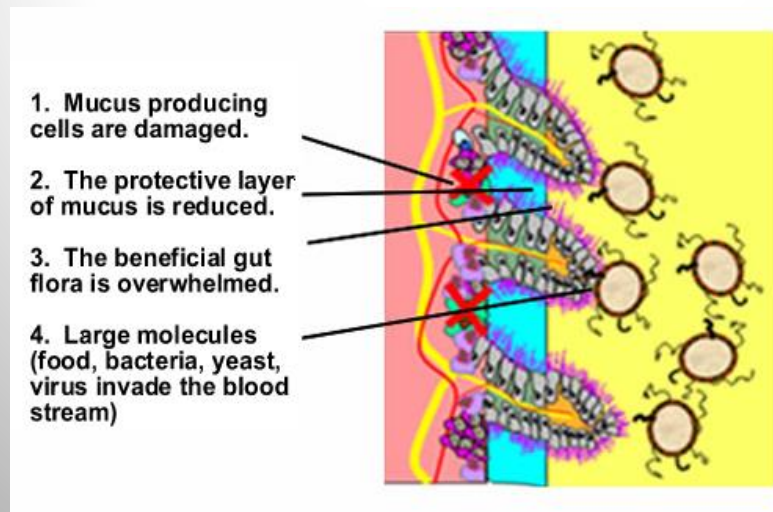
Natural Allergy Prevention

- Raw local honey, Quercetin, Vitamin C



Gut Health

- Probiotics
- Digestive enzymes
- Demulcent herbs (DGL, slippery elm, marshmallow).
- Leaky gut syndrome—autoimmune disease
- Celiac disease/gluten sensitivity

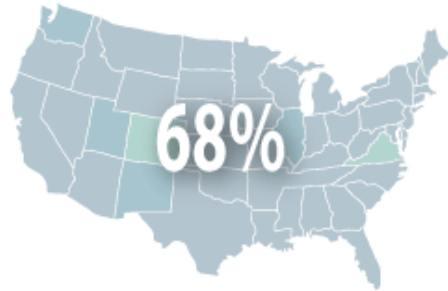


DSFC—Supplement quality and safety

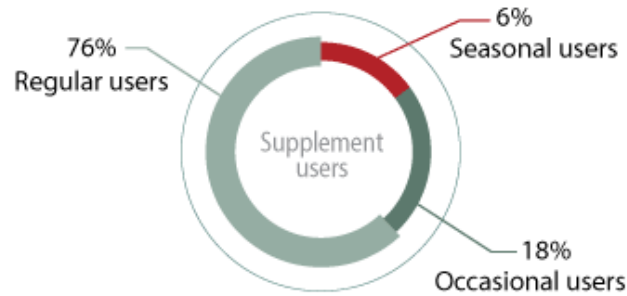
INFOGRAPHIC

Nutritional Supplement use in the United States in 2012

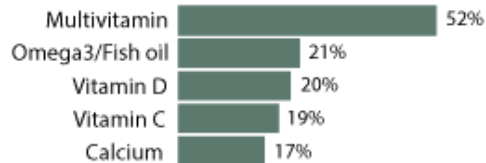
American adults taking nutritional supplements



Frequency of supplement use



Most commonly used nutritional supplementes



Public confidence in the safety, quality and effectiveness of supplements



Survey by Ipsos Public Affairs and the Council for Responsible Nutrition (CRN)

High resolution version of this infographic is available at MultivitaminGuide.org/CRN2012



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Cancer Prevention Summary

- Use curcumin and other natural anti-inflammatories
- Optimize vitamin D3 levels and modulate immune system
- Take melatonin and other natural anti-cancer agents
- Incorporate stress reduction
- Do hot and cold applications

**visit with a qualified ND: www.oncanp.org and/or www.naturopathic.org



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Thank you!



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