

## Resources

*"I will not die, but I will live to tell what the Lord has done." Psalm 118:17*

### ***Avoid Nausea:***

I only experienced nausea the first week after chemo and only in the morning; therefore, first thing when you get up, get something in your tummy! Recommendations are: Applesauce, toast, granola bar, Chex mix, etc...anything! (Thanks, Jonnie!)

### ***My Hair is coming out:***

My hairdresser offered to cut my hair really short so that it would not be so traumatic when it started falling out. I did not cut mine, and it WAS traumatic!! When it started coming out (by the third week after first chemo – depending on which chemo you have), it came out in CLUMPS!! The shorter you can stand it, the better it will be for you...and, your drains!

### **What about wigs?**

I have actually fell in love with my wigs! Easiest to work with are the synthetic ones. They are pre-styled so be sure you do not leave the shop if you don't like how it looks because it will NOT change! But that's the beauty! No more styling! Just throw it on and go! Also, be sure you chose a wig with different colors in it (i.e., highlighting). If it's a solid color, it will look fake.

### ***Sore Joint Mats:***

It's soooo simple. You can either buy a towel (which makes it even easier because all the sides are done) or in my case, I purchased some fleece (red with stars - patriotic!).

- Sew three sides of your square or rectangle together
- Make 2 inch tracks (tubes) towards the open end
- Fill each tube about 3/4 full with rice
- Sew the open end!!

If you are using it for legs, you want the tubes to be lengthwise so they will hug your legs.

Obvious instructions:

- Never heat in microwave over 2 minutes
- Never wash (might mess up the rice!) ☺

### ***Is Juicing an option?***

Never thought I'd be a juicer, but I LOVE it! My recipe for two 8 oz containers of carrot juice is: 3 large carrots, one large Fuji apple, and one stalk of celery. If you store the second 8 oz in a Mason jar, it will stay good for the next day. Don't recommend you drink more than one glass a day unless you want your skin to take on an "orangish" hue!! I use a "Little Champion" juicer. Check out the following website for great information concerning juicers/mixers: <http://www.discountjuicers.com>

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### ***Books:***

**READ FIRST!! *Possessing Your Healing: Taking Authority Over Sickness in Your Life***  
by Kynan Bridges

**The Cantin Ketogenic Diet**

**Natural Strategies for Cancer Patients** by Russell L. Blaylock, M.D.

**Beating Cancer with Nutrition** by Patrick Quillin

**Cancer Battle Plan Sourcebook** by Dave Frähm

**Green Leaves of Barley** by Dr. Mary Ruth Swope

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***EXCELLENT Information:***  
***Slash Your Risk of Cancer***  
By Julian Whitaker, M.D.

## **A HEALTHY DIET**

A healthy diet strengthens the immune system, slows tumor growth, protects against further metastasis, and reduces side effects of radiation and chemotherapy: In 1997, 150 scientists reviewing 4,500 research studies concluded that dietary excesses and deficiencies are clearly related to a number of cancers, including carcinomas of the breast, prostate, colon, rectum, mouth, larynx, esophagus, stomach, pancreas, thyroid, kidney, bladder, lung, ovary, cervix, and endometrium. Researchers at the University of Victoria, B.C., examined 200 cancer patients with documented spontaneous regression - an inexplicable cure or tumor reduction. Of those, 87 percent had made major changes in their diets - most had switched to a vegetarian diet.

Dr. Linus Pauling studied the effects of diet and nutritional supplements on patients with advanced cancer. He followed 129 patients - 98 treated with a healthy balanced diet and high doses of nutrients, and 31 who received no special diet or supplements. Those eating a healthy diet and taking nutritional supplements lived an average of 4 months to 10 years longer than the control group.

## **What You Eat Is Linked to Your Risk of Cancer**

Regardless of the therapeutic approach - conventional or alternative - a nutritional program to improve overall health and strengthen the immune system is beneficial for all cancer patients. Cancer cells siphon off nutrients for their own use, leaving the body in a weakened state. In addition, conventional treatment modalities ravish the body, particularly the immune system. The result is loss of nutrient reserves and, in many cases, malnutrition.

Most doctors don't counsel cancer patients about nutrition. I'm not touting diet and nutrients as a cancer cure, but research shows that foods and supplements that prevent cancer boost a cancer patient's immune system and energy levels and give the body a fighting chance to heal itself. In addition, they enhance the effectiveness of conventional therapies and reduce their negative side effects. The nutritional approaches in this report are beneficial for all types and stages of cancer.

## **Phytonutrients**

Studies have demonstrated a two-fold reduction in cancer risk in those who ate the most fruits and vegetables. Yet, only nine percent of Americans eat the recommended five daily servings. What is it about vegetables and fruits that makes them such powerful cancer fighters? Low blood levels of antioxidants are associated with an increase in death rates from many types of cancer. Studies have shown that antioxidants from dietary sources, particularly plant foods, confer additional protection against free radicals and cancer. Among the most important antioxidants are vitamins C, E, A, beta-carotene, and the mineral selenium.

Cruciferous vegetables - broccoli, cabbage, Brussels sprouts, cauliflower, kale, bok choy, turnips, mustard greens, and rutabagas - are especially rich in phytonutrients. Research at Johns Hopkins University School of Medicine found that the phytonutrient sulforaphane in broccoli blocks the formation of breast tumors in rats. Indole-3-carbinol (I3C) inhibits the growth of estrogen-responsive cells associated with breast cancer tumors. And phytonutrients in cruciferous vegetables have also demonstrated cancer protection in laboratory-induced cancers of the lung, larynx, esophagus, liver, and skin.

## **Carotenoids**

Carotenoids are phytonutrients that give plants color and provide powerful protection from free radical damage caused by constant exposure to the sun. The most abundant carotenoids in humans are beta-carotene, lutein, and lycopene. Increased intakes of carotenoid-rich foods are associated with decreased rates of cancers of the ovary, mouth and pharynx, lung, digestive tract, endometrium, and breast. Increase your intake of fruits and vegetables, especially leafy green and orange/yellow vegetables such as squash and sweet potatoes. Tomatoes are rich in the carotenoid lycopene - ten servings of tomato products weekly has been shown to cut the risk of prostate cancer almost in half. Your multivitamin should contain at least 15,000 IU of beta-carotene, preferably as mixed carotenoids.

## **Fats**

High intake of saturated animal fats has been shown to be a clear risk factor for cancers of the lung, colon, rectum, breast, prostate, and non-Hodgkin's lymphoma. Eating too much of the wrong fat accelerates tumor growth. On the other hand, some fats enhance immune system function and protect against cancer. Omega-3 fatty acids, for example, have been shown to suppress tumor growth, and women with breast cancer have demonstrated low tissue levels of omega-3 fatty acids.

Keep your fat intake low - around 20 percent of total calories. Stay away from saturated animal fats and processed vegetable oils. Use olive oil for cooking. The best sources of omega-3 fatty acids are cold-water fish and flaxseed.

## Fiber

High-fat diets are often deficient in fiber. Insoluble fiber is found in grains and the skins of fruits and vegetables; soluble fiber is primarily in fruit pectin and beans. Both are important in preventing cancer of the colon, rectum, pancreas, and breast. Fiber performs several important functions:

1. Certain bacteria in the intestinal tract reactivate estrogen. Fiber causes this estrogen to be excreted, rather than recycled.
2. Fiber limits exposure to toxins and carcinogens in the stool by speeding substances through the intestinal tract.
3. Fiber draws water into the stool which helps dilute harmful substances.

You need at least 30 grams of fiber per day. Best sources are vegetables (especially beans), whole grains, fruits, and flaxseed. Other components in flaxseed, lignans, are believed to protect against cancer, particularly breast cancer. Flaxseed oil is extremely fragile. Exposure to light and air rapidly destroys its beneficial effects. Get a minimum daily serving of one to two tablespoons of flax oil, 1/4 cup freshly ground flaxseed or take two 1,000 mg fish oil capsules daily. If you are taking Forward Plus Daily Regimen, you're covered. Flaxseed is sold in health food stores. Phillips Products and Services sells the Golden Flax Program, which includes three two-pound bags of flaxseed, a grinder, and a recipe guide (800-705-5559).

## Juices

Fresh juices are especially helpful for cancer patients. They're easy to get down, and are an excellent way to get concentrated amounts of vitamins, minerals, phytonutrients, and enzymes. Juicing or blending smoothies (which contain whole fruit and are thick and creamy) ensures fresh, nutritious drinks. For pulpless juice, you can use a manual juicer; for smoothies you need a high-powered blender or juicer. To juice at home, I recommend the Miracle Juicer with the Miracle Blender available from Phillips Products and Services (800-705-5559).

## Natural Food

Buy organic foods whenever possible. According to a National Research Council report, there are more than 200 known carcinogens in food! Some chemicals are added to food to retard spoilage and enhance flavor and appearance. Artificial sweeteners (saccharin and aspartame), coloring agents, and nitrates used in hot dogs and cured meats have been found to cause cancer in animals. Carcinogens can be generated during food preparation. For example, when fat in meat is heated, a very powerful carcinogen is produced. Smoking or charcoal-broiling meat creates nitrosamines that contribute to stomach cancer.

## NUTRITIONAL SUPPLEMENTATION

A healthy diet is the first step toward cancer prevention, but it's impossible to get enough nutrients through food alone - even if you eat a healthy diet. Supplementation guarantees a steady supply of cancer-fighting nutrients. Cancer patients often need to supplement in amounts considerably above the government's ludicrously low recommended daily allowances (RDAs). Begin by taking a broad-spectrum multi-nutrient such as my Forward Plus or one of the high-potency multivitamin/mineral supplements available in health food stores. Potency will vary widely, so you may have to add certain nutrients to your regimen.

A study conducted in China by the National Institute of Cancer followed over 30,000 people on various combinations of nutritional supplements for five years. The group taking beta-carotene, vitamin E, and selenium had a 13 percent reduction in cancer mortality and a 21 percent drop in incidence of stomach cancer. The chart on page 8 gives recommended amounts of essential nutrients for cancer patients. I've chosen a few to discuss here.

### Vitamin C (Ascorbic acid)

Cancer begins when the DNA of a cell is damaged or mutated, often by a free radical. But only when normal repair mechanisms break down are abnormal cells able to replicate into full-blown cancer. Vitamin C works on two fronts to fight cancer. It protects cellular DNA from free radical damage, and it enhances the immune response that mops up these abnormal cells.

Linus Pauling, Ph.D., found cancer patients had subnormal levels of vitamin C. In a study at the University of California, Los Angeles, researchers followed more than 11,000 adults for an average of 10 years. They found that the men with the highest intake of vitamin C had a 22 percent reduced risk of death from cancer, compared to those with the lowest vitamin C intake. For women, the risk was decreased by 12 percent. I recommend taking at least 1,500 mg of vitamin C daily for prevention. High doses may cause gastrointestinal upset; build up gradually. If you have cancer, I recommend 2,500 to 10,000 mg of vitamin C every day. High doses may cause gastrointestinal upset, so build up gradually. Cut back on your dosage if you experience stomach upset or loose stools.

### **Vitamin E (Alpha tocopheryl)**

Several large epidemiologic studies showed that high blood levels of vitamin E offer protection against cancer. A Finnish study of cancer patients noted that those with low blood levels of vitamin E and selenium had a higher risk of death than patients with high levels of these antioxidants. And a 1998 study published in the Journal of the National Cancer Institute found that men taking supplemental vitamin E for five to eight years had 32 percent fewer cases of prostate cancer and 41 percent fewer deaths from prostate cancer than men not taking vitamin E. Other studies have produced similar findings regarding cancers of the lung, skin, and cervix. I recommend 800 IU per day.

### **Vitamin A and Beta-Carotene**

Vitamin A is a fat-soluble antioxidant that enhances the immune system. Beta-carotene is sometimes called pro-vitamin A because when the body needs it, it's converted to vitamin A. Many studies have demonstrated definite links between low blood levels or low intake of vitamin A/beta-carotene and increased risk of cancer. Vitamin A in the form of retinol (Accutane) is used as a cancer treatment in conventional oncology. It is particularly effective in preventing recurrences of cancers of the mouth, larynx, pharynx, head, and neck. Both vitamin A and beta-carotene are useful in leukoplakia, a precancerous mouth condition.

Beta-carotene supplements have been shown to lower risk of prostate cancer by 36 percent. British researchers gave 25 healthy, non-smoking men 15 mg of beta-carotene daily. Within one month the factors in their white blood cells that enable the immune system to distinguish cancer cells from normal cells rose significantly. Their production of tumor necrosis factor, which helps kill cancerous or damaged cells, also increased.

Vitamin A can be toxic in large doses. I don't recommend over 10,000 IU unless you are under the care of a physician. However, take as much beta-carotene as you want. I recommend a minimum of 15,000 IU daily of beta-carotene, which can be safely doubled or tripled. Its only side effect is that it may turn your skin yellowish orange.

### **B Vitamins**

New research has shed light on a metabolic process that may be the root cause of a number of diseases, including cancer. When your system metabolizes protein, one result is the formation of small amounts of a toxic byproduct called homocysteine. Under normal circumstances it is rendered harmless by methylation, a process which detoxifies homocysteine by converting it to harmless amino acids. Methylation requires vitamin B12 (cobalamin) and folic acid; and when these nutrients are in short supply, homocysteine builds up. It is now believed that excess homocysteine damages DNA, which initiates cancer, and depresses the immune system. Vitamin B6 (pyridoxine) also reduces homocysteine levels and has been noted to protect against cervical cancer. In addition, Vitamin B3 (niacin) has anticancer activity. I recommend 75 mg of vitamin B6, 100 mg of niacin, 150 mcg of vitamin B12, and 800 mcg of folic acid daily.

### **Vitamin D**

Clinical studies dating back to the 1970s show that individuals with the highest blood levels of vitamin D had an 80 percent decreased incidence of colon cancer, compared to those with the lowest levels. Other studies have shown that dietary vitamin D reduces colon cancer rates by 50 percent. Vitamin D is produced in the skin when you are exposed to sunlight. Make sure you spend at least half an hour outside in bright sunlight every day (when the sun cooperates). The richest dietary sources of vitamin D are fortified milk, fish, and egg yolks. Since an anticancer diet calls for little milk and egg yolks, you should supplement with 600 IU of vitamin D per day. This is especially important in the winter. Note: Doses over 2,000 IU may be toxic.

### **Selenium**

Selenium is a powerful cancer fighter. In the Journal of the American Medical Association researcher Larry Clark, Ph.D., presented convincing evidence that supplemental selenium could reduce cancer death rates by as much as 50 percent!

From 1983 through 1991, 1,312 patients who had had either squamous cell or basal cell carcinomas of the skin removed were given a placebo or 200 mcg of high selenium yeast daily. Blood selenium levels initially averaged 114 ng/ml, and remained at this level in the placebo group. Those taking selenium experienced a 67 percent increase in blood selenium to a level of 190, which remained more or less constant throughout the test. Interestingly, skin cancers, which the study was initially designed to evaluate, showed little response to selenium, but the selenium group had a 63 percent reduction in the incidence of prostate cancer, a 58 percent reduction in colon or rectal cancer, and a 45 percent reduction in lung cancer.

The results of this study are remarkable. Even if the reduction in death rate was only half as good, nearly 100,000 lives a year would be saved just from taking an inexpensive, completely safe (at 200 mcg a day) nutritional supplement.

Selenium protects against cancer on three levels:

1. Its antioxidant properties generate glutathione, which mops up hydrogen peroxide, a potent free radical produced in your body by normal metabolic processes.
2. It facilitates quick repair of free radical damage to the DNA molecule. Our current understanding of cancer is that a damaged DNA molecule replicates, carrying with it a "spark" that ignites the growth of tumors. If adequate selenium is present, the DNA molecule is repaired - and normal cellular function ensues.
3. It initiates apoptosis, or cell death, in cancerous and precancerous cells. Cancer cells divide rapidly and die early. Selenium appears to cause them to die before they replicate, short-circuiting malignancy and tumor growth.

Selenium is found in some, but not all, multivitamin/ mineral products. Forward Plus contains 200 mcg, so if you're taking it, you're covered. If not, you should supplement with 200 mcg of selenium a day. The type used in the studies discussed above is a high selenium yeast. Selenium can be found in health food stores. I recommend Solgar Selenium and Twinlabs Selenomax or selenium from Willner Chemists (800-633-1106).

### Other Minerals

Other minerals support overall good health and may offer protection against cancer primarily by enhancing the immune system: Zinc is particularly important for many aspects of immunity. Calcium may prevent the recurrence of colonic polyps that sometimes lead to colon cancer. Copper and manganese are required for the production and proper function of superoxide dismutase, a powerful antioxidant enzyme. Molybdenum deficiencies have been positively correlated to cancer of the esophagus, and areas in this country where molybdenum is deficient in the drinking water have a 30 percent increased incidence of that type of cancer. (See box below for a complete listing of minerals and dosages I recommend for cancer prevention.)

Essential Vitamins and Minerals That Fight Cancer	
Vitamin C* 1,500 mg	Magnesium 500 mg
Vitamin A 5,000 IU	Potassium 99 mg
Beta-Carotene** 15,000 IU	Iodine 150 mcg
Vitamin E 800 IU	Zinc 30 mg
Vitamin B6 75 mg	Copper 2 mg
Vitamin B3 (niacin) 100 mg	Manganese 10 mg
Vitamin B12 150 mcg	Chromium 200 mcg
Folic Acid 800 mcg	Selenium 200 mcg
Vitamin D 600 IU	Molybdenum 125 mcg
Calcium 1,000 mg	Silica 25 mg

\* Higher doses of vitamin C (up to 10,000 mg) may be taken, if tolerated.

\*\*Beta-carotene dosage can be safely doubled or tripled.

### HERBS

I've been using herbs with patients for more than 25 years, and I've seen some remarkable results during that time. I've listed some of the herbs that have proven to be effective anticancer agents in the box below, but I'd like to briefly touch on one that's probably in your kitchen right now. Perhaps the most versatile and widely used herb in the world, garlic (*Allium sativum*) is also one of the oldest, most popular botanical medicines. It's mentioned in ancient Chinese, Sanskrit and Egyptian medical texts. According to Egyptian papyruses, it was used in more than 800 potions to cure 22 different ailments, and was even entombed with King Tut to protect him in the afterlife.

Garlic contains a variety of amino acids, vitamins, and minerals, but its most active ingredients are sulfur compounds. One of these, allicin (diallyl thiosulfinate), causes garlic's odor. Several compounds have inhibitory effects on the growth of certain cancer cells. In one study of 41,837 women, aged 55 to 69, those who did not eat garlic had a 68 percent higher risk of all cancers than those who ate it at least twice a week. Garlic compounds are easily destroyed by cooking and processing, which is why **I recommend garlic supplements - 600 mg daily**. Many commercial garlic supplements have merit. Check for high allicin-producing potential. Garlicin, Kwai and the garlic extract Kyolic are brands I recommend.

## Herbs That Protect Against Cancer

These botanicals are all available in health food stores. For the best quality, look for products with standardized extracts. Use as directed.

### **Green tea** (*Camellia sinensis*)

Polyphenols and flavonoids, particularly catechin, inhibit the formation of nitrosamines and other carcinogens. Its best protective effects are on cancers of the GI tract, lung and breast.

### **Garlic** (*Allium sativum*)

Allicin and other sulfur compounds enhance the immune system, inhibit the formation of tumors, and block carcinogens.

### **Turmeric** (*Curcuma longa*)

A very powerful anticancer herb, its active ingredient, curcumin, is effective against the initiation, promotion, and progression of cancer.

### **Goldenseal** (*Hydrastis canadensis*)

This and other berberine-containing plants have antibiotic and immune-stimulating properties; berberine actually kills cancer cells.

### **Echinacea** (*Purple coneflower*)

Broad, well-studied immunostimulating effects make echinacea useful in cancer prevention.

### **Pau d'Arco** (*Tabebuia avellanedae*)

Also known as LaPacho, its active ingredient lapachol has direct anti-tumor actions.

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There are many options for cancer treatment and no guarantees. The therapies in this report have merit, but no single therapy is right for everyone. Educate yourself. Know what conventional medicine has to offer. Surgical removal of a tumor can be appropriate and necessary, and in some types of cancer, radiation therapy and chemotherapy are effective.

If you know your options, you can combine conventional treatments and natural therapies to come up with the program that's best for you. No one should pressure you to choose a specific therapy. The final choice lies with the patient, and it's a profoundly personal decision. The best choice is to follow preventive measures that may allow you to avoid cancer altogether.

Note: Julian Whitaker, M.D. has extensive experience in the area of preventive medicine and natural healing. All recommendations in this report have met stringent criteria for safety and effectiveness; however, they have not been reviewed by the Food and Drug Administration. The recommendations in this report are not intended to replace the advice of your physician, and you are encouraged to seek advice from competent medical professionals for your personal health needs.