



A Basic Plan of Support During Chemotherapy Treatment

Possible Side Effects of Chemotherapy

- Short Term:
- Anorexia
- Bladder inflammation
- Confusion and short-term-memory impairment
- Diarrhea
- Fatigue
- Hair loss
- Infections
- Muscle pain
- Nausea
- Nerve irritation

Longer-Term:

- Infertility
- Persistent bone marrow suppression
- Persistent fatigue
- Secondary cancers

The good news is that there are natural measures to reduce the toxicity of chemotherapy. There have also been advances in treatment that have made most chemotherapy regimens less toxic and more tolerable than in the past.

Complementary natural medicines can help in three ways: by acting directly against cancer cells, by protecting and supporting normal cell function and by reducing the risk of adverse effects of therapy.

The importance of a high-quality nutrition in the battle against cancer cannot be overstated. Cancer patients who have a higher nutritional status are not only more likely to fight off infections and recover from their illness but are also better able to tolerate chemotherapy and its side effects.

Key Dietary Recommendations for Chemotherapy Support

- Drink a high-protein smoothie once or twice daily. Smoothies can take the place of breakfast and can also be used as between-meal snacks.
- Stay well hydrated and drink 18 to 24 ounces of fresh vegetable juice daily, which can be taken with food or as a midmorning juice break.
- It may be necessary to eat small frequent meals (every 1 to 2 hours) rather than larger meals less often.

Maureen S. Wilson, N.D.

1-800-609-4036



- Use extra seasonings, spices and flavorings to improve food's taste appeal. A higher sensitivity to the taste of food may cause them to taste flavorless or boring.
- Avoid flavoring that are very sweet or very bitter.
- Eat soft, moist foods like smoothies, bananas, brown rice, yams, and so on, and avoid hard, dry foods like cereals, crackers and hard candies.
- Take small bites and chew completely.

Basic Chemotherapy Supplementation Program

Before meals:

1. Proteolytic enzymes such as Wobenzyme or Zywobin forte three tabs best taken 15 to 20 minutes before meals
2. Avemar one packet one time daily away from other supplements. (Fermented wheat germ extract with good clinical results developed in Hungary)
3. Quercetin 300mg daily
or
Ayer-Curcumin 300mg daily

With meals:

1. High dose multivitamin and mineral such as Multiplex with out iron by Tyler
or
Ultraclear Sustain drink mix which provides protein and a multivitamin/mineral
2. Extra vitamin C 500-1000 mg three times a day
3. Ultra Pure fish oil 1 tsp daily added to shake or at beginning of meals to provide 2200mg EPA and 750mg DHA
4. L-glutamine (3g/tsp) take 3 tsp two times daily
5. Probiotic may also be taken at this time

For breast and prostate cancers add the following (best with meals):

- Men: DIM Palmetto Prostate formula 2 gels daily
- Women: DIM Complex 4 caps daily

[Providing: Lycopene: 30mg daily, Calcium D-glucerate: 400mg daily, Indole-3-carbinol: 400 mg daily]

- Ground flaxseed or flaxseed meal: 2 tablespoons daily

Additional Notes:

If taking alkylating agents and platinum compounds add:

Polyerga one packet daily between meals away from proteolytic enzymes

If taking platinum compounds:

Do not take N-acetylcysteine



Do not take dosages of vitamin B-6 greater than 200mg a day

If taking antitumor antibiotics add:

Co-enzyme Q10 100mg twice daily with meals.

Melatonin 20mg once daily at bedtime

*Avoid quercetin if being treated for colon cancer

If taking antimetabolites:

Do not take dosages of folic acid greater than 800 mcg a day.

If taking biological response modifiers:

Follow basic protocol

If taking hormones or hormone inhibitors:

Do not use supplements containing soy phytoestrogens if taking tamoxifen

If taking microtubule and chromatin inhibitors add:

Polyerga one packet daily between meals away from proteolytic enzymes

If taking new-breed chemotherapy agents:

Follow the basic chemotherapy supplementation program.

For bone marrow suppression add:

Polyerga one packet daily between meals away from proteolytic enzymes

For mouth ulcers add:

DGL licorice 500mg three times daily 15 to 20 minutes before meals

For hand foot syndrome add:

Vitamin B-6 100 mg once daily with meals

Use aloe vera gel topically

Optional supplements:

Modified citrus pectin

Testing before or after treatment:

Vitamin D

Vitamin B-12

Fasting insulin

Optional vitamin/mineral evaluation

Heavy metal toxicity

Stool analysis