



## Restoring Balance After Cancer Treatment

Christine Horner, MD FACS

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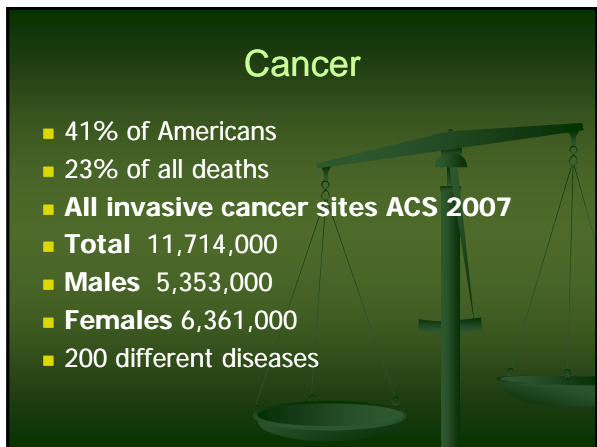
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## Cancer

- 41% of Americans
- 23% of all deaths
- **All invasive cancer sites ACS 2007**
- **Total** 11,714,000
- **Males** 5,353,000
- **Females** 6,361,000
- 200 different diseases

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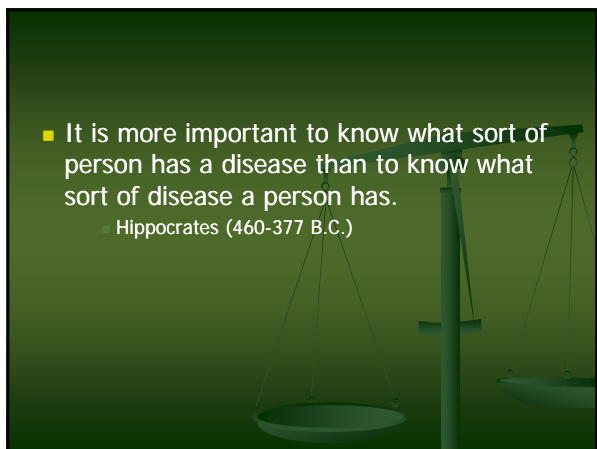
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- It is more important to know what sort of person has a disease than to know what sort of disease a person has.  
Hippocrates (460-377 B.C.)

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## AVERT THE DANGERS NOT YET COME

- Cancer: catastrophic consequence of life out of balance
- Learn through illness
- Choice point: Live or die
- Best outcomes integrative approach
- 2/3 of cancer patients use CAM
- Motivation



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## GET THE RIGHT TREATMENT

- **Patient Advocates**
  - **Ken Schueler**
    - HKS Patient Advocates
    - 212-725-5800, Fax 212-725-2260
    - 49 Park Ave, Ste. 2A, New York, NY 10016
    - [www.HKSchueler.com](http://www.HKSchueler.com)
    - [Ken@HKSchueler.com](mailto:Ken@HKSchueler.com)
  - **Gwen Stritter, MD**
    - 650-851-0377, Fax 650-851-0343
    - [www.strittermed.org](http://www.strittermed.org)
    - 1235 Los Trancos Rd., Portola Valley, CA 94028-8125
  - **Mark Renneker, MD**
    - 415-481-5357
    - San Francisco



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## USE INTEGRATIVE CARE

- Reduces suffering, enhances tx, improves outcome
- The Block Center, Keith Block, MD Chicago
- Mitch Gaynor, MD NYC
- Cancer Treatment Centers of America
- Burzynski Clinic, Houston
- Clinics in Germany and Tijuana
- Nutritionists: Jeanne Wallace PhD



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## Western Treatments

- Surgery
- Chemotherapy
- Radiation
- Enhance the effectiveness while protecting against the damaging effects

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## Protecting Against Organ Damage

- Heart: CoQ10, L-carnitine, melatonin, glutamine
- GI: ginger, homeopathics, glutamine, probiotics, prebiotics (lignans), honey, aloe vera
- Nervous system: glutamine, l-carnitine, CoQ10, magnesium, IV glutathione, Brahmi, alpha lipoic acid
- Bone marrow: unrefined cloudy sesame oil
- Liver: milk thistle, turmeric, rosemary
- Immune system: Ashwagandha, astragalus, mushrooms, ginseng
- Radiation: sea buckthorn oil, holy basil, genistein, quercetin, ashwagandha,
- Amrit Kalash

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## Amrit Kalash

- J Altern Complement Med. 2005 Feb;11(1):143-8.
- **Antioxidant and protective effects of Amrit Nectar tablets on adriamycin- and cisplatin-induced toxicities**
- Chandradhar Dalkud@iastate.edu  
South Dakota State University, College of Pharmacy, Brookings, SD 57007, USA
- **OBJECTIVES:** Maharishi herbal food supplements have been shown to inhibit the growth of mammary tumors and reduce free radical-mediated injuries. The purpose of this investigation is to evaluate the effects of aqueous and alcoholic extracts of Amrit Nectar tablets on rat liver microsomal lipid peroxidation and compare to other antioxidants. The protective effects of dietary Amrit Nectar tablets (MA-7; containing 38 herbs) on cisplatin-induced changes in glutathione (GSH) and glutathione-S-transferase (GST) activity in rat liver and kidney, and Adriamycin (Pharmacia S.p.A, Milan, Italy)-induced mortalities in mice were also investigated.
- **RESULTS:** Both aqueous and alcoholic extracts of MA-7 were more potent than other antioxidants tested under our experimental conditions. Adriamycin (15 mg/kg, intraperitoneally) caused 60% mortality during the period of 4 weeks in CDF1 mice. Dietary MA-7 (0.7%) treatment decreased the mortality to 20%. Dietary MA-7 (0.7%) supplementation with cisplatin treatment reversed the effects of cisplatin on liver and kidney GSH and GST activity.
- **CONCLUSIONS:** These results indicate that MA-7 is a powerful antioxidant. MA-7 supplementation with Adriamycin and cisplatin treatment may protect against their toxicities.

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## Amrit Kalash

- Antioxidant Adjuvant Therapy Using Natural Herbal Mixtures [MAK-4 and MAK-5] During Intensive Chemotherapy: Reduction in Toxicity. A Prospective Study of 62 Patients
- **Publication**  
Proceedings of the XVI International Cancer Congress. Bologna, Italy: Monduzzi Editore, 1994; pp. 3099-3102.
- **Authors**  
N.C. Misra,\* H.M. Sharma,\*\* A. Chaturvedi,\* Ramakant,\* S. Srivastav,\* V. Devi,\* P. Kalkar, U Vishwanathan, U S.M. Nair,\*\* and J. Bogra.\*\*
- **Summary**  
The use of chemotherapeutic agents in the treatment of cancer is hampered and complicated by toxic side effects manifested by these agents. Many types of chemotherapy destroy cancer cells by generating free radicals, unstable molecules which can cause cellular damage. Unfortunately, these free radicals are not discriminatory in their destructive action, leading to undesirable side effects and sometimes even new cancers. In this clinical study, MAK-4 and MAK-5 were shown to be effective in reducing the toxic side effects associated with chemotherapy. This controlled prospective study was conducted on 62 patients undergoing intensive chemotherapy. The patients had various types of cancer, including non-Hodgkin's lymphoma, ovarian cancer, breast cancer, oral cancer, and osteogenic sarcoma. All patients were receiving combination chemotherapy; the chemotherapeutic agents included cyclophosphamide, vincristine, methotrexate, doxorubicin, prednisone, cisplatin, adriamycin, and 5-fluorouracil. In the patients who received MAK-4 and MAK-5 along with their chemotherapy, there was reduced hemotologic toxicity, vomiting, and diarrhea, and improved sleep, weight, and an overall feeling of well-being. The patients taking MAK-4 and MAK-5 also showed a significant reduction ( $p < 0.03$ ) in lipid peroxide compared to the control group.

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## Amrit Kalash

- Toxicity in Breast Cancer Patients
- **Publication**  
Federation of American Societies for Experimental Biology Journal, Vol. 14, No. 4, p. 4720, 2000 (Abstract).
- **Authors**  
A. Srinivas,\* A. Samaga,\* V. Tarankanti,\* P. Kachroo,\* D.H. Coor,\* R. Parshad,\* V. Sooni,\* S. Chumber,\* M.C. Misra,\* and H. Sharma.\*\*
- **Contacted at**  
\*\*The Tata Institute of Medical Sciences, New Delhi, India 110029  
\*\*The Ohio State University, Columbus, OH 43210 and **Title:** Reducing the Toxic Effects of Chemotherapy: New Research Reports a Significant Decrease in Chemo Toxicity with a Natural, Ayurvedic Herbal Formula.
- **Publication**  
Tandem® Letter for Doctors and Patients, August/September 2000, pp. 134-138. Author John Tall.
- **Summary**  
This randomized trial was conducted to determine the effect of the herbal mixtures MAK-4 and MAK-5 on reduction of toxic side effects in breast cancer patients receiving chemotherapy. There were 129 breast cancer patients (124 females and 5 males) involved in the study; 61 patients took MAK-4 and MAK-5 along with chemotherapy and 68 received chemotherapy alone and served as controls. MAK group and 46 ± 9 for the controls. Results of the study showed improvement in several parameters for patients taking MAK as compared to controls:
  - Karnofsky performance status, anorexia, vomiting, general well-being, and body weight, ability to perform normal day-to-day activities.
    - loss of appetite (anorexia).
    - vomiting.
    - "good" status of general well-being.
  - patients on MAK were able to maintain their weight during treatment.
    - no significant difference in tumor regression between the MAK patients and the controls. The MAK group had a statistically insignificant increase in the number of patients with tumor regression. This indicates that MAK does not impede the anti-cancer effects of chemotherapy.
- Thus, MAK is effective in reducing toxicity of chemotherapy treatment without impairing the anti-cancer effects of the chemotherapy.

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## Enhancing Effectiveness

- Chemo: Amrit, green tea, turmeric, melatonin, omega-3 fatty acids
- Whole body hyperthermia
- Radiation:
  - Holy basil
  - Resveratrol
  - turmeric
  - Genistein and quercetin Breast cancer
  - Ashwagandha, fatigue

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## Scientific Research

Cancer Lett 1996 Aug 2;105(2):203-9

### The effects of theanine, as a novel biochemical modulator, on the antitumor activity of adriamycin.

Sadzuka Y, Sugiyama T, Miyagishima A, Nozawa Y, Hirota S.  
School of Pharmaceutical Sciences, University of Shizuoka, Japan.

We studied the effects of theanine, a component of green tea leaves, on the antitumor activity of adriamycin (ADR) from the biochemical modulation view point. In vitro, theanine inhibited the ADR efflux from Ehrlich ascites carcinoma cells and maintained the ADR concentration in tumor cells. Theanine enhanced the inhibitory effect of ADR on tumor growth by 2.3-fold in vivo, and increased 2.9-fold the ADR concentration in the tumor, compared to the ADR alone group. An increase in ADR concentration was not observed in normal tissues, such as the heart and liver. Theanine did not enhance, rather tended to normalize the increase of lipid peroxide level and reduction of glutathione peroxidase activity as indicators of the ADR-induced side toxicity.

PMID: 8697445 [PubMed - indexed for MEDLINE]

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## ANTIOXIDANTS

- Very different heterogeneous groups
- Activate genes for detoxification
- Phase 2
- Decreases DNA oxidation
- Stimulates DNA repair
- Apoptosis
- JNCI review: no adverse effects

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## FOLLOWING THE LAWS OF NATURE

- Enhances the flow of consciousness enlivens inner healing intelligence
- Violating the laws of nature—obstructs the inner healing intelligence
- Everything effects us
- What to favor and what to avoid

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## THE TREE OF LIFE

- Tips of branches –ologists
- On the furthest tip of specialization—we know a lot about nothing
- Roots: we know a little about a lot
- Quantum level- practically nothing about everything



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## Ancient Wisdom

- "Let food be your medicine, and medicine be your food."  
*Hippocrates*
- "Without proper diet no medicine will work – with proper diet no medicine is necessary."  
*Ayurveda*
- "He that takes medicine and neglects diet wastes the skill of the physician."  
*Traditional Chinese Medicine*

*Ayurveda*

*Traditional Chinese Medicine*

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## WHAT TO AVOID

- The Standard American Diet

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### WHAT TO AVOID

- Red Meat
- Carcinogenic
- HCA
- Saturated animal fats
- High iron: found in plaques neuro, metabolic and cardiovascular heart disease x 2, colon polyps x 5, Cancer esophagus, colon and bladder hydroxyl radicals damage and inflammation



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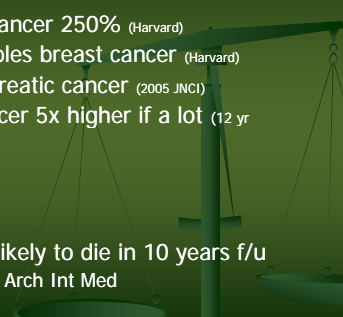
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### RED MEAT

- 5 oz/day Colon Cancer 250% (Harvard)
- 1.5 servings doubles breast cancer (Harvard)
- 70% higher pancreatic cancer (2005 JNCI)
- 50% bladder cancer 5x higher if a lot (12 yr prospective study)
- Diabetes type 2
- Obesity
- Cardiovascular
- 4 oz. 30% more likely to die in 10 years f/u
  - 543,653 subjects Arch Int Med



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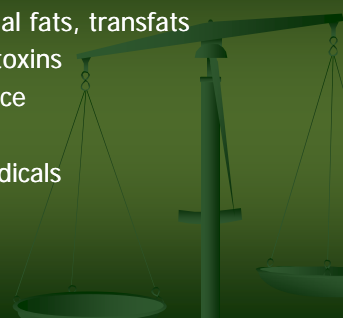
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### BAD FATS

- Saturated animal fats, transfats
- Storehouse of toxins
- Insulin resistance
- Inflammation
- Oxygen free radicals



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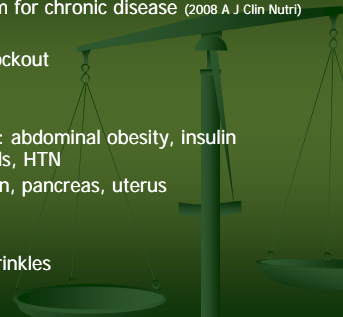
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## SUGAR

- Universal mechanism for chronic disease (2008 A J Clin Nutri)
- Inflammation
- Immune system knockout
- Type 2 diabetes
- Obesity
- Metabolic syndrome: abdominal obesity, insulin resistance, high lipids, HTN
- Cancer: breast, colon, pancreas, uterus
- Depression
- Alzheimer's
- Premature aging, wrinkles



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## OBESITY

- ↑ inflammatory markers
- Type 2 diabetes
- HTN
- Heart disease
- Gall bladder
- Cancer
- Dementia
- Osteoporosis
- Macular degeneration



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## LIFESTYLE

- Stress
- Poor Sleep
- Inactivity
- Pharmaceutical Drugs
- Environmental Toxins
- EMFs



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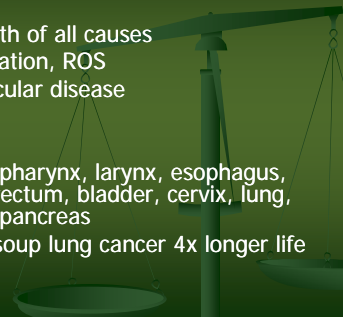
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## WHAT TO FAVOR

- Plants
- Lower risk of death of all causes
- Reduces inflammation, ROS
- Delays cardiovascular disease
- Diabetes
- Dementia
- Cancers: mouth, pharynx, larynx, esophagus, stomach, colon, rectum, bladder, cervix, lung, breast, prostate, pancreas
- 1 cup vegetable soup lung cancer 4x longer life



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## PHYTOCHEMICAL

- Inhibits cyclin-dependent kinase-2: a key enzyme needed for BC growth (Garcia, J Biol Chem. 2005, Ashok, Nutr Cancer 2001)
- Down regulates estrogen receptor (Meng, J Nutr 2000)
- ER antagonist like tamoxifen (Ritby, Biochemistry 2000)
- Creates more "good" (2-OH) estrogen, and less "bad" (16-OH) (Brignall, Alt Med Rev. 2001)
- ↑ tumor suppression gene (Meng, Breast Cancer Res Treat 2000) (Sepkovic, Nutr Cancer)
- ↑ phase 2 liver enzymes (Nho, Toxicol Appl Pharmacol. 2001)
- ↓ tumor cell adhesion (Meng, J Mol Med. 2000)
- Prevents tumors from spreading and invading (Meng, Breast Cancer Res Treat 2000)
- Apoptotic cell death BC cells (Rahman, Oncogene 2000)



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## INDOLE-3 CARBINOL(DIM) CRUCIFEROUS VEGETABLES

■ Broccoli	■ Horseradish
■ Bitter cress	■ Kale
■ Bok choy	■ Radishes
■ Brussels sprouts	■ Rutabaga
■ Cauliflower	■ Turnip
■ Cabbage	■ Watercress
■ Collards	



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## FRUIT

- Vit C, E, riboflavin, niacin, folate, iron, magnesium, manganese and potassium
- proanthocyanidins
- Ellagic acid anticancer properties especially breast, pancreas, prostate and neuroblastoma, improves killing effects of radiation.
- Quercetin: enhances NO, anti-inflammatory, antioxidant, new mitochondria, protects against osteoporosis, cancer, pulmonary and cardiovascular diseases and aging

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## FRUIT

- Catechins: antioxidants fat burning abdominal fat 77% double total weight loss
- Salicylic acid: pain reduction
- Increases dopamine
- Improves learning and memory

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## BLUEBERRIES



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## WHOLE GRAINS

- Obesity
- Diabetes type 2
- Cancer: stomach, colon, prostate, breast
- Cardiovascular diseases
  - HTN
  - Stroke
  - Heart attacks
  - Metabolic syndrome

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## LIGNANS

- ↓ blood pressure
- ↓ total cholesterol and LDL
- ↑ HDL
- Prevents arterial blockages
- Anti-inflammatory
- Antioxidant
- Improves glucose control and insulin resistance
- Improves cognitive function
- Dozen anti-cancer properties
- Reduces belly fat

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## GOOD FATS

- O-3, O-9, O-7
- Membrane fluidity
- Reduce inflammation (UCSD most potent)
- Antioxidant
- Lowers insulin resistance
- Telomere length linear each standard deviation in DHA and EPA = 32% reduction in telomere shortening
- Reduces all-cause mortality
- Reduces CV mortality sudden death, MI
- Brain function: Cognitive and memory
- Normal growth and development

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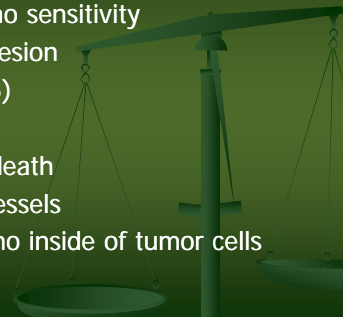
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### 0-3

- Improves chemo sensitivity
- Tumor cell adhesion
- Metastasis (1/5)
- Shrinks tumors
- Apoptotic cell death
- Inhibit blood vessels
- Increases chemo inside of tumor cells



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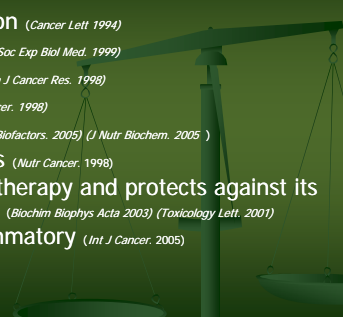
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### Drink

- ↓ tumor formation (*Cancer Lett. 1994*)
- ↓ metastasis (*Proc Soc Exp Biol Med. 1999*)
- ↓ recurrences (*Jpn J Cancer Res. 1998*)
- ↓ estradiol (*Nutr Cancer. 1998*)
- ↓ angiogenesis (*Biofactors. 2005* / *J Nutr Biochem. 2005*)
- ↑ protein binders (*Nutr Cancer. 1998*)
- Enhances chemotherapy and protects against its damaging effects (*Biochim Biophys Acta 2003* / *Toxicology Lett. 2001*)
- COX-2 anti-inflammatory (*Int J Cancer. 2005*)



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### GREEN TEA



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## SPICE

- Breaks down toxins in liver, inhibits phase 1 and enhances phase 2 enzymes (Pharmacol Toxicol. 2003) (Mini Rev Med Chem. 2002)
- Prevents carcinogens from forming (Cancer Lett. 2000)
- Powerful anti-inflammatory (Phytomedicine 2000)
- Antioxidant- 300% more than potent than vitamin E (J Pharm Pharmacol. 2003)
- Stimulates immune system (TreatmentUpdate. 2000)
- Works synergistically with radiation to enhance tumor cell death (Int J Oncol. 2004)
- Enhances chemotherapy



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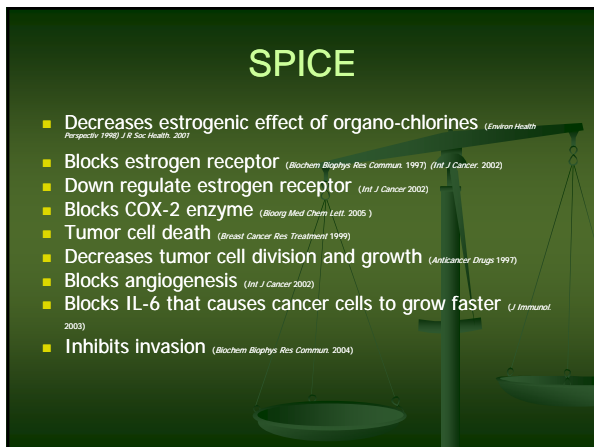
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## SPICE

- Decreases estrogenic effect of organo-chlorines (Environ Health Perspectiv 1998) (J R Soc Health. 2001)
- Blocks estrogen receptor (Biochem Biophys Res Commun. 1997) (Int J Cancer. 2002)
- Down regulate estrogen receptor (Int J Cancer 2002)
- Blocks COX-2 enzyme (Blood Med Chem Lett. 2005)
- Tumor cell death (Breast Cancer Res Treatment 1999)
- Decreases tumor cell division and growth (AntiCancer Drugs 1997)
- Blocks angiogenesis (Int J Cancer 2002)
- Blocks IL-6 that causes cancer cells to grow faster (J Immunol. 2003)
- Inhibits invasion (Biochem Biophys Res Commun. 2004)



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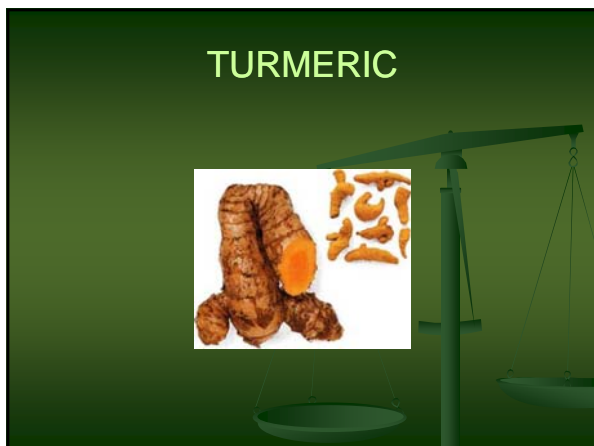

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## TURMERIC



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## VITAMIN D

- 50% reduction in colon, breast cancer
- Cells more resistant to toxins
- Stops tumor cell growth
- Decreases blood vessels
- Kills tumor cells apoptosis
- Boosts immune system NK cells
- Vitamin D receptor 50 genes regulated
  - Cell proliferation and immune function

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## EXERCISE

- Reduces mortality 29-59%
- After 3 months change in 500 genes
- Low fitness: influence as much as diabetes and smoking
- 1996 Finnish study 3.58 more likely to die of CV disease
- Unfit—fit 44% drop in all cause mortality
- Promotes longevity: lengthens telomeres
- Improves immune function
- Prevents cognitive decline improves age-related changes in synapses
- Depression and anxiety
- Decreases cardiovascular disease: 1 hour
- 48% reduction brisk walking
- Diabetes: blood sugar, complications
- Dementia and Parkinson's
- Academic performance, memory and learning
- Sleep
- Stress reduction

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## EXERCISE

- Fewer complications
- Less depression, nausea, fatigue, blood clots
- Better sleep, energy, appetite, response to chemo and survival
- Cancer: breast, colon
  - 2008 J Clin Oncology 2-3 hours/week brisk walking a year prior to dx: 31% less likely to die
  - post treatment for cancer 45%
  - Sedentary 4 times higher risk of death
- Breast cancer risk of dying cut in half
- Colon cancer 61% reduction in mortality
  - 50% less recurrence

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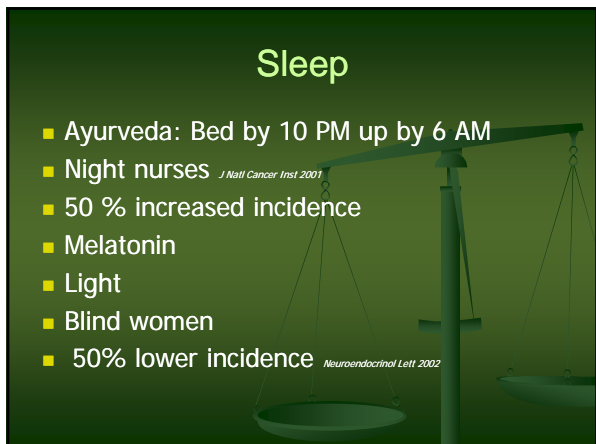
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### Sleep

- Ayurveda: Bed by 10 PM up by 6 AM
- Night nurses J Natl Cancer Inst 2001
- 50 % increased incidence
- Melatonin
- Light
- Blind women
- 50% lower incidence Neuroendocrinol Lett 2002



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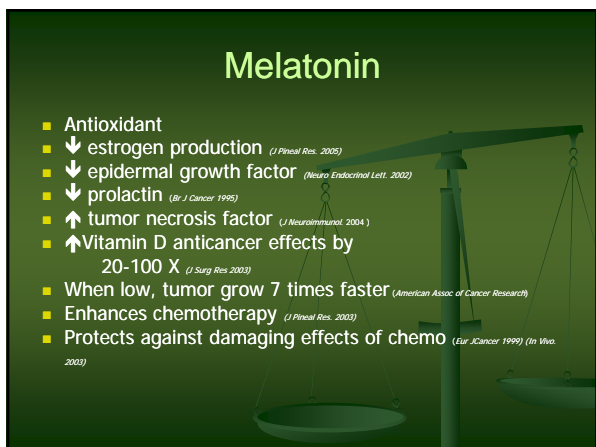
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### Melatonin

- Antioxidant
- ↓ estrogen production (J Pineal Res. 2005)
- ↓ epidermal growth factor (Neuro-Endocrinol Lett. 2002)
- ↓ prolactin (Br J Cancer 1995)
- ↑ tumor necrosis factor (J Neuroimmunol. 2004)
- ↑ Vitamin D anticancer effects by 20-100 X (J Surg Res 2003)
- When low, tumor grow 7 times faster (American Assoc. of Cancer Research)
- Enhances chemotherapy (J Pineal Res. 2003)
- Protects against damaging effects of chemo (Eur J Cancer 1999) (In Vivo. 2003)



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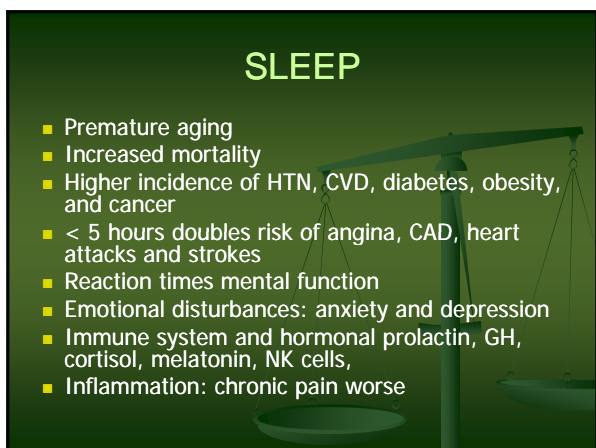
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### SLEEP

- Premature aging
- Increased mortality
- Higher incidence of HTN, CVD, diabetes, obesity, and cancer
- < 5 hours doubles risk of angina, CAD, heart attacks and strokes
- Reaction times mental function
- Emotional disturbances: anxiety and depression
- Immune system and hormonal prolactin, GH, cortisol, melatonin, NK cells,
- Inflammation: chronic pain worse



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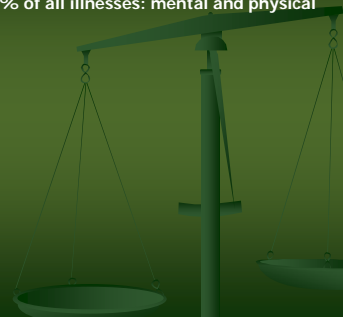
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## STRESS

Stress contributes to 90% of all illnesses: mental and physical

- **Disrupts:**
  - Endocrine
  - Neurological
  - Gastrointestinal
  - Immune systems
- **Plays a role in:**
  - •Hypertension
  - •Heart Disease
  - •Diabetes
  - •Obesity
  - •Cancer



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## CHRONICALLY HIGH CORTISOL

- **IMMUNE SYSTEM SUPPRESSION**
  - Promotes:
    - • chronic inflammation
    - • oxygen free radicals
    - • accelerated aging
    - • autoimmune diseases
    - • Infections
    - •↓Natural Killer Cells
    - •↓ Wound healing



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## MINIMIZING STRESS

⊗ Respecting rhythms of nature	⊗ Relaxing music/ massage
⊗ Regular schedule	⊗ Walks in nature
⊗ Sleep	⊗ Laughter
⊗ Exercise	⊗ Loving relationship
⊗ Fresh organic whole foods plant based diet	⊗ Functional Education
⊗ Meditation	⊗ Nutritional supplements and herbs



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## MINIMIZING STRESS

- EMDR
- Emotional Freedom Technique: Tapping
- Energy Work
- Evox
- Life Vessel
- Bach Flower Remedies
- Acupuncture



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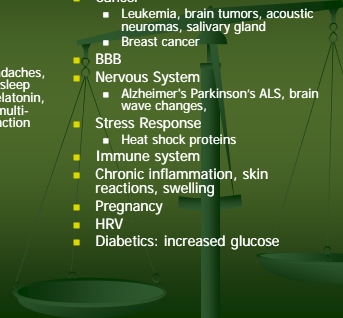
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## EMFs

- Damage to cells
  - Membranes, metabolism, chromosomes, cell stress, premature aging
- Neurological
  - memory loss, fatigue, headaches, ringing in ears, dizziness, sleep disorders, reduction in melatonin, impaired ability to learn, multi-task, and concentrate, reaction time
- Cancer
  - Leukemia, brain tumors, acoustic neuromas, salivary gland
  - Breast cancer
- BBB
- Nervous System
  - Alzheimer's Parkinson's ALS, brain wave changes,
- Stress Response
  - Heat shock proteins
- Immune system
- Chronic inflammation, skin reactions, swelling
- Pregnancy
- HRV
- Diabetics: increased glucose



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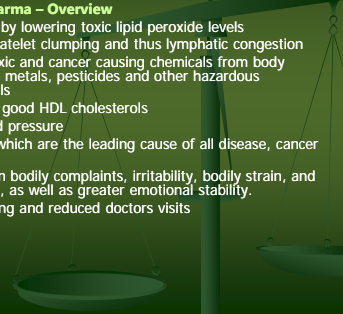
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## DETOXIFICATION

- PANCHAKARMA
  - Research on Panchakarma – Overview
  - Decreases cholesterol, by lowering toxic lipid peroxide levels
  - Decrease the rate of platelet clumping and thus lymphatic congestion
  - Decreases 14 major toxic and cancer causing chemicals from body tissues including heavy metals, pesticides and other hazardous environmental chemicals
  - Significantly raised the good HDL cholesterol
  - Lowered diastolic blood pressure
  - Reduced free radicals which are the leading cause of all disease, cancer and death
  - Significant reductions in bodily complaints, irritability, bodily strain, and psychological inhibition, as well as greater emotional stability.
  - Decreased anxiety, aging and reduced doctors visits



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