



Diagnosed with Cancer

What now?

The entire human body is made up of cells, each of which contains its own genetic material, or DNA—a long string of molecules that tells the cell what to do. In a healthy body, cells divide at a controlled rate so as to grow and repair damaged tissues and replace dying cells. This predetermined rate of cell division is what keeps our bodies healthy. If cells keep multiplying when new ones are not necessary, a mass of tissue called a growth, or tumor, is formed. A tumor can be either benign or malignant. Benign tumors are not cancerous. They can occur anywhere in the body and generally do not pose a threat to health, do not metastasize (spread

to other parts of the body), and do not grow back if removed. Malignant tumors are cancerous. They are usually serious and can be life-threatening. Malignant tumors grow uncontrollably, interfere with normal metabolic and organ functioning, and have the ability to metastasize and invade other tissues.

If a portion of a cell's DNA is damaged, the cell can become abnormal. When the abnormal cell divides, it forms new cells that contain a photocopy of the damaged genetic material. This is an ongoing process occurring constantly within our bodies. Most of the time, our bodies have the ability to destroy these abnormal cells and maintain a sort of cellular equilibrium. If a crucial portion of the DNA is destroyed, however, and the abnormal cells cannot be controlled any longer, cancer forms. All cancer cells have two things in common: they grow uncontrollably and they have the ability to metastasize. They can spread through the lymphatic system, the bloodstream, or avenues such as the cerebrospinal fluid (the watery cushion that protects the brain and spinal cord). The immune system generally does not recognize cancer cells as dangerous or foreign.

Vitamin Therapy

Beta Carotene and Carotenoids- The precursor of vitamin A, beta carotene is found in carrots, sweet potatoes, spinach, and most leafy green vegetables. A diet high in beta carotene and other carotenoids is protective against all

cancers, but beta carotene is particularly important for women as a deterrent to cervical cancer. High serum beta carotene (and associated dietary carotenoids) has also been shown to protect the lungs against tobacco smoke and smog, thus inhibiting the development of lung cancer. Ex-smokers who ate green and yellow vegetables high in beta carotene every day decreased their risk of stomach and lung cancer.

Vitamin B6 - Found in bananas, leafy green vegetables, carrots, apples, organ meats, and sweet potatoes. Vitamin B6 is essential for optimal immune function and helps maintain the health of mucous membranes, which line the respiratory tract and provide a natural barrier to pollution and infection. Vitamin B6 also affords protection against cervical cancer.

Iodine - Available in seafood, sea vegetables such as kelp and dulse, and iodized salt. Iodine protects against breast cancer and is needed for proper energy metabolism as well as the growth and repair of all tissues.

Zinc-This mineral protects against prostate cancer and is necessary for the formation of RNA and DNA and for healthy immune function. It is found in whole grains, most seafood, sunflower seeds, pumpkin seeds, soybeans, and onions. Phytates in grains and beans decrease zinc absorption. If taken as a supplement, zinc oxide and zinc picolinate are the least beneficial forms.

Coenzyme Q10 - CoQ10, also known as ubiquinone, is one of a family of brightly colored substances called quinones, which are widely distributed

in nature because they are essential for generating energy in living things that use oxygen. The body produces its own CoQ10, but usually produces less with aging; therefore dietary sources are important for this coenzyme, especially for older people. It is found in fairly high concentrations in fish (especially sardines), soybean and grapeseed oils, sesame seeds, pistachios, walnuts, and spinach. CoQ10 plays an important part in the body's antioxidant system. When combined with vitamin E, selenium, and beta carotene, CoQ10 can significantly reduce free-radical damage in the liver, kidneys, and heart. Another beneficial effect in cancer patients is to increase macrophage activity.

Garlic - Garlic or its components can help lower the risk of tumors in the stomach, colon, lungs and esophagus. Research from China has reported that those who eat a greater quantity of garlic have much lower rates of stomach cancer.

Broccoli - This vegetable has 4.5 g of fiber per cup. One cup, which contains only 45 calories, supplies more than the recommended daily allowance of the antioxidants vitamin C and beta carotene. Broccoli contains a substance called sulforaphane, which research indicates blocks the growth of tumors in mice.

Fiber - Whole grains, psyllium husks, and other fiber-rich foods are essential to any anticancer diet, as fiber helps facilitate the prompt removal of toxins from the digestive tract. If your metabolic type tolerates grains, it is important to include a variety of whole grains in the diet because the various whole-grain foods contain different kinds of fiber. Consume at least 25-30 g of

fiber a day, equivalent to six or more servings of grains (or nuts or seeds) and five or more servings of vegetables (including legumes) and fruits.

Friendly Bacteria (Probiotics) -

Acidophilus is one of the most common types of Lactobacilli, "friendly bacteria" (probiotics) that naturally inhabit the healthy intestine. Among their many health-promoting functions, they:

1. exert direct activity against tumors;
2. prevent cancer by detoxifying or preventing the formation of carcinogenic chemicals;
3. reduce the level of cholesterol, which indirectly aides in cancer resistance;
4. help produce important B vitamins that assist in immunocompetence; and
5. curb or destroy potentially pathogenic bacteria and yeasts.

A study of 138 patients with bladder cancer found that those given 1 g of L. casei three times a day for 12 months were significantly less likely to develop a recurrence of bladder cancer than those patients receiving a placebo. Other research showed that a derivative of L. bulgaricus improved survival among 100 patients with advanced cancer. Bifidobacteria are also important friendly bacteria in the colon, due to their suppression of disease-causing microbes.

Dietary Guidelines

The National Academy of Sciences has recently validated what several nutritionally oriented practitioners have said for years: there is a link between diet and cancer. A high-fiber, low-fat diet is now accepted as a valid deterrent to some types of cancer. In addition, animal fats and high-sugar diets that include caffeine and alcohol may increase the risk of several forms of cancer. Some studies also suggest that if cells are deprived of oxygen, they may become prone to malignant growth. Consequently, because the blood provides all cells with oxygen, the condition of the bloodstream is important in the treatment and prevention of cancer. Vitamins, minerals and herbs that facilitate circulation and the detoxification of blood are valueable.

- Avoid saturated fats, salt, sugar, alcohols, coffee, caffeine and animal proteins, and restrict dairy foods.
- Eat a diet high in fiber, raw fruits and

vegetables, raw seeds and nuts, and drink plenty of freshly squeezed juices such as carrot, apple, spinach and wheatgrass.

- Keep the bowels active by eating figs, prunes or raisins. A macrobiotic diet is used by some cancer patients who claim good results; this diet includes brown rice and certain vegetables and is worth investigating.
- Cruciferous vegetables containing indoles should be eaten regularly. These include cabbage, broccoli, brussels sprouts, cauliflower, turnips, kale and watercress.
- Soy foods are excellent sources of protein and contain cancer-fighting compounds.
- A "one-size-fits-all" approach to cancer is not necessarily effective. While certain foods, herbs and vitamins are certainly of value to everyone, your metabolic type and the kind of cancer you have must be considered in designing the right nutrition and supplement protocol for you. You should call Dr. Steve at (337) 896-4141.

Home Care Suggestions

- Use relaxation and self-hypnosis techniques to ease tension and enable you to practice visualization therapy.
- Maintain a positive attitude.
- Share your feelings with family, friends and self-help groups.
- Keep yourself occupied with things you love to do.
- Engage in mild exercise such as walking and make it a part of your daily routine.

Spirit/Mind Considerations

There is a great deal of data which show that our mental attitude and the way we respond to stress can greatly increase our risk of developing a disease like cancer. While stress and attitude are not always involved, they may play a much greater role than we previously assumed. Dr. Douglas Brodie, a physician who regularly treats cancer patients, has concluded that "emotional stress, certain personality traits and other psychological factors can deeply influence the origin, development, and outcome of almost every disease including cancer." In his practice he has found that often an event of profound sorrow precipitates the development of cancer. Many theories exist concerning the whys and wherefores of this link, but it is accepted that unresolved grief or anger is often at the root of physiological changes. Personality types that are prone to perfectionism, have a

great sense of responsibility or exhibit a strong work ethic also seem to be more susceptible to developing cancer. It is the inability of these individuals to "de-stress" that is thought to compromise their immune systems, thereby predisposing them to illnesses like cancer. Clearly, being an optimistic and hopeful person has much more to do with physical health than any of us probably realize. If you ever receive a serious diagnosis of any kind, one of the most important things you can do is to free your mind of daily concerns. Try to resolve anything that is weighing on your mind so you can concentrate on healing. Make amends with friends or family members and avoid negative emotions. Take time each day to meditate, pray and enjoy your surroundings. Keep a positive mental attitude.

Juicing

Many fruits and vegetables have scientifically proven medicinal qualities. Many studies have documented the medicinal effects of fruit and vegetable juices.

Carrot: Carrot juice is an excellent source of beta carotene, potassium, trace minerals, and antioxidants.

Pineapple: Raw pineapple juice contains the enzyme bromelain, which has been shown to have gentle anti-inflammatory properties.

Ginger: The root of the ginger plant has anti-inflammatory properties and will also protect the stomach from irritation caused by nonsteroidal, anti-inflammatory drugs (such as aspirin).

Garlic: This herb is a treasure house of healing compounds. It acts as a natural antibiotic and blood thinner and can reduce cholesterol levels.

Complementary Therapies

In cancer care, integrated medicine usually includes making sure that the patient has access to all of the following: Conventional medical treatments. Different types of complementary therapies such as massage, reflexology, relaxation, herbal medicine, acupuncture/acupressure, meditation, infrared heat, whole body vibration, and hydration.

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