Cancer -- Orthomolecular Treatment

Orthomolecular treatment improves the quality of life. It also decreases the side effects of radiation and chemotherapy. Orthomolecular therapy provides a step forward in the battle against cancer and must be fully explored. There can be no logical reason today why most of the research funds should go only toward the examination of more chemotherapy and more ways of giving radiation. There must be a major expansion into the use of orthomolecular therapy to sort out the variables and to determine how to improve the therapeutic outcome of treatment.

Anti Cancer Nutrition

A large number of special diets ranging from fasting (water only) to juice fasts to low fat and sugar free diets are used. Every one of the special diets have proponents who think they are very helpful, and patients who have been helped by them but no one has ever conducted an experiment to compare all the diets to determine which is the best. Perhaps there will never be a ‘best’. Because of the individuality of people it may turn out that each person will have to determine what their own best diet is. Almost all the diets used by complementary therapists are lower in animal proteins, much more vegetarian, with emphasis on vegetables rich in bioflavonoids and fruits. Patients are advised to obey three rules:

1. To eliminate all ‘junk’ or ‘fast’ food and food containing any added simple sugars like table sugar or glucose as in corn syrup. This simple rule, comprehensible even to children, will eliminate nearly 90% of the additives commonly added to processed foods.

2. Dairy products are the chief villains. Milk is very rich in estrogens from the cow and in phytoestrogens from the grass that they eat.

3. To eliminate all foods they know they are allergic to.

These rules allow the diet to be varied, palatable and interesting.

Vitamin Supplements
No one should take any supplements until they have become familiar with their properties and how to use them. It is advisable always to work with a knowledgeable physician. The vitamin and mineral supplements are compatible with medication and with the diet. Every person does not need to take them all.

**Vitamin C**

The dose range is anywhere from 3 to 40 grams daily in divided doses. If the dose is too high it will not be absorbed by the intestines, will stay in the bowel and act like a laxative causing loose stools and gas. It is a good laxative. The best dose does not act like a laxative. Forms of vitamin C include the pure ascorbic acid (hydrogen ascorbate), and the mineral salts such as sodium ascorbate (slightly salty in taste), calcium ascorbate (slightly bitter), and other salts often found in combinations of the mineral ascorbates. In large doses it is best used as the powder dissolved in water or in one of the juices.

Contrary to false rumors issued by some hostile critics of mega dose vitamin use it does not cause kidney stones, does not cause pernicious anemia, does not cause sterility.

**Vitamin B-3**

There are two forms. Niacin lowers cholesterol, elevates high density lipoprotein cholesterol and reduces the ravages of heart disease. It might cause flushing when it is first taken. The flushing reaction dissipates in time and in most cases is gone or very minor within a matter of weeks. Niacinamide, the other form, has no effect on blood fats (lipids) but is not a vasodilator. This vitamin is an essential component of the enzyme systems that repair broken DNA molecules.

The dose ranges from 100 milligrams three times daily to 1000 milligrams three times daily. Several studies in Detroit have found that the response rate of cancer around the head and neck was 10% on radiation alone but increased to 80% when patients were given large doses of niacinamide.
Very rarely niacin will cause obstructive jaundice which clears when the niacin is stopped.

_Vitamin E (d alpha tocopherol succinate)_

This water soluble form has the greatest efficacy and is the one highly recommend to be used. The dose ranges from 400 to 1200 International Units daily. Vitamin E is the major fat soluble anti-oxidant in the body and plays a role by decreasing the concentration of free radicals which are thought to be involved in the creation of the cancer. It also decreases the risk of heart disease.

_Carotenoids_

Most people have heard of beta carotene but this is only one of a large number of carotenoids which are present in colored vegetables and fruits such as carrots, beets, tomatoes and greens. The evidence is very powerful that these mixed carotenoids as found in these foods will decrease the incidence of cancer but there is a question about the efficacy of the pure beta carotene. There is still a vigorous debate about this. Generally it is better to have a large variety of these natural anti cancer factors. Beta carotene is very safe. The only question is whether it is the best form. Only a small portion is converted into vitamin A.

_Folic acid_

Several studies have found this important vitamin has anti cancer properties, for cancer of the cervix and of the lung in smokers. This does not mean it is safe to smoke. It does mean that smokers should take it and immediately start their campaign to stop smoking. Pregnant women should take ample amounts to prevent neural tube disorders such as spina bifida in the fetus they are carrying. The dose range is from 1 to 30 milligrams daily.

_Coenzyme Q 10_
Dr. Karl Folkers discovered this substance, also called ubiquinone; toward the end of his long and distinguished career he regretted that he had not called it a vitamin. It is an odd vitamin since young people are able to make enough from the lower numbered ubiquinones such as Q 6 or Q 8 whereas older people and anyone ill is not able to make enough. It thus becomes a vitamin later in life and when one becomes ill. A few clinical studies have shown that in large doses it has anticancer properties especially for breast cancer. These range from 300 milligrams to 600 milligrams daily. One of the cheapest natural source of this is peanuts --- in any form, including peanut butter.

_Grape seed extracts_

Grape Seed Extract is an extremely effective anti-oxidant, which is up to 50 times more powerful than Vitamin E and 30 times more powerful than Vitamin C when it comes to fighting health threatening ‘free radicals.’ It prevents the oxidation of LOL, which leads to the formation of plaque or fatty deposits in the arteries; improves circulation; strengthens blood vessels and cell membranes. It reduces inflammation of varicose veins, hemorrhoids, and swelling after surgery; supports tissues containing collagen and elastin, and revitalizes aging skin; reduces the tendency for easy bruising; improves night vision and helps prevent macular degeneration of the eyes. It is very similar to pine bark extract as it contains a unique type of bioflavonoids called proanthocyanidins, which are synergistic with vitamin C, that is, they greatly enhance the activity of Vitamin C. In fact, some researchers believe that grape seed extract helps vitamin C enter cells, thus strengthening the cell membranes and protecting the cells from oxidative damage.

_Choline_

Choline is a precursor for a number of compounds including the neurotransmitter acetylcholine and the membrane constituents--phospholipid and sphingomyelin, platelet activating factor and betaine, which is required by kidney cells and plays a role in donating methyl
groups to homocysteine to form methionine. It is also important for lipid and cholesterol transport and metabolism if methyl groups.

There is some evidence that choline may improve cognitive function and memory at all ages and, by extension, choline deficiency has been implicated in poor performance for groups such as the institutionalised elderly. There is also evidence that choline may reduce serum and urinary carnitine.

**Mineral supplements**

*Selenium*

The presence or absence of this trace element has the clearest relationship to the presence of cancer. People living on soils that are rich in selenium have a lower incidence. Between 200 to 1000 micrograms daily is recommended. It is present in certain fruits, vegetables, nuts, and grains.

*Calcium and magnesium*

These are generally very useful to take to maintain calcium levels in bones and blood. They have been found helpful in cases of bowel cancer. Women should receive 1500 milligrams of calcium daily from their food and supplements and half as much magnesium. There are several forms of these minerals available. Usually a person will absorb into their body anywhere between 25 and 50% of the calcium. Water having slight hardness is an ideal source.

*Zinc and copper*

There is a reciprocal connection between these two. If blood zinc levels are too high the copper levels will be too low. Because zinc can shrink enlarged prostate glands and may be helpful in the treatment of this cancer. It has been used routinely. Ideal sources are legumes and cereals, certain fruits and vegetables, eggs, and water.

*Other Substances Found in Plants*
A large number of these preparations are being used for the treatment of cancer. They include bioflavonoids, preparations from soya bean, and from mushrooms. Garlic and ginger are both individually or together as a paste form are excellent additions to be used in the preparation of food.

**Some suggestions**

Optimum nutrition, means avoiding toxic substances in food and water, and making other lifestyle changes will materially reduce the risk of developing cancer. Deep frying, grilling, microwaving and other bad practices have to be stopped. Eat wholesome naturally nutritious meals cooked at home. Avoid consuming commercially produced convenience food especially those which are branded and promoted through heavy media spend. You will spend good money to buy big trouble. Wean children away from these modern day gastronomic disasters.

*Here is a ten point plan:*

1. **Nutrition:** calories slightly below average to maintain a weight just below the average weight. The diet should be high in fiber, rich in fish, fruits, and vegetables and with vitamin and mineral supplements. Eliminate additives and salt.

2. **Avoid tobacco** in any form.

3. **Avoid alcohol** as far as possible. So ideas are floating around that a small amount of alcohol is good for health seems to be gaining ground. This statement is not true and in the long run will cause you more harm. It is best if you abstained totally. Diabetics especially.

4. **Avoid unnecessary radiation** in any form. Take X-ray only when necessary and avoid excessive exposure to sun.

5. **Keep environment,** air, water, and work place clean.

6. **Avoid promiscuity,** hormones and any unnecessary drugs.
7. Learn early warning signs like a lump in the breast; or any unusual signs or symptoms, bleeding etc. report to your doctor and have these evaluated properly.

8. Exercise and relax regularly.

9. Take a yearly physical.

10. Routinely test for risk factors and symptoms especially after you reach forties by doing certain blood marker tests. Many types of cancers remain asymptomatic during its early stages. All types of cancer can be easily cured if detected early.

    These ten points should be kept in mind all the time and in fact should be part of every treatment program as well. The main difference is that in treatment the first point of intervention becomes even more important. The sicker a person is the more nutrients are needed in optimum doses to help the body’s reparative mechanisms. Treatment must be started as soon as the diagnosis is suspected and made. It is hoped that eventually all cancer specialists will be using these orthomolecular techniques. Supplements must be maintained at optimum level and reduced only gradually after observing the patient’s response.

    Under the orthomolecular treatment protocol the patient does not suffer any side effects and recover much more quickly when the treatment series is completed. They enhance the quality of life during and after treatment and also have been reported to live for much longer periods than under conventional treatment.

    Treatment with high doses ascorbic acid along with other nutritional supplements and a few selected drugs carries no risk and does provide substantial advantages over chemotherapy, radiation and surgery used as the sole treatment.