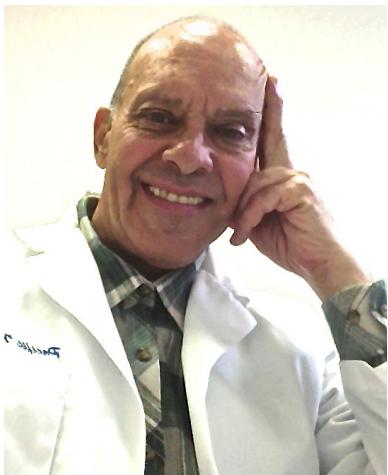


A Few Takeaways from a Recent Major Cancer Conference We Attended

By Dr. Marcel



- **High sugar and carbohydrate intake** ramps up insulin, a nutrition pump that some cancers use to drive rapid growth.
- **Acid forming foods:** salt, sugar, sodas, and meat. Alkaline foods: plants. Acid reduces oxygen saturation, inducing hypoxia. Cancers are acidic and hypoxic.
- **Metformin Inhibits ovarian cancer cell growth**, proliferation, metastasis and increases survival time; turns off cancer stem cells in breast, ovarian and endometrial cancers. So does berberine, curcumin, quercetin, EGCG in green tea extract, and resveratrol.
- **Alpha lipoic acid** (see article in this newsletter) and cancer: antioxidant, hypoglycemic, has mitochondrial and epigenetic effects. Modulates cancer stem cells, chelates heavy metals, increases glutathione & immunoglobulins, prevents and treats chemotherapy neuropathy.
- **Acetyl-L-Carnitine** is a fat-soluble energy source for mitochondria and brain. It is outstanding for chemo brain, stroke and head injury. It is synergistic with Alpha Lipoic Acid for neuropathies and mitochondrial rescue and protects the heart from Herceptin.
- **Bone marrow suppression:** is life-threatening and is common with conventional oncology therapies. Mistletoe is one of the best marrow support measures (self-injected at home).
- **Tumor pseudo-progression:** Any antitumor immune response can create the appearance of disease progression, either as tumor growth or appearance of new lesions. Pseudo-progression does not reflect tumor cell growth, but may be misclassified as disease progression. Tumors may appear to grow or new lesions may appear when immune cells infiltrate the tumor site.
- **Glutathione:** Proven beneficial in pre-loading doses prior to radiation. Decreases post treatment neuropathy. Studies show that glutathione is a promising drug for the prevention of oxaliplatin induced neuropathy, and that it does not reduce the clinical activity of oxaliplatin.
- **Cancer stem cells:** chemotherapy and radiation while palliative, will engender stronger cancer stem cells that are more likely to cause a recurrence of cancer later. The only way to deal with this unfortunate fact is to collaboratively treat the patient with integrative therapies which will lower the likelihood of stem cell activation.

Finally, how fasting helps weaken cancer cells....

- *“Fasting makes it worse for cancer cells by generating an extreme environment with low glucose and growth factors and high ketone bodies, which weakens cancer cells. Each mutation in cancer cells makes them a little better at growing under standard conditions, but a little worse at surviving under extreme environments such as that caused by fasting.” -- Valter Longo PhD, Researcher at USC Norris Cancer Center*

“...Various forms of reduced caloric intake such as calorie restriction (CR) or fasting demonstrate a wide range of beneficial effects able to help prevent malignancies and increase the efficacy of cancer therapies. Whereas chronic CR provides both beneficial and detrimental effects as well as major compliance challenges, periodic fasting (PF), fasting-mimicking diets (FMDs), and dietary restriction (DR) without a reduction in calories are emerging as interventions with the potential to be widely used to prevent and treat cancer. Here, we review preclinical and preliminary clinical studies on dietary restriction and fasting and their role in inducing cellular protection and chemotherapy resistance.” PMID 27557543

This is only a small sample of the wealth of information presented at the conference... next month I will continue this report.