

Eating Your Way to Health
October 22, 15
Women's Mid-Life Health Program
Held at McClure United Church
Saskatoon Sk

Summary of Presentation by

Dr Joe Schnurr: Surviving Cancer: What Works and What Doesn't

Integrative Cancer Care:

- Surgery
- Chemo therapy
- Radiation
- Make tumour microenvironment inhospitable
- Nutrition
- Stress reduction
- Exercise
- Adequate rest/sleep
- Vitamins and supplements
- Spiritual support

Macrophages:

- They have an important role in cancer suppression and growth
- M1 macrophage has immunologic role and this clears cancer with a good prognosis
- M2 macrophage supports cancer growth (bad)
- Ratio of M1/M2 is indicative of prognosis and outcome

Inflammation:

- Promotes cancer growth
- What lowers chronic inflammation?
 - Anti-inflammatory diet
 - Sleep
 - Mind-body therapies
- What increases chronic inflammation?
 - Refined, processed foods
 - Tobacco use
 - Chronic stress

Consider the whole person, all aspects of their life to actually help them fight the cancer (added to the cancer treatment)

Multivitamins : use if nutritional status is compromised

High dose of anti-oxidants should not be used during radiation and up to 6 weeks following the last treatment (it actually protects the cancer). However, an antioxidant-rich diet is fine.

Loss of appetite: How to help

- Nutrition – most important to prevent protein-calorie malnutrition; eat small amounts frequently throughout day and choose nutrient- and calorie-dense foods; protein shakes
- Exercise can stimulate appetite
- Supplements such as omega-3 fatty acids (caution if low platelet count or on blood thinner)
- Mind-body therapy – eat slowly; try to relax; avoid stressful, noisy environments

Dietary Supplements during cancer treatments:

- L-glutamine – can reduce esophageal injury from radiation. May reduce severity of mouth sores. Do not use with pancreatic cancer
- Vitamin D (not with granulomatous disorders; high blood calcium). Not in high doses
- Omega 3 fatty acids – fish oils (EPA/DHA) Do not use if low platelets or on blood thinners
- Coriolus PSK or PSP or Reishi Mushroom Extract.
- Melatonin for advanced solid cancers. No study to show it does harm, can increase survival times and reduce side effects from chemo and radiation

Exercise during treatment: SAFE

- increases muscle mass
- increases strength
- decreases fatigue
- increases ability to complete chemo

Avoid these treatments:

- B17 apricot kernels
- Phoenix tears (high dose cannabis oil)
- Graviola – no evidence of benefit
- Shark cartilage
- Budwig diet – no evidence of benefit
- Clinics in Mexico claiming to cure cancer

In a study of 1009 patients with colorectal cancer and followed for a median of 5.3 years:

- Those with a higher intake of western diet characterized by processed and red meats, refined grains, high fat dairy products, French fries:
 - Leads to a greater than 3 fold increase in the risk of cancer recurrence or death

How should we eat?

- Chew your food well and eat more slowly
- Relax while eating
- Breathe, notice and be grateful
- Eat whole foods
- More plant-based diet
- Mediterranean diet
- Fresh local foods
- Eat a rainbow of colour vegetables and fruits (different vitamins and nutrients)
- Fresher is better
- Eliminate trans and hydrogenated fats
- Avoid most vegetable oils, avoid all margarines
- Use more extra virgin oil – coconut oil
- Use more omega 3 sources – fatty fish, flax, chia, salba, sacha inchi, walnuts
- Replace white with brown grains
- More legumes (beans, peas)
- Soy – no studies found an increased risk of recurrence of breast cancer from use of soy. Use whole, organic soy foods
- Choose:
 - organic eggs if possible,
 - wild salmon over farmed
 - grass-fed, grass-finished meat and organic dairy
 - limit cow's milk, particularly whole fat
 - avoid processed cheese
- Avoid:
 - White and brown sugars
 - Sugary drinks
 - Limit alcohol drinks
 - Limit salt
 - Avoid moldy grains and legumes
 - Avoid acidic , highly refined foods
- Alkaline diet foods are more plant based and a healthier choice
- Squeeze lemon into your water

Exercise:

- Those who exercised vigorously more than 3 hours per week had 61% lower risk of prostate cancer death compared to men with less than 1 hour per week of vigorous exercise.
- Breast cancer recurrence reduced:
 - 1 hour per week reduced risk by 20%
 - 3-5 hours per week reduced risk by 50%
 - + hours per week reduced risk by 44% (extreme exercise increases oxidative damage and not advised)

Resources:

- PubMed – online library of credible medical journal abstracts; usually fairly technical.
- <http://www.cancer.org/cancer/cancerbasics/cancer-information-on-the-internet> (part of American Cancer Society website)
- <http://nccam.nih.gov/> (information on herbs & supplements & CAM therapies)

www.cancer.gov/cancertopics/pdq/com review of various supplements and herbals

www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products
excellent review of supplements, herbals and CAM treatments

www.cancer.org/cancer/cancerbasics/cancer-information-on-the-internet part of the American Cancer Society website

www.nccam.nih.gov information about herbs and supplements and CAM therapies

www.whatsonmyfood.org Pesticide Action Network

www.ewg.org Environmental Working Group

Book: Anticancer: A new Way of Life by Dr David Servan-Schreiber

Dr Block Life Over Cancer Meal Replacement Shake – High Protein (adapted)

1 1/2 cup rice, organic soy or coconut milk

6 tbsp good quality protein powder (cold-processed whey, organic soy protein isolate)

2 g chlorella (may need to avoid with certain treatments or cancers)

2 g L-glutamine

6 g medium – chain triglyceride oil (coconut oil; if using for a longer time can substitute almond or hazelnut oil)

2 tsp fish oil (either Ascenta Nutrasea, Nordic Naturals or Carlson brands)
(Caution: Do not add fish oil if platelet count <60,000)

1 small banana

Berries to taste (optional – organic if strawberries)

1-2 tsp of raw honey to taste

Combine all ingredients in a blender and blend well. Chill.

Yield: one shake

Replacing each of 2 meals with this shake will provide up to half your caloric needs

If appetite is still reasonably good, and you are getting adequate protein from other food sources, even having one shake per day will boost protein and hence albumin levels.

Bone Broth

Ingredients:

- Bones from poultry, beef, lamb, whole chicken (skin removed) or whole carcass (remove meat when cooked – about 1 our)
- 8-10 cups of water
- 1-2 tsp salt
- ½ tsp pepper
- 2 carrots
- 1 onion
- 2 stalks celery
- ½ cup fresh parsley chopped or 2 tbsp dried parsley
- 1-2 tsp sage
- 1-2 tsp rosemary
- 1-2 tsp thyme
- 2-3 bay leaves
- 2 tbsp apple cider vinegar or 1 lemon

Directions:

- Put all ingredients into pot
- Bring to a boil
- Let simmer on low heat for several hours (8-24) or in a crock pot on low
- Remove bones and skim off fat

Uses for broth:

- Use as stock for soup
- Drink as warm beverage
- Use as the cooking liquid for vegetables and grains
- Make gravy from the fats