

Prepared by Neil Feldman

***** Disclaimer:**

No one should just blindly take the same supplements Neil is taking without first:

- 1. Completely understanding the rationale for each one.*
- 2. Making sure that any supplement taken does NOT interfere with whatever chemo drugs they might currently be taking.*
- 3. Being completely upfront with their doctor(s) about what they are doing and why.*

Anti-Cancer Dietary changes plus Natural Supplements:

- Diet first changed on August 18, 2012 -

TBL-12 started on: ; Supplements started on: -

- Revised: 10/18/12 -

Why bother with any of this stuff?

To better tolerate chemotherapy and/or radiation treatments and to minimize or prevent unpleasant side effects.

To better focus chemo or targeted drugs onto cancer cells and not affect normal cells.

To help prevent and/or eliminate future metastases.

To repair, build up, and maintain the internal immune system by changing the internal “**terrain**” that has allowed the cancer to take hold in the first place.

To employ additional natural anti-angiogenic agents (be they food or supplements) that broaden the base (i.e. target more receptors) in addition to those targeted drugs currently prescribed or only available in clinical trails.

To ensure that once going “NED” (No Evidence of Disease) there is no return of cancer anytime in the future.

The Natural Supplements:

No one should take any of these supplements without first:

Completely understanding the rationale for each one.

Making sure that any supplement taken does NOT interfere with whatever chemo drugs they might currently be taking.

Being completely upfront with their doctor(s) about what they are doing and why.

ALSO NOTE: Some of these supplements are natural anticoagulants. For anyone taking Coumadin (Wayfarin, etc.) do not use any supplements without first consulting with a medical doctor.

The following are not to be taken with food :

1. Ayur-Boswellia Serrata (also known as Indian Frankincense)

Dosage: 2 capsules twice a day. One capsule = 200mg.

[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]

Rationale: Powerful natural anti-inflammatory agent.

2. Magnesium oil

Dosage: Rub 1 fl. oz. all over body and into the skin, **once a week**. Wait at least 1 hour.
Rationale: Most people are deficient in Magnesium. Suggested to help prevent cancer. Note: Magnesium is not recommended for anyone suffering from Kidney Disease; use sparingly, if at all. May also interfere with the efficacy of Xgeva.

3. Melatonin

Dosage: 3mg/pill orally at night - slowly work up to a **maximum of 21mg/dose** (7 pills).

[This supplement amount and method of delivery was changed after consultations at the Block Integrative Cancer Center on 9/13/12.]

Rationale: A few different studies in vivo show cancer benefit at a dose more along the lines of 20mg or 30mg orally. Also studies show potentiation of chemo and reduced side effects. This works during the nighttime hours. "Chronotherapy" studies suggest that cancer may be more susceptible to treatment during the nighttime hours. (Most Chemo targets any fast-dividing cells - but cannot distinguish between normal and cancerous ones. But healthy cells, such as those lining the gastrointestinal tract, become quiet at night (not fast-dividing) while the cancer cells always remain fast-dividing and thus will be targeted exclusively by the chemo).

The following are to be taken with food :

1. Advanced Resveratrol Formula

Dosage: 2 tablets, twice a day.

Rationale: In vitro and animal studies with Resveratrol and Grapeseed extract (another ingredient) shows it is effective in killing tumors as an effective natural anti-angiogenesis agent.

2. ArcticBlox - Maximum Strength EPA

Dosage: 2 Softgels, twice a day. 2 Softgels = 1200 mg Omega-3 Fatty acids: EPA = 900mg; DHA = 200mg; Other = 100mg.

[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]

Rationale: Proper Omega 3 balance; To reduce inflammation and high C-Reactive Protein number.

3. Astaxanthin

Dosage: One capsule, twice a day.

Rationale: Powerful antioxidant. Antioxidants as a category show benefit. This is arguably the most potent fat-soluble antioxidant available. In addition to water-soluble antioxidants, you need fat-soluble antioxidants to round things off, as they reach different places in the body.

4. Calcium Citrate (with Vitamin D3)

Dosage: One capsule twice a day. One capsule = 1000mg Calcium.

Rationale: Essential for building up calcium in the blood/bones when taking XGEVA. Note: Do NOT take Calcium Carbonate. Only Calcium Citrate, Ascorbate, and Hydroxyapatite are OK to take.

5. L-Glutamine

Dosage: 2-3 scoops mixed in water twice a day. One scoop = 4.1 grams.
[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]
Rationale: Well known for its digestive and gastrointestinal support. Reduces the side effects of harsh chemo treatments. Restored my loss of taste and mouth soreness while taking Sutent.

6. Myco Essentials - proprietary blend of Mushroom Extracts

Dosage: 2 capsules twice a day.
[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]
Rationale: Potent blend of 6 medicinal Mushroom extracts that work synergistically to activate and support the immune system. Can also provide critical support during chemo and radiation therapy while guarding against treatment induced side effects.

7. N-Acetyl Cysteine (NAC)

Dosage: One capsule twice a day. One capsule = 500mg.
[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]
Rationale: Powerful anti-oxidant. Biologically active precursor for the amino acid Cysteine which, in turn, is a precursor for Glutathione, a tripeptide with antioxidant properties. Protects kidneys.

8. Nattokinase

Dosage: 3 caplets twice a day. One capsule = 50mg.
[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]
Rationale: This is an enzyme isolated from Natto, a traditional Japanese fermented Soy food. It supports heart health and promotes healthy circulation. It is also a fibrinolytic enzyme that decreases platelet aggregation. Favored over Bromelain.

9. Ultimate EFA's – PEO's - Parent Essential Oils)

Dosage: ½ tsp twice a day.
Rationale: Ensures the proper ratio of parent Omega-6 (Linolenic Acid – LA) to parent Omega-3 (Alpha Linolenic Acid – ALA) in body.

10. Phytosome Turmeric - Liposomal Curcumin

Dosage: 1 capsule twice a day.
Rationale: Many anticancer mechanisms in vitro, in animals, and some studies in humans. Decreases chemo side effects and potentiates it. Turmeric is recognized as the single most potent anti-inflammatory and anti-cancer spice commonly available.

11. TBL-12/Sea Cucumber/Sea Urchin/Sargassum/Sea Sponge/Shark Fin

Dosage: 2 “jello shots”, twice a day. Keep the packets frozen until the day before – then refrigerate for next days dosage.
[This supplement was added after extensive research on 8/10/12.]
Rationale: This extract acts as a natural anti-angiogenesis agent with much broader targeting than Sutent. It has just received approval from the FDA as an “orphan drug” for treating Multiple Myeloma.

12. Ubiquinol

Dosage: 1 capsule twice a day.
Rationale: Nearly 40 anecdotes historically of coQ10 (Ubiquinone) remitting or improving cancer. Ubiquinol (CoQH) is the active form of coQ10. Everyone is deficient in this.

13. Vitamin C - Liposomal

Dosage: **1 tsp** twice a day. Refrigerate after opening.
Rationale: Intravenous Vitamin C has studies that show some benefit. Liposomal C cannot reach those blood levels though. However, anecdotally, this stuff is vitamin C on steroids. Liposomes kick things up tremendously. Vitamin C has shown ability to get off cancer pain meds. Also shown to potentiate chemo.

14. Vitamin D3 + Vitamin K2 - Liposomal

Dosage: 2000 units (2 sprays) twice a day. Hold liquid under tongue for 30 seconds.
Rationale: Many studies correlate higher vitamin D with less cancer incidence and better prognosis. A study of over 1,000 women in some rural part of the US showed 1,500 units a day prevented like 77% of all cancer compared to the placebo group. A study showed that cancer patients are like 15% less likely to die in the "bright" 6 months of the year rather than the other 6 months. This suggests that sunlight improves outcomes. A map of cancer incidence in the US shows that it goes down the closer you get to the equator, indicating sunlight helps again.

Supplements that I no longer take or only take on Sutent break:

1. Apigenin

Rationale: It is made from Grapefruit which has been found to inhibit CYP3A4 enzyme and thus it may interfere with action of Sutent.

2. Artemix

Rationale: Will raise liver enzymes. Made from wormwood. Turns urine dark. Not proven to be safe.

4. Astragalus

Dosage: One capsule twice a day.
[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]
Rationale: Was found to be highly effective against renal cancer. Extracted from a Chinese root. However, it has been found to inhibit CYP3A4 enzyme and thus it may interfere with action of Sutent.

4. Colostrum-LD

Rationale: Agent is known to help boost the production of NK (Natural Killer) cells, but it is made from milk proteins.

5. Iodoral.

Rationale: High Potency Iodine/Potassium Iodide may interfere with normal Thyroid function.

6. Lumbrokinase

Rationale: This is a family of fibrolytic enzymes derived from worms. Used to destroy fibrin in the blood and prevent excess clotting. Hyper coagulation is known to reduce natural killer cell (NK cell) activity and is common in cancer patients. Also, thick blood makes it harder for supplements, etc to reach the cancer. In vitro, fibrolytic enzymes potentiate treatment. There are other fibrolytic enzymes that probably have better evidence, but they are not as strong in their fibrolytic effect as Lumbrokinase is. So suggested this over some of the others such as Bromelain or Nattokinase. Cancer coats itself in fibrin to hide itself from the immune system, resist treatment, and build a lattice to spread along and help it metastasize. Hyper coagulation is indicated most easily by an increased platelet count.

7. Milk Thistle

Dosage: Two capsules twice a day.

[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]

Rationale: Herb native to the Mediterranean that has been used for centuries to support liver function. However, it has been found to inhibit CYP3A4 enzyme and thus it may interfere with action of Sutent.

8. Organic Life Vitamins

Rationale: Block Integrative Cancer Center suggested stopping this supplement due to high Vitamin E and B6 levels found in my blood.

9. Quercetin-C - Liposomal

Dosage: Two capsules twice a day.

Rationale: Quercetin has been found to inhibit CYP3A4 enzyme and thus it may interfere with action of Sutent. Also shows inhibition of P-glycoprotein. Either effect could raise toxicity to the liver.

10. Ultra-Lipoic Forte

Dosage: 2 capsules twice a day. One capsule = Alpha-Lipoic Acid 1,000mg.

[This supplement was added after consultations at the Block Integrative Cancer Center on 9/13/12.]

Rationale: This is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body. Plays an important role in blood glucose disposal. It also scavenges a number of free radicals and helps the body regenerate Glutathione. However, it has been found to inhibit CYP3A4 enzyme and thus it may interfere with action of Sutent.

Dietary (and other) changes:

The “No-No’s”:

Meat: Beef; Lamb; Pork; Chicken; etc. (but fish and seafood OK).
Dairy or dairy products: Milk; Cheese; Yogurt; Sour Cream; Cottage-Cheese; Sauces. [i.e. avoid all sources of Casein, the animal protein found in milk.]
Products made from other farm animals (goat or buffalo cheese/yogurt/ etc.)
Trans-fats; hydrogenated oils; Margarine, etc.
Processed foods; foods made with preservatives.
Vegetable oils; Canola oil; low burn-point oils.
Refined carbohydrates; crackers; chips.
White potatoes (red potatoes OK in moderation).
White (flour), wheat, rye, etc. breads (no Gluten).
White (flour), wheat, etc. pastas (no Gluten).
White rice.
Sugar or sugar substitutes (but small amounts of Agave or Stevia acceptable).
Alcohol.
No citrus fruits (but lemons and limes are OK).
Frying or smoking of food.
Tofu made with Casein protein (found in milk products).

The “Have lots of this”:

Pure water.
Green tea (2 or 3 cups per day).
Organically grown veggies: Spinach, Celery, Carrots, Beets, Squash, Swiss Chard, Brussel Sprouts, Kale, etc.
Raw nuts: Walnuts, Almonds (but not pecans). Nothing roasted. Keep nuts refrigerated and in the dark.
Berries and cherries (eat all fruits on empty stomach).
Avocado.
Fresh mushrooms, especially Shiitake, Maiitake, and Reishi.
Fish – the smaller the better (i.e. sardines, anchovies, mackerel) – but not farm raised.
Dried beans (canned beans not recommended due to additional of salt, preservatives, and BPA lining).
Quinoa.
Hummus.
Cook only in Coconut oil (not Olive oil) at as low a heat as possible.
Boil, bake, or steam foods but eating raw is the best.

The “Go easy on these”:

Extra Virgin Cold-Pressed Olive oil. Keep Olive oil in the dark and tightly sealed. Add a little Astaxanthin (from capsule) in the bottle to keep it from oxidizing.

Any soy product.

Eggs from cage-free chickens feed with organic, hormone and antibiotic free feed (once per week only).

Brown rice.

Red or sweet potatoes.

Bread made from Buckwheat, Almond flour, Barley flour, Millet, Sour Dough, Sorghum, etc.

Other Items:

Daily exercise. At least 60 minutes brisk walking per day.

Daily sunbathing to stimulate the natural production of Vitamin D internally. 10 or 15 minutes during middle of the day with some exposed skin. Skin should turn just barely pink.

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