

# CHEMOTHERAPY

## What to take during Chemotherapy

Use all the antioxidants such as Vit C, E, Carotenoids, Flavonoids whilst undergoing the treatment. Include 2 Multi-mineral & Alfalfa for loss of minerals and electrolytes during the treatment (hair loss). Add 1 Zinc tablet as it aids in healing. It concentrates in hair and skin cells and may assist in improving the common alteration in taste. A decrease in taste acuity very often leads to a loss of appetite, which in turn reduces nutrient intake.

In conjunction with the oncologist determine whether the chemo is oxidative in nature. If so, the anti-oxidants will inhibit the working of the chemo. Leave a window period of a couple of days before and after the treatment where only maintenance dosages are taken and not therapeutically (at least 3 times more). In the case of hormonal related cancers take therapeutic dosages of the Cruciferous Complex right from the start. It helps eating the tumours away and will slow down cancerous growth.

Very often people become nauseous on chemotherapy so while supplements may be beneficial one needs to be sensitive to the fact that they may not be able to swallow them all. They should be taken with food. Drinking plenty of water should also be beneficial, preferably purified water if travelling or away from home.

## What to avoid during Chemotherapy

Do not take the following products simultaneously with chemotherapy. **No Vitamin B.** Vit B will stimulate the liver enzymes to prompt the liver to perform its detoxifying function. This counters the negative effect of chemotherapy. Avoid Nutrishake, Formula IV and Beta Guard (all sources of Vit B). These can be given after the treatment is completely over or during intervals between treatments, depending on how long they are. The principle to remember is that the supplements are food. You would not avoid food during chemo treatment. Therefore you will not avoid maintenance dosages, especially needed by patients who lose their appetite during treatment and stop eating.

After the chemo follow the detox program. Chemo is in essence toxins made up of heavy metals. After it accomplished what it is supposed to do in the body it needs to be removed or else it will continue to poison the body.