

Chemotherapy

Support the Body after Treatment



Myth #1 ... “Vitamins feed cancer cells.”

- Quality, whole-food nutritional supplements will **NOT** feed cancer cells. They are essential to support the battle going on in the human body. (However, extreme caution must be followed when purchasing supplements: synthetic supplements and isolated supplements can stimulate the growth of cancer, and contaminated supplements can weaken the immune system. For this reason, we recommend Shaklee supplements.)
- The **only way** to selectively starve cancer cells is to ...
 - withhold sugar (simple carbohydrates) and
 - keep the body *alkaline* (we recommend lots of Alfalfa, and 75-80% alkaline diet.
- Normal healthy cells use carbohydrates, protein and fat for their energy. On the other hand, cancer cells ...
 - ONLY use glucose (simple carbohydrates) and
 - require acidic conditions to metabolize the glucose.

Myth #2 ... “Vitamins interfere with Chemo Drugs”

- No good clinical studies have ever shown that supplements interfere with chemotherapy.
- However... in order to work cooperatively with your traditional doctor, who is required by law to tell you to stop antioxidants with chemo ... many patients choose to, stop taking **antioxidant** supplements 1 or 2 days before chemo until 1 to 2 days after chemo. NOTE: only antioxidants ... other supplements can be continued.
- Some time between chemo treatments is required for normal cells to recover

Traditional Side Effects of Chemo:

Chemotherapy non-selectively damages all rapidly growing cells in the body, affecting ...

- Hair
- Lining of digestive tract, including sores in the mouth ... digestive side effects are nausea, vomiting, dehydration
- Bone marrow (damages developing new red and white blood cells)
- Chemo causes neurological damage-- “chemo brain”
- Chemo drugs adversely affect the blood ... DAMAGING platelets, neutrophils, lymphocytes .. All of which are essential for the immune system to function optimally.

Products that support Digestive Distress from Chemo Treatments

- **Shaklee Stomach Soothing Complex:** for nausea:
- **Shaklee Performance :** for dehydration:

- **Shaklee Optiflora DI & Optiflora Pearl** to restore essential probiotics
- **Shaklee EZ Gest:** provides all the digestive enzymes needed to digest fats, proteins, carbohydrates, etc if needed.

BIG CONCERN – Bone Marrow Damage

- Bone marrow is the reservoir for undifferentiated stem cells for ALL blood cells ... red blood cells, platelets (for clotting), neutrophils & lymphocytes (white cells)
- Blood cells have a life span of a few weeks ... to a few months, so they need constant replenishing.
- The conversion from stem cells to mature cells requires cell division and, therefore, is potentially damaged by various chemotherapy drugs.

This is why a CBC blood test usually shows a reduction in WBCs and RBCs following chemotherapy drugs.

It is critical to provide nutrients the bone marrow needs to replenish the white blood cells and the platelets.

These include:

- **PROTEIN:** *Shaklee Soy Protein or Shaklee 180 Smoothies, Meal Bars or Snack Bars* are great options – because it is critical to keep calories & protein up
- **NUTRIENTS:** Feed the damaged bone marrow cells with
 - Shaklee Vita C
 - Vita E
 - Zinc
 - B Complex
 - Carotenoids
 - Vita Lea

A simple way to accomplish this is to take 2 Vitalizer strips per day.

- **IMMUNE SUPPORT:**
 - **Shaklee Nutriferon (polysaccharides)** – supports more optimal interferon production – which causes the bone marrow to make more immune cells.
 - **Shaklee Vivix (polyphenols)** – this raw, unpasteurized polyphenol tonic, contains a powerful combo of resveratrol, and other polyphenols such as ellagic acid, ellagitannins, gallic acids, anthocyanins, proanthocyanidins

Red Blood Cells

Red blood cells are less affected than white cells and platelets, but anemia can still be a problem. These are the nutrients essential to maintain healthy red blood cells:

- **Shaklee B Complex** -- very important for red blood cell production
- **Shaklee Iron Plus C** -- sometimes needed
- **Vegetable based Protein** – keep intake optimal (especially raw soy protein, found in Shaklee Soy Protein, Shaklee 180 Smoothies, Meal Bars, and Snack Bars)

But the most life-threatening event is ...

- the weakening of the immune system from loss of white blood cells
- or some experience internal bleeding or stroke from loss of platelets
- patients can succumb to infections from ...
 - Fungus
 - Bacteria
 - Yeast
 - etc.

A very wise choice is:

- **Shaklee Defend and Resist** - Premium Echinacea Formula to help protect from infections, etc. (use for 10 days initially ... then stop for 3 days ... then go on a rotation of 4 days on / 3 days off until the chemo treatments are finished and the white blood cell count in bloodwork is at least a 4.5 to 6
- **Shaklee Garlic** (works like a natural antibiotic without depressing the immune system, like pharmaceutical antibiotics do, because they kill the good flora in the intestines that represent 70% of your immune power). Garlic can be taken every day.
- **Shaklee Vitamin D3** – Vitamin D3 is a very important component of a healthy immune system ... optimize your levels (3,000 I.U. is a conservative minimum recommendation, and can certainly be increased ... blood test levels will show you how optimal your levels are ... aim for 80 ng/mL or 200 nmol/L)
- **Shaklee NutriFeron** - is very supportive to immune strength, because it encourages more optimal production of interferon.
- **Shaklee Vitamin C** – white blood cell food ... supports the power of the immune system

Liver Detoxification & Kidney support is essential:

- Chemotherapy drugs are poisons. They are designed to attack their targets and then leave the body. However, their toxicity is a great challenge to the detoxification organs of the body, especially the liver and the kidneys
- Help detoxify the liver with **Shaklee Liver DTX**
- Help support the kidneys with **Shaklee Alfalfa**

Supplements:

- What non-cancerous cells require to recover between treatments:
 - **Nutrients needed by normal cells** – Shaklee Vitalizer
 - **Repair damage of normal cells** – Shaklee Vivix
 - **Protein: Shaklee Energizing Soy, 180 Life Shakes, and/or Shaklee Build** ... It doesn't matter which you use, whichever you like ... but it is essential to keep protein and calorie levels high.
 - **Immune nutrients**– Shaklee Nutriferon, Vitalizer, CarotoMax (Vitamin A controls cell growth)

A powerful immune system is critical to fight the cancer cells