

CANCER



Naturopathy



Cancer & Naturopathy

Let's talk about Cancer. Cancer is such a broad subject that encompasses a lot of complex ideas.

You can have cancer in different parts of the body and they have different processes.

When I was thinking about what to write here, I realised that it can get very technical, and of course it's a highly emotive subject as well.

If people are affected by cancer or they get a cancer diagnosis themselves, it's a hugely stressful & emotional time.



In this sensitive time a naturopath will be sensitive in supporting someone when talking to them about their diagnosis.

As naturopathic practitioners, we are still treading our way to see where naturopathic practitioners fit in alongside mainstream oncologists. I don't want to downplay the role of naturopaths.

I think it is absolutely crucial, essential and so beneficial. I think that there's still a fair way to go for naturopathic treatments to be recognized among the mainstream medical fraternity but I think we've made a lot of progress in this area.



Firstly I want to say I'm not an expert in treating cancer in my clinic. There are naturopathic practitioners that exclusively work with cancer.

If this is something that you're dealing with, by all means seek out a naturopathic practitioner who has experience in this area. I hope that explains a little bit before I get into it.

When I was looking into the statistics I was quite shocked. These are statistics that I read for Australia.

1 in 2 people in Australia will be diagnosed with a form of cancer in in their lifetime.



That statistic blew my mind, I didn't realize that the stats were that high.

Also just out of interest, the most common cancers at the moment in Australia are prostate cancer, which is followed by bowel cancer, followed by breast cancer, Melanoma and lung cancer.

So these are the top 5 cancers that have been diagnosed in Australia.

Here Is A Brief Intro Into The Main 3 Key Stages Of Cancer Progress

The first stage is **Initiation**



This is very simplified, but you get a mutation in critical genes.

This can be caused by things like chemical exposure, radiation, viral infections and it primes the cell for division.

In this first stage, the initiation stage, we still have a lot of control over what happens here, so there is still potential for reversing this process.

The second stage is **Promotion**

So you get propagation and proliferation of the initiated cells. This is where major changes can occur.



This is where they are most sensitive to dietary and hormonal factors. For example; in breast cancer being sensitive to things like estrogens.

Insulin growth factor is another one that plays a huge role in cancer pathways. At this stage, it is still reversible. Naturopathic treatments can still have a quite a lot of impact.

The third stage is **Progression**

This is where you get the conversion from benign cancer to a malignant cancer. So at this stage, it is normally (there are always exceptions) irreversible.



This stage is characterized by this haphazard growth and it is usually invasive.

At this stage there are still substances that can promote this progression.

So things like **heavy metals**, for example; **cadmium** and **radiation**.

Naturopathic treatment can be really helpful in supporting this.

What's really important from a naturopathic perspective is not seeing cancer as something that happens in isolation.



The normal process of cells aging is; they divide and then when they start to mutate, there is a normal process of killing those cells which is called **apoptosis**.

There is a signal that says, "You've done your time and you are not in your prime".

When they are not doing their prime function anymore, cell death happens.

This is a normal healthy process, but cancer cells lose this signalling and they start to divide uncontrollably.



This doesn't happen in isolation. We are one organism so we can't just look at cells in isolation.

We need to look at a bigger picture when looking at our health and body.

It's really about supporting the host terrain.

That goes back to your normal healthy promotion of things that reduce inflammation in the body.

What Can You Do To Help To Start Healing?



Diet

Making sure that your diet and lifestyle factors are encouraging in reducing inflammation, so that you're not setting up an environment where the body loses its ability to signal cell death correctly.

Insulin Growth Factor

It is really important to not have uncontrolled insulin issues.

So we need to look at weight management and specifically Diabetes and glucose control is really important.



Different cancers in different areas have very specific nutrients that apply to them, this is just the tip of the iceberg.

There are certain nutrients that I found helpful generally across all types of cancer. There is one thing they all have in common.

There is a pathway that inhibits apoptosis, they found it's called NF Kappa B (NF-kB). It is an inflammatory factor. It is one of the factors that is specifically involved in signalling cell death.

They have found nutrients that have been found to inhibit NF Kappa B.



Green Tea

One of them is green tea and specifically a phenolic compound in green tea called epigallocatechin gallate (EGCG).

It is also an antioxidant and anti-inflammatory and the good thing about that is, they've shown that this is helpful even on 3 cups of green tea a day.

So the idea was about 6 cups, a day but even 3 cups of green tea day has a beneficial effect.



Curcuminoids

This is found as the active ingredient in turmeric. This across the board is probably the nutrient that you'll always see promoted in complementary cancer care.

The dose on this one is up to 8 grams a day. That is a pretty hefty dose and hard to get through food only.

Of course, eating turmeric in food is really helpful but if you're specifically looking at cancer treatment, you might need to look at a specific supplement with a delivery system to help get that amount of curcumin into the cells.



Quercetin & Polyphenols

You'll find this in fruits. You will also find polyphenols in berries.

All of these are both antioxidant and anti-inflammatory as well as being shown to inhibit NF Kappa B.

There has been a lot of research and successful outcomes with using the **ketogenic diet**, especially for more advanced tumours.

They have found that a ketogenic diet has helped with regression of those advanced tumours, like brain tumours.



I just want to make a note that we're talking about a real ketogenic diet, so very high levels of fat and very low levels of carbohydrates. Not just a simple low carb diet.

I hope this has been helpful for you and remember when dealing with cancer find a professional with experience of your particular condition.



**This Ebook is a collaboration between
Jayne Larkins from Vital Child
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