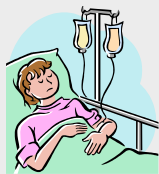


Alternative Cancer Therapies



You've just been diagnosed with cancer and your head is swirling. A million questions come up at once. Do you quit work? Will you be able to care for your kids? How will you tell them? Where can you get support? Can you trust your doctor? Do you choose chemo and/or radiation? What about side affects? Should I mix chemotherapy with alternative treatments? Can you detoxify from them? Does anyone integrate different medical models? Does diet matter? How do I break it to my oncologist that I want to mix naturopathic and allopathic care?

Our goal in this section is to familiarize you with a alternative cancer therapies and to give you a few tips easy to follow tips to get started. Furthermore, thanks to Dr. Drisko and Dr. Khosh at Kansas University Medical Center we have compiled a series of articles that go into depth covering the adjunctive cancer therapies. To see these articles please go to www.DrDarvish.com/articles.htm. In almost all cases they report very little to no side effects and they all report improved health and condition of patients. As you already know, each person's condition is different with different set of needs. To devise a personalized plan, we highly recommend you Dr. Darvish and follow her treatment plan■

Balance your pH

Dr. Robert O. Young suggests that the underlying cause of many illnesses, including cancer, is an **acidic pH** in the body, which gives rise to yeast, mold and fungus infections. These undermine the immune system, disrupt digestion, and cause imbalance in our bodies.

Unfortunately, acidic pH is rampant these days because of three factors. First, irrigation and flooding have removed many trace elements from the soil, and chemical fertilizers, herbicides, and pesticides have added toxins. Secondly, processing methods add substances like MSG, other chemicals and trans-fatty acids, and kill enzymes in cooking. Third, the western diet includes too much meat, dairy, salt, sugar and processed food, all which acidify the system. This is why your choice of diet is as important as that your treatment■

Anti-Oxidants and Alternative Cancer Therapies

Antioxidants are your body's number one way to neutralize free radicals, those harmful metabolic byproducts that damage cells and tissues throughout your body. Scientific evidence has repeatedly demonstrated that antioxidants are a cornerstone in the prevention and treatment of many diseases, including cancer, and heart disease.

Although many foods contain antioxidants, today's poor-quality diets are nearly always insufficient in the full range of these beneficial free radical scavengers.

Many studies have showed the effectiveness of combining antioxidants such as IV Vitamin C, and CoQ10 with chemotherapy. Chemotherapy, while it is effective in killing cancer cells, it also kills healthy cells. Similar to chemo and radiation, no one can guarantee that antioxidants will stabilize or cure cancer. However, everyone agrees diet and nutritional supplements plays a huge role in the antioxidant therapy regiment. "Beating Cancer with Nutrition" by Patrick Quillin is a book we highly recommend.

Make Cleanse a Part of Your Treatment

Every detoxification including mental and emotional clearing, releases virulent wastes setting off a myriad of biochemical reactions within the body, which can overwhelm the liver and colon, making you REALLY sick. Thus, it is important to detoxify under the supervision of a doctor who assesses and determines which type of cleanse is best for you.■

Talk to your oncologist

As a part of your health care team, we highly encourage you to engage in a conversation with your oncologist and let them know you are planning to do "adjunctive cancer therapies". We are more that happy to provide feedback to your oncologist and work with them to address all of your needs.

We have successfully treated patients with cancer combining Naturopathic, acupuncture and conventional chemotherapy and radiation. Please ask Dr. Darvish for a list of oncologists who she has enjoyed a successful relationship■

Make Nutrition a part of your treatment

More than 40% of cancer patients actually die from malnutrition. Make sure you have a proper **nutrition plan and supplements** in place. **Avoid sugar**, cancer cells thrive on sugar. Develop a **low-carbohydrate diet**. **Eliminate alcohol** from your diet. Certain **green leafy vegetables (like kale)** have excellent anti-cancer properties. Make them a regular part of your diet. Buy yourself a **juicing machine** and find a **recipe book** (The complete Cancer Cleanse by Cherie Calbom). Support healthy cells with an alkaline diet by eliminating meat, dairy, sugar substitutes (except stevia), coffee and soft drinks. In short, make your **immune system strong** to fight cancer■