

## **Five to Thrive After a Cancer Diagnosis**

### **1. Diet**

- a. Optimize body mass index and waist to hip ratio. Even improving it by 10% lowers morbidity risk dramatically.
- b. Reduce body fat to cause a 30% decrease in cancer recurrence.
- c. Drink fewer than three alcoholic beverages per week.
- d. Drink 5-10 cups of green tea per day to lower recurrence by 27% (these are small Chinese cups sizes)
- e. Eat a diet mostly organic if possible containing 5 cups of vegetables (cruciferous daily), fruit in the form of blue berries and hormone free meat and animal products.

### **2. Spirit Mindful and Joyful Living**

- a. Love, laughter, joy, service and Soul.
- b. It is not enough to simply want to prevent cancer you need to want to live life with vitality and embrace living.
- a. Using meditative techniques to help learn to live in the moment and learn a deep sense of appreciation, and gratitude for the simple wonders of life that are all around for us to only take the time to notice. Keeping a daily gratitude journal begets more gratitude!
- b. Fundamental attributes such as unconditional love, complete forgiveness, and awe, are exactly those required to rejuvenate our life's purpose.
- c. Stress certainly contributes to inflammation and higher levels of inflammatory cytokines that promote tumor growth. Mind, body and spirit treatments include yoga, meditation and more time being spent in the moment and having fun. This also includes grounding types of activities such as walking in the woods swimming in fresh or salt water, gardening
- d. Laughter: develop ways to help you laugh more every day.

### **3. Movement**

- a. Exercise daily: 3-5 hours per week to be 50% more likely to be longer term survivors. Two hours per week of exercise decreases depression.
- b. Just start with baby steps, get into a daily routine, get a pedometer, try Tai chi, Zumba dance, Namaste TV yoga, listen to favourite music while walking, be outside as much as possible, walk with a friend, hire a trainer, join a fitness club.

### **4. Dietary Supplements**

- a. Omega 3, probiotics, polyphenols, anti-oxidants, vitamin D. These remedies influence all five pathways that are explained below. Your naturopathic physician will review these with you and develop a treatment program specific for you.

### **5. Rejuvenation**

- a. Rhythm: go to bed at the same time every day to establish a healthy circadian rhythm.
- b. Rest: get 8-9 hours of sleep per night , take afternoon naps only if they don't interfere with your nighttime sleep
- c. Relax: develop time every day for "down time" or contemplation or meditation.
- d. Replenish: spending time in those activities that fills your well of creativity.
- e. Rehydrate: drink purified water that is more alkaline, from glass containers and in the form of herbal teas is fine.

## Transform Your Body Through Five Key Pathways

Optimize immune function  
Reduce Inflammation  
Optimize detoxification pathways  
Hormone regulation to manage response to stress  
Insulin Resistance

### 1. Immune Function

- c. 60% of the immune system resides in the gut so optimizing function is critical. Treating all digestive imbalances is critical as well as consuming a high quality probiotic daily.

### 2. Inflammation

- a. Look for symptoms of chronic inflammation in the gut, joints and skin ie thick coated and scalloped tongue, diarrhea constipation, digestive infections, congestion, allergies, discharges, itching, phlegm, rashes and pain. Tests to include are CRP, food intolerance testing
- b. Treatment is with anti-inflammatory diets, detoxification programs, treat the dysbiosis of the gut and provide nutrients such as purified omega 3 fish oils and curcumin.
- c. EMF radiation is pro-oxidative so it is imperative that the human body has times when it is not being bombarded with Wi-Fi and EMF. It is best to always wear head sets with cell phones, to take regular holidays from electronic gadgets, to make your bedroom EMF free as much as possible.

### 3. Detoxification

- a. Optimizing detoxification pathways in the body include improving the elimination through the liver, kidney, gut and skin. Assessing and testing for a toxic lifetime exposure and treating accordingly. Optimizing liver function is always part of this process hence the continual usage of silymarin which is an anti-oxidant for the liver. Avoiding xenoestrogens found in the environment and food is critical. Using I3C helps the body to reduce the inflammatory nature of these xenoestrogens. I recommend three types of cleansing programs: Heel Homeopathic Detox Kit, Dr. Pincott's Rejuvenation Program and the Ultraclear Renew program. Quarterly cleanses are recommended.
- b. Other detoxification techniques: infrared sauna, detox foot baths and detox foot pads,
- c. Tests are available to evaluate the body's ability to detoxify specific agents such as environment toxins and hormones. (Genova Detox profile) as well as measure ratios of healthy and unhealthy estrogens: Genova estrogen metabolism test for 2, 4 and 16 estrogens. 4 hydroxy estrogens are the most inflammatory and 2 hydroxy estrogens are the least. This is especially important for ER negative and pre-menopausal women.

4. **Hormones:** by balancing endocrine hormonal systems such cortisol stress mechanisms, blood sugars and thyroid, cellular growth is controlled which is important for cancer prevention.

5. **Insulin resistance:** cells are studded with insulin receptors that will use insulin to stimulate their proliferation. By improving insulin and blood sugar metabolism through diet and lifestyle growth factors and inflammation are controlled.

**Resources:** Five To Thrive by Dr. Alschuler and Karolyn Gazella