Cancer Specific Natural Therapies - Colorectal and Lung Cancer

Botanical and Nutrient Treatment Strategies and Protocols for Colorectal and Lung Cancer

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Colon Cancer - Overview

Stage 0
Stage I
Stage II
Stage III
Stage IV

Spread to other organs

Normal
Lymph node
Blood vessel
Serosa
Muscle layers
Submucosa
Mucosa

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Colon Cancer - what is goal?

- Prevention
- Co-treatment - Surgery/Chemo/Radiation
- Prevention of Recurrence/metastasis
Prevention of Colon Cancer

- In addition to the foundation of diet and lifestyle habits
  - Calcium carbonate
  - Vitamin D
  - Fiber
  - Anti-inflammatory herbs/ foods
  - Normalization of flora

Colonoscopy!  FHx= 6x inc risk/  UC= 40x inc risk
Co Treatment- Overview

Chemotherapies commonly used

- FOLFOX: 5-FU, Oxaliplatin
- FOLFIRI: 5-FU, Irinotecan
- Avastin:
- Xeloda:
- Erbitux

Emphasis should be on mitigating side effects and potentiating efficacy of conventional treatment, NOT direct anti-cancer effects in most cases.
In General... in patients with colon cancer

- Melatonin 1-20mg
- Vitamin D
- MV without Copper
- Trametes versicolor (formerly Coriolus) (3 grams daily of hot water extract). Can use other mushrooms... less clinical data

Bone marrow support
  - Bone broth/stock
    - Add Astragalus
    - Shitake/ Maitake/ Coriolus
Pre-surgical Considerations for Colon Cancer

- **Cimetidine (Tagamet)** - 800mg
  - five days pre-operative and two days post-operative, 400 mg bid
  - Three year mortality: 41% vs. 7%
  - Avoidance of blood thinners

- **Avoidance of herbs affecting CYP450 enzymes**
  - Hypericum
  - Kava
  - Milk Thistle
Post Surgical Support

- Gentle foods:
  - stock with well cooked veggies
    - Add herbs (Thyme, Turmeric, etc), astragalus, mushrooms, other?
  - Yogurt
  - Apple sauce
  - Strained soups— carrot, squash, etc.

- Avoid bulking of stool
  - Magnesium or stool softener if needed

- Probiotics— Without

- Low/ no residue diet (Smooth foods)
  - Very little fiber
  - Dieticians are well acquainted with this
5-Fluorourouricil (5-FU)

Stomatitis

- Aloe vera inner leaf gel
- Pyridoxine– 200-400mg daily without Folate.
- Keep the mouth cold during infusion (ice cubes)

Gastritis (under appreciated!)

- DHA has been shown to lessen intestinal lesions in rats receiving 5-FU (Eur J Gastroenterol 2004 May;16(5):479-85)
- Deglyccyrhizinated Licorice/ Slippery Elm --chewable
Oxaliplatin

- Neuropathy- cold sensitivity-- KEEP HANDS WARM
- IV Calcium/ magnesium before and after infusion–usually included in conventional tx
- L-glutamine- 20-30 grams daily
Neuropathies in general: ACL

- Acetyl L Carnitine: 1500-300mg daily

  
Irinotecan

- Diarrhea (early=within 24 hr of infusion; late = after 24 hours, peaking about day 11)
  - Baking soda(sodium bicarb): ¼ tsp bid or tid
    - Can obtain a potassium/sodium mix as supplement to balance electrolytes
  - Soluble fiber: apple pectin, Benefiber,
  - Monitor for dehydration/ electrolyte imbalance- may need to do Imodium if severe
Bevacizumab (Avastin)

- Monoclonal Antibody to VEGF
- Hypertension
  - Hawthorne as heart tonic
  - Adequate cal/mag/potassium
- Bleeding (35%) ↔ Clotting (14%)
  - Avoid Blood thinning agents in High dose:
    - Proteolytic Enzymes/ Bromelain
    - Garlic (as supplement)– can eat it though
    - Vit E
    - Red Clover (Trifolium)
Xeloda

- Palmar-Plantar Erythrodysesthenia = Hand-foot syndrome
  - Pyrodoxine: 200-400 mg daily

- Gastritis–
  - Slippery Elm (can obtain lozenges easily)
  - DGL
  - Can also juice cabbage, if tolerated
  - Robert’s formula:
Cetuximab (Erbitux)

- Monoclonal Antibody to Epidermal Growth Factor Receptor
  - Rash, pruritis, diarrhea, headache
Natural Agents for Prevention of Recurrence–

- Trametes Versicolor—3.0 grams of Hot Water Extract daily → 5 Mushroom Blend → Maitake D-fraction

- Curcumin—more than 3.5 grams daily

- Melatonin—dose depends on stage of disease
Natural Agents for Prevention of Recurrence–

- Vitamin D (D3 or calcitriol prescription)
- Modified Citrus Pectin- if no mets to liver
  - Divided dose: 15 grams daily
- Honso 48= Shi Quan Da BU Tang- shown to prevent mets to liver in animal models
- Green Tea- a lot! – 300mg capsule (50% EGCG)= 2 cups of tea
And the kitchen sink...

- Cimetidine (Tagamet)- 800mg daily
- D-limonene (blocks K-ras through metabolite perillyl alcohol)
- Lower copper? Ceruloplasmin under....
Lung Cancer- Overview

- Types of Lung cancer-
  - Non Small Cell Lung Cancer
    - Adenocarcinoma
    - Squamous Cell Carcinoma
    - Bronchioalviolar
    - Large cell/undifferentiated
  - Small Cell
    - Smoker’s
Lung Cancer--The Basics

- Make sure to Address the Basics:
  - Weakness- L- Carnitine (6 grams daily)
  - Sleep disturbance- Melatonin (20 mg qhs)
  - Cachexia- Protein, BCAA, L-Carnitine, CALORIES + resistive exercise needed.
  - Anxiety-
  - Shortness of Breath- lung tonic herbs
    - Inula, horehound, Verbascum thap., small amt Trifolium
  - Pain- Check to ensure adequately addressed
Cisplatin/ Carboplatin

- Neuropathy
  - Vitamin E: 400-800 IU daily

- Nephrotoxicity
  - Ginkgo
  - Corn Silk/Marshmallow

- Constipation/ Diarrhea- educate patient on use of:
  - Calcium- constipating
  - Magnesium- laxative
Paclitaxel (Taxol)/ Docetaxel (Taxotere)

- Neuropathy
  - L-glutamine 10 grams tid x4 days
- Stomatitis—Keep mouth cold at infusion and that night.
- Joint/ Muscle pain
  - L-glutamine 10 grams tid x 4 days, beginning 24 hours after infusion
- Sleeplessness (from steroid, really)
  - SeriPhos
  - Cortisol Manager

Avoid Quercetin
Gemcitabine (Gemzar)

- **Ginkgo**
  - Toxicol Appl Pharmacol 2004 Apr 1;196(1): 169-75

- **Myelosuppression, especially platelets**
  - Bone broth/ stock
  - Sesame Oil- 1 tsp three times daily (more?)
  - Marrow Plus (Combination of Chinese herbs, including salvia miltiorrhiza)
  - Immune support:
    - Arabinogalactans
    - Astragalus
    - Mushrooms: Any
Erlotinib (Tarceva) and (Iressa)

- **Tarceva:**
  - Inhibits intracellular signaling of Epidermal Growth Factor Receptor (EGFR) Tyrosine Kinase (TK)
    - Acne-like rash
    - Diarrhea
    - CYP3A4 and to a lesser extent by CYP1A2

- **Getfitinib**
  - Blocks intracellular phosphorylation of EGFR TK, + other TK’s (?)
    - Diarrhea, acne, rash
    - CYP3A4,
Radiotherapy tx to lung(s)

- Esophagitis- if in field of RT, may get irritated
  - DGL; slippery elm, aloe vera inner leaf

- Oxygenate- walk/pace while waiting...

- Radiation Dermatitis
  - Aloe vera and calendula topically
  - Avoid oil based topical creams
Radiation Treatment Contraindications

- Avoid
  - Antioxidants--Evidence (and hypothesis) for “antioxidant” interference stronger than with chemo’s
  - Vitamin E
  - NAC or Lipoic Acid
  - Glutathione
Natural Agents to Consider

- Melatonin 20mg qhs
- Curcumin- more than 3.6 grams with oil
- Mushrooms– cordyceps, 5-mushroom blend, maitake D-fraction
- Vitamin D- 1,25 form= calcitriol
- D-limonene- How much?
- Lung Herbs: Inula, Verbascum, Marrubium vulgaris,
  - Trifolium- mb… very small amounts
Melatonin and ER+ cancers

Sanchez-Barcelo, Cos et al. J Pineal Res, 2005


Cimetidine References


