



the tree of life

BY JOANNE PIZZINO, MD, MPH MEDICAL CO-EDITOR

cancer recovery

Receiving a diagnosis of cancer tends to be a very large STOP sign for most people. Stop whatever you usually do and pay attention to your body. Stop and reassess the direction of your life. Stop and smell the roses. So, what happens when you get the all-clear green light to proceed into this important intersection of your life? With all the marvelous therapies and technologies now available to us, more and more people are heading into a future they never previously envisioned. All the more reason to explore well-being concepts such as: How can I repair from any damage left by surgery or medical treatment? How can I correct the root causes so I won't have to repeat this experience? What does it mean to integrate my whole being, mind, body, and spirit into the person who survived as well as the future me? Whole Health Solutions offers several Integrative Medicine options to help you craft the new-and-improved you.

DEALING WITH TOXINS

One of the most central issues to the entire cancer conversation is that of toxins. Research is very clear that inability to clear poisons and wastes from the body contribute greatly to the risks for malignancy. This can include everything from cigarettes and alcohol to hormones and pesticides. There is a high likelihood that if you have received this dreaded diagnosis, your body was already having a back-up somewhere along the sewer line.


Then, between anesthetic agents used for surgery as well as chemotherapies, additional lethal chemicals were used to eradicate the out-of-control growth. There are many different ways to promote removal of toxic wastes. The most effective involve reducing input of new toxins as well as supplying adequate nutrients to promote the three phases of detoxification. The first phase, rounding up unneeded chemicals from the bones, fat, and other places that they hide, involves several B-vitamins, as well as other antioxidant nutrients. In the second phase, the chemicals must be transformed to a way the body can deal with them for elimination. This involves glutathione and enzymes attaching the toxin to water-soluble substances so they can be passed out of the body. In phase three, the body must have an alkaline pH in order to ensure the toxins are actually processed and eliminated, rather than re-circulated.

Many of the substances necessary for this progression

are best delivered intravenously. This not only by-passes any gut absorption issues, but allows higher concentrations to be delivered to the tissues. In some cases, these concentrations are much higher than any amount that could be absorbed by even the healthiest gut. For instance, vitamin C has shown much promise for both prevention and treatment of certain cancers. It is also vital for immune function and detoxification. Oral doses of vitamin C, even of very large doses, can raise plasma vitamin C concentrations to a maximum of only 220 micromol/L. IV administration, however, can produce plasma concentrations more than 100 times greater. Concentrations of this magnitude have been shown to selectively kill tumor cells in laboratory studies. Interestingly, the people at most risk for low vitamin C levels are also among groups with increased cancer risks: smokers and passive "smokers," individuals with a limited diet (not enough fresh veggies), and people with severe intestinal malabsorption or the wasting often seen with cancer.

High dose intravenous vitamin C has been shown to affect certain cancers more than others. This treatment specifically slowed the growth and spread of prostate, pancreatic, liver, colon, and mesothelioma. It was more effective combined with chemotherapy than chemotherapy alone for ovarian and pancreatic cancer, and when combined with radiotherapy for mesothelioma. In other research, patients with breast or pancreatic cancer who received intravenous vitamin C had better quality of life and fewer side effects than those who did not. (It is important not to generalize these findings to all cancers, as some are not appropriate for this therapy.)

OTHER THERAPIES AND SUPPORT

In addition to oral and intravenous methods of detoxification, Whole Health Solutions offers several other treatments to support your full recovery from cancer and other types of surgery. The newest targeted genetic testing can actually show you which nutrition and exercise regimens will work best in your body. With so much dietary information out there, it is enormously helpful to know with what input your own genes were designed to prosper. Pulsed ElectroMagnetic Fields (PEMF) have been documented to help you stop smoking permanently in just one session. And, if you are ready to harness the full power of combining mind and body for healing, BEAM Energy sessions will guide you to their source. 

Joanne Pizzino, MD, MPH, is board-certified in both Preventive Medicine and Integrative Medicine. Her practice, Whole Health Solutions, is located at 1350 SE Maynard Road, Suite 201, Cary, NC 27511.

For more information, visit her website (www.whole-health-solutions.com) and see Health Links on the website to learn about therapies referenced. Or call to schedule a consultation: (919) 651-0820.