

Relay for Life

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Cancer

- Cancer, is a disease.
- Disease, by definition, is a particular ***ABNORMAL CONDITION***, leads to disorder of a structure or function, that affects part or all of an organism.
- In other words, if we can improve the abnormal “CONDITION”, than we have a better chance of winning the cancer.

Cancer

- Cancer cells are present in the body of every individual.

– *Dosaj et al., Int. J. Pham. Sci.Rev.Res., 17(2), 2012.*

- But the good new is
 - YOU HAVE THE ABILITY TO TURN THESE CELL ON OR OFF, based on the condition/environment you put these cells in, in other words, it's your LIFESTYLE.

Lifestyle

- Lifestyle is not a word but a lifelong “action”.
- Consist of
 - Diet
 - Exercises
 - Stress management
 - Rest
 - Chiropractic care

Diet - Sugar Feeds Cancer

- Dr. Otto Heinrich Warburg
 - 1931 Nobel Prize on cancer cell and glucose.
- Sugar created an acidic environments which enhances cancer cells
 - *Santisteban GA, et al. Glycemic modulationi of tumor tolerance in a mouse model and breast cancer. Biochem Biophys Res Commun 1985 nov 15.*
- Sugar reduce white blood cell counts to attack cancer cells.
 - *Sanchez A, et al. Role of sugars in human neutrophili phagocytosis. Am J Clin Nutr 1973 Nov.*
- Over 16,000 studies on relationship between sugar and cancer
 - Including fruits.

Alcohol and Breast Cancer Risk

- There is no risk-free level of alcohol consumption.
 - Alcohol contains are broken down into over a dozen carcinogens.
- The more a person drinks, the higher the risk for cancers of the: mouth, throat, esophagus, colon, liver and female breast.
- However, even light drinking (<1 drink/day) increases risk

Alcohol Quantifiable Risk

- And, with this being said, the risk from alcohol maybe modest.
- Women who drinks
 - 1-2 drinks/day, increased relative risk of breast cancer by 10%.
 - More than 3 drinks/day, increased relative risk of 30%.
- Red wine = white wine= beer=liquor therefore the risk attributable to ethyl alcohol
- No difference across ethnicities.

– --Newcomb P. et al. *J Clin Oncol.*2013; 31(16):1939-46

So What Should We Eat?

Paleo-Mediterranean Diet– The best food formula.

1. Vegetables
2. Nuts
3. Seeds
4. Berries
5. Lean Meats
6. Fruits
7. Pro biotic
8. Antioxidant



Exercises

- Exercises is preventive
 - reduced risk (41%-61%) of all-causes; breast cancer and colon cancer specific mortality.
 - Improves quality of life of people diagnosed with cancer
 - Reduce obesity, now characterized as an independent risk factor for cancer.

--Ballard-Barbash R, et al. J Natl Cancer Inst 2012;104:815-840

Weight

- Overweight or obese
 - responsible for one in six cancer deaths in the United States
 - account for approximately 20% of all cancer cases.
 - doubles the risk of dying from breast cancer.

--Wolin et al. *The Oncologist*. 2010;15:556-565

--Magheli et al. *Urology*. 2008;72(6):1246-51.

--Poole EM, et al. *Breast Cancer Res*. 2013;139(2):529-37

Stress

- Elevated cortisol (stress hormone) and flattened diurnal variation are associated with decreased immunity and increased breast cancer progression.
 - *Stphoton S, et al. JNCI. 2000;92(12):994-1000*
- Cancer risk has been show to increase after chronic depression that has lasted for at least 6 years.
 - *Pennix B, et al. J Natl Cancer inst. 1998; 90(24):1888-93*
- The combination of extreme stress and low social support was related to a 9-fold increase in breast cancer incidence.
 - *Price MA, et al. Cancer. 2001;91(4):679-85*

Stress Management

- Mindfulness Based Stress Reduction (MBSR)
 - Significant improvement in psychological and physical quality of life.
 - *Ledesma D and Kumano H. Psychoonocolgy 2009;18:571*
 - Reduce depression and fear of recurrence in women diagnosed with breast cancer.
 - *Lengacher CA, et al. Psychoocology 2009;18:1261*
 - Lower cortisol (stress hormone), reduce IL-6 (inflammation), blood pressure and improve immune system.
 - *Witek-Janusek L, et al. Brain Behav Immun. 2008;22:969*

Rest

- 23,995 Japanese women
 - Slept <6 hours had 62% increase risk of developing breast cancer then women slept 7 hours per day.

Kakizaki M. et al. Br J cancer. 2008 Sep 23.

- A duration of 30+ years of working the night shift
 - associate with a 2-fold increased risk of breast cancer.

***Grundy A. et al. Occ. Envirom.Med.2013 Jul 1.*

Additional Stuff

- High does of Vitamin C
- Essential Oil
- Gerson Method

Vitamin C

- High doses of intravenous vit C (IVC) to cancer patients
 - Reduced inflammation
 - C-reactive protein (heart problem and multiple cancer marker)
 - PSA (prostate cancer marker)
 - At high dose, ascorbate (vit C) is preferentially toxic to tumor cells and is angiogenesis inhibitor
 - 100 mg/dl inhibited new blood vessel forms by cancer cells.

Functional Foods in Health and Disease 2013; 3(8):344-366

Vitamin C during Chemo

- Patient received IV vit C 7.5 g once a week during chemo period compared to placebo
 - Significant reduction in nausea, loss of appetite, fatigue, depression, sleep disorder, and dizziness.

--Vollbracht C. et al. In Vivo Nov-Dec; 25(6):983-90

Essential Oil

– Frankincense Oil

- Induced cancer cell death on
 - Bladder cancer*
 - Pancreatic cancer**
 - Bladder***

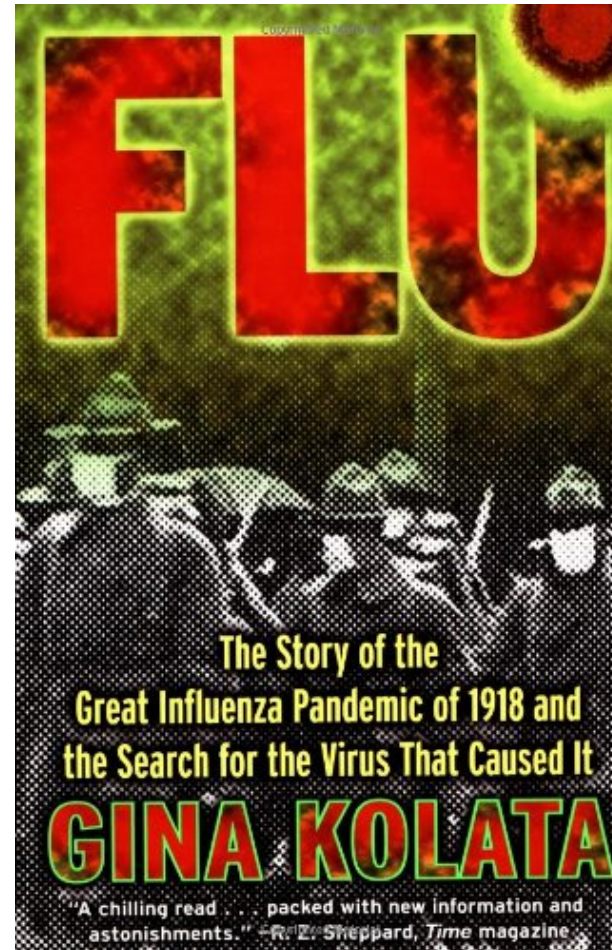
-- Dozmorov, et al. *Chin Med.* 2014 Jul 2;9:18. *

--Ni X, et al. *BMC Complement Altern med.* 012 Dec 13;12:253.**

--Suhai MM, et al. *BMC Complement Alter Med.* 2011 Dec 15;11:129.

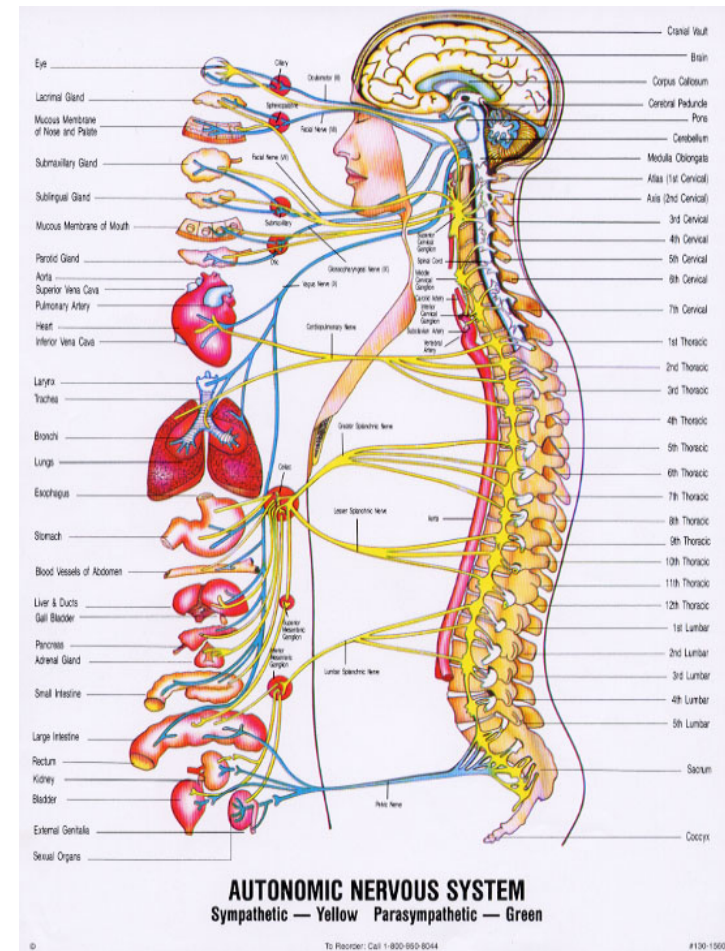
FLU

- 1918 Flu Pandemic
- 1999 Gina Kolata's book
 - FLU: killed 100 Million people in 6 months.
- People got adjusted reduced death rate to 1/40.
- Chiropractic was licensed



Nervous System: Foundation of Your Health

- Every **SYSTEM**, every **ORGAN** and every **CELL** is run and control by your nervous system.



Spine and Nervous System

- Spine holds one of the most important key to your health
 - Provide proper nervous system communication (nutrient/information) directly between your brain and rest of your body.

5 elements to Lifestyle

- Diet
- Exercises
- Stress
- Rest
- Chiropractic care