

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Cancer Control Program:

An educational guide to assist those who are looking for an alternative to conventional oncological therapy; to support those who require life style changes after receiving conventional oncological therapy or alternative therapies; or for those who are looking for additional support for their health and recovery during or after conventional oncological therapy (e.g., chemotherapy, radiation therapy, ablation therapy, etc.).

A) Cancer Control Program: Diet

a Acid vs. Alkaline diet:

- ⇒ Eat a 60-70% alkaline diet. (See [Alkaline vs. Acid Food List](#))
- ⇒ Drink fresh vegetable juice daily (See below).
- ⇒ Establish a urine pH of 7.0-7.5. Wet pH test strip in your mid-morning urine stream. (A higher pH earns a **small** serving of an acidifying food.)

b In general, choose raw over cooked foods (if your body allows) as [raw foods](#) provide:

- ⇒ Live enzymes
- ⇒ Higher nutrient levels
- ⇒ Greater vitamin and mineral absorption

c If a raw diet is not possible or for variety use [macrobiotic meals](#).

d Animal vs. Vegetable Protein Foods (See [Vegetable Protein list](#).)

- ⇒ Vegetable protein is
 - Cleaner (less toxic)
 - A higher quality more digestible protein
 - Provide a higher potassium, lower sodium diet (highly alkalizing)

e For excellent books on raw and macrobiotic (anti-cancer) diets as well as books on [juicing](#), go to <http://astore.amazon.com/w0c8-20>

B) Cancer Control Program: Exercises to choose from

a Deep Breathing

- ⇒ Engage in deep breathing exercises, while standing or sitting up straight, inhale slowly filling your lungs completely, then exhale slowly emptying your lungs. Repeat 5 times in a row, three to five times per day.

b Passive Movement

- ⇒ Passive Stretch (important for family to help)
- ⇒ Jacuzzi (clean water)
- ⇒ Lymphatic Drainage Techniques (Dry Brushing, Exercise, Lymphatic Massage)

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c Active Movement (10 to 30 minutes 1 to 2 times per day)

- ⇒ Water Aerobics
- ⇒ Active Stretch
- ⇒ Walking, hiking
- ⇒ Riding horses at a walk, bicycle riding in a protected area
- ⇒ Yoga, Qigong, Tai Chi, exercise classes, dancing

d Energy Work:

- ⇒ Acupuncture
- ⇒ Craniosacral Therapy
- ⇒ Bowen Therapy
- ⇒ Reiki
- ⇒ Che Ni Sang
- ⇒ Twi Na

C) Cancer Control Program- Nutrient Supplementation

a Supplementation of the diet can be done several ways:

- ⇒ **1. Juicing:** Make fresh juice every day, i.e. carrot, celery, cucumber, parsley, beet, beet greens, spinach, kale, broccoli, wheatgrass, barley grass, malva, chard, dandelion greens, burdock, and ginger. (See [Fresh Vegetable Juicing Page](#); See [Juicing Books](#).)
- ⇒ **2. Vitamins:** Use food-based supplements (“foodlets”) whenever possible. Supplements are classified as to which of the 3 most pertinent aspects of cancer control: Alkaline (normal) pH (PH), Immune System support (I), and Detoxification (D). If there is strong data to support anti-cancer activity and is protective (P) for normal cells these have been classified as such. (See below)
- ⇒ **3. Get nutrients administered by IV, NG tube or G tube.**
 - NG and G tubes are useful for those who are unable to eat or who may be too ill to consume sufficient food for recovery. We have seen more success with G tubes (direct to the stomach) as these are more comfortable, easier to use and easier to conceal.
 - Many supplements may be blended into shakes. (see notations below)
 - [Naturopathic doctors](#) can also administer additional nutrient cocktails via IV such as Glutathione, Vitamin C, alpha-lipoic acid, etc.
- ⇒ **4. Choose a combination of the choices above.**

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Supplementation during Chemotherapy or Radiation:

Anti-oxidants (Carotomax, VitC, Vit E, Vita Lea, Vitalizer, Flavomax, Immunity Formula I, LiquiLea) should not be used on the day of, the day before or the day after chemotherapy or radiation therapy is used.

Resveratrol, CoQ10, and B vitamins are fine. A small amount of Vitamin C (≤ 500 mg/day) has been shown in several studies to augment chemotherapy or radiation. In conjunction with B-vitamins and zinc, 500mg of Vitamin C has been shown to protect against radiation damage to normal tissues without interfering with the efficacy of the treatment.

Shake Mix for those experiencing weight loss or difficulty eating:

[Cinch](#) – 1 scoop of vanilla

[Physique](#) – 1 scoop

[Energizing Soy Protein](#) – 1 scoop of vanilla or chocolate

[Liqui-Lea](#) – 1 tsp (discontinue during chemo or radiation)

Add all of this to 8 to 12 ounces of water, almond milk or soy milk. Or blend with 3 or 4 ice cubes and a smaller amount of liquid. Also good partly frozen and eaten with a spoon.

For those experiencing nausea:

Use 2 to 3 tablets of [Stomach Soothing Complex](#) added to warm water to make tea. Taken prior to meals and/or as needed for nausea.

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Supplement as listed below:

Discontinue w/Chemo or Radiation	Ok to Blend into Shakes	Classified as:	Product	Amount to use	Frequency
			For Immune Support and Detoxification:		
	X	I,P	Nutriferon	6-12 per day	3-6 in a.m., 3-6 in p.m.
	X	I,D,PH,P	Cinch	1-2 servings/day	in water or almond milk
	X	I,D,PH,P	Energizing Soy Protein	6-9 tbsp/day	add to Cinch Shakes
	X	I,D,P	Fiber Plan Daily Mix	1-2 tbsp/day	add to shakes
X	X	I,D,P	Vita-Lea	5-8 /day	split 3 times per day
	~	I,D,P	B Complex	6-10 /day	3-5 tabs; a.m. & lunch
X		I,D,P	Vita-C Sustained Release	6-12 /day	2-4 tabs; 3 times per day
	C	D,P	Vita E Complex	4-8 /day	2-4 caps; 2 times/day
	X	D,P	Vivix	1-2 tsp/day	1 tsp; 1 in a.m., 1 in p.m.
X	C	D,P	Carotomax	4-10 /day	2-5 caps; 2 times/day
X	X	D,P	Flavomax	4-8 /day	2-4 caps; 2 times/day
	C	D,P	CoQHeart	2-4 /day	1-2 caps; 2 times/day
	X	D,P	Osteomatrix	4-6 /day	2 tablets; 2-3 times/day
	X	I,D,P	Zinc Complex	6-10 /day	3-5 tablets; 3 times/day
	X	I,D,PH,P	Alfalfa	12-18/day or more	4-6; 3 times/day
	X	I,D	Herb-Lax	2-? /day (see instructions)	1-? in a.m., 1-? at bedtime
	X	I,D	Optiflora Prebiotic	1-2 tsp/day	with probiotic
		I,D	Optiflora Probiotic	3/day (see instructions)	1 in a.m., 1+1 in p.m.
	X	D,P	Liver DTX	4 /day	2 in a.m., 2 at bedtime
X	C	I,D,P	Immunity Formula I	4-6 /day	2-3 in a.m., 2-3 in p.m.
	X	D,P	Alpha Lipoic Acid	2-4 /day	1-2 caps, 2 times/day
	X	I,D,P	N-Acetylcysteine (100 mg)	4-6/day	2-3, 2 times/day
			For Pain Control, Anti-inflammatory, and Immune Support:		
			OmegaGuard	6-9 /day	3-4 caps, 2 times/day
	C		GLA	2-8 /day	2-4 caps, 2 times/day
	C		Lecithin	6-9 /day	2-3 caps, 3 times/day
	X		Pain Relief Complex	6 /day	3-4, 3 times per day
	C		Metagenics: Kaprex	2 /day	1 in a.m., 1 in p.m.
			For a person that is experiencing anemia: (chose one or the other)		
X	X		Liqui-Lea	3-4 tsp/day	
X	X		Vita-Lea with Iron	6-8 per day	
Key: Cut and Squeeze (C), Best left in whole form (~)					
Alkalizing (PH), Immune Support (I), Detoxification (D), Anti-cancer & Protective (P)					