

Helping Cancer Survivors, Pt. 2: A Seven-Part Protocol

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Editor's Note: [Part 1](#) of this article appeared in the September issue and discussed why cancer survivors need your help.

#1: Healthy Eating

I know this is obvious, but you will be amazed how many survivors are told they can eat whatever they want; or are told to eat healthy, but don't know what "eating healthy" actually means. The bottom line is to avoid the Standard American Diet (SAD) as best as possible by avoiding processed and charred meats, sugars, grains and bad fats. Focus more on organic, whole, real foods found in nature that have not been tarnished with pesticides, antibiotics, herbicides, preservatives, colorings or any other chemical agent. My top diet recommendations (all organic foods, of course) are:

- Ketogenic diet
- Mediterranean diet
- Intermittent fasting
- Budwig diet

#2: Safe Exercise

Unfortunately, many of my cancer-surviving patients would feel terrible if they exercised too much (due to low mitochondrial function); therefore, it is critical not to push your patients too hard. Encourage them do what they can at a comfortable tolerance level in order to get their blood flowing, oxygen into the cells and lymphatics draining. Even a 20-minute walk once every day or two is extremely helpful.

#3: Chiropractic Care

This goes without saying! We must make sure the patient's nervous system and spine is aligned and working optimally. Who truly feels good and functions well if they have subluxations throughout their body?

#4. Purified/ Filtered Water

Again, something so simple, yet most patients don't drink enough purified water to aid in the detox and healing process. I recommend a minimum of ½ fluid oz. to 1 lb. of body weight. However, I prefer a 1:1 ratio if someone is aggressively trying to get better and doing any sort of detox.

#5: Detoxification

Speaking of detox, this is an important step in a healthy recovery. It is incredibly challenging for someone to heal and get better if they have a high toxic or radioactive burden. *Warning:* Many detox regimens and products on the market do not provide a proper array of detox nutrients, quantity or quality in order to provide optimal results for someone who has been through radiation or chemotherapy. Here is a list of some of the best detox nutrients I have found achieve the best results:

- Zeolites⁶
- Activated charcoal⁷
- Chlorella⁸
- Alginic acid⁹
- Citrus pectin¹⁰

#6: Reduce Inflammation

Many products have been shown to aid in inflammation reduction. Here is a list of nutrients, based on years of research and training, that I have found to be quite helpful in reducing the inflammatory process:

- Curcumin,¹¹ ideally in a liposomal form or taken with fats
- Boswellia¹²
- Ginger¹³
- Quercetin¹⁴
- Resveratrol¹⁵
- Rosemary¹⁶
- Proteolytic enzymes¹⁷

#7: Restore Mitochondrial Function and Reduce Free-Radical Damage

This is one of the most important steps. Here is a list of some of the best nutrients I have found aid in this process:

- N-acetyl-L-cysteine (NAC)¹⁸
- Acetyl-L-carnitine¹⁹
- CoQ₁₀²⁰
- Alpha lipoic acid²¹
- *Rhodiola rosea*²²
- Pyrroloquinoline quinone (PQQ)²³
- B complex²⁴
- Creatine²⁵
- Glutathione²⁶
- Vitamin D²⁷

You Can Make a Difference

By giving your current and referred patients the guidance and support they have been looking for with the above seven recommendations, you will not only see some amazingly positive results, but also begin to see a wonderful influx of referred patients you otherwise might not have seen.

Many cancer survivors are miserable, don't know what to do or who to turn to. This also affects their family members in ways we may not even comprehend unless we have been through it. The stress,

frustration and pain has led to many suicides, divorces, loss of friends, family members and jobs. All because patients didn't feel good anymore and, until now, didn't know you could help them.

Would you like to be the local chiropractor known for getting amazing results and helping turn unhappy cancer survivors into happy "cancer thrivers"? If you were known in the community as someone who could help these cancer survivors, how many more new patients do you think would be coming to see you?

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