



Food for Cancer patient

Nutritional
Therapy



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Cancer therapy

Current multi-modality therapy including intervention with

Six Established Rx Modalities:

- Surgery
- Radiotherapy
- Chemotherapy
- Endocrine therapy
- Immunotherapy
- Targeted therapy

- **Complementary therapy**
- **Nutrition therapy**
- **Lifestyle and diet changes**



Cancer Treatment side effects that affect eating:

- Anorexia (loss of appetite)
- Mouth sores / Dry mouth / Trouble swallowing
- Nausea / Vomiting
- Diarrhea / Constipation
- Depression & Anxiety
- Pain



Malnutrition in Cancer

Cancer Type	Incidence of malnutrition
Testicles	25%
Breast	36%
Sarcoma	39-66%
Colon	54-60%
Prostate	56%
Lungs	60-66%
Esophagus	79%
Gastric	83%
Pancreas	83%
Head & Neck	72%
Diffuse Lymphoma	55%



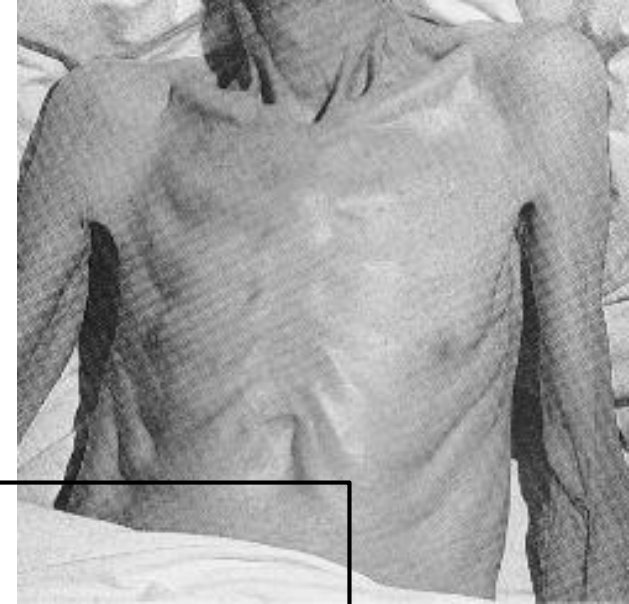
Source: Laviano & Meguid, 1996

Cancer cachexia

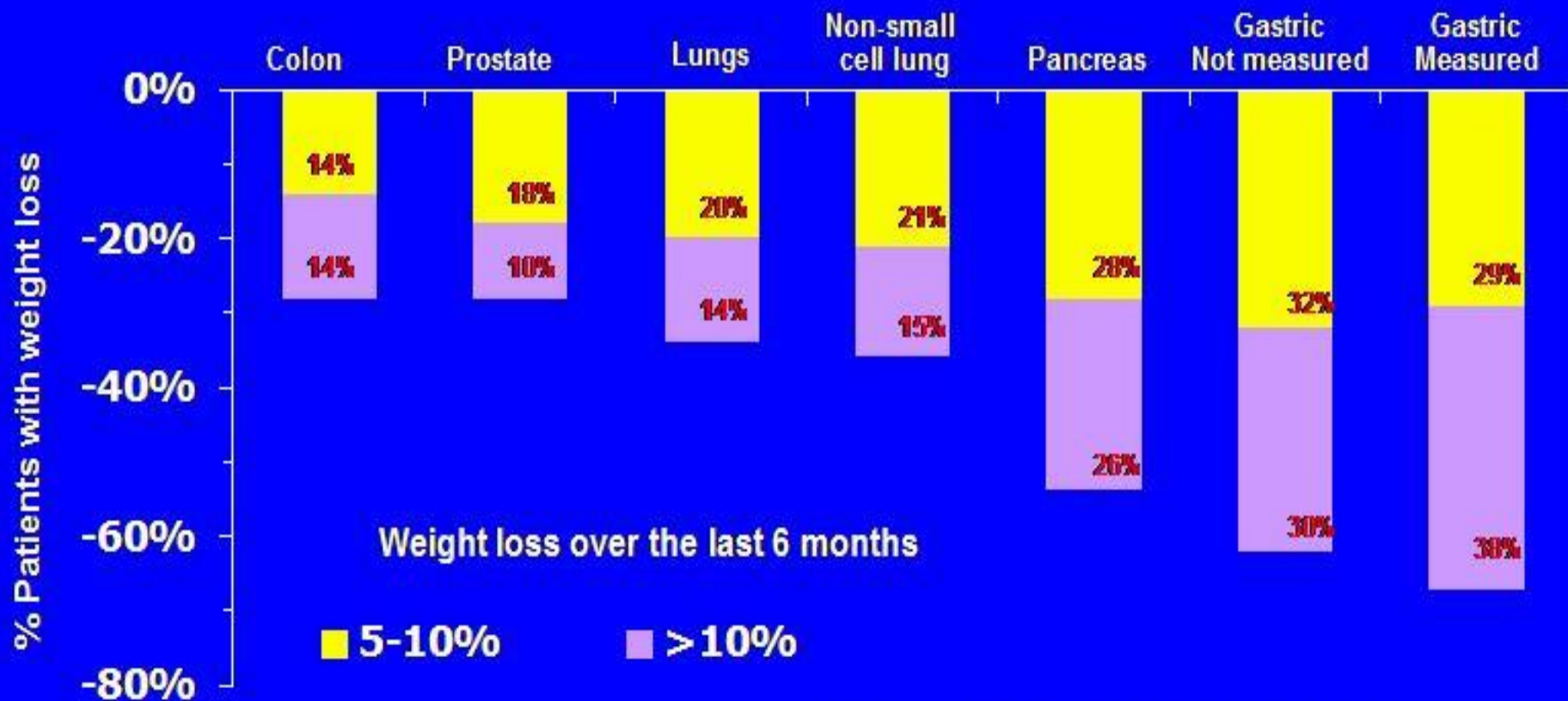
- Cancer cachexia is a wasting syndrome
- Affects more than 80% of advanced cancer patients
- The cause of death in more than 20% of all cancer patients

Clinical Manifestations of cancer cachexia are:

- Muscle & weight loss
- Anorexia (the loss of appetite or desire to eat)
- Asthenia (lack or loss of strength and energy; weakness)
- Anemia (low red blood cells count)
- Considerable alterations in metabolism: Patients remain in a hypermetabolic state as the tumor burden increases.



WEIGHT LOSS



DeWys et al., Am J Med. 1980;69:491

Nutritional Therapy in cancer treatment

Goals of Nutritional Therapy :

- Prevent or treat nutrition problems, including preventing muscle and bone loss.
- Decrease side effects of cancer treatment and problems that affect nutrition.
- Keep up the patient's strength and energy .
- Help the immune system fight infection.
- Help the body recover and heal, keep up or improve the patient's quality of life.



Nausea

Cancer treatments cause Nausea

How to control nausea:

- Eat before cancer treatments.
- Rinse out the mouth before and after eating.
- Eat foods that are bland, soft & easy-to-digest.
- Eat small meals several times a day rather than heavy meals.
- Stay away from spicy foods, greasy foods & foods that have strong odours
- Sit up or lie with the upper body raised for one hour after eating.

Neiguan



Naturext™



Acupressure Point
Pericardium 6 (P6)
for nausea

内关

Nutritional Therapy for Anorexia & Nausea

Nutraceutical Foods	Herbal Remedies
Ginger	<i>Herba Pogostemonis</i> 藿香
Cinnamon	<i>Pericarpium Citri Reticulatae</i> 橘皮
Pepper	<i>Evodia rutaecarpa</i> 吴茱萸



Herbal Drink for Nausea

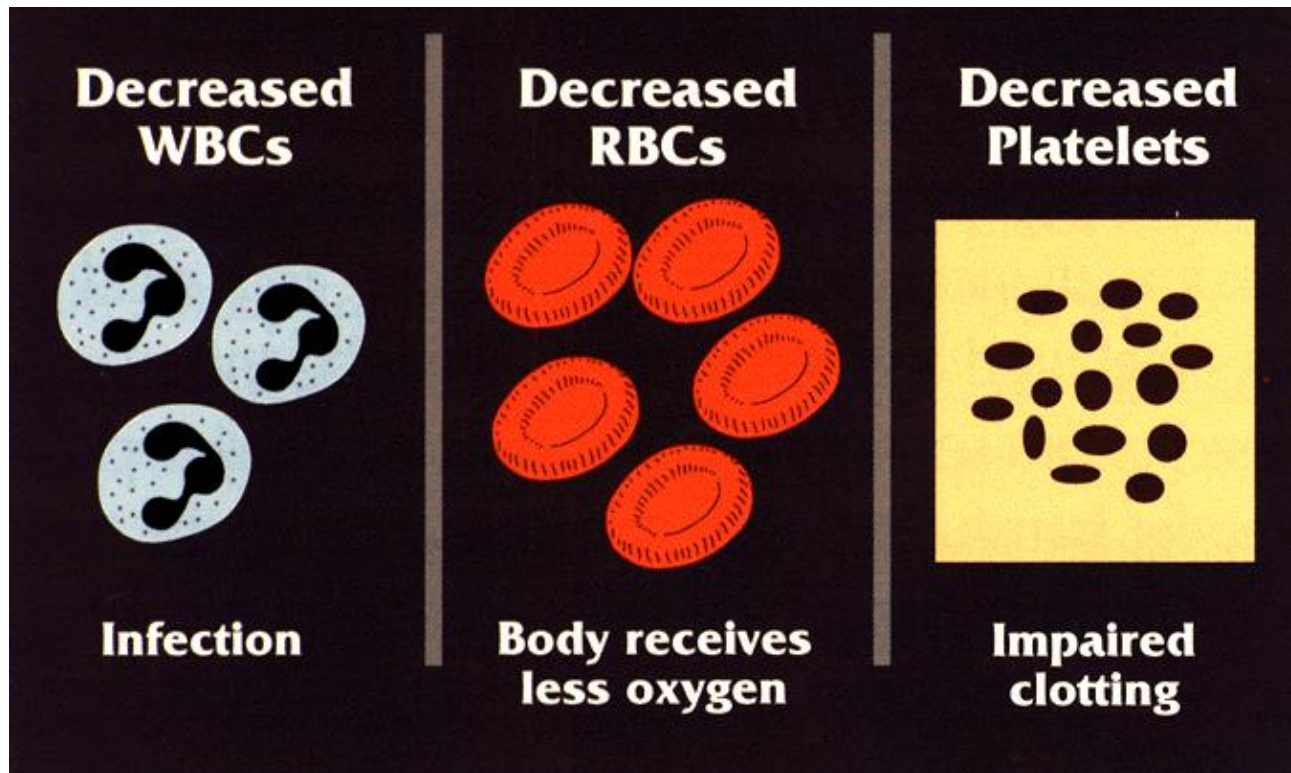
Licorice Ginger Tea 甘草姜茶:

- Fresh ginger 生姜 25克
- Honey-fried licorice root 炙甘草 3克



Low Blood Count:

Side effect of cancer treatment



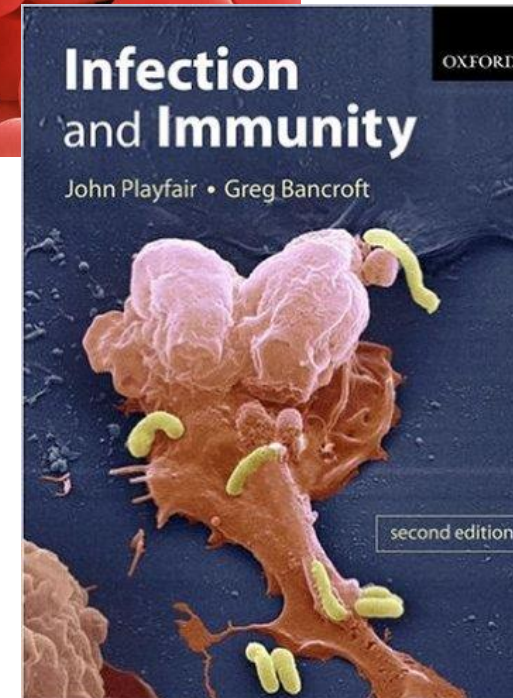
Low White Blood Cell Counts: low immunity, infection risk

- Caused by radiation therapy, chemotherapy, or the cancer itself.
- Patients who have a low white blood cell count have an increased risk of infection.




Keep Good Food Hygiene Habits

help prevent infections :

- Stay away from:
 - Raw eggs or raw fish.
 - Food sold in open bins or containers.
 - Salad bars and buffets when eating out.
- Thaw foods in the refrigerator or microwave. Never thaw foods at room temperature. Cook foods immediately after thawing.
- Keep hot foods hot and cold foods cold.
- Cook all meat, poultry, and fish until well done.



Nutritional therapy for Low White Blood Cells

Functional Foods	Herbal Remedies
 <p>Acai Berry Elderberry Grapefruit Watermelon</p>	<p>Antrodia camphorata 樟芝 Coriolus versicolor 云芝 Phellinus linteus 桑黄</p>
<p>Broccoli</p>  <p>Garlic Mushrooms Spinach Sweet Potato</p>	<p>Cordyceps 冬虫夏草 Polyporus umbellatus 猪苓 Poria cocos 茯苓</p>
 <p>Tea Low-Fat Yogurt Wheat Germ</p>	<p>Curcumin from Turmeric 姜黄 Astragalus membranaceus 黄芪</p>

Health Supplements



TCM Herbal Adjuvant:



Composition:

- Antrodia camphorata 樟芝
- Coriolus versicolor PSP 云芝多糖肽
- Phellinus linteus 桑黄
- Curcumin from Turmeric 姜黄素



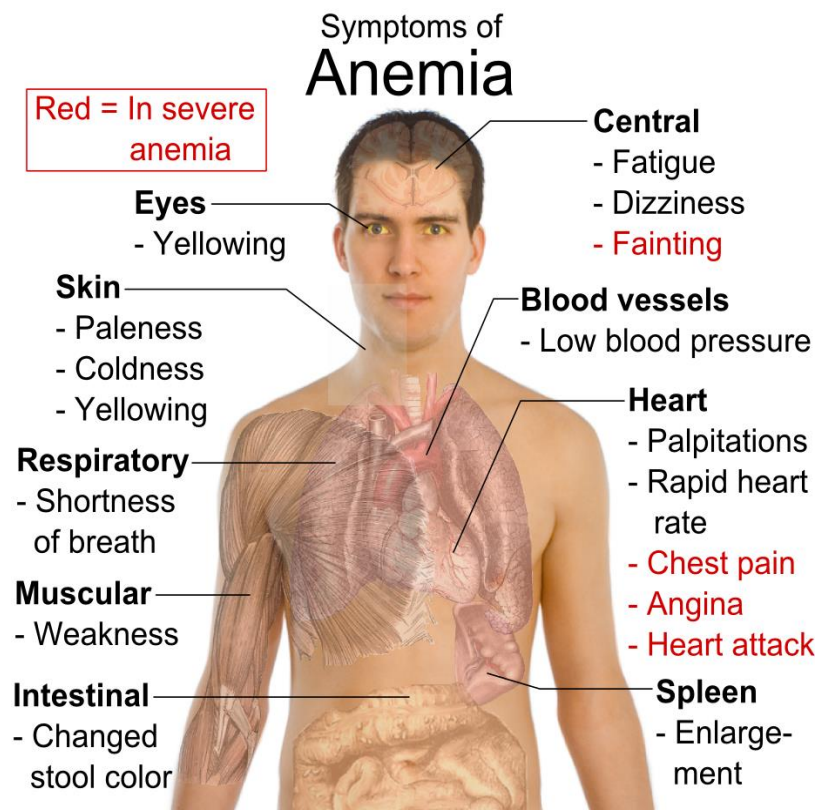
Low Red Blood Cell Count : Anemia & Fatigue

- Nearly 1/3 of patients with cancer develop anemia
- A common cause of Cancer Related Fatigue.



Symptoms:

- Fatigued , Weak
- Short of breath
- Increase in your heart rate
- Dizzy or lightheaded when you change positions quickly
- Chest pain
- Heart attack



Anemia & Fatigue

- Fatigue and anemia often go hand-in-hand in patients with cancer.
- Anemia is frequently a cause of fatigue.
- Both conditions may result from the cancer itself, from treatment, or from underlying causes.

Current Pharmacologic Management of Fatigue is to treat cancer-related anemia



Nutritional Therapy for Anemia

Functional Foods	Herbal Remedies
High Protein Diet: Beans ; Prunes	Rehmannia 熟地 Paeonia lactiflora 白芍 Angelica sinensis 当归
Supplementation: • Iron supplement • Multivitamin	Astragalus membranaceus 黄芪 Codonopsis pilosula 党参

TCM Herbal Adjuvant: 補血经典药方

四物湯

熟地12克； 当归10克
白芍12克； 川芎 6克



HemoHIM (四物湯-熟地):
当归3克, 白芍3克, 川芎3克



Baishoyao Radix (*Paeonia lactiflora*) Chuanxiong Rhizoma (*Ligusticum chuanxiong Hort*)



Danggui Radix (*Angelica sinensis*) Shoudehuang Radix (*Rehmannia glutinosa*)

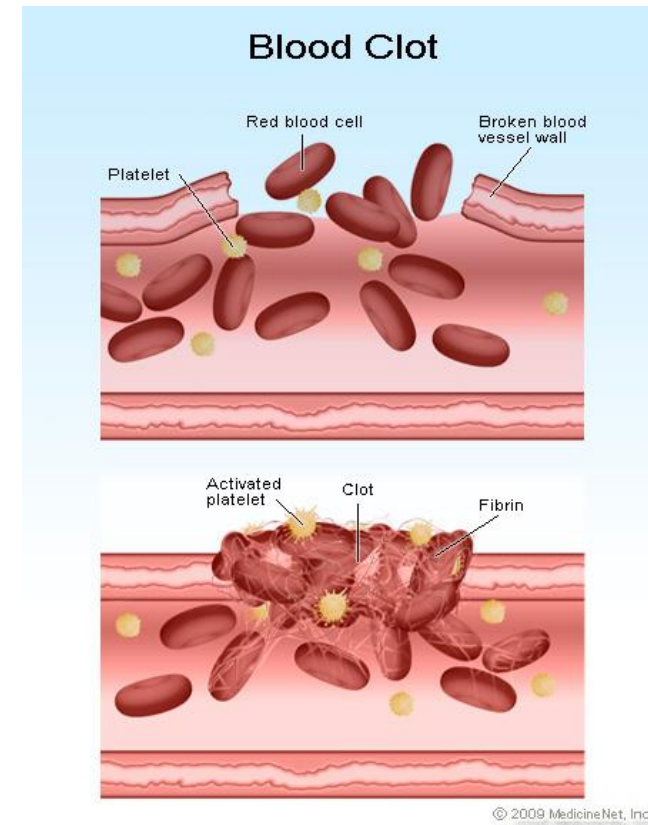
Low Platelets: Poor clotting, Bleeding

Symptom:

- Increased bruising or bleeding
- Spontaneous bleeding

Risk & complication:

- Dangerous internal bleeding can occur
- Can delay your treatment with chemotherapy or to have surgery



Nutritional Therapy for Low Platelets

Functional Foods	Herbal Remedies	Supplementation
Papaya	Panax notoginseng 三七/田七	Vitamin K
Pomegranate	Bletilla striata 白芨	



Vitamin K2 (MK7)
from Natto



TCM Herbal Adjuvant:
散瘀止血经典药方

Powder of Panax notoginseng **三七粉**



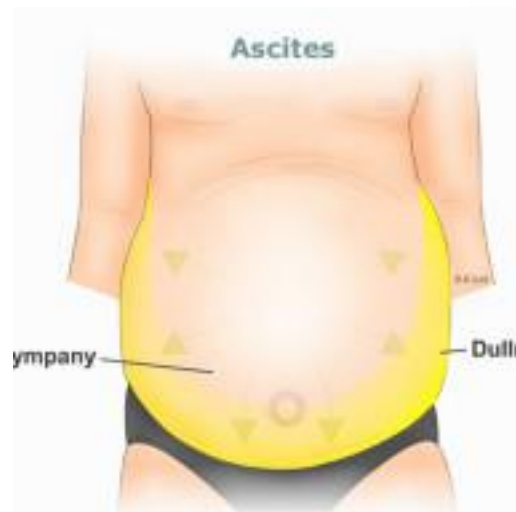
Cancer Treatment Side Effects: Fluid Retention

Chemotherapy drugs can cause fluid retention in the body

Other causes:

- Heart disease, Liver disease, or Kidney failure.
- Blockage of veins or lymph system.
- Malnutrition : diet deficient in protein.

Symptom:
swelling or puffiness
in your face, hands,
feet, or abdomen.



Nutritional therapy for Fluid Retention

Nutriceutical Foods	Herbal Remedies
Limit salt intake; Eat Potassium rich foods	Chinese Barley 薏仁 Poria cocos 茯苓 Polyporus umbellatus 猪苓 Astragalus membranaceus 黄芪 Atractylodes macrocephala 白朮



TCM Herbal Adjuvant:

利水滲濕经典药方:

五苓散 + 四君子湯

五苓散:

猪苓9克, 澤瀉15克, 白朮9克, 茯苓9克, 桂枝6克

四君子湯:

党参12克, 白朮12克, 茯苓12克, 炙甘草6克



Cancer Treatment Side Effects: Diarrhea








A Symptoms of Malabsorption

Causes:

- cancer treatments
- surgery on GI tract
- radiation treatment for abdominal cancers
- diseases of the pancreas
- emotional stress

Diarrhoea may lead to dehydration or low levels of salt and minerals needed by the body.



BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

Nutritional therapy for Diarrhea

To control diarrhea:

- ❑ **Porridge / congee are excellent source of anti diarrhea meal.**
- ❑ Eat soups, bananas, and canned fruits to help replace salt and potassium lost by diarrhea. Sports drinks can also help.
- ❑ Drink plenty of fluids during the day.
- ❑ Liquids at room temperature may cause fewer problems than hot or cold liquids.
- ❑ Stay away from the following:
 - Greasy foods, caffeine drinks, Milk and milk products, Foods & beverages that cause gas such as peas, lentils, cruciferous
 - Sugar-free candies or gum made with sorbitol

Nutriceutical Foods	Herbal Remedies	Supplementation
<p>Porridge. Drink plenty of clear liquids Avoid caffeine and alcohol</p>	<p>Coptis chinensis 黄连 Poria cocos 茯苓 Sophora flavescens 苦参</p>	<p>Probiotic (minimum 15 -20 Billion/day)</p>



General supplementation for cancer patient

French oncology guidelines*: require systematic screening for malnutrition and recommendations include **oral supplementation** as well as “**immune-enhancing diets**”.

* Source: Senesse P. Nutrition and Oncogeriatry. Cancer Radiother. 2009 Oct; 13(6-7):628–31. Epub 2009 Aug 18. [PubMed: 19692281]

Affected Organ system	Naturext Recommend
Cardiotoxicity (Heart)	Cardio CPS
Hepatotoxicity (Liver)	AC Essence, Natto Essence
Nephrotoxicity (Kidney)	Immuno CPX, Chia Essence
Neurotoxicity (Nerves)	Palm Essence

TCM Herbal Adjuvant 癌症中药辅助



四物湯：
 熟地12克，当归10克，
 白芍12克，川芎6克

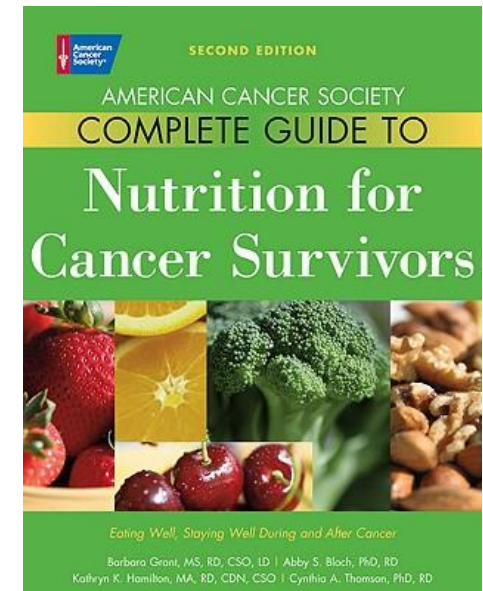
四君子湯：
 党参12克，白术12克，
 茯苓12克，炙甘草6克

八珍汤：
 四物湯+四君子湯

Diet for Cancer patient

is NOT = Healthy Diet for Normal person

- A “healthy diet” as currently defined in our culture (i.e. low fat, high fiber) has no proven benefit for someone with advanced cancer / under treatment.
- Patients will typically eat more of the things they enjoy or find easiest to eat.
- Cancer causes metabolic change that suppresses appetite, these changes are out of the patient's control and should not serve as an indication of not trying to eat, emotional weakness or giving up.



- **Successful nutritional intervention is essential as part of a multi-modality approach to address cancer cachexia and improve treatment outcome.**
- **Good nutrition continues to be important for patients who are in remission or whose cancer has been cured.**

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Areas of research interest includes:

- Naturopathic & Integrated Medicine
- Chemopreventive Therapy
- Transdermal Drug Delivery system.

OTC Product Specialist in Chronic Disease Management

Company focus on offering Breakthrough Bio-Medical Product Solutions in major areas of Aging Health Concerns that helps in the Prevention of Chronic Illnesses of Modern Society, Extending and Enhancing the Quality of Life.

Company sub specialized in providing Pharmacological Therapy product solutions for:

- Chronic *disease management*
- Critical illness recovery
- Complimentary chemotherapy
- High risk chemoprevention



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