

Waking Up the Nation,  
One Reader at a Time...

# PUBLIC HEALTH ALERT

## Healing from Cancer with Integrative Medicine



by **Connie Strasheim**

In September, 2004, I became disabled by chronic illness involving Lyme disease. I quickly learned that conventional medicine offered little to help me out of the mess and multiple dysfunctions that this disease and all of its co-morbid conditions caused. Thus began my unofficial career as a medical researcher, which later became official with the release of my two Lyme disease books, the second of

which is entitled, *Insights Into Lyme Disease Treatment: Thirteen Lyme-Literate Health Care Practitioners Share Their Healing Strategies*. ([www.lymein-sights.com](http://www.lymein-sights.com)). This book has been a bestseller within the Lyme disease community since its release in September 2009.

I wrote *Insights Into Lyme Disease Treatment* because I realized that people with Lyme disease needed better information about how to treat Lyme from doctors that truly understood the disease (which were not those in conventional medicine). Indeed, this doctor interview book turned out to be a valuable resource for many people who, like me, had spent years searching for accurate, valid information on how to treat chronic illness involving Lyme infections.

Because of its success, I decided to

apply the concept of a doctor interview book to cancer and interview cancer doctors because cancer, like Lyme disease, is controversial and its treatment complicated. Furthermore, political and pharmaceutical interests have heavily influenced the availability of accurate information, as well as effective treatments and I wanted to help people to find better treatments, which I was sure were out there.

Many cancer treatment books provide excellent information on alternative cancer treatments, but few provide a comparative overview of different doctors' treatment approaches, as well as outcome information on those approaches. Suzanne Somers' book, *Knockout*, is one doctor interview book that has done this and which contains very useful information. However, it is written in an interview-like

format, and I wanted to provide people with a book that wasn't written in conversational language and which incorporated a broader range of treatment approaches and doctors into its chapters. When people can compare and contrast different doctors' treatments, and get a feel for how those doctors approach cancer and their patients, it can help them to make better treatment decisions.

As I set out to interview cancer doctors, I was determined to find those who were having good success at treating cancer (success being defined as patients living a long, symptom-free life, with or without cancer cells in the body). If my experience with Lyme disease had taught me one thing, it was that effective treatment solutions existed for Lyme, no matter that the media had mostly taught us (Lyme sufferers) other-

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wise, and I believed that the same was true for cancer. My suspicions were confirmed and from my interviews with numerous doctors, my recently released book, *Defeat Cancer: Fifteen Doctors of Integrative and Naturopathic Medicine Tell You How*, was birthed.

Of course, no doctor will tell their patients that cancer can be cured, as there is no test to definitively establish this, but many doctors of integrative and naturopathic medicine have been able to either bring their patients into remission or turn their patients' cancers into diseases that can be successfully managed like a chronic illness. Indeed, it is possible to live a long, productive, symptom-free life with or without a tumor in the body.

## The Problem with Conventional Cancer Treatments

Medical politics and pharmaceutical interests have heavily influenced the kinds of treatments that are available to people with cancer. Conventional treatments, such as chemotherapy, radiation, and surgery, are usually

the only options initially offered to cancer patients, but they aren't always effective.

While these treatments have proven to be useful for treating a handful of cancers, for most types of cancer, their track record has been dismal. In *Defeat Cancer*, Robert Eslinger, DO, states that: "From 1990-2004, over 150,000 people with all types of cancer were studied, and it was found that only 2.1 percent of them were still alive after five years. All had done full dose chemotherapy." (Journal of Clinical Oncology, 2004). Eslinger adds that more than 250 billion dollars have been spent on cancer research over the past 60 years, and yet the cure rate for cancer hasn't improved much since 1950.

Conventional treatments for cancer have their place but are useful only for certain types of cancer, are often inappropriately prescribed, and are inadequate in the absence of a holistic approach that includes botanicals, dietary modifications, and other therapies which augment the effects of anti-neoplastic (anti-cancer) therapies.

## The Importance of Integrative and Alternative Cancer Treatments

Integrative, naturopathic, and other types of "alternative" medicine frequently offer more effective solutions which have been proven in clinical outcomes studies and in doctors' experiences with their patients. (I put the word alternative in quotes because I believe that labeling non-conventional treatments as such is to assign them an undeserved inferior status).

In *Defeat Cancer*, the fifteen doctors that I interviewed describe their treatment protocols which have effectively helped many people with cancer to live long, productive lives. Integrative medicine takes the best of conventional, naturopathic, and other medical disciplines such as Traditional Chinese Medicine (TCM) and homeopathy, to formulate protocols that treat the underlying cause of disease rather than just its symptoms. These doctors share the goal of treating their patients with whatever works, regardless of medical politics or other non-beneficial influences.

## Examples of Effective Alternative Cancer Treatments

All of the doctors in *Defeat Cancer* have a unique way of treating their patients, but all utilize therapies that have been proven in clinical outcomes studies and in their experiences with patients. Among the treatments described are:

**1) Insulin Potentiation Therapy (IPT)**, which utilizes the hormone insulin to make chemotherapy and natural anti-cancer substances more effective. By lowering the body's blood sugar levels, insulin causes cancer cells to starve and open up their cellular receptors to sugar. Doctors can then administer chemotherapy, along with glucose, at one-tenth of the normal full dose, and the chemotherapy will be more effective because the insulin has made the cancer cells more receptive to it. It also doesn't destroy the immune system in the same way that full-dose chemotherapy can, so the body has a better chance of fighting the cancer. Many good doctors of integrative

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medicine utilize IPT as part of a comprehensive, holistic approach to healing.

**2) Metronomic low-dose cyclophosphamide,** which is a natural chemotherapy agent that functions to destroy tumor blood vessels and stop angiogenesis, or new tumor blood vessel formation. Cancer cells get their nutrition via blood vessels, so stopping tumor blood vessel growth prevents this from happening. When people with cancer take very low doses of cyclophosphamide every

other day, this can shrink and, in some cases, eliminate their tumors. In any case, it keeps their cancers from growing and further harming the body. Finn Skott Andersen, MD, from the Humlegaarden clinic in Denmark uses this as part of his cancer treatment protocols.

**3) Antineoplastons,** which are naturally-occurring peptides and amino acid derivatives that the body makes to control cancer growth, but which can also be biochemically synthesized and used to aid the

body in its fight against cancer. Antineoplastons turn off the activity of the genes in the body that cause cancer and turn on the genes that suppress it. Stanislaw Burzynski, MD, one of the physicians in Defeat Cancer, is renowned worldwide for his work with antineoplastons. With these, he has been able to successfully put a high percentage of his patients who have failed both chemotherapy and radiation into remission. These are people who were told that nothing else could be done for them.

**4) Pancreatic enzymes.** The early 1900s English scientist John Beard discovered that cancer cells look and behave much like placental cells, and developed a theory that cancer cells come from residual placental (trophoblast cells) that are found in everyone. What stops placental cell growth in a fetus is when the pancreas (of the fetus) starts producing pancreatic enzymes; correspondingly, Beard discovered that high doses of pancreatic enzymes can be used stop cancer cell growth. Nicholas

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Gonzalez, MD, in New York, has perfected the use of pancreatic enzymes and has had tremendous success in putting many people's late-stage cancers into remission with this treatment.

**5) Mistletoe**, which is an anti-cancer herb that has been used extensively in Europe to treat cancer since the early 1900s. Mistletoe acts upon cancer in various ways: by preventing angiogenesis, directly killing cancer cells, and stimulating the immune system. It also reduces the side effects of conventional treatments. The biological constituents of mistletoe which make it useful in cancer treatment include viscotoxins, alkaloids, and lectins.

**6) Puerarin.** According to Keith Scott-Mumby, MD, one of the interviewees in *Defeat Cancer* and a former physician in the United Kingdom, puerarin is an estrogen-blocking herb that is an excellent alternative to Tamoxifen, which is a drug commonly prescribed to women with breast cancer. This herb comes from a region in Thailand where breast cancer is virtually

unknown and has proven to be very effective for treating hormonally-influenced cancers.

**7) Local and whole body hyperthermia**, which is also widely used in Europe. This treatment heats tumor cells and causes apoptosis, or programmed cell death. Hyperthermia is a very effective adjunct treatment for cancer treatment.

**8) Sono and photodynamic therapy.** Photodynamic therapy involves giving patients light-sensitive substances (usually chemical compounds called porphyrins, which are breakdown products from recycled hemoglobin) that accumulate preferentially in cancer cells. Patients then lie on a light bed, which activates the light-sensitive agents via light diodes and creates a chemical reaction that destroys tumor cells. Sonodynamic therapy follows a similar principle, except ultrasound is used instead of a light bed to activate the light-sensitive substances. Julian Kenyon, MD, a United Kingdom physician who is also represented in *Defeat Cancer*, developed both of these techniques

at his clinics.

**9) Low-dose naltrexone**, which has very powerful anti-cancer effects. It stimulates apoptosis, lowers inflammation, and improves immune function. Incidentally, this medication is frequently given to people who suffer from a variety of diseases since it stimulates endorphin production, which is involved in immune function.

**10) Intravenous Vitamin C.** When administered in high doses, Vitamin C has a pro-oxidant, rather than anti-oxidant, effect against cancer cells. One of the byproducts of Vitamin C when it is broken down is hydrogen peroxide, which tumor cells don't tolerate well. Fortunately, Vitamin C doesn't break down until it reaches the fluid that surrounds cancer cells. Here, it kills cancer while leaving healthy tissue unharmed. Many studies have been done which prove the anti-cancer benefits of intravenous Vitamin C.

**11) Immune-boosting substances**, such as 1-3, 1-6 beta glucans and thymus peptide extracts. Beta glucans derived

from baker's yeast are known to be among the most effective substances for stimulating the innate immune system, which tends to be weak in people with cancer. Thymus peptide extracts cause the immune system to produce more immune cells in the bone marrow, and train mature immune cells to support an active defense system in the body. Nina Reis, MD, of Bad Mergentheim, Germany, is one physician in *Defeat Cancer* who uses the latter as an integral part of her cancer treatment protocols.

**12) Other effective treatments for cancer include:** melatonin, homeopathy, Poly-MVA, fever and oxygen therapies, as well as a variety of intravenous and oral nutritional and botanical substances.

## **It's Not Just About Killing Cancer Cells**

In addition to the abovementioned therapies, all of the doctors in *Defeat Cancer* address other factors that cause or enable cancer to flourish in their patients' bodies. These factors include heavy metal and other toxicities; co-morbid con-

ditions and infections such as Lyme disease; a poor diet, emotional trauma, and unhealthy lifestyle habits. The doctors then describe strategies for ridding the body of these toxins and other infections; healing trauma and relationships, and balancing organs and systems that are out of alignment in the body.

Additionally, like my second Lyme disease book, *Insights Into Lyme Disease Treatment*, *Defeat Cancer* describes factors that affect healing, roadblocks to healing, practitioner/patient challenges to healing, and how family and friends can support their loved ones with cancer.

Finally, people with cancer should know that there is no such thing as a "one-size-fits-all" treatment protocol for cancer in integrative or any other type of medicine. "Cookie cutter" protocols don't work for most people. Everyone is unique and requires an individualized, customized treatment approach by physicians experienced in integrative cancer treatment.

## Never Lose Hope

As I interviewed

the fifteen doctors represented in *Defeat Cancer*, I was encouraged by what I learned. I hope that through my work, I can encourage others, too. There are good, accessible treatment solutions that are being used by doctors of naturopathic and integrative medicine, in the United States as well as abroad, that may enable people with cancer to live for years beyond their initial prognoses, no matter the type or stage of cancer that they are in. Many of these solutions are found in *Defeat Cancer*. To learn more, visit: [www.cancerbooksource.com](http://www.cancerbooksource.com).

## About the Author

Connie Strasheim is a medical researcher and writer, and the author of four books on holistic healing, including *Defeat Cancer: 15 Doctors of Integrative and Naturopathic Medicine Tell You How*, which was released on May 10, 2011. In addition, she has published two books on chronic Lyme disease, including, *Insights Into Lyme Disease Treatment: Thirteen Lyme-Literate Health Care Practitioners Share Their Healing Strategies*, which has

been the best-selling Lyme disease book on the market since its release in September 2009. Her fourth book, *Healing Chronic Illness: By His Spirit, Through His Resources*, describes strategies for spiritual and emotional healing through a relationship with God. Ms. Strasheim's research and education, along with her near decade-long battle with chronic Lyme disease, have provided her with profound insights into how to heal chronic illnesses of all types.

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