



Plastikos Plastic & Reconstructive Surgery
Plastikos Surgery Center
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COMMON ELEMENTS OF ALTERNATIVE MEDICINE BREAST CANCER TREATMENT PLANS BY SUSAN E. KOLB, M.D., F.A.C.S.

- 1) Avoid alcohol, drugs, tobacco, red meat and caffeine.
 - Avoid chemicals such as aluminum found in antiperspirants.
 - Handle pesticides with care.
 - Be more aware of the chemicals in your environment.
 - Eat organic and nonirradiated food.

- 2) Nutrition
 - The importance of purified/filtered water.
 - Fresh raw foods.
 - Avoid sugar, fats and processed foods.
 - Essential fatty acids and the protective role of phyto or plant estrogens in breast cancer.

- 3) Nutritional supplements, especially those that boost the immune system.
 - Vitamin C, Vitamin E, selenium, B complex, Beta carotene, bioflavonoids, co-enzyme Q, enzymes to aid in digestion.

- 4) Herbals
 - Traditional Chinese Medicine
 - Hoxsey Herbs. Herbal preparation for internal and external use has a variety of herbs, which stimulate the immune system and have anticancer activity as well.
 - Cat's Claw. Antioxidant and antitumor properties.
 - Essiac. Essiac herbal tea that strengthens the immune system contains Burdock, Indian rhubarb, sheep sorrel and slippery elm.
 - Green Tea. Contains bioflavonoids that protect against cancer.

- 5) Detoxification Programs. There are a variety of detoxification programs including Willard water, removal of mercury amalgams, coffee enemas, colonics chelation therapy, aromatherapy and mild thistle which is a herb that is a liver protector and a detoxifying agent.

- 6) Alternatives to chemotherapy.
 - Ukrain – derived from a weed called celendine and thiophosphoric acid. Kills cancer cells but spares normal cells.
 - 714X – ammoniated camphor and other substances. Is thought to work by neutralizing a substance produced by cancer cells.
 - Iscador – extract of mistletoe used in anthroposophic medicine.
 - Shark of Bovine Cartilage – antiangiogenesis or prevents the growth of new blood vessels that the tumor needs to grow.



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- Amygdaline/Laetrile vitamin B17 – natural cyanide containing substances found in foods. Releases cyanide into cancer cells more than normal cells.

EXAMPLE OF A BREAST CANCER PROGRAM

Dr. Wolfgang Kostler, President of the Austrian Society of Oncology has a high success rate in preventing recurrences or metastasis in breast cancer. He usually recommends surgery, then his Oncological Basic Therapy.

- Antioxidant therapy to reduce free radical damage.
- Biological dentistry to removed infected teeth and mercury amalgams.
- Regulation of intestinal imbalance with the use of probiotics such as lacto-bacilli to restore balance of intestinal microbes.
- Detoxification of heavy metals with chelation therapy.
- Nutritional therapy/immune modulation/hormonal therapy. Tamoxifen and other hormone blockers.
- Antiviral and antimycotic therapies as viruses and fungi can be a source of free radicals.
- Psychotherapy. Meditation, music, relaxation to activate the immune system.
- Physical therapy and exercise.

SUMMARY

With all alternative medicine has taught us about breast cancer, I highly encourage you to begin a nutritional program which includes nutritional supplementation and appropriate detoxification as well as a regular exercise and stress reduction program especially understanding the protective benefits of tofu and flax seed oil and other phyto estrogens in the protection against breast cancer. For the best medicine is that which prevents disease from occurring.

"The cure of many disease is unknown to physicians. They are ignorant of the whole, which ought to be studied also. For the part can never be well unless the whole is well. This is the great error of our day in the treatment of the human body that the physician separates the soul from the body." Plato

"The art of healing comes from nature, not from the physician. Therefore, tile physician must start from nature, with an open mind." Paracelsus" Nature, time and patience are the three great physicians." Proverbs, The Bible

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