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## **ALTERNATIVE TREATMENTS FOR BREAST CANCER**

Alternative medicine has a vast array of treatments for breast cancer which should be studied by every physician for they not only are helpful adjunct during the treatment of breast cancer, but properly used might very well prevent breast cancer from ever occurring and certainly are useful in the prevention of recurrence of breast cancer after conventional treatment. The brief time I have been allotted for this presentation is insufficient to explore all of these modalities so I have prepared a handout which hopefully mentions the broad categories of alternative treatments of breast cancer although within each category many modalities are most certainly missing. Please refer to the reference materials especially the [Alternative Medicine Definitive Guide to Cancer](#) for more explicit information.

Traditional medicine has a limited understanding of the cause of breast cancer, therefore we have techniques designed to destroy or remove tumor cells, which include surgery, radiation and chemotherapy. There is little understanding of the conditions within the body that cause the cancer prone state to develop so there is little emphasis placed on creating a healthy body and immune system in which cancer does not flourish.

Alternative medicine, on the other hand, believes that the cause of breast cancer comes from the cumulative exposure to toxins such as chemicals, free radicals, heavy metals, viruses, ionizing radiation and toxic emotion. These substances not only promote cell damage including damage to the DNA, but also cause suppression of the immune systems so that cancer cells are not properly eliminated once formed. If one adds to this the effect of toxic emotions such as unresolved difficulties “I have to but I can’t” and chronic emotional stress, you can see how the immune system and life energy body can begin to fall apart and the cancer prone state can emerge. Specifically with breast cancer we see patterns of toxic emotions related to betrayal of the patient from someone who was suppose to protect her (left breast cancer in a right handed patient) or in the case of right breast cancer in a right handed patient, someone (including pets) who she nurtures is either endangered or rejects the patient.

One of the country’s breast cancer “hot spots” is in Long Island, New York. This was a potato growing area but with modern agriculture the fat-soluble pesticides leaked into the ground water on a regular basis. The breast tends to accumulate these toxic chemicals more than other areas of the body, as a high percentage of breast tissue is fat. Add to this the increasing amounts of hormones in pesticides present in our poultry and meat as well as the vast array of chemicals to which we are exposed to on a daily basis in our water, air and foods, and you begin to appreciate how toxicity can build up to a point where the immune system breaks down.

Alternative medicine focuses more on strengthening the immune system so the body’s defense systems can eradicate the cancer. There are three steps in this process. The first is to overpower the cancer before it kills the patient and here traditional medicine works well but there are also some ablative alternative techniques that we will discuss later. Second, the body is detoxified so the immune system can recover and third the psychological and spiritual aspects of the disease are addressed so that relapses will not occur.

### **COMMON ELEMENTS OF ALTERNATIVE MEDICINE BREAST CANCER TREATMENT PLANS**

- 1) Avoid alcohol, drugs, tobacco, red meat, non-ranch fed chickens 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.
- EpiCor Plus, AHCC, NK Stem, Maitake D Fractions

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. If cancer present add mistletoe.
- Green Tea. Contains bioflavonoids that protect against cancer.

5) Detoxification Programs. There are a variety of detoxification programs including , removal of mercury amalgams, LipoChord to remove toxins, coffee enemas, Aloe Detox, colonics, IV chelation therapy, ionic and alcohol foot baths, Oral Chelation/Longevity Plus, milk thistle (Super Milk Thistle X or Silymarin), which is a herb that is a liver protector and a detoxifying agent, Detox Kit, Lymph Tone III, LipoChord, Lypo-Spheric GSH or IV glutathione.

6) Anti-Cancer Supplements:

- Iscador – extract of mistletoe used in anthroposophic medicine.
- Amygdaline/Laetrile vitamin B17 – natural cyanide containing substances found in foods. Releases cyanide into cancer cells more than normal cells.
- EpiCon Forte/Vita Cor Plus Healthy Cell Growth by Dr. Rath
- Graviola (Rain Forest herbal) taken with a probiotic such as Orthobiotic.
- IV Vitamin C (non-GMO) or Lypo-Spheric Vitamin C; one three times a day in juice.
- Activase.
- Chysin 500 - anti-estrogen and aromatase inhibitor.
- ThermaPop (taken orally then with hot water bottle applied to the tumor area for hyperthermia).
- Oral enzyme therapy between meals with coffee enemas
- PolyMVA
- Magnetic Therapy with the magnet north pole toward the tumor

7) Maintain on alkaline and sugar-free diet. Use Buffer pH or pH strips to check urine p.m. Use Stevia instead of sugar.

8) Immune therapies include AHCC, Cellular Forte with IP-6, EpiCor Plus, Essiac Tea with Mistletoe, GlycoBalance, Maitake D-fraction, PXP, selenium.

For a more complete list of treatments, see the Holistic Cancer Protocol at [www.plastikos.com](http://www.plastikos.com) under protocols.

9) Anti-angiogenesis supplements include modified citrus pectin, (Pectosol) and VascoStatin. To determine which therapies in each category are most important for the individual patient, use of applied kinesiology or the pendulum is recommended.

10) A unique inter-dimensional therapy may help, including Homeopathic Invega, Homeopathic Risperdal or Abilify.

11) 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.

### **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. Arimidex or Tamoxifen and other hormone blockers, including Chrysin 500 (anti-estrogen and aromatase inhibitor).
- 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.
- Forgiveness exercises when appropriate.
- Releasing Techniques.

### **SUMMARY**

With all alternative medicine has taught us about breast cancer, I would recommend 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 flax seed oil and other phyto estrogens in the protection against breast cancer. For the best medicine is that which prevents disease from occurring.

Please look at the Fibrocystic Breast Disease Protocol at [www.plastikos.com](http://www.plastikos.com) for more information on breast cancer prevention.

“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, the physician must start from nature, with an open mind.” Paraselus

“Nature, time and patience are the three great physicians.” Proverbs, the Bible

*The following statements and or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.*

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