

Damage Control

Protecting Yourself from the Toxic Effects of Chemo and Radiation



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Why This Information is So Important

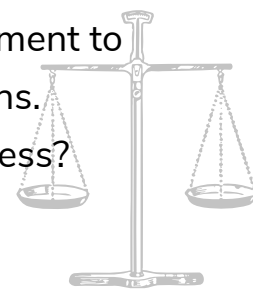
There are few things in this world that are as important as preserving human life. But as with all areas of humanity, it's something that is continually evolving with time and experience.

I don't know if you can remember, but there was a time when there were no laws for driving without a seat belt. The government left that decision up to you. However, today you can receive a hefty fine if you're caught driving without a seat belt. That's because, after decades of people being injured and killed in auto accidents by not wearing seat belts, laws were finally passed to force drivers to buckle up. Now, imagine how many millions of lives could have been saved if those laws were in place from the beginning. That's a lot of lives needlessly lost.

What disturbs me the most is that a similar thing is happening today to cancer patients who are undergoing conventional treatment. While most patients fully understand that therapies such as chemotherapy and radiation are going to cause collateral damage to their bodies, many do not know that there are simple and safe steps you can take to minimize this damage and reduce the dangerous side effects of these treatments. In other words, there are "seat belts" that patients could be "wearing" that the current medical system is not informing them about.

This is a very big deal because the negative side effects of these treatments can lead to treatment failure and death. In fact, many patients die from the side effects of treatments long before cancer kills them.

While chemotherapy and radiation are necessary in many cases to help patients reach remission, they can cause great harm to the body. The biggest challenge for an oncologist is finding the balance between administering enough treatment to kill cancer and giving the patient enough time to recover between sessions. Because what good does it do to kill cancer if the patient dies in the process?



With chemotherapy and radiation being the most prevalent treatments used for cancer, you would think that there would be more effort and research toward helping patients protect themselves from the harmful side effects of these therapies.

Unfortunately, within conventional oncology, you rarely hear this discussed. What most doctors talk about is the *offensive plan*: identifying what treatments to use, going hard and fast to avoid disease progression, and monitoring progress by tracking the shrinking of tumors.

But what about the *defense plan*? What about protecting your healthy cells from chemo and radiation? What about shielding your vital organs from the toxicity of the treatments?



What if there were natural and safe strategies that could be done alongside conventional cancer treatments to help reduce the harmful and dangerous side effects? Wouldn't you want to know about them? And don't you think they would be an important addition to every cancer patient's battle plan?

Well, as an integrative doctor who's been helping late-stage cancer patients beat the odds for 35+ years, I believe the answer is a loud "YES!." And that's why I wrote this short eBook. Inside you'll find the simple and powerful methods I've used to help my patients reduce the toxic side effects of chemo and radiation. And rest assured, none of these recommendations will interfere with your conventional therapies. In fact, each suggestion is designed to work alongside your treatments to help them work better by providing your body with the critical protection it needs.

"If This Were True My Oncologist Would Have Told Me."



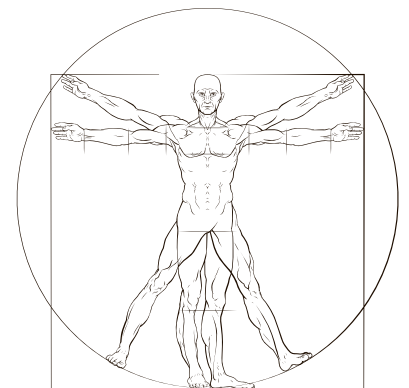
I want to be very clear and let you know that I am not here to talk badly about anyone's oncologist. Your doctor is a highly intelligent medical professional who is doing the best job they can to help you beat this terrible disease. With that said, you need to understand that the primary focus of a conventional oncologist is on one thing: killing cancer cells.

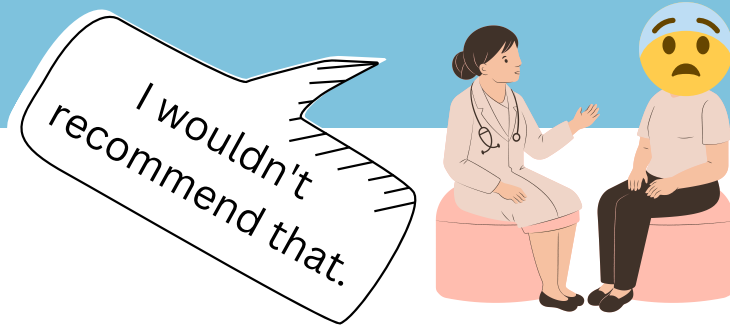
Unfortunately, this single-minded approach to a patient's treatment overlooks some very important issues. One of those being how to protect a patient from the toxicity of treatments while still allowing them to receive the benefits.



Because at the end of the day, that's what we're after isn't it? We want as much benefit as we can get from treatments while doing as little damage as possible.

Well, that's where the integrative approach to cancer comes in. With integrative medicine, you take a holistic approach to treating cancer, meaning you consider the entire person and are concerned not only with killing cancer cells but also with the effect the treatments are having on every bodily system. This means being proactive and creating a plan to support the patient and cushion the blow that toxic treatments will have on their health.





Many patients are shocked to find out that their conventional oncologist has not been trained to think holistically, and that they don't have much to offer in terms of a plan to combat negative side effects from treatment.

In fact, some doctors may be close-minded to discussing it at all. Some of my own patients, who are working with another oncologist to administer treatments such as chemotherapy or radiation, have reported back to me that their doctor tried to discourage them from following my recommendations. These were suggestions such as science-based, natural supplements to take alongside chemo and radiation to help protect them from the harmful side effects and make those therapies work better.

But I can't say that I blame their doctor. From their perspective, they are only doing what they believe is safest for the patient. The strategies I recommend are often foreign to conventional oncologists. Uncontrolled variables in their patient's treatments come off as risky and even dangerous.

Please know that I'm not here to turn you against your doctor. Your oncologist plays a crucial role in your recovery. However, they may not have the answers you need to help protect you from the dangerous side effects of your treatments. Therefore, becoming informed and creating a plan to combat this will be up to you.

I want to encourage you that making this plan is not difficult to do, but it is vitally important. In fact, it might save your life. And if you'll stay with me for a few more pages, I'll show you the safe and simple methods for doing this.



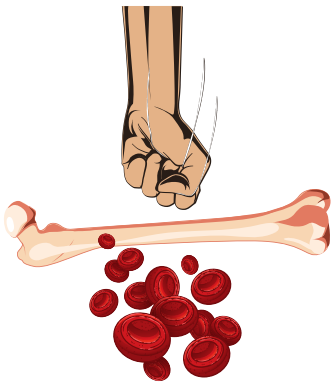
Self-Defense Class



In order to help protect your body from the toxic side effects of treatments, you'll need to understand your opponents.

Once you understand how your "enemies" attack your body (the offense), you'll be able to mount a solid counter-attack (the defense). To start your training, we're going to discuss one of the first attacks that happen to your body during treatment: bone marrow suppression.

Bone Marrow Suppression



One of the most dangerous side effects of conventional therapy is known as bone marrow suppression (also known as myelosuppression). This is a condition in which bone marrow activity is decreased, resulting in fewer red blood cells, lower hemoglobin, fewer white blood cells, and/ or fewer platelets.

This is often caused by the toxic effects of chemotherapy or widespread radiation resulting in damage to the bone marrow.

This is one of the reasons that chemotherapy sessions are spaced weeks apart from one another (to allow time for recovery). Because if they weren't, a patient could die from the complications of bone marrow suppression.

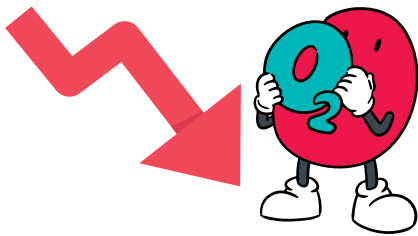
Therefore, because the health of your bone marrow is vital to the function of every major health system, having a plan to defend yourself against bone marrow suppression is critical when going through treatments.

Hypoxia: The Hidden Danger of Bone Marrow Suppression



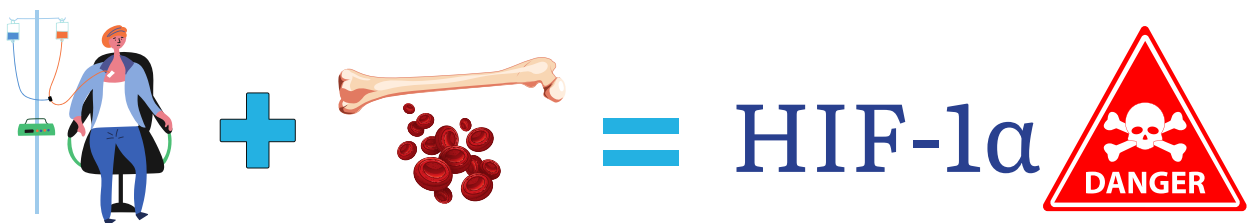
Many cancer patients learn after starting treatment that one of the consequences of toxicity to the bone marrow is anemia. This is a condition where insufficient oxygen makes it to the cells and tissues in the body. This can be measured through bloodwork and has to be monitored carefully as it can become life-threatening if it gets out of control.

Something most patients are never warned about is a secondary issue that comes from prolonged anemia known as hypoxia (low oxygen). When you have insufficient oxygen in the cells and tissues.

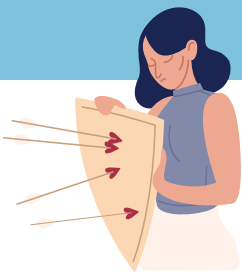


Hypoxia stimulates the formation of hypoxia-inducible factor 1-alpha (HIF-1 α). Accumulation of HIF-1 α creates a cascade of problems. It can induce cancer proliferation, invasion into new tissues, metastatic spread, angiogenesis (the growth of new blood vessels to nourish cancer cells), and even cause cancer cells to become resistant to chemotherapy and radiation.

So to simplify, you can think about it like this...



The moment you start chemo or radiation, it often suppresses your bone marrow. When this happens, red blood cells and other factors are negatively impacted which decreases the oxygen in your cells and tissues (hypoxia). The hypoxia then creates HIF-1 α that makes treatments less effective and stimulates cancer to grow. That's why it's so important that you defend against this happening.



Defending Against Bone Marrow Suppression and Hypoxia

One of the most effective ways to protect yourself from the harmful side effects of chemotherapy is by water fasting. Water fasting for a 3 day period (the day before, the day of and the day after chemo) can significantly reduce the damage done to healthy cells while increasing the effectiveness of chemo.



Of course, this can only be done if the patient is not currently underweight. Fasting longer than 3 days is not recommended and this should not be done more than once every 2-3 weeks.

When the body enters into a fasted state, there are significant changes that happen at the cellular level. Your metabolism switches to ketosis (burning ketones rather than glucose for fuel) and this triggers protection mechanisms that help to shield your healthy cells from the toxicity of chemotherapy. What's more, those same processes also cause the cancer cells to become more vulnerable to chemotherapy. So it's a win-win.

If you're unsure of whether or not water fasting is safe for you, please consult with your family physician and ask them if your BMI (body mass index) is high enough for you to safely fast. The weight you lose can be regained if you eat a surplus of calories when you end the fast, but you need to make sure that you have the surplus weight to lose. Fasting while on chemotherapy without enough body mass to counter the weight loss could result in cachexia (wasting) which can be very dangerous. So please consult with your doctor first if you are unsure.

If the 3-day protocol is not possible, fasting for 2 days (the day of chemo and the day after) or at a minimum of 24 hours (the day that chemo is administered) can still make a difference. But the optimal amount is 3 days.

Defending Against Bone Marrow Suppression and Hypoxia



In addition to fasting, in order to help your body defend against the negative side effects of bone marrow suppression and hypoxia there are some safe and natural solutions that can be used. On the next page I will be recommending natural supplements that are safe to take alongside chemo and radiation and will not interfere with your treatments.

Because of the special manufacturing processes involved and the bioavailability of different supplement brands, I will be making specific recommendations for select brands. While there are other manufacturers of these supplements I cannot be sure that you'll get the desired outcome by using other brands.

If the brands listed on the next page are not available for sale on Amazon, a simple Google search can usually locate another retailer. Or you can contact the manufacturer directly by going to their website which will be provided.



See next page for supplements recommendations...





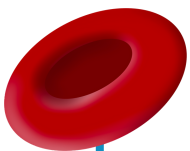
Supplements For Preventing Bone Marrow Suppression and Hypoxia



- **Curcumin**
- Recommended product: "Life Extension Curcumin Elite"
- www.lifeextension.com
- Suggested dosage: One capsule twice daily



- **Resveratrol**
- Recommended product: "Nature's Essentials Resveratrol"
- www.natures-essentials.com
- Suggested dosage: One tablet twice daily



If your red blood cell/ platelet counts are low, you can use the following supplement to safely increase them (may take 30-60 days to see results):



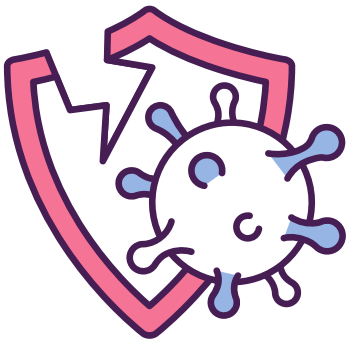
- **Papaya Leaf Extract**
- Recommended product: "Herbal Goodness Papaya leaf" extract 10X strength 600mg capsules
- <https://www.herbalgoodnessco.com/>
- Suggested dosage: One capsule twice daily

Your Protection Needs Protecting

Your immune system is your body's first defense against disease and infection. But it's also a key player in your ability to fight cancer. Radiation and chemotherapy can have a serious negative impact on your immune system, causing a reduction in white blood cells which jeopardizes your body's ability to fight off cancer and secondary infections. The negative effects of treatment on your immune system can lead to what is called Luekopenia - or immunosuppression.



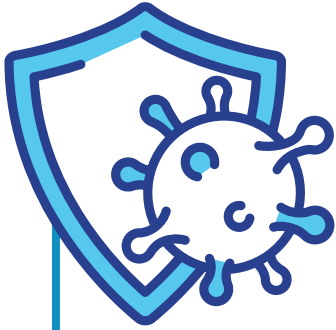
Luekopenia (Immunosuppression)



As the bone marrow is suppressed by the cytotoxic effects of treatment, your immune system is also suppressed. This immunosuppression can happen very quickly once treatment begins and if not dealt with can lead to life-threatening issues. Therefore, it is vitally important that you have a proactive plan to help protect the body's immune system so that as little damage as possible occurs through treatments.

On the next page we'll discuss the natural supplements that can be used to reduce the damage done to the immune system while undergoing chemotherapy or radiation. But we'll also cover a supplement you can use to help you recover faster if your immune system has already been compromised and you need to bring up your white blood cell count.





Supplements For Preventing Luekopenia and Recovering White Blood Cell Count



- Fermented wheat germ extract
- Recommended product: "Avemar™ Film-Coated Tablets"
- www.avemar.com
- Suggested dosage: Follow label instructions



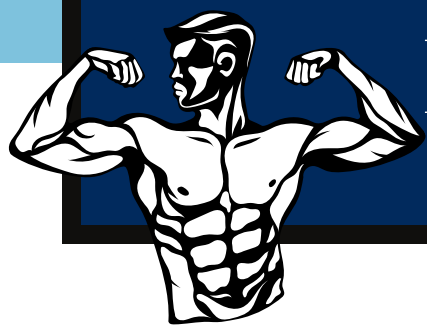
- **Melatonin**
- Recommended product: "Nature's Essentials Melatonin"
- www.natures-essentials.com
- Suggested dosage: 1-3 tablets at bedtime



If your white blood cell count is low, you can use the following supplement to help increase it (may take 30-60 days to see results):



- **Shark Liver Oil**
- Recommended product: "Bell Lifestyle Liver Oil"
- <https://belllifestyleproducts.com/>
- Suggested dosage: One capsule 2-3 times daily



Pump And Flush



In this section, I want to share one of the simplest and yet most overlooked strategies to protect your body from the harmful effects of chemotherapy and radiation treatments. To make it easy to remember, we'll call it the "pump and flush."

First, Let's Talk About "The Pump"

While there are many beneficial types of exercise that a cancer patient could do, I want to discuss the kind that offers the maximum benefit to someone undergoing conventional therapy. That is weightlifting, or resistance training. While cardio is also beneficial to healing and I do recommend regular walks for at least 30 mins or more every day, consistent strength training stimulates the body to heal itself in ways that are just not possible with other forms of exercise.

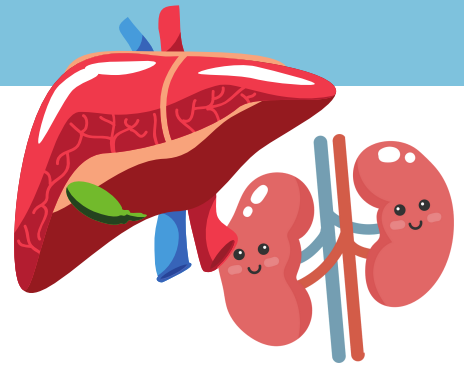


It helps fight off the effects of bone marrow suppression, stimulates the immune system, encourages muscle growth, regulates hormones, and releases endorphins and chemicals that cause the body to self-repair. And these benefits can all be received from a simple 30-minute routine 3 times a week. In fact, if the benefits of a simple three-times-a-week strength training session were put into a pill and given to patients, it would be one of the most in-demand, block-buster medicines to ever hit the market.

To easily incorporate this for yourself I suggest that you join Planet Fitness and use the "30-minute Circuit" section that allows you to follow a step-by-step full-body workout and be finished in 30 minutes. If you don't have access to Planet Fitness, then a simple 30-minute free weight or stretch-band routine on YouTube will suffice. But whatever you choose to do, just be sure that you are challenging yourself a little more each workout so that your body is getting a little stronger every week.



The Flush

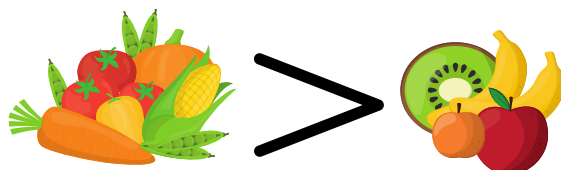


One of the simplest and safest ways to flush toxins out of the body without interfering with treatments is by drinking large amounts of fresh made vegetable and fruit juice. But along with flushing out toxins, juicing has additional benefits.

You see most cancer patients have been deficient in nutrients for many years. This can be one of the attributing factors to developing cancer. And because juicing removes the dietary fiber from the vegetables and fruit, it allows a patient to consume a much larger amount of nutrients than would be possible if they were to try to eat raw produce. And these super-concentrated nutrients are exactly what patients need through treatments because chemotherapy and radiation can strip the body of nutrients and minerals and cause nutrient absorption problems.

But that's why juicing is so powerful. A 16-ounce glass of freshly made vegetable and fruit juice can contain the nutritional equivalent of 5 lbs of produce. And when the body receives these super-concentrated forms of nutrition it begins to self-repair and detoxifies in ways that are just not possible on its own. To put it simply, if you want to heal, your body needs nutrition, and juicing is the best way to get it.

If you want to give your body the best chance of healing, I recommend that you start juicing 24-32 ounces of freshly made vegetable and fruit juice a day. It's best to choose recipes that use a 2:1 or 3:1 of vegetables to fruit. Meaning 2 or 3 vegetables for every 1 fruit.

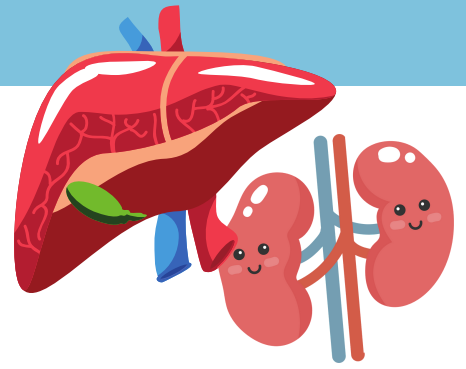


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The Flush



I also recommend that you use a "slow masticating" type juicer as this process of juicing preserves the most nutrition and generates less waste and more juice. The juicer pictured on the left is a slow masticating juicer, however, there are many models to choose from and they shouldn't have to cost you more than \$200-\$300.

When making large amounts of juice each day, it's important to try to use organic produce to reduce exposure to toxins. If this is not always possible, then the next best thing is to thoroughly wash your produce and try to avoid conventionally grown fruits and vegetables that are listed on the EWG "Dirty Dozen" list. These have the highest concentration of pesticides and herbicides.

To drink this much juice safely, I recommend that you purchase a large metal (not plastic), vacuum-sealed drinking thermos that will keep your juice cold all day. The picture on the right is one example. The idea here is to add ice to your juice to keep it cold all day. Now, rather than drink that much juice all at once (which can overload your liver and kidneys and be harmful), it's best to sip on it throughout the day. You want to try not to drink more than 8 ounces per hour. That way the vegetable and fruit sugars won't spike your blood sugar and allows for safe consumption.



It's best to try to consume your juice within 24 hours of making it or it can begin to go rancid. And finally, if you need great recipes, I recommend watching Jason Vale's documentary "Super Juice Me!" and getting his recipe book.

ACT
NOW!



Take Action

I realize that we've covered a lot of information in this short eBook, and I just want to encourage you to reread it a few times if you need to. It is important that you put this information into action, but it doesn't all have to happen at once and it doesn't have to be perfect. You just want to get some motion, because the worst thing that could happen is for you to be going through conventional therapy, read this eBook, and then get busy with life and forget to put any plans into action.

It's not too late to start. Even if you are nearing the end of your treatments, putting this information into action can make a tremendous difference in your recovery. Your body deserves to have all the help it needs to heal and recover, and unfortunately most conventional therapy plans are missing these critical pieces.

My closing words of encouragement are this: take a deep breath and decide to start one thing today. Order one supplement, go on YouTube and research "fasting through chemo," get a membership to Planet Fitness and go use "The 30-minute Circuit" area, buy a slow masticating juicer on Amazon and get inspired by watching "Super Juice Me" (the documentary for free on Youtube). Whatever it is you choose to do, just pick one thing today and act on it.

A little momentum today will continue to grow and before long you'll have a life-changing action plan in place to help protect you through treatments and heal faster. My hope is that like many of my fortunate patients, your life can be healthier after cancer than it was before.

I believe in you and I pray for your full recovery. God bless!

-Dr. Thomas, DO, MS



More Info

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Dr. Daniel Thomas, DO, MS is a highly educated, experienced, and forward-thinking physician. For over 30 years, he has helped people all over the world by providing innovative solutions to reverse disease, improve mental and physical vigor, and increase lifespan. His expertise is in the practical application of biomedical research. Dr. Thomas spends 20-30 hours a week poring over the latest scientific literature in search of promising therapeutic strategies for his cancer patients at his Florida medical clinic.