

## SOLUTIONS FOR CHEMOTHERAPY SIDE EFFECTS

*StoneTree Naturopathic Clinic, Collingwood, ON*

Conventional cancer therapies can be a double-edged sword. Drugs or radiation, for example, may have a positive impact on cancer, but unpleasant side effects, too.

Many well-studied alternatives can be used successfully with conventional treatments to improve their effectiveness, or reduce side effects. Acupuncture, melatonin and high dose vitamin C therapy are just a few of the approaches that have been shown to be effective.

### **What to Choose?**

The challenge is that these alternatives can't be simply added on to every treatment. They are active compounds that, if used incorrectly, can make things worse.

The breast cancer drug, Tamoxifen, for example, works by blocking the effects of estrogen in the body, starving the estrogen responsive cancer. But the drug can also create severe hot flashes.

A quick web search might tell us that a natural remedy like black cohosh would help. **We'd be wrong.** Black cohosh, would in fact be adding *more* estrogenic compounds to the body—doing exactly the opposite of what the drug is trying to accomplish.

The lesson is to be safe. There is much evidence that alternatives can help, but you need to seek advice from a registered health care professional first.

### **Safe Relief for Chemotherapy Symptoms**

#### **Nausea**

- *Ginger tea* – very beneficial in all forms of nausea. Steep for 15 minutes. Take big inhalations of the aromatic scent as you drink.

#### **Mouth Ulcers**

- *Glutamine* – an amino acid that soothes irritated gastrointestinal tracts. Found in cabbage, you can swish it as a juice in the mouth and swallow 3 times/day. Also available in powdered form.

#### **Diarrhea**

- *Probiotics* – beneficial bacteria in our intestinal tract that are easily wiped out by conventional cancer treatment. Take ¼ cup of quality organic yogurt, or 1 capsule (from your health food store) with each meal.

*To learn more about cancer care, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*