

Treating Common Drug Induced Toxicities



After chemotherapy, or years of environmental toxic exposure, you will benefit from a detoxification regimen. Doing so will also help nutrients to be absorbed more effectively, and support health restoration. The following list are common conditions leading from drug induced nutrient deficiencies.

Anemia: Bone marrow damage takes 1-3 weeks to manifest after receiving a toxic dose of a chemo drug.

Vitamin B12 given by intramuscular injection is the most effective way to replenish.

Testing for B12 levels during chemotherapy is not informative. Because chemo oxidizes the B12, blood work cannot tell if it's in the active or inactive form. -Supports bone marrow, white blood cell and platelet production. (prevent anemia)-Nerve repair (prevent neuropathy)-choose hydroxyl-cobalamin form of B12 if mercury is known to be high. (Verses methylcobalamin form, which can make mercury more toxic in the body)-Inject 2mg every chemo cycle.

Iron: Use with caution. Only replace with ferritin level on blood is lower than 30.

Herbs: Astragalus, St Francis Deep Immune Combination, Ginseng, AHCC (active hexose correlated compound) - used as preventative to reduce chemo side effects and build blood stores.

Loss of Smell (leading to loss of taste)

Top remedies: Ginkgo biloba extract, zinc citrate, and homeopathic Zincum metallicum or Mercurius solubilis. Heal the nerves: acetyl-L-carnitine 1,000mg 3 times daily R-alpha lipoic acid 300mg 2-3 times daily N-acetyl-cysteine 1,200mg twice daily 2,000mcg methylcobalamin Vitamin B12 by intramuscular injection every week, or as needed.

Appetite (Loss of appetite or anorexia)

Top remedies: Ginger, bitters, peppermint, thiamine, melatonin, reishi mushroom extract, and royal jelly. Acupuncture Other herbs include gentian, catnip, fennel, Acorus calamus and ginseng. Exercise Zinc citrate helps, taken at mealtime. Side note: bromelain used in high doses as an anti-inflammatory can inhibit appetite.



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Chemo-Brain (“Brain fog”)

Top Nutrients: Acetyl-L-carnitine. (ordinary L-carnitine does not cross the blood-brain barrier nearly as well.)- Carnitine works best with grape seed extract- R-alpha lipoic acid, B-complex and omega 3 oils.

Top Agents: gotu kola, bacopa, ginkgo biloba, rosemary, phosphatidylserine, PQQ, and B12 shots, exercise. Need cholesterol to repair, so speak to your doctor about stopping statin drugs.

Constipation

Colon Hydrotherapy by a certified colon hydrotherapist.

Top Herbs: Wormwood, berberine.

Top Agents: Magnesium oxide or hydroxide, enemas, hydration, prunes, rhubarb, papayas. Fiber - bran, prune juice taken 2-3 tablespoons daily, senna.

Acupuncture

Dehydration

Treat aggressively with miso broth, mango juice and electrolyte drinks such as WHO formula - ½ tsp salt, ¾ tsp baking soda, up to 8 tsp sugar, and up to a cup of fruit juice to 1 litre water.

Intravenous therapy is normal saline, 0.9% salt, with 5% glucose.

Diarrhea

BRAT diet (banana, rice, apple, toast).

Replace probiotic gut bacteria.

Replace electrolyte salts as well as water, with miso soup, broth, juices or an electrolyte drink - at least an 8 ounce glass per bowel movement.

The World Health Organization WHO approved electrolyte replacement formula is ½ tsp salt, ¾ tsp baking soda, a cup of fruit juice, sweetened to taste with the equivalent of up to 8 tsp sugar, in 1 litre of water.

Intravenous rehydration: normal saline, 0.9% salt, with 5% glucose. Bentonite clay can absorb toxins, which may be the cause the diarrhea in the first place. L-glutamine gives energy to heal the gut lining.

Acupuncture



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Fatigue

Exercise, and start prior to therapy.

Top agents to boost cellular energy:

- Acetyl-L-carnitine 500 to 1000mg three times daily
- Panax ginseng 2000+mg daily
- Royal jelly, Codonopsis, Reshi mushroom extract, vitamin B5.
- Omega 3 marine oils
- IV “myers cocktail” nutrition.
- Chlorella algae or wheat grass juice for chlorophyll.
- Top Herbs: rhodiola, nettles, astragalus, Siberian ginseng, Ashwagandha, shitake and cordyceps.
- REST during chemo days. Ask for help/support.

Hair Loss

Alopecia is very common from chemotherapy. It cannot usually be prevented. Protect hair follicles (stall hair loss): Vitamin E, AHCC Acupuncture - to promote re-growth. Cooling devices or ice packs during chemo administration may protect the scalp.

Hand-Foot Syndrome:

- Use topical aloe vera lotion.
- Take vitamin B6 as pyridoxal-5-phosphate 100 mg twice daily.
- Doses of 400 mg may reduce chemo efficacy, so beware. Homeopathic Apis mellifica can help reduce the histamine release

Quercetin - suppresses this at the source. The above formula can be compounded for topical use, applied to hands and feet as needed up to 3 times daily.

Heart Damage

Top Herbs: Convallaria majus, Crataegus oxycantha

Top Agents: CoQ10 300mg daily is a must! Vitamin e 400IU daily, Grape seed extract, Ginkgo biloba, omega 3 oils, L-carnitine, Angelica, Lyceum and Ginseng.

Kidney Damage

Repair any organ damage with Coenzyme Q-10

Top agents: R-alpha lipoic acid , N-acetyl-cysteine , quercetin.

Support it with mixed anti-oxidants: Vitamin e (gamma tocopherol), astragalus and omega 3 oils. The omega 3 fat docosahexaenoic acid DHA prevents cisplatin nephrotoxicity.



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Leukopenia (& Low White Blood Cells)

Top Herbs: St. Francis Herb Farm Deep Immune astragalus formula 3 capsules 2 times a day. Siberian ginseng, astragalus, Ligustrum, codonopsis, Lyceum, salix root, Scutellaria and royal jelly.

Top Agents:

- Thymus and spleen glandular extracts.
- Eucalyptus oil inhalation
- Chlorella algae, up to 20 grams daily

Botanicals consider: Phytolacca (poke root) or Hydrastis (golden seal root) and Echinacea (cone flower).

Top Supplements:

- Zinc, selenium, vitamin A,C,E and B6. An intramuscular injection of B12 will pump up neutrophils.
- Wash your hands often, especially after using the toilet and before eating.
- Exercise.
- The medication Neupogen can cause muscle pain, which can be treated with anti-histamines such as quercetin.
- Chronic low lymphocytes may indicate a gluten intolerance.

Mouth Sores (mucositis)

- Green cabbage soups.
- Gastrazyme capsules.
- Vitamin E 800 IU
- L-Glutamine at up to 15 grams twice per day or 2 gm/m², or 1 rounded teaspoon dissolved in warm water three times daily: swish for 1 minute, then swallow. stop L-glutamine as soon as chemo ends.

Top Herbs: Glycyrrhiza as DGL licorice extract, or glycerite extract, Chamomile tea, green tea with honeysuckle flower, marigold flower juice Calendula, Aloe Vera gel, Chlorophyll, slippery elm bark Ulmus fulva, vitamin E gel, h.

Oral Rinse: ½ teaspoon each of baking soda and salt in a glass of warm water - used several times a day.

- Consider baking soda rather than toothpaste.
- Manuka honey topically - for prevention of mucositis - for head and neck cancers.
- Marshmallow root 1tbsp. per cup, drink after overnight in the fridge.

Nail Damage

- Use oil of oregano topically for infection
- For repair: use chickweed cream and methylsulfonylmethane MSM topically.



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Nausea

- Ginger is very good, as 2 capsules of root powder, as ginger tea, even as ginger ale.
- Eat often in small amounts, especially starches such as dry crackers, and drink plenty of fluids.
- Talk to doctor about Medical marijuana cannabis tetrahydrocannabinols THC does work well for some, if they can tolerate the other side effects – L-citicoline can be used to reduce side effects of this herb.

Nerve Injury The most important single agent to prevent neuropathy is Vitamin B-12 given by intramuscular injection.

- Vitamin B1 thiamine - 100 mg
- Activated Vitamin B6 (P-5-P) - 250mg
- Prevent irreversible damage by chemo with L-glutamine, 3-10 grams 3 times a day.

Cold packs on the hands and feet during chemo infusions also limits nerve injury, by restricts blood flow. Acetyl-L-carnitine (CI-if seizures) & R-alpha lipoic acid IV-D-ALA 150-300 mg biweekly.

Pyrroloquinoline quinone (PQQ) - Found in vegetables and fermented foods, supplement 20 mg daily N-acetyl- cysteine 1,200 mg twice daily. Vitamin B1 - 160mg 2x/day, B-complex, calcium, melatonin, vitamin E and milk thistle extract.

Platelets

Melatonin - The pineal gland hormone melatonin helps regulate the production of platelets, which efficacy comparable to Neupogen, and it's a lot safer.

Top herbs: Licorice root, Ashwagahanda, and maitake mushroom extracts. High dose vitamin C can help recovery. Fresh raw pineapple and papaya leaf may help increase the platelet count.

Avoid blood thinners: aspirin (ASA) and advil (ibuprofen), Ginkgo biloba, ginger, vitamin e OK under 600IU

Vomiting

- Drink electrolyte (minerals) replacement, make a cup of miso soup, bone broth.
- Electrolyte replacement: ½ tsp salt, ¾ tsp baking soda, and a cup of juice per litre of water.
- Acupuncture.

Weight Loss

- High EPA Fish Oil (fatty acid eicosapentaenoic acid)- 2 capsules 2 times daily with food.
- High Dose Vitamin C - can help stabilize weight.

