


Baby Steps

How To Make Helpful, Healthy
Changes.

Scott Berliner R.Ph.





I believe in a functional philosophy –
Shifting medicine from a disease centered
approach to a person centered approach.

There is no “Health care” in our system but
rather it is only “Sick care”.

There needs to be an emphasis on personal
wellness even with a cancer diagnosis.

My Journey

- At 40 years old
 - Weighed 235 pounds- now 190
 - Waistline 40 inches – now 32 inches
 - Hypothyroid from stress.
 - Now normal
 - High blood pressure 140/95 – now 108/65
 - Hgb A1C 5.9 near diabetic - now 5.3
 - Never exercised except bending the elbow to eat and drink. – now at the gym four times a week
 - yoga twice a week
 - kayak three times a week

Discovering my disease

- Dr. Lipman's office August 5, 2011
 - Blood work results returned showing platelets at 21 (140-400)
- NYU October 5 2011
 - Diagnosis made after CBC with differential
 - Atypical myelofibrosis
 - Bone marrow biopsy
 - Cat scan of spleen and liver – no enlargement seen but Dr. Hymes detected slight splenomegaly
 - Did a trial on prednisone low dose (against my better judgment)
- Mount Sinai December 2011
 - Suggested a watch and wait approach and doing a transplant when the time comes

- Columbia-Presbyterian January 2012
 - Met with Dr. Azra Raza head of MDS
 - An integrative oncologist but she didn't know it
 - Agreed to follow me unless things progressed
 - Referred to Dr. Sergio Giralt (of Sloan Kettering) November 2012 for transplant consultation
- Sloan Kettering – Admitted March 18, 2013 – April 12, 2013
 - Port insertion 3-18-2013
 - Chemotherapy 3-19-2013 to 3-28-2013
 - Allogenic transplant 3-29-2013
- Hope Lodge – Recovery till July 3, 2013

August, 2011

- Dr. Sidney Baker
 - Immune challenge with pig worm eggs
 - Worked a little bit.
 - Tried to break the biofilm with anti-fungals
 - Got worse
 - Low dose naltrexone got rid of all symptoms of the cancer as a TH1/TH2 modulator.
 - Glutathione IV and oral reduced my liver and spleen to normal.

Low Dose Naltrexone

- Exp Biol Med (Maywood). 2011 Jul;236(7):883-95. doi: 10.1258/ebm.2011.011096. Epub 2011 Jun 17.
- **Low-dose naltrexone suppresses ovarian cancer and exhibits enhanced inhibition in combination with cisplatin.**
- Donahue RN1, McLaughlin PJ, Zagon IS.
- Ann Neurol. 2010 Aug;68(2):145-50. doi: 10.1002/ana.22006.
- **Pilot trial of low-dose naltrexone and quality of life in multiple sclerosis.**
- Cree BA1, Kornyejeva E, Goodin DS.

What else?

- Liver grew to 19.9cm (normal is about 12cm)
- Spleen grew to double its size
 - Glutathione IV three times a week
 - Oral glutathione on non-intravenous days

Taking Baby Steps

- Sometimes you know you need to make changes in your life but have no idea where to start.
- Taking baby steps will help you start focusing on changes in key aspects of your life such as:
 - Lifestyle
 - Diet
 - Stress Management
 - Managing Supplements and Medications

Lifestyle

- Be an active part of your own healthcare.
- When patients become more active in developing their therapeutic plan, they feel more in control of their own well-being.
- They are also more likely to make sustained lifestyle changes to continuously improve their health.


Time Management

- Take time out to eat and enjoy food.
 - Do not eat while you work
- Create an effective environment.
 - “get organized”
- Set priorities and goals.
 - Once set, stick to the plan
- Elimination of non-priorities.
 - We get caught up in the small details and forget what we really want to accomplish.
- “Take a breath break”
 - Even a single conscious breath is meditative
- Take time out to enjoy life.
 - We are busier than ever just “getting by” and forget what life is all about

• BALANCE

Quick tips for time management

1. Create a daily plan
2. Specify time amounts for each activity
3. Use a calendar or organizer consistently
4. Know your deadlines
5. Learn how to say “No”
6. Target being early
7. Keep a clock visible
8. Set reminders for 15 minutes before so
9. leave time in between
9. Block out distractions
10. Focus
11. Don't spend time on unimportant details and eliminate unimportant ones
12. Prioritize
13. Delegate
14. Cut off when you need to.



“Take care of your body, it’s the
only place you have to live.”

-- Jim Rohn

Exercise!



***The Poor Man's
Plastic Surgery!***



PHYS ED (NY Times)

How Exercise May Lower Cancer Risk

By GRETCHEN REYNOLDS FEBRUARY 24, 2016 5:45 AM

Now, a new study in mice may offer some clues into the exercise-cancer paradox. It suggests that exercise may change how the immune system deals with cancer by boosting adrenaline, certain immune cells and other chemicals that, together, can reduce the severity of cancer or fight it off altogether.

Exercise and cancer

Explore (NY). 2012 Mar-Apr;8(2):127-35. doi: 10.1016/j.explore.2011.12.001.

- Longitudinal impact of yoga on chemotherapy-related cognitive impairment and quality of life in women with early stage breast cancer: a case series.
 - Galantino ML¹, Greene L, Daniels L, Dooley B, Muscatello L, O'Donnell L.
 - CONCLUSION:
 - **This case series suggests that yoga may impact various aspects of cognition during and after chemotherapy administration as noted through quantitative measures.** Women describe yoga as improving various domains of QOL through the treatment trajectory. This mind-body intervention may stave off CRCI; however, further investigation is needed for additional randomized controlled trials on the effects of yoga on cognition for women with breast cancer undergoing adjuvant chemotherapy treatment.

The need for exercise

- “Use it or lose it”
- If you don't use your body, you will surely lose it.
 - Your muscles will become flabby and weak.
 - Your heart and lungs won't function efficiently.
 - Your joints will be stiff and easily injured.
- Inactivity is as much of a health risk as smoking!

Benefits of exercise

- Improves stamina
 - It improves your stamina by training your body to become more efficient and use less energy for the same amount of work.
 - As your conditioning level improves, your heart rate and breathing rate return to resting levels much sooner from strenuous activity.
- Strengthens and tones.
 - Exercising with weights and other forms of resistance training develops your muscles, bones and ligaments for increased strength and endurance.
 - Your posture can be improved, and your muscles become more firm and toned. You not only feel better, but you look better, too!

Benefits of Exercise cont'd

- Enhanced flexibility
 - Stretching exercises are also important for good posture. They keep your body limber so that you can bend, reach and twist.
 - Improving your flexibility through exercise reduces the chance of injury and improves balance and coordination.
 - If you have stiff, tense areas, such as the upper back or neck, performing specific stretches can help "loosen" those muscles, helping you feel more relaxed.

Controls weight

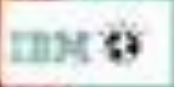
- “Calories in Calories out”
 - Burning more calories increases metabolism and helps control weight.
 - If you burn more calories than you take in, you lose weight. Simple.

Improves Quality of Life

- Once you begin to exercise regularly, you will find many more reasons why exercise is so important to improving the quality of your life.
- Exercise reduces stress, lifts moods, and helps you sleep better.
- It can keep you looking and feeling younger throughout your entire life.

Develop the “Move More Mindset”

- A. Sit less and stand more.
- B. Put more steps in your day.
 - They make pedometers to count for you.
- C. Use the stairs when possible, but know your limits.
- D. Park further from your destination.
- E. Get off the subway one stop sooner.
- F. Stretch in your chair while watching TV
 - Chair yoga.
- Some simple calisthenics during commercials.



Commit to regular activity

- You may not be the type of person who wants to train for a triathlon and that's perfectly okay.
- You don't have to become a fitness buff to benefit from exercise and movement. Start by committing to being active regularly.
- Schedule exercise like any other appointment and treat it as a commitment rather than something you squeeze in if you have time. Again, time management comes into play.
- If you can only allot 15 minutes at a time, then do 15 minutes.
- Stay consistent, it makes a difference.

Commit to regular activity

- Evidence suggests that the total amount of physical activity accumulated in a day is more important than the specific manner in which the activity is performed.
- When this is understood, the principle of “accumulation” becomes very appealing.

Choosing exercises

- Take a short walk.
- Walk at a leisurely pace at first if exercise is new to you.
 - You can build up to a power walk
- Take a fitness class, swim laps, or join dance classes.
 - Join the “Y” or a local gym or exercise at home
 - I like to be in an exercise environment
- Whatever exercise you choose build up slowly especially if you are not used to exercise.

A complete routine

- Cardiovascular exercise like walking or swimming for your heart and circulatory system.
- Weight resistance exercise for your muscles, joints and bones.
- Flexibility training like yoga or stretching for your tendons and ligaments.

How long should you exercise?

- Researchers evaluated two groups on the increase in their fitness level using two different regimens.
- One was 30 minutes of continuous activity, the other was three 10-minute exercise sessions.

They found that the multiple shorter sessions of exercise produced similar and significant improvement in fitness levels when compared with the continuous exercise.

United States
Department of
Agriculture



Economic
Information
Bulletin
Number 86
November 2011

How Much Time Do Americans Spend on Food?

Karen S. Hamrick, Margaret Andrews, Joanne Guthrie,
David Hopkins, and Ket McClelland



Time spent on eating

- On an average day, Americans age 15 and older spent 67 minutes eating and drinking as a “primary” or main activity.
- 23.5 minutes eating and 63 minutes drinking beverages (except plain water) while doing something such as watching television, driving, or working.
- 11 percent of the population spent at least 4.5 hours on an average day engaged in eating and drinking activities.
 - From the [USDA economic bulletin 11/2011](#) studying 2006-2008 eating habits

Basics

- 1. Avoid Fast Food
 - Full of MSG, horrible cancer-causing chemicals, and trans fats.
 - Many of the preservatives used are also in cosmetics and toiletries.
- 2. Replace Other Drinks With Water
 - Not only does this reduce calories but aids the body in flushing out toxins.
- 3. Eat veggies
 - With proper cooking and seasoning you can make these taste great.
 - Replace one bad side dish a day with veggies and work up to 3-5 servings a day.

Basics cont'd

- 4. Cut Out the White Stuff
 - One of the best and easiest things you can do for your health is to cut out the white stuff – white flours, pastas, cereals, and sugars.
- 5. Read Nutrition Labels
 - Check serving size as many people eat more than one serving unknowingly.
 - If there are words you don't understand in the ingredients look them up online. If you don't know what it is, it is probably not good for you.
- 6. Do a Little Research
 - You might try watching documentaries about food and nutrition (I recommend Food, Inc. and Forks Over Knives).
- 7. Eat fruit instead of sugar
 - Fruit has natural sugars in it but it also has vitamins and antioxidants
 - Try an apple with a tablespoon of peanut butter when the cravings start (for me at night)

Stock Your Pantry

- Cooking at home is not only healthier, but can also help keep your finances and stress down.
- Having a well stocked pantry will help you maintain these goals by allowing you to create healthy, quick and easy meals without having large shopping trips every time.
 - Mark the dates you open items you may not use frequently so that you know how fresh they are.

The Pantry

- Oils and vinegars
- Butter (unsalted) store in the freezer if not used frequently.
- Mayonnaise – olive oil or safflower mayo is better
- Dijon mustard
- Ketchup
- Soy sauce – Reduced sodium and gluten free are available
- Worcestershire sauce

Flavorings

- Sea salt
- Black peppercorns
- Onions
- Fresh garlic and fresh ginger
- Spices – Cayenne, paprika, cumin, chili powder, ground ginger, cinnamon, nutmeg, crushed red pepper, ground garlic
 - Buy them as you find need and mark the date opened on each bottle
- Lemons, limes, oranges – The zest is the most potent from these.

Organic is best when using the zest.

- Brown sugar, honey, maple syrup.
- Unsweetened cocoa, bittersweet chocolate, semisweet chocolate chips
- Dried herbs – bay leaves, dill, thyme, oregano, Italian seasoning blend

Canned goods - Frozen is often a better choice. “Fresh frozen not fresh canned”

- Canned tomatoes, tomato paste
- Beans – dried or canned (dried need to be soaked overnight but are the most economical)
- Unsweetened coconut milk for Asian curries and soups.
- Lentils
- Tuna and salmon
- *Be aware that most canned foods are in cans lined with BPA containing chemicals*

Grains and legumes

- Whole-wheat flour
- Brown rice
- Quinoa
- Rolled oats
- Dried lentils
- Yellow cornmeal
- Plain breadcrumbs
 - There are many gluten-free options now available in the super market such as quinoa flour, almond flour, coconut flour
 - Gluten free pastas including soba noodles

Nuts, seeds and fruits

- Almonds
- Walnuts
- Pecans
- Pine Nuts
- Almond Butter or other Nut Butters
- Dried Fruits (Keep in mind some of the dried fruits have a high sugar content)
- Sunflower Seeds
- Tahini (Sesame seed paste)
 - Nuts and seeds can be frozen to maintain freshness

Refrigerator and Freezer Basics

- Milk or alternative milks (such as almond, coconut, rice, or hemp milks)
- Greek yogurt (It is a great alternative to sour cream)
- Eggs
- Meat, Chicken or fish of your liking (Freeze in individual servings to thaw for a quick easy meal any time)
- Frozen berries
- Frozen vegetables

Snacks

- Keeping healthful snacks on hand is important to maintaining your pantry and your healthy lifestyle.
- Great snacks include but are not limited to:
 - Nuts, seeds, or dried fruit (watch serving size)
 - Salsa , hummus or healthful dips
 - Apple with nut butter
 - Other fruits (pears, plums, peaches, etc...
 - Seasonal and local are usually delicious and readily available
 - Chia seed pudding – easily made in a blender

Don't Drink Your Calories

- Keep in mind that a lot of beverages out there have a lot of calories and/or chemicals that most people do not account for.
 - The average soda has over 200 calories
 - An ounce of liquor has approximately 100 calories
 - 1 glass of red wine has approximately 125 calories
 - 1 can of beer has approximately 150 calories (depending on type)
 - Juices usually have 120-130 calories per cup
 - There are only 62 calories in a whole, fresh orange
- ***NOT ALL CALORIES ARE CREATED EQUAL***

Are you Spent? - “Spent” by Dr. Frank Lipman

- 1. Do you wake up in the morning and not feel refreshed?
- 2. Do you feel unusually tired most of the time.
- 3. Do you need coffee, soda or sugary snacks to get going and keep going?
- 4. Although physically exhausted, does your mind continue to race?
- 5. Do you feel as if you are aging too quickly?
- 6. Do you have gas, bloating, constipation and/or indigestion?
- 7. Is it a struggle to lose weight in spite of dieting or exercise.
- 8. Do you have achy muscles and/or joints or tension in your body-particularly your neck or shoulders?

Self test cont'd

- 9. Do you have diminished sex drive?
- 10. Do you often feel depressed or have trouble concentrating and focusing and remembering things?
- 11. Have you found that little or nothing seems to rejuvenate you?
- 12. Do you lack motivation to accomplish even small tasks?
- 13. Do you find that you get sick more frequently and that it takes longer to recover?
 - Yes to three or more and you are probably “burned out”

Stress management

- Feeling stress in your everyday life?
 - There's no doubt that we face an enormous number of stresses in day-to-day living, whether it be at work, in the home, or anywhere in between.
- A recent poll showed that more than one in every four Americans, almost 60 million people, said they experienced a great deal of stress in the previous month alone.

Common effects of stress ...

... On your body	... On your mood	... On your behavior
<ul style="list-style-type: none">• Headache• Muscle tension or pain• Chest pain• Fatigue• Change in sex drive• Stomach upset• Sleep problems	<ul style="list-style-type: none">• Anxiety• Restlessness• Lack of motivation or focus• Irritability or anger• Sadness or depression	<ul style="list-style-type: none">• Overeating or undereating• Angry outbursts• Drug or alcohol abuse• Tobacco use• Social withdrawal

Act to manage stress

If you have stress symptoms, taking steps to manage your stress can have numerous health benefits. Explore stress management strategies, such as:

- Physical activity
- Relaxation techniques
- Meditation
- Yoga
- Tai chi
- And be sure to get plenty of sleep, eat a balanced diet, and avoid tobacco use and excess caffeine and alcohol intake.

STRESS

The Nation's #1 Killer

Medically Proven Stress Contributes to:

- * Heart Disease
- * Strokes
- * High Blood Pressure
- * Colitis
- * Irritability
- * Rheumatism
- * Depression
- * Migraines
- * Diabetes
- * Hardening-
of the Arteries
- * Insomnia
- * Fatigue
- * Sex Problems
- * Skin Diseases
- * Allergies
- * Overeating
- * Asthma
- * Kidney Disorders
- * Ulcers
- * Breathing Problems
- * Increased Smoking

When to seek help

- If you're not sure if stress is the cause or if you've taken steps to control your stress but your symptoms continue, see your doctor. Your doctor may want to check for other potential causes.
- If you have chest pain, especially if it occurs during physical activity or is accompanied by shortness of breath, sweating, dizziness, nausea, or pain radiating into your shoulder and arm, get emergency help immediately. These may be warning signs of a heart attack and not simply stress symptoms.

What is stress and can it help us?

- When we feel stress, our body is sending us a signal about how the pressures we experience affect us physically and mentally.
- Like a caveman running from a woolly mammoth, stress triggers a "fight or flight" response that turns on parts of our nervous system and causes us to make certain hormones.
- Ever been in a dangerous situation and all of a sudden felt like you could lift a car or outrun a chasing dog?
 - In the end, we get a turbo boost of speed, strength, and senses that can be an incredible advantage in our everyday lives.

A few ways that stress, in moderation, can help us.

- 1. Stress Can Sharpen Your Memory
 - Too much stress will cause memory loss and brain fog
 - The body protecting itself
- 2. Stress Can Help Boost Your Immune System
 - If it lasts too long, these hormones can overwhelm your body and actually decrease your immunity. But that initial burst of stress is an asset when your immune system is most vulnerable.
 - Cortisol, the stressor hormone reduces inflammation and it is inflammation that precedes all disease.

3. Stress Can Help You Get a “Leg Up” at Work

- Successful people turn stress into positive energy and motivation rather than letting it consume them.
- When you take risks and choose to attack hurdles at work, it helps your mental toughness and self-confidence.
- Manage the stress and you will get an advantage over colleagues who let stress overwhelm them.

4. Stress Can Make Your Life More Interesting

- To this point, we've described stress as a survival tool.

What about the stress from challenges we choose to take on?

- Asking someone out on a first date, facing and conquering a known fear, interacting with people you've never met, even learning something completely new.
- Positive challenges may not immediately come to mind when you think of stressors -- and maybe that's because of the positive outcomes that come from them -- but they're the types of stress that can help you achieve fulfillment, health, and happiness.

Stress Reduction Kit



**Bang
Head
Here**

Directions:

- 1. Place kit on FIRM surface.**
- 2. Follow directions in circle of kit.**
- 3. Repeat step 2 as necessary, or until unconscious.**
- 4. If unconscious, cease stress reduction activity.**

Recognize Your Stressors and Use Them to Your Advantage

- Sights

- Look at a cherished photo or a favorite memento.
- Bring the outside indoors; buy a plant or some flowers to enliven your space.
- Enjoy the beauty of nature—a garden, the beach, a park, or your own backyard.
- Surround yourself with colors that lift your spirits.
- Close your eyes and picture a situation or place that feels peaceful and rejuvenating.



Recognize Your Stressors and Use Them to Your Advantage

- Sounds
 - Sing or hum a favorite tune. Listen to uplifting music.
 - Tune in to the soundtrack of nature—crashing waves, the wind rustling the trees, birds singing.
 - Buy a small fountain, so you can enjoy the soothing sound of running water in your home or office.
 - Hang wind chimes near an open window.

Recognize Your Stressors and Use Them to Your Advantage

- Smells and scents
 - Light a scented candle or burn some incense.
 - Lie down in sheets scented with lavender.
 - Smell the roses—or another type of flower.
 - Enjoy the clean, fresh air in the great outdoors.
 - Spritz on your favorite perfume or cologne.

Recognize Your Stressors and Use Them to Your Advantage

- Touch
 - Wrap yourself in a warm blanket.
 - Pet a dog or cat.
 - Hold a comforting object (a stuffed animal, a favorite memento).
 - Soak in a hot bath.
 - Give yourself a hand or neck massage.
 - Wear clothing that feels soft against your skin.

Recognize Your Stressors and Use Them to Your Advantage

- Taste
 - Chew a piece of sugarless gum.
 - Indulge in a small piece of dark chocolate.
 - Sip a steaming cup of coffee or tea or a refreshing cold drink.
 - Green tea contains l-theanine, a natural calming agent.
 - Eat a perfectly ripe piece of fruit.
 - Enjoy a healthy, crunchy snack (celery, carrots, or trail mix).

Recognize Your Stressors and Use Them to Your Advantage

- Movement
 - Run in place or jump up and down.
 - Dance around.
 - Stretch or roll your head in circles.
 - Go for a short walk.
 - Squeeze a rubbery stress ball.

20 Alternative Approaches to Stress

www.facebook.com/montereybayholistic



1. Yoga, Tai Chi, Qigong
2. Massage
3. Deep Breathing
4. Biofeedback
5. Meditation/Prayer
6. Music/Art Therapy
7. EFT Technique
8. Flower Essences/Oils
9. Homeopathic
10. Light Therapy
11. Crystals or Gemstones
12. Guided Imagery
13. Herbal or Diet Change
14. Acupuncture
15. Self Hypnosis
16. Psychic Healing
17. Energetic or Reiki
18. Counseling
19. Physical Exercise/Sex
20. Chiropractic



Manage Your Supplements and Medications

“Core Nutrients”

In integrative medicine we speak about the “core” nutrients. These are the vitamins and minerals that we all require.

- Multivitamin with minerals – Unless specifically recommended, do not buy with iron.
 - Iron need can be checked in blood.
- EFA’s or essential fatty acids – Essential means we cannot make them and so we have to consume them.
 - Omega 3’s, 6’s, 9’s
- Probiotics – There are many kinds on the market and many kinds in the body.
 - Fermented vegetables are natural sources
- Calcium/Magnesium – Check the latest information
- Vitamin D – Not previously considered a core nutrient, but the studies overwhelmingly support supplementation especially here in the Northeast

Important Statement from the FDA

- Please note that vitamin/mineral supplements are not a replacement for a healthful diet.
 - Most integrative practitioners agree with this and I certainly do.
- Remember that in addition to vitamins and minerals, foods also contain hundreds of naturally occurring substances that can help protect your health.
 - There is a synergism in the nutrients in food that is rarely duplicated exactly in supplements.

Why the FDA Believes You **Should** Use Supplements

- Do you eat fewer than 2 meals per day?
- Do you eat less than 5 servings of fruit and veggies a day?
- Do you require a restricted diet?
- Do you eat alone most of the time?
- Have you lost or gained more than 10 pounds in the last 6 months without trying?
- Do you take 3 or more prescription or non-prescription drugs a day?
- Do you drink 3 or more alcoholic drinks a day?

Simple strategies for medication management

- Keep a checklist of all the prescription and over-the-counter medications you take.
- For each medicine, mark the amount you take, the time of day you take it, and whether it should be taken with food.
- Store two copies of the list: one on the refrigerator door or where your medications are stored, and one in your wallet or purse.

Day	Medication Name	In these spaces, write down when you should take your pill (e.g. breakfast, lunch or morning, bedtime) and the dosage or quantity you should take at that time. When taken, strike out or put a checkmark through the appropriate box.					
		<i>Breakfast</i>	<i>Morning Snack</i>	<i>Lunch</i>	<i>Afternoon Snack</i>	<i>Dinner</i>	<i>Bedtime</i>
<i>Monday</i>							
<i>Tuesday</i>							
<i>Wednesday</i>							
<i>Thursday</i>							
<i>Friday</i>							
<i>Saturday</i>							
<i>Sunday</i>							

Review your medicine record

- At every visit to the doctor and whenever your doctor prescribes new medicine.
- Don't stop taking a prescription drug unless your doctor says it's okay -- even if you are feeling better.
- Get prescriptions refilled early enough so you won't run out.
 - Check expiration dates frequently and discard any medicines that are out-of-date.
- Keep all medicines out of the sight and reach of children and away from pets.

Spirituality

- Keep love in your life.
- Surround yourself with happy and supportive people.
- When overwhelmed, remember that balance is key.
 - Take a deep breath and relax.
- Learn to put your health and wellbeing first

- “A journey of a thousand miles must begin with one step.”

Lao Tzu

- Live in the moment.
- The past is gone and the future is unknown.
- Remember today is the day you dreamed about yesterday

- Scott Berliner