

Complementary Approaches for Chemo/Radiation Treatment Side-Effects

Presented By Dr. Michael Wald
Integrated Medicine of Mount Kisco, 495 E. Main Street
914-242-8844 (Ext. 1)

Contact Information

Integrated Medicine of Mount Kisco

495 E. Main Street

Mount Kisco, NY

914-242-8844 (Ext 1)

Twitter (@DrMichaelWald)

Facebook

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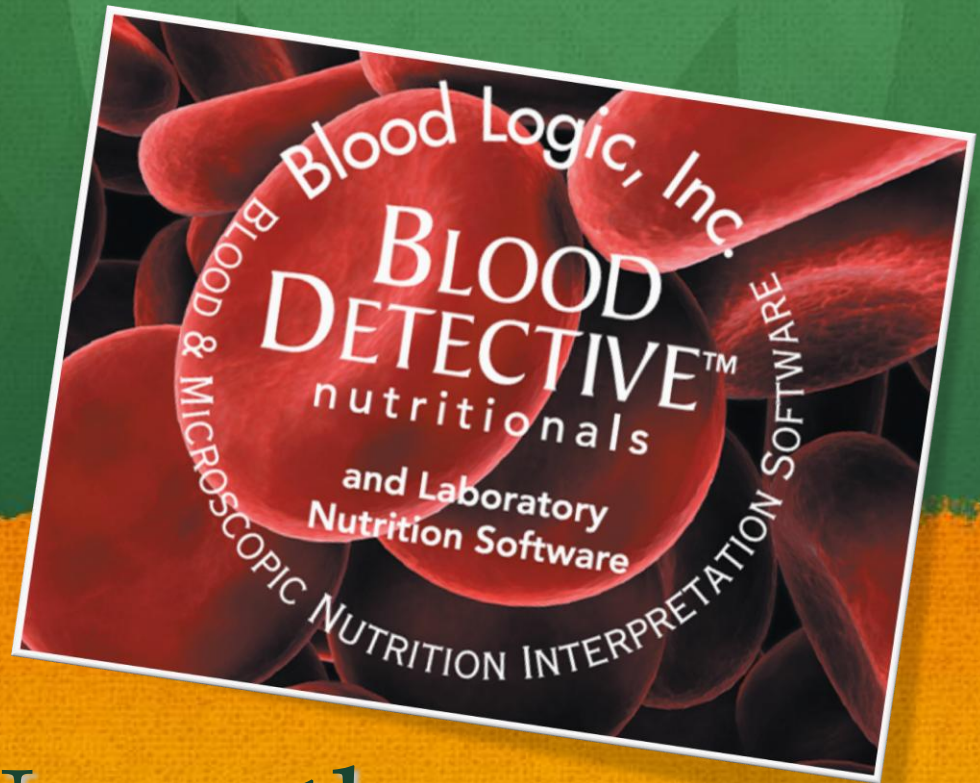
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HD



vimeo



Side-Effects Upon the Body & Natural Solutions

www.BloodDetective.com

Also go to: www.intmedny.com

Twitter (DrMichaelwald) and Facebook)

Chemo/Radiation Side Effects

- Under-recognized
- Under-appreciated
- Under-managed
- Under-treated
- Result – no formalized, systematic approach
- Blood Detective Nutritional Interpretations – provide individualized nutritional recommendations based upon your changing symptoms, chemistry and lifestyle

Blood Detective TM

- Treat the cause of the symptoms/sign
- “You need what you need for your needs – nothing more and nothing less”
- If the cookbook approach does not work within 2 wks try the Blood Detective TM approach - . individualized

Blood Detective Software Technology: Developed by Dr. Michael Wald



Nutritional Fundamentals

Consider for all health issues to promote general health and wellbeing

- Brain Energy Blast
- Reds Protect
- Green Detox
- Longevity Factors
- Vegetarian Omega 3 Smoothie
- Sodium and potassium bicarbonate

Chemo/Radiation Side Effects *plus Nutritional Fundamentals slide 9*

- Arthralgias
- Blood clots
- Brain-fog-awareness
- Cardiotoxicity
- Chemo-neuropathy
- Concentration difficulties
- Depression
- Fatigue
- Gastrointestinal: GERD, diarrhea, constipation
- Hormonal problems
- Impaired immunity
- Increased future risk of cancer due to immune suppression
- Increased risk of infection

Chemo/Radiation Side Effects *plus* *Nutritional Fundamentals slide 9*

- Insomnia
- Libido
- Memory
- Moodiness
- Neuropathy
- Neurotoxic effects and other organs
- Nutritional imbalances
- Problem with multi-tasking
- Reflux
- Low pH (acidosis)

Arthralgias (joint pain)

plus Nutritional Fundamentals slide 9

- DetoX Complete
- Boswellia serrata
- Tumeric Complex
- EPA/DHA (vegan/organic_
- Antioxidants
- Glutamine
- DMSO (joint complete)
- N-acetyl-Cysteine
- Calcium Micro Complex
- Joint Complete
- Active Folic acid
- B12 Liquid (methyl form)
- Enzyme Complete
- Longevity Factors
- Vitamin C Synergy

Blood Clots

plus Nutritional Fundamentals slide 9

- Vegetarian Omega 3 Smoothie
- Boswellia serratia
- Tumeric
- Antioxidants
- Exercise
- Hydration
- Green Detox
- Reds Protect
- Longevity Complete
- Enzyme Complex
- Green Tea Extract
- Ubiquinol
- Milk Thistle
- Vitamin E

Brain Fog (chemo-brain)

plus Nutritional Fundamentals slide 9

- Active Folate
- Liquid B12 Methylated
- Brain Energy Blast
- Reds Protect
- Green's Detox
- Glutathione (reduced)
- Longevity Complete
- Vitamin D 5000
- B12 Liquid
- Veg Omega 3 Smoothie
- CerebroNeuroplex
 - Bacopin
 - Phosphatidylserine
 - Acetyl-L-carnitine
 - DMAE
 - Ginkgo Biloba Extract
 - Glutamine
 - St. John's Wort

Depression

plus Nutritional Fundamentals

slide 9

- Active Folate
- Amino's Complete
- Brain Energy Blast
- Melatonin
- EPA/DHA (vegan/organic)
- Carnitine 500
- Liquid B12 Methylated
- CerebroNeuroplex
- Greet Tea Extract 95
- Magnesium Complex
- Nitric Oxide Boost
- Thyroid Resuscitate
- Vitamin D Liquid K1/K2
- Ubiquinol

Fatigue

plus Nutritional Fundamentals *slide 9*

- Active Folate
- Amino's Complete
- Bioavailable Iron
- Energy Blast
- Reds
- Green Detox
- Longevity Complex
- Liquid B12 Methylated
- Energy Complex
- Magnesium Complex
- MCT Liquid Fuel
- Metabolic Complex
- Multivitamin Mineral
- Ubiquinol
- Vitamin D K1/K2 Liquid
- Whey 26

Gastrointestinal: GERD, diarrhea, constipation *plus Nutritional Fundamentals slide 9*

- Active Folic Acid
- Enzyme Complex
- Betaine HCL
- Glutamine
- Green Tea Extract 95
- Saccromyces boulardii
- Super Bugs
- Boswellia Serratia
- Magnesium Complex
- N-acrtyl Cysteine
- Nitric Oxide Boost
- Vitamin D K1, K2
- Zinc Picolinate

Hormonal Problems

plus Nutritional Fundamentals slide 9

- Active Folate
- Green Tea Extract-95
- Longevity Factors
- Magnesium Complex
- Melatonin
- Multivitamin Mineral
- Phytodiuretic
- Thyroid Resuscitate
- Tribulis
- Veg/Organic Omega 3 Smoothie
- Vitamin D K1/K2
- Vitamin E

Impaired Immunity

Immune Factors-20

plus Nutritional Fundamentals slide 9

- Immune Factors-20
 - Red raspberry
 - Ellagic Acid
 - Pine Bark
 - Grape Seed
 - Lycopene
 - Vitamin E
 - Vitamin C
 - Selenium
 - Graviola
 - Beta-glucan
 - Korean Ginseng
 - Green Tea
 - Quercetin
 - Curcumin
 - Cat's Claw
 - Garlic
 - Pamagranet
 - Essiac Tea
 - Mushroom Complex
 - ARA-6
 - Olive Leaf Extract

Impaired Immunity

plus Nutritional Fundamentals slide 9

- Amino's Complete
- Boswellia Serratia
- CerebroNeuroplex
- DetoX Complete
- Enzyme Complex
- Glutamine
- Green Tea Extract
- Longevity Factors
- Melatonin
- Multivitamin Mineral
- N-acetyl-cystein
- Saccromyces Boulardii
- Superbugs
- Resveratrol
- Tribulis
- Ubiquinol

Future Risk of Cancer/Disease

plus Nutritional Fundamentals slide 9

- Active Folate
- Boswellia Serratia
- CerebroNeuroplex
- DetoX Complete
- Enzyme Complex
- Glutamine
- Green Tea Extract-95
- Immunobalance-20
- Longevity Factors
- Melatonin
- Parasite Complex
- Resveratrol
- Tribulus
- Tumeric
- Ubiquinol
- Veg Omega 3 Smoothie
- Zinc Picolinate
- Sodium and potassium bicarbonate
(based on venous pH)

Increased Risk of Infection

plus Nutritional Fundamentals

slide 9

- Boswellia Serratia
- Immunobalance-20
- N-acetyl Cysteine
- Parasite Complex
- Superbugs
- Saccromyces boulardii
- Tribulus
- Tumeric
- Vitamin C Synergy
- Vitamin D K1 K2
- Glutamine
- Melatonin
- Veg Omega 3 Smoothie
- Whey 26
- Zinc Picolinate

Insomnia

- Active Folate
- Amino's Complete
- Calcium Micro Complex
- Melatonin
- Veg Omega 3 Smoothie
- Vitamin D k1 K2

Libido

- Active Folic acid
- CerebroNeuroplex
- Glutamine
- Longevity Factors
- Magnesium Complex
- Male Extend
- Melatonin
- Metabolic Complex
- Nitric Oxide Boost
- Thyroid Resuscitate
- Tribulus
- Omega 3 Smoothie

Overweight

- Blood Sugar Balance
- Boswellia Serratia
- Enzyme Complex
- Glutamine
- Green Tea Extract-95
- Magnesium Complex
- N-acetyl Cysteine
- Phytodiuretic-11
- Starch Blocker
- Thyroid Resuscitate
- Thermogenic Complex
- Tribulis
- Ubiquinol
- Veg Omega 3 Smoothie
- Whey 26

Neuropathy

- Active Folate
- Amino's Complete
- Alpha Lipoic Acid
- Veg Omega 3 Smoothie
- Reds Protect
- Green Detox
- Longevity Complex
- Glutamine
- Thiamine (fat-soluble)
- DetoX Complete
- N-Acetyl Cysteine
- B12 Liquid (methyl-)
- Cardio Complex
- Green Tea Extract-95
- Magnesium Complex

Neuropathy Continued

- Nitric Oxide Boost
- Multivitamin Mineral
- Superbugs
- Thyroid Resuscitate
- Tribulis
- Vitamin D 5000

Toxic Effects Upon Organs

plus Nutritional Fundamentals slide 9

- Longevity Factors
- Magnesium Complete
- Veg Omega 3 Smoothie
- Active Folate
- B12 Liquid (methyl)
- Superbugs
- Enzyme Complex
- N-Acetyl Cysteine
- Reduced Glutathione
- Ubiquinol-50

Extra slides follow...

Neuropsychological outcomes of older breast cancer survivors: cognitive features ten or more years after chemotherapy.

Yamada TH, Denburg NL, Beglinger LJ, Schultz SK.

Department of Neurology, University of Iowa Carver College of Medicine, USA. torricia-yamada@uiowa.edu

- Long-term cognitive implications of cancer treatment among breast cancer survivors over 65 years old who received treatment -
 - 30 women survivors were matched with 30 non-cancer, healthy older adults in terms of age, education, and IQ.
- *Cancer survivors scored significantly lower in the cognitive domains of executive functioning, working memory, and divided attention, (frontal-subcortical brain regions)*
- Findings suggest that among breast cancer survivors who remain disease-free for more than a decade, the previous cancer treatment may further augment cognitive dysfunction associated with age-related brain changes.

- **CONCLUSION:** Systemic chemotherapy can have a negative impact on cognitive functioning as measured by standardized neuropsychologic tests and self-report of memory changes

Lack of understanding of the mechanism or mechanisms that account for the observed changes


- The greatest gap in our knowledge regarding chemotherapy-related cognitive changes
- Several pathophysiological candidates include
 - Direct neurotoxic effects - atrophy of cerebral gray matter (GM) and/or demyelination of white matter (WM) fibers
 - Secondary immunologic responses causing inflammatory reactions, and microvascular injury
 - Altered neurotransmitter levels and metabolites could constitute an additional mechanism related to neurotoxic effects

Biochemical testing resulting in improvement of chemo-brain

- Malonyldialdehyde – dozens of antioxidants
- Glutathione reductase – sel, glutathione, etc.
- Ascorbic acid/dehydroascorbic acid levels – vitamin C
- Homocysteine/methylmalonic acid: B6, B12, folic acid
- C-reactive protein – vitamin E, etc.
- Vitamin D (25-D3 and 1, 25 D3) – Vitamin D analogues
- Essential fatty acids – omega 3, and omega 6
- Phosphatidylcholine, phosphatidylserine – choline, serine, lecithin, etc.
- Neurotransmitter imbalances – glycine, GABA, tryptophan, etc.
- B-vitamins – B1, B2, B3, B5, B6, biotin, folic acid, B12, etc.
- Selenium
- Magnesium
- Zinc
- Autonomic nervous system dysfunction

Neuro (brain-protectors)

- Omega 3 fatty acids
- Ginkgo biloba
- Rosemarie
- Arginine
- Resveratrol
- Lipoic acid/biotin
- Glandular products
- L-carnitine
- B-vitamins
- Antioxidants
- Bio-identical Hormones
 - Testosterone
 - Growth hormone
 - Other hormones
- Detoxification assays
- Hormonal assays
- Antioxidant assays
- Vitamin assays
- Mineral assays
- Toxins/metal assays
- Neuro-degenerative markers
 - CRP
 - Homocysteine
 - Fibrinogen

The background features a stylized landscape. The top portion consists of several overlapping, semi-transparent green mountain peaks of varying heights and shades. Below the mountains is a wide, textured yellow field that resembles a field of wildflowers or a meadow. The bottom edge of the yellow field is irregular and jagged, suggesting a torn paper effect. The overall color palette is dominated by greens and yellows.

Integrated Medicine of Mount
Kisco- 914-242-8844