

Chemotherapy and nutrition:

The side-effects of chemotherapy may include constipation/diarrhea, lowered white cell count, dry sore mouth, mouth ulcers, fluid retention, hair loss, kidney damage, lethargy/tiredness, loss of appetite, lung damage, nausea/vomiting, insomnia.

| Supplement : | Actions : | Dosage : | |
|---------------------|--|---------------------------|--|
| Adenosine | Improves white blood cell production and recovery, to protect your immune system and reduce delays in chemotherapy regime | 200-300mg /day | |
| Glutamine | Supports and enhances the effects of chemotherapy. Reduces side effects. Protects gut lining to maintain healthy digestion. | 1-4 grams /day | |
| B-complex | Enhance effects of chemotherapy & reduce side-effects, protects digestive system, assists with fatigue. | | |
| Vitamin C | Enhances effects & reduces side-effects of chemo. Boosts white cell function. Helps detoxify harmful substances from the body. | 5grams/day | |
| Vitamin E | Begin 2 weeks prior to treatment. Enhances inhibition of oestrogen dependent tumours. Decreases occurrence of mouth ulcers. | 800-1000 i.u. per day | |
| Activated B3 | Triplies the time that chemo stays in blood. Increases anti-tumour activity of chemo. Decreases toxicity of drugs. | | |
| Astragalus | Protects against the toxic effects of chemo, protects bone marrow, boosts immunity, boosts energy. | 3000 – 6000 mg/day | |
| Zinc | Taste abnormalities are common in people going through chemotherapy or radiotherapy. Zinc supplementation is preventive and therapeutic. | 25-70mg elemental per day | |

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diet and lifestyle:

- 1 Gentle exercise will improve fatigue and depression associated with chemotherapy. Walking, stretching, yoga, tai chi,
- 2 Remember to drink plenty of fluids every day – this will help elimination of toxins, protect your kidneys, and improve your sleep!
- 3 Eat food rich in bioflavonoids to maintain the health of your capillaries and veins. These include berries, cherries, buckwheat, citrus fruits, lemons, plums, blackcurrants, green peppers, broccoli, tomatoes and apricots.

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- 4 Ginger is wonderful for nausea. Can try it as a tea (1 teaspoon grated ginger with 1 cup boiling water), tablet, a quality ginger beer, crystallized ginger or in cooking.
- 5 Herbal teas for relaxation include valerian, hops, passionflower, skullcap, chamomile.