



Crow River
Animal Hospital
& Dental Clinic

Friday Fun Facts – Number 12:2010

Melissa Shelton DVM – Complementary Treatments of Cancer in Pets

Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.

Cancer is unfortunately becoming more and more common in humans and animals these days. Our lives are filled with over-processed foods, un-natural living conditions, and chronic toxin exposure. Surely, this is contributing to the conditions we are seeing in younger and younger beings.

This is a general overview of things that can help a cancer patient. These are not intended to be a regimen to follow for treatment of cancer – this is something that must be decided on a case by case basis. However, the basics will apply to all cancer in general.

Acupuncture

Acupuncture can be used to decrease nausea, stimulate appetite, aid in healing post-surgically, and to decrease pain. Immune systems can be enhanced with acupuncture; increasing the Natural Killer Cells ability to kill cancer and increasing the numbers of T Lymphocytes. After a surgery, post anesthesia ileus (non-moving bowels) can occur. Acupuncture can restore GI motility by 50%. There are human studies showing that malignant pain was reduced in 82% of 183 patients receiving acupuncture. Poorly healing wounds can be helped with electro stimulation combined with acupuncture. Acupuncture for phantom limb pain showed 62% of patients with marked improvement, and 23% with moderate improvement (human data).

Massage Therapy

All types of massage are helpful for acute and chronic pain and inflammation, nausea, muscle spasms, anxiety, depression, and stimulate endorphins. Until we have more data, it is generally accepted to avoid massaging the tumor itself.

BioField Therapy

There are many forms of BioField Therapy; Healing Touch, Reiki, Therapeutic Touch, Pranic Healing, SHEN... In 2005, there had been 151 studies (61 controlled studies) in which 56% of cases showed positive results with these therapies. Results shown included decreased anxiety, improved hemoglobin, increased healing, improved tension headaches, and increased efficacy in treating cancer cells (rat study).

Ayurveda

Herbal medicines from India can be most useful in cancer. They have effects of free radical scavenging, immune system modulation, hormonal effects, and have been shown to have breast cancer benefits in humans. The National Cancer Institute (NCI) has been evaluating two herbal substances for cancer treatment (MAK-4 and MAK-5).

Nutrition

Nutrition in cancer therapy cannot be underestimated. This is the hallmark of all cancer therapy. Nutritional changes have been proven to reduce cancerous growth. Decreased carbohydrates, increased fat, and moderate proteins can starve cancer cells. Cancer cells often can't use fats as an energy source. Home cooked diets high in fish proteins, fats, and vegetable fiber are often the most palatable and effective cancer diet for pets. Often nutritional and food related problems are the primary complaint in cancer patients. It is a very important area to be addressed.

Cachexia (the wasting of muscle and tissues, and becoming extremely thin) is the most common syndrome observed with cancer. It can persist for months to years after the cancer is cured or removed. Proper nutrition and assimilation of nutrients is key to addressing this issue (also important in this issue is Whole Food Supplements, Digestive Enzymes, and Probiotics).

Early in the diagnosis of Cancer – nutrition should be addressed. There are three phases of Cachexia:

1. The Silent Phase – there are biochemical changes within the body
2. Anorexia – lack of appetite, lethargy, patient becomes more susceptible to side effects
3. Deterioration – patient becomes depressed and weak

If an overweight patient gets cancer – this is not the time to diet them. Allow them to have extra fat on them, as cachexia may be coming.

Whole Food Supplements

These are extremely important to make sure the body has the proper nutrients it needs to heal and create healthy cells and destroy cancer. Supplements should not be synthetic and lab created in nature. Supplements made from REAL food are mandatory.

Digestive Enzymes

Every process in our body uses an enzyme. If we are enzyme deficient, not only can we not absorb nutrition properly, but we cannot work our normal body systems. Every cell that reproduces, every nerve that fires, every cancer cell that is killed uses an enzyme in the process.

Omega 3 Fatty Acids

Cancer patients require more of these anti-oxidant fats than the usual patient. Cancer cells do not use fats well as a source of energy. With cancer, more Omega 3's and less or no Omega 6's are desired. General recommendations are for 300mg of EPA and 200mg of DHA (about a 1000mg capsule of fish oil) – to be

given per 10 pounds of animal daily. At 1000mg per 10-15 pounds daily – animals may get diarrhea. It is recommended to start low, and increase until stools become soft, then back off some.

BioFlavinoids

BioFlavinoids are anti-metastatic, antioxidant, and cytotoxic. Whole food supplements and fruits and vegetables are good sources for these nutrients. Baked Tofu can be given as a high bioflavinoid treat. Recommendations include Proanthocyanidins dosed at 20-60 mg/lb and Flavonol/Flavone dosed at 15-50 mg/lb. These components should preferably be obtained through whole food supplements, superfoods and juices, and essential oils.

AntiOxidants

AntiOxidants consist of Vitamins A, C, E, Carotenes, and Selenium. These are used in combination and provide free radical suppression, inhibition of tumor growth, and immune stimulation. High doses are recommended, and have been beneficial. Vitamin A doses are potentially in the toxic dosage range – and must only be used with the understanding that there may be toxic side effects.

- Vitamin C – up to 25 mg/lb
- Vitamin A – CAUTION – 625-7500 IU/lb
- Vitamin E – 10 IU/lb

The above recommendations are for synthetic vitamins traditionally used by the veterinary community. Whole food supplements are far superior in giving our body the nutrition needed. Often, smaller doses are required with whole food supplements, than with one synthetic component. Whole foods also do not carry the risk of toxicity – as our body knows what to do with food, and we cannot overdose on food.

Some debate about using antioxidants while animals are on chemotherapy. Since chemotherapy is trying to kill cells, do we want to prevent this toxic event? Some practitioners do not mind using antioxidants while using chemotherapy – it is likely to help in most eyes. However, this should be an individual decision made for your pet with your veterinarian.

Amino Acids

Amino Acid properties are antioxidant actions, immune system enhancement, and suppression of cancer growth. Important amino acids include Glutathione, Arginine, Glutamine, Methionine, and Bromocystine. Ningxia Red is a superfood drink – rich in amino acids, and is my preference for a natural source of amino acids.

CoQ10

CoQ10 is good for so many things. It is an antioxidant and stimulates the immune system. 2.2 – 22mg/kg of body weight is generally indicated in cancer.

Herbs

Power Mushrooms – Reishi, Shitake, Maitake. These are immuno supportive and immune stimulating. They are found in many cancer herbal preparations.

Green Tea Powder – improves the benefits of Vitamin C and E. There are ongoing studies being conducted.

Garlic – antioxidant, stimulates appetite, inhibits tumor growth. Has a potential for toxicity in animals when used in higher amounts. In general veterinary medicine it is not recommended for use in cats – however, I know of many people who have used garlic in cats, without ill effects. Garlic can be added to food, treats, and used in making home cooked diets.

Astragalus – used a lot in Cancer. Very safe. Immune stimulating, enhances appetite and energy.

Specific Organ Support

Liver – Milk Thistle, Whole Food Supplements
Pancreas – Gymnema, Whole Food Supplements
Prostate – Pau D'Arco, Whole Food Supplements
Lung – Angelica, Whole Food Supplements
Circulatory – Gingko, Whole Food Supplements
Kidney – Rehmannia, Whole Food Supplements
Mammary – Phytolacea, Whole Food Supplements

Special Notes

For cats, never give alcohol extracts directly by mouth. Mix in foods or boil off alcohol by putting the extract in a plate or a spoon – and add a teaspoon of boiling water to evaporate off the alcohol. Or they can be put into empty capsules.

Adding herbs to butter for cats, freezing it and cutting it into pieces can be a convenient way to give herbs.

Essential oils are greatly indicated for Cancer. Specific therapies and dosages are individualized for each case and each type of cancer.

Essential Oils

These should always be incorporated into a cancer therapy in my eyes. There are many essential oils proven to kill cancer cells, but not damage healthy cells. There is much cancer research being done with Essential Oils, and we will cover this subject as a single episode in the future. The most important thing to realize is that you can ONLY use medical grade essential oils for this purpose. Young Living Essential Oils are the only oils I use for medical purposes. However, if I am going to use any oil in my life, why would I ever not pick one with medical benefits? I might as well have health benefits along with nice fragrance.

Summary

As you can see, there are many natural things that can help us to treat cancer. My question to you – is *why don't we prevent cancer instead of try to treat it after the fact?* In my daily life, I try to incorporate daily things that will keep my body functioning properly, so cancer will never have a chance to get a foot-hold. We have incredible and intricate designs in our bodies, to kill cancer the second a “bad cell” is created. Let's nurture this beautiful and natural design so that it can work properly – for us and our pets.

Here are things I do for myself and my pets on a daily basis:

- Drink Ningxia Red everyday
- Take an Omega 3 Fatty Acid everyday
- Take Digestive Enzymes with every meal
- Take Whole Food Supplements every day
- Expose myself to Essential oils every day

Let's talk about ways to get Essential Oils into your daily life – easily.

- I diffuse oils in my home and business daily. Everyday, my pets and I am inhaling oils that may help to prevent cancer in small, frequent amounts. At the same time, I am reaping the benefits of odor control, stress reduction, and disease control – just to mention a few.
- When I shower I use soaps, shampoos and conditioners that contain therapeutic/medical grade essential oils, exposing myself to small amounts of beneficial oils.
- As deodorant, I apply essential oils to my armpits everyday. Not only do some of the oils applied have direct anti-cancer properties, but I am not exposing my delicate lymph system or mammary tissues to toxic chemicals known to cause cancer. The oils detoxify my body from previous toxic deodorant exposure, boost my immune system, help my normal cells to function better, as well as control odor. A win-win situation.
- I apply lotions or oils containing small amounts of essential oils as moisturizer. I have several favorite concoctions and usually will vary it with my mood. Sometimes some Olive Oil with a few drops of Spruce oil. When my kids have swim lessons, we make a special “Chlorine Detox” oil that contains Lavender, Lemon, and Hyssop oil. This is a really nice oil, however in the heart of summer, Lemon can sensitize the skin to sunlight – so you may want to omit or replace it with another oil. There are oils beneficial for sore legs, retained water, PMS – you name it. By incorporating an oil in my daily moisturizing routine – I can “treat” myself very easily for whatever ails me.
- Brushing my teeth with essential oil containing toothpaste.
- Mouthwash with essential oils.
- Wear a necklace that diffuses essential oils.
- Add essential oils to my drinking water – Citrus Fresh tastes so good!

These are just VERY simple and easy ways to get some beneficial things into your life, while cutting out some toxic products.

Eat well, support your body, and give yourself and your pets the tools to have a body that functions normally and with good health! It is up to us to nourish ourselves BEFORE a problem occurs. Prevention IS the best medicine.

"Nature gave us the gift of healing. Providing our bodies the nutrients and care required to heal, lies in our own actions."

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