



***Natural Hope***  
Fighting Chemotherapy Side-Effects Naturally



# **NUTRITIONAL GUIDE**

[www.NaturalHope.org](http://www.NaturalHope.org)

# Natural Hope



Natural Hope's mission is to empower cancer patients with Helpful and Hopeful information about how foods can battle the side effects that can occur during treatment.



This Booklet provides information about the most common side effects and simple tips to help minimize them. We hope it can be your guide to feeling a little better during a tough time and help you have a successful treatment experience.



Natural Hope can only achieve its goals with the assistance of generous donations from the community. Without these donations, achieving our mission would not be possible. We hope you will support our efforts.

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## Our Story

In 1996, our mother Linda Marie Venzon was diagnosed with stage four ovarian cancer. She was given 6 months, but her positive attitude, focus on eating the right foods, and adopting different habits during treatments was able to live with cancer for 10 years.

She had numerous types of chemotherapy and during the years had several periods of remission. Throughout her experience my sister and I consistently looked for ways to help with the side effects of the treatments. We would like to save your family time by sharing some of the remedies that were the most successful.

Our mother's optimism and zest for life helped her through her battle as much as the medicine did. She never let the cancer get her spirits down. Not when she had to be given a colostomy bag nor when she was diagnosed with breast cancer. Determined to live every moment to the fullest she bought a sports car and traveled as much as possible!

Although she lost her battle in June of 2006 she never let define her. We hope her story inspires you to stay positive and not let cancer win!





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# What Is Chemotherapy?



The use of anti-cancer drugs designed to interfere with and halt the growth of rapidly dividing cancer cells in the body.

## Five Possible Goals



Total remission

Combination Therapy



Delay/Prevent Recurrence

Slow down Cancer Progression

To Relieve Symptoms

Immunotherapy stimulates your body's immune system to fight cancer cells

Side effects: nausea, diarrhea, sore mouth, dry mouth, weight loss, muscle aches, fatigue, fever, and taste changes.

Mono-therapy is where you are given one drug during treatment.

Combination therapy is where you are given more than one drug during treatment.

## Different Ways Chemo Works

Prevent cell division,

Target cancer cells food source, enzymes and hormones they require to grow.



Stop the growth of new blood vessels the supply the tumor.

Trigger suicide of cancer cells.



## Hopeful Tips

Avoid Glucose and High Fructose Corn Syrup which can feed cancer cells.

Take a Multi Vitamin Daily like Irwin Naturals Only One Liquid Gel Caps/no iron Or Mega One no iron source naturals.

Take short naps or rests.

Prioritize day to conserve energy.

Work on tasks in small bursts.

Ask for help or delegate activities.

Eat well and include protein in diet daily.

Drink 8 to 10 glasses of clear liquids per day to stay hydrated.

Gentle exercise.



# What Is Radiation?



Radiation delivers high energy beams directly to tumor. It targets energy to kill cancer cells that shrink the tumors and provide relief to certain cancer side effects.

Goal is to control growth of tumor and to minimize damage of to the healthy tissue.

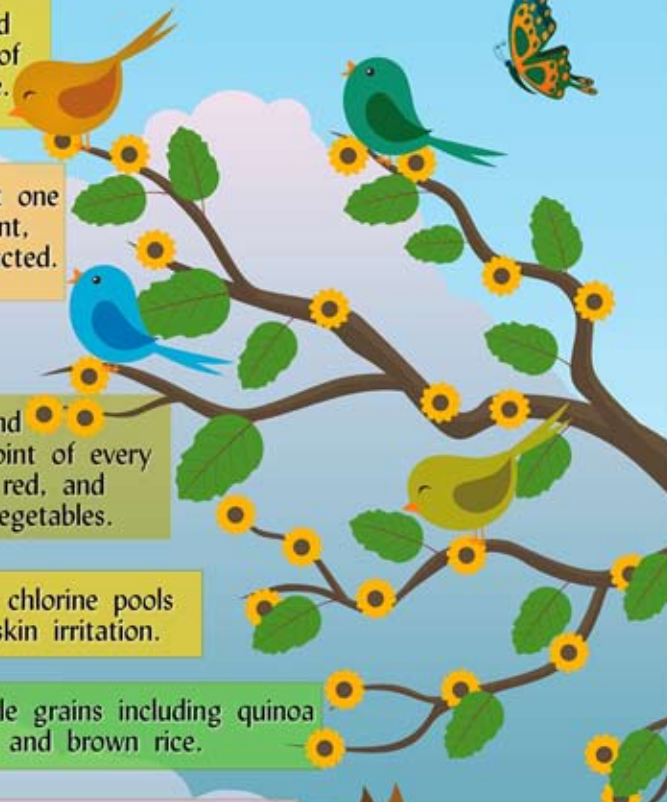
Eat something at least one hour before treatment, unless otherwise instructed.

Make fruit and vegetables the focal point of every meal. Dark green, red, and orange fruits and vegetables.

Avoid swimming in chlorine pools which can cause skin irritation.

Eat whole grains including quinoa and brown rice.

Fat free or low fat milk will help provide calcium, potassium and other nutrients. Also no sugar added soy, almond or coconut milk are also good.



# Meal Planning

## Chemotherapy

Eat low fat, high carbohydrate diet the day before treatment.

High carbohydrates, mainly complex carbohydrates such as starch from grains, fruits, vegetables also a small quantity of good quality protein such as white meat chicken, fish and eggs.

Eat small frequent meals of fish, chicken, rice, baked potatoe, banana, apple sauce.

After treatment stimulate appetite with ginger ale.

Low fat is less than 3 tablespoons of fat/oil per day.

## Radiation

Eat extra carbohydrates for energy. sweet potatoes (great as a fry alternative), honey, and brown rice.

Low in simple sugars to avoid intestinal discomfort.

After treatment eat a high protein and energy diet.

Make meals in Advance prior to treatment which is good for many side effects.

## Ghee Butter

Clarified butter is lactose friendly, rich in healthy fat, promotes bone health, boosts immune system, anti carcinogenic properties, increases appetite and helps with weight loss. Use Organic Form, Ghee Organic Valley. Use it to fry and saute foods.

## Hopeful Tips

Eat fresh foods over processed foods.

Eat 7 to 9 servings of vegetables and fruits per day.

Try to stick to 33 grams of fat per day of Organic dairy.

If allergic to dairy products try to substitute soy, almond or coconut milk.

Include a carbohydrate, fat, and protein in each meal.

When possible choose organic, free range, grass fed, or wild options.

Reduce whole wheat and sugar.

Include good fats like avocado, walnuts, cashews and almonds in your diet.

Reduce saturated fats, less butter, cream, cheese, full fat dairy, unskinned chicken and fatty meats.

Add a tablespoon of flax seed oil daily, in a smoothie, yogurt or cereal.

Drink 3 to 5 cups of green tea per day.

Minimize alcohol.

Using a straw when drinking helps many side effects.

## Hopeful Help



### Protein

Fish, poultry, lean red meat, low fat or non-fat dairy products, eggs, soy food, tofu, edamame, nuts and nut butters, beans, legumes.



### Healthy Fats

Salmon, Flounder, Herring, Sardines, Olives, Avocado, Wheat Germ, Chia Seeds, Ground Flax Seeds, Nuts and Natural Nut Butters, Coconut oil, olive oil, canola oil, and flax oil.

### Alkaline Water

Has smaller water molecules and neutralizes free radicals. Helps counteract the acid found in the bloodstream. Cancer cells find it hard to survive in alkaline environments. Can cause slow growth or can kill the cells.

### Omega 3

Salmon, sardines in water or olive oil, herring, omega 3 fortified eggs, hemp seeds, ground flax seeds, chia seeds, walnuts, mackerel, oysters, roasted soybeans, cooked spinach.

### Avoid Hydrogenated Oil

Avoid safflower, sunflower, corn oil, cottonseed oil, mixed vegetable oil, margarine, vegetable shortening, partial hydrated oil and all products with these listed.

### Fiber

Eat 25 to 35 grams of fiber per day with foods like Whole Wheat Pastas, Bread, Crackers, Quinoa, Barley. Choose Whole Grains, Limit intake of White Flours, Sugars and Cereals. Eat the skin of fruits and vegetable when possible.



### Fruits and Vegetables

Eat 5 to 10 servings per day  
1 serving = 1 cup greens, berries, or melon chunks, ½ cup for all other cut, cooked, or sliced fruits and vegetables, 1 med sized fruit or vegetable, ¼ cup dried fruit, ¾ cup or 6 oz. of 100% juice or fresh juice.

Use Extra Virgin Olive Oil as main cooking oil  
Organic Canola Oil is neutral tasting.







## Red Blood Cells


Red Blood Cells carry oxygen from the lungs to the tissues around the body. Hemoglobin which is a protein that carries oxygen throughout the body is made by Red Blood Cells. Iron is needed to make hemoglobin. It is produced in the marrow of the bone which is also affected by chemotherapy which kills the cells in the marrow.

Anemia is when you have low Red Blood Cell Count. This is the most common effect of treatment and has the most lasting side effects. Treatment impairs the body to produce new red blood cells.


Symptoms: fatigue, light headed, dizzy, chills, skin may be pale, shortness of breath.



To increase Iron Absorption, combine a good form of Vitamin C with your iron rich meal such as drink a glass Orange Juice, Add 1 cup Broccoli or 1 cup Strawberries.



Wheat Grass can help increase red blood cell count and lowers blood pressure. It can also help stimulate your metabolism. Try 1oz, 1-2 times per day.



Avoid drinking coffee, tea or calcium rich foods with your iron rich meal.



## Hopeful Help

The best way to improve your Red Blood Cell Count is through proper diet.

Eating Iron rich foods help to improve blood counts during treatment.

Folic Acid, Vitamin B9, make new healthy red blood cells.

Things that will inhibit iron absorption are peppermint tea and chamomile.



## Hopeful Tips

Always contact doctor's office if temperature is over 100.5 degrees.

Have a bowl of fortified cereal for breakfast regularly.

Examples: General Mills Multi Grain Cheerios, Malt o Meal, FiberOne.

A glass of OJ or side salad with meal increases iron absorption.

Limit the intake of almond, cashew, and carbonated beverages.

Try to sleep longer at night to help with fatigue.

Juices rich in organic iron have all the qualities of a blood transfusion.

Fresh organic juices are carrots, beets, beet greens and dark leafy vegetables dramatically increase the red blood cell counts in body.

Bake Kale and have Kale Chips.





## Iron

# Hopeful Nutrients

3 ounces of Beef or Chicken Liver, Clams, Mollusks, Mussels, and Oysters, One cup cooked Beans, ½ cup of tofu, lounce of pumpkin, sesame, or squash seeds, eggs, figs, oysters, very dark chocolate, whole grains, liver, tuna, lean protein.



## Vitamin B9

Liver, turkey liver, liverwurst, edaname, kale, spinach, peas, bean sprouts, sunflower seeds, pinto beans, garbanzo beans, asparagus, and peanuts.



## Vitamin B12

Clams, liver, and mackerel. Avoid inorganic supplement forms of iron. All Bran Complete Wheat Flakes have 100% daily intake of iron.

## Vitamin A

This very important vitamin can be found in a multitude of fruits, including grapefruit, mango, watermelon, plums, cantaloupe and apricots.

## Copper

Helps body make RBC, keeps nerve and immune system healthy and helps body absorb iron: shellfish, poultry, liver, whole grains, beans, cherries, chocolate and nuts.



# High Protein Iron Rich Foods



Kale



Cooked Spinach



Squash



Lentils



Dried Prunes



Clams



Raisins



Pumpkin Seeds



Red Meat



Liver



Fish



Dark Chocolate

## Immune System



When you are going through treatment your white blood cell levels drop causing you to be susceptible to infections such as viruses, fungi, and bacteria. Cancer cells can hide from your immune system.

### Hopeful Tips



Broccoli, Brussels sprouts, cauliflower, cabbage produce the Chemical sulforaphane that can stop the growth of cancer cells and boost the production of certain components of the immune system.



### Oats and Barley

3 daily servings contain beta-glucan, a special fiber, which help increase the activity of white blood cells that help attack bacteria and viruses. Add 1/2 cup to your daily diet.

### Garlic



2 cloves twice per day contains Allicin that fights infection and bacteria. (More potent than Echinacea)

### Coconut

A great booster which contains antifungal, antibacterial, antiviral properties to boost the immune system.

### Astragalus Herb



Can help boost your immune system volume by increasing the activity of killer white blood cells that have antiviral and antitumor agents. Available at GNC stores.

### Coriolus Mushrooms



Strengthen the immune system, have antiviral and antitumor properties. Contain polysaccharides that boost cell production to slow the growth of certain tumors. Supports digestion and reduces infection. Available at The Vitamin Shop.

## Hopeful Help

Eating iron rich foods with vitamin C will help your body absorb iron more effectively.

Tea: Several cups of Black tea per day. Get 5 more times the antioxidants from tea bags.

Bob the bag up and down while brewing to get the most benefit.

1 -2 cups of green tea can help stimulate white blood cell production.

Kale (1 cup) helps to fight cancer cells which contain vitamin A that has the ability to respond to cell invaders.

Obesity prevents the immune system from functioning properly. If you are overweight try exercise regularly to get to optimal healthy body weight.

DE stress: Chronic stress can cause hyperactive immune system. Try stress reducing activities such as meditation and yoga which help produce positive changes in the immune system.

Antioxidants in vitamins, minerals and other nutrients can help protect and repair cells from damage also help keep immune system strong.

# Immune Boosting Nutrients

## Vitamin C

Helps immune system protect against disease and improves the absorption of iron from plant based foods. Lemons, Oranges, Papaya, Guava, Grapefruit, Bell Peppers, and Broccoli.

## Vitamin A

(Beta-carotene) helps with white blood cell production. Spinach, Carrots, Melons, Oranges.

## Vitamin E

Found in nuts, seeds, and turnip greens, has been shown in scientific studies to combat flu and upper respiratory infections. If you eat a variety of greens as part of a balanced diet, you'll get all the good stuff you need to help fight disease.

## Zinc

Increases the production of fighter t-cells, white blood cells, and antibodies that help fight off infection: oysters, crab, yogurt, chickpeas, lean meat, pumpkin seeds, lamb, garbanzo beans, cashews, mushrooms.

## Polysaccharides

Helps boost the natural killer cells and get cellular communication process going: Apples, Pears, Whole Brown Rice, Onion, Garlic, Shitake Mushrooms, Reishi Mushrooms.

## Yogurt

Two 6 oz. servings per day helps boost T cell production, Boost your immune system with live cultured yogurt, has vitamin K, vitamin B and folate which also help to seek out killer cells. Stoney field Farms has a specific probiotic that stimulates White Blood Cells.

## Cherries

Contain Quercetin and Ellagic Acid, which have been found to inhibit tumor growth and even cause the cancer cells to commit suicide without hurting healthy cells. Cherries also have antiviral and antibacterial properties, and are very nutritional with a low calorie count.

## Flax Oil

3 tsp of flax oil to fruit smoothie per day is said to be a great immune booster and increases activity of white blood cells that eat up bacteria. Salmon, tuna, and mackerel are high in Flax oil. Sprinkle over salad, cereal, yogurt, and oatmeal. Available at the Vitamin Shoppe and Trader Joes.

Turmeric, Echinacea, and Cats Claw are also powerful herb to help with immune system.

# Nausea



Occurs based on type of chemotherapy drugs, amount received, and if you have had a previous experience.

You will be more vulnerable if you are under 50, a woman, high anxiety, prone to vomiting, had morning sickness when pregnant or motion sickness.

## Hopeful Tips



Eat a light meal prior to treatment.

Coconut water can be helpful in reducing vomiting and nausea, replaces lost fluids.

Eating a few crackers before bed has been said to help with nausea in the morning.

Drink lots of fluids, unsweetened fruit juice.

Adding smaller meals of Fiber rich foods throughout the day will help relieve symptoms.

Lack of protein can make nausea worse.

Use foods to restore potassium due to vomiting.

## Ginger



Steep 3 slices of ginger in a cup of water for 10 minutes then drink. You can also try grating ginger and then placing it under your tongue.

## Hopeful Help

Meditation techniques have been known to help.

Take small sips of water to keep hydrated which will also help with headaches that can come with nausea.

Eat every two hours to help absorb acid in the stomach.

Don't eat your favorite foods, because it may cause you not to enjoy them later.

Suck on a hard candy, peppermint, or lemon if you have a bad taste in your mouth from treatment.

Rinse mouth before and after meals with  $\frac{1}{4}$  tsp baking soda to help with metallic taste.

Make meals in advance of treatment and freeze to heat later to avoid smells.

Aromatherapy and peppermint oil can help. Breathe in scent or use peppermint body lotion.

Acupuncture and Acupressure have been known to relieve nausea.

Metal Taste in your mouth? Swish and Spit  $\frac{1}{2}$  tsp of salt or baking soda with a glass of water four or five times a day.

# Helpful Foods

## Apples

Gala Apples, Applesauce, Apple juice help by inducing chemicals out of your system.



## Ginger

Ginger has health protecting qualities. Start to eat ginger 3 days prior to chemotherapy treatment to help eliminate nausea. 1 to 2 inches added to tea, or 1/8 to 1/4 tsp.

## Carbo- hydrates

Complex Carbs slowly release energy into the blood stream: Pasta, rice, potatoes, carrots, cherries, apricots, yogurt, pretzels, angel food cake, skinless chicken.

## Nuts

Nuts and peanut butter quickly replenish depleted energy and helps keep nausea at bay.

## Protein

Eat low fat foods high in protein: skinned chicken, tofu, shrimp, eggs, tuna, peanut butter, and milk.

## Fluids

Drink unsweetened fruit juice, sports drinks, such as Gatorade.

## Mint

Chew fresh mint or drink mint tea.

## Potassium

Bananas help to replenish potassium in your system.

## Helpful Recipe

### Strawberry Ginger Smoothie

- 1 Medium Banana
  - 8 Strawberries
  - 1/2 inch piece of Ginger (4grams) peeled and chopped into 4 chunks
  - 1/2 cup Coconut Milk
  - 1/2 teaspoon Vanilla
- Blend all together.



# Diarrhea

Treatment can damage the cells lining in the intestine causing uncomfortable diarrhea. Switch to a diet of clear liquids such as apple juice, clear broth and ice pops. When feeling better add low fiber foods into diet such as bananas, rice, and applesauce.

Avoid milk products which are harder to digest & can cause bloating or gas. Diarrhea causes lessening of the lactese enzyme which you need to digest lactose.



Apricot Nectar, Pear Nectar, and Peach Nectar by Knorr are great fiber replacers.

Cooked vegetables such as carrots, green beans and mushrooms have helped to prevent diarrhea.

## Potassium



Apricots



Potatoes



Bananas



Avocados



Spinach



Pomegranate

## Hopeful Help

Drink plenty of clear liquids: Gatorade, apple juice, clear broth, and ice pops.

Use over the counter remedies only when necessary.

Contact doctor if last more than 24 hours or if you have cramping or pain.

Avoid fatty foods and raw vegetables, spicy foods.

Drink Soda that is flat with no bubbles.

Drink a cup of water after every time you have a loose bowel movement, this will help to rehydrate the body.

If you have severe diarrhea stop eating dairy for a few days.

Graham Crackers have helped to reduce symptoms.

Sauerkraut boosts indigestion and is best in raw refrigerated variety.

Eat 25 to 35 of fiber a day and drinking a lot of water daily will help keep your digestive system moving.

## Hopeful Tips

Probiotics (friendly bacteria) helps restore good bacteria. Best are Yogurt, live cultured or greek, miso soup, sourdough bread, and sour pickles.

As soon as you get diarrhea eat a cup of white rice and you can also grate an apple over the rice for taste. Eating 3 times a day may help eliminate diarrhea entirely.

Water from the rice can also help by drinking one cup every few hours to help maintain consistent stool.

### Vegetable Soup recipe

2 -3 sliced potatoes

1 cup of green beans

4 - 5 medium sized carrots

In a pot of 3 cups of boiling water combine ingredients, season with salt and 1 tablespoon of olive oil. Eat a small serving with toast.

### High Fiber Foods



Grains



Cauliflower



Kidney Beans



Broccoli



Pinto Beans



Lima Beans



Garbanzo Beans



Baked Beans



Black Eyed Peas



Pears



Apricots



Peaches

# Constipation



Prescription pain medications may be a reason why you get constipated. This occurs when you do not eat enough fruit and fiber in your diet.



## Hopeful Foods

### Prunes and Prune Juice

High in insoluble fiber as well as the natural laxative sorbitol. Try drinking  $\frac{1}{2}$  cup warm prune juice.



### Broccoli

1 cup, superstar source of fiber, add to dinner meal and salads.

### Celery

A couple of stalks with peanut butter, aids in bowel movements.

### Pears

With the skin, an average pear provides 5 to 6 grams of dietary fiber that you need to regulate your digestive system.



### Beans

$\frac{1}{2}$  cup, have a great mixture of soluble and insoluble fiber, which helps to keep the food moving through your intestines: baked beans, black-eyed peas, garbanzo beans, lima beans, pinto beans, or kidney beans.



### Zucchini

Easily digested and is largely water. If you eat whole vegetable including the skin it can bring natural constipation relief.



## Hopeful Help

Try more natural ways to help with symptoms instead of using pain medications which can cause constipation.



If experiencing constipation try to stick to whole grain breads, low fat, high fiber, and complex carbohydrates.

Try to drink 8 to 10 glasses of clear liquids per day.

Avoid eating large amounts of cheese which can cause constipation.



Light exercise.

Eat 25 to 35 of fiber a day and drinking a lot of water daily will help keep your digestive system moving.

Start the day with high fiber cereal or Bran Muffin for breakfast. Sprinkle wheat bran or flax seed on top.

One cup of the old fashioned kind of oatmeal (not Instant) has insoluble fiber which makes stool soft and easier to pass.

Juicing Suggestion:

2 cup strawberries  
4 spinach leaves  
4 celery stalks  
1 cup pineapple  
1 cup wheat grass juice  
Blend.







## Hopeful Nutrients

### Fiber

25 to 30 grams per day may help ward off constipation such as grains, beans, cauliflower, and broccoli, spinach, watermelon juice, peanuts, walnuts and almonds.

### Vitamin C

A natural laxative highly beneficial when taken on an empty stomach. Helps in moving food particles more smoothly along the digestive tract. Regulate the amount of vitamin C taken on a daily basis since it tends to cause diarrhea and kidney stones when taken in excessive amounts. Grapefruit, Oranges and Guava.

### Vitamin B9 / Folic Acid

Stimulates movement by allowing more liquid to be stored. It is rich in fiber and increases the bowel's ability to absorb essential nutrients. Food sources of vitamin B9 are milk, peas, carrots, oranges, broccoli, turnip, etc. It is also found in fortified cereals, bread and rice.



### Vitamin B5 Pantothenic acid

Ensures consistent action of walls of the intestine and stimulates muscular contractions in digestive tract. Should be taken along with nutritional laxatives. Examples are berries, prunes, lemons, oranges, raw apple cider and beans. Some of the good food sources of vitamin B5 are Shiitake mushrooms, whey, bran, liver, sunflower seeds, cheese, fish.



### Flaxseed

Contains Mucilage that provides a temporarily soothing and protective coating along the entire digestive tract. Provides both bulk and softness to the stool. Add 1 tbsp ground flaxseed per day to cereal, yogurt or or sprinkle in salads.



### Wheat Grass Juice

A great source of magnesium. Try a combination of carrots, green apple, and wheat grass.

### Avocado

High in Fiber and acts as a natural remedy for constipation. Add to salad, sandwiches or just add a little salt.







## Hair Loss

Chemotherapy targets the rapidly dividing cells in the hair follicles. Treatment can affect hair everywhere on body including eyelashes and eyebrows. Patients usually start losing hair a few weeks after treatment starts. Regrowth usually starts a few weeks after treatment and will grow normal within 3-10 months.

The following treatments have been known to cause hair loss:



Cytosan or cyclophosphamide – This chemotherapy drug for breast cancer can trigger hair thinning, but not complete hair loss.




Adrucil or fluorouracil – This is one drug that does not cause any hair loss.

Taxol or paclitaxel – This drug can cause sudden, massive hair loss.

Adriamycin or doxorubicin - This chemotherapy medication is known to cause hair to fall out on the first three weeks of the therapy, then all the hair massively falls out.

## Hopeful Tips



Wear a scarf or hat when outdoors to prevent sunburn and heat loss.

Do not use blow dryers, straightener, and avoid over brushing.

Use a soft brush, Acca Kappa Professional Pro Hair Brush, Extra Soft Natural Bristle, 100% soft boar bristle.

Plan ahead and make yourself comfortable with your new appearance.

## Hopeful Help

Use Cool water to wash and rinse hair so not to damage hair follicles.

If you have long hair you can have it cut and made into a wig. This can cost up to \$1,000.

Hair may grow back in a different color, texture, or curl.

Do not color or get a perm during treatment.

Use a gentle shampoo & conditioner every 3-5 days that contains biotin, cysteine and proteins such as Biotene H-24® Natural.

Shampoo with Biotin. You can find at GNC locations and even order on line.

Rinse hair completely and pat dry.

During treatment your scalp may be sensitive to sunshine or extreme cold. Protect your scalp from the sun with sunscreen, SPF 30.

After treatment use mild shampoo/conditioner on your scalp use Aloe Vera Gel to moisturize.

You may feel a tingling sensation on your scalp, this is normal.

Do not go for shampoos that contain harsh chemicals like sodium sulfate. This is like a bleach that can cause hair follicle miniaturization and can be toxic if absorbed through your skin.



## Foods to Feed Your Hair



### Coconut Oil



Protects and moisturizes the scalp while fostering growth of healthy hair by adding proteins (vitamin E, vitamin K, & iron) to hair, improves scalp circulation, and has anti-bacterial properties. A coconut oil scalp massage will effectively improve scalp circulation, boost nutrient and oxygen delivery to your hair. Improved blood circulation to your scalp will ensure that your hair follicles receive the required amount of essential nutrients and oxygen. Apply by warming 2 to 4 tablespoons of water depending on length of hair, massage into roots for 3 minutes, cover hair and let it work for 20 to 30 minutes or overnight, gently rinse with mild shampoo and let air dry.



### Aloe Vera

Aloe Vera gel is great for hair nutrition. Just apply it directly onto your scalp and leave it on for a few minutes or leave it overnight. You will have to do it for a few weeks before you see results. Once your hair starts to grow, you will notice that the strands are stronger.



### Omega-3 Omega-6

Omega-3 and Omega-6 fatty acids are said to encourage regrowth of hair. Found in fish like mackerel, salmon, herring, sardines, and also flax seeds.

### Rosemary

Rosemary oil stimulates hair growth and improves oxygen delivery to the hair follicles. Use a small amount and massage in to hair and scalp.



## Hopeful Tips



Lolly's Locks provides free wigs to female cancer patients over the age of 18. Go to [lollyslock.org](http://lollyslock.org) to fill out application and to learn more.

Purchase wig prior to treatment that matches your hair color or experiment with another color or style.

TLC Wigs has great affordable wigs through the American Cancer Society with many choices.





# Weight Loss



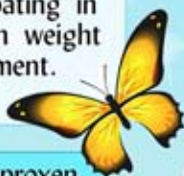
Poor nutrition and weight loss during treatment make it harder for healing and recovery forcing your body to use lean muscle mass to make new tissue. This causes your stamina and energy to go down when it uses your extra protein and energy from lean body mass.

You will lose 1-2% of body weight in week one or 5% in first month, 10% in 3 months. After

Chemotherapy you lose up to 5 pounds. Try to get closer to your starting weight before your next treatment. People who have maintained starting weight have a better treatment experience.



Taking control of what you eat gives you some power back over your health and will make you feel like you are actively participating in your treatment. Large loss in weight can cause delay in treatment.



For bone aches take Naproxen Sodium four days prior to treatment and 2 to 3 days following to relieve symptoms.

Have a milkshake made with a packet of instant breakfast mix, whole milk, and ice cream to add calories. (474 calories, 20g protein)

Dill pickles may help alter the metallic taste sensation from chemotherapy.

Walking before meals helps to stimulate your appetite.

# Hopeful Tips

Add 250 calories a day to your daily diet.

Small, frequent meals: 3 meals and 3 snacks a day will help increase calories.

Do not drink alcohol the day before, day of, or day after treatment it will cause dehydration.

Eat when you feel hungry, don't wait until mealtime.

Avoid drinking fluids before mealtime it will fill you up faster, but keep hydrated throughout the day.

Use non-alcohol based mouthwash before eating to avoid metallic taste in mouth, Listerine Zero.

Use plastic utensils to help reduce metallic taste in mouth.

If you are having a hard time gaining weight eat more frequently, every 2 hours, which will help boost calorie intake.

Sometimes you experience weight gain. This can be caused by being less active than normal.

Some medications cause weight gain due to increase appetite.

If you experience fluid retention you should elevate feet when resting, don't stand for long periods of time, and reduce salt intake.

Steroids will increase fatty tissue causing weight gain which will go away after steroid use.



## Hopeful Help

Taking marinal pills helps stimulate appetite, if you are in a medically approved marijuana state smoking or eating edible helps stimulate apetite and entices weight management.

Boosting Protein and calories help prevent weight loss and muscle waste. High calorie high protein drink may help you maintain your weight and lean tissue mass during treatment. Drinking Protein Fortified milk adds 211 calories to your diet and protein.



### *Recipe for protein fortified milk*

1 quart whole or lowfat milk. 1 cup nonfat instant dry milk.  
Add dry milk and beat slowly for 5 minutes until dissolved.  
Refrigerate and Serve Cold.



## Hopeful Food



Add dried milk powder, whey or soy protein powder to foods, mashed potatoes, eggs, and soups.

Consider high-carbohydrate and easy-to-digest foods such as: baked potato, Cream of Wheat, dry toast, rice, pasta, saltine crackers, animal crackers, and pretzels.

Snack on dried fruit and add to pancakes, grains, cereals, yogurt, chicken or vegetable salad. Cook in muffins, chicken or pork entrees.

Sip on higher calorie fluids such as juices (try cranberry, grape and nectars), milk, homemade smoothies, and commercial nutritional supplements, for example, Ensure or Boost.

Use olive or canola oil when stir frying or dip in bread, also add to pasta, rice and salad dressing which is a good fat.



## Oral Care



Chemotherapy kills rapidly dividing cells that line the inside of the mouth which are also damaged due to treatment. Mouth Sores can form on the inside lining of the mouth and lips. It may also effect the production of saliva.

Mouth-sores develop a few days after treatment and go away 2-3 weeks after treatment is over. Radiation at head or neck can cause mouth sores depending on how much treatment you receive.

Xeloda, Cisplatin, Cytosar-u, Doxil, Etoposide, Fluorouracil, Trexall are all treatments that have been known to develop mouth sores.

Symptoms: burning, redness on floor or roof of mouth, white patches which later turn red. Can be painful making it painful or difficult to eat, talk, swallow, or breathe.



Have a Dental Checkup prior to treatment or if not soon after.

For pain you can use Orabase or Lysine for mouth sores.



Thoroughly clean your teeth before every meal to help improve the taste of food.

## Natural Toothpaste Recipe

2 tbsp. coconut oil softened

2 tbsp. baking soda

1/8 tsp. stevia

10 drops peppermint essential oil

Mix together and store in a container.

Dip toothbrush into container to use.

## Hopeful Tips

Have a cold smoothie high in immunity while receiving treatment will reduce the effects of mouth-sores and also boost your immune system to help fight infection.



If you don't like to drink anything while getting treatment have ice chips or a popsicle. This helps inhibit the reaction of mouth sores.

When mouth sores are at their worse have mashed potatoes with gravy, cooked cereal, or pudding.

Use a gentle lip balm like Aquaphor lip repair to help soothe lips.

Use Oral Wax on teeth if you have a sore tooth.

Mix together equal parts and swab on or swish in mouth, safe to swallow.

Apply the gel from Vitamin E capsules to lips to help with healing.

Change toothbrush often and use a soft bristle brush or foam swab to clean teeth.

Brush and floss regularly.

Recipe for Mouthwash that will help with mouth sores:

OTC Liquid Benadryl

OTC Liquid Motrin

OTC Liquid Pepto or Kaopectate



## Hopeful Nutrients



### Vitamin D

600 mgs/day helps calcium absorb better in your system helping teeth and jaw: egg yolks, liver, salmon, tuna, whole milk, and cheese.

### Fluoride

Helps prevent tooth decay and rot. Drink fluoridated water, black tea, or use gelatin.

### Protein

Contain high amounts of phosphorus which helps to improve teeth and jaw: egg yolks, meat and beans.

### Magnesium

Cereal grains contain magnesium which helps the jaw and enamel of teeth. Best cereals contain corn, barley, oats, rice, and wheat. Wheat Germ, Wheat Bran, and Oat Bran have high amounts of magnesium. Good source is Kellogg's All Bran with extra fiber.



## Hopeful Tips



Avoid acidic foods, spicy foods, sharp/crunchy foods.

Eat food at room temperature.

Frozen fruit is a great way to sooth your mouth when it is sore. Try freezing watermelon, raspberries, strawberries, blueberries, and blackberries.

### Peaches and Cream Smoothie Recipe

A fruit and cream drink can help sooth a sore mouth.

1 cup whole milk

1 cup vanilla ice cream or frozen yogurt

1 cup canned Peaches in heavy syrup

Almond or Vanilla extract to taste, 1 tsp


Blend and Chill before serving.





# Skin & Nail Care

The skin is the largest organ in the body. Chemotherapy damages rapidly divided cells including skin cells which are also damaged.

Skin damage usually occurs two to three weeks after treatment and can take up to 6 weeks after treatment to heal.

 You get dry skin because the skin cells can't renew themselves by dividing rapidly in the deeper layers of skin.

 Hyper-pigmentation can occur two to three weeks after treatment and can last up to 12 weeks after treatment or may be permanent.


 Wear gloves while washing dishes. Recommended dish soap: Eco me Dish soap Herbal Mint

Swimming is fine while going through treatment but, hot tubs are not recommended.

Use hand cream with no Alpha-Hydroxy or Hydroxy Acids after washing hands. Find at [www.naturalinspirations.com](http://www.naturalinspirations.com)

Use a sunblock with at least an SPF 30 with both UVA and UVB light protection. Try Juice Beauty SPF 30 from Ulta.

 Avoid shaving treated area.

Wear soft nonbinding clothing. 

## Hopeful Tips

Try to use moisturizer within 15 minutes of showering and reapply before bed.


Suggested Body Soaps: Unscented Baby Mild Soap, Grandma's Oatmeal Soap, Pure Castle Soap.

## Nail care

Keep nails trim and short.

Nails may become dry and develop lines and ridges.

Avoid artificial nails.

 Use a topcoat nail hardener to keep nails strong.

Effects are temporary and can last a few months.

## Radiation Skin Care

Wash treated area with warm water.

Do not use soaps or creams on treated area.

If treated area becomes itchy sprinkle on some cornstarch or arrowroot.

Do not use heating pads or ice packs on treated area, may cause irritation.



## Hopeful Help



Keep Hydrated, thicker consistency moisturizers help to prevent skin dehydration.

Use body butter, creams, and oils that are mild and have no perfume. Natural Inspirations has fragrance free hydrating skincare products located on [www.naturalinspirations.com](http://www.naturalinspirations.com)

Try to use moisturizer within 15 minutes of showering and reapply before bed.



Use Mild Detergent; Seventh Generation Free and Clear Laundry Detergent works well and can be found at stores like Walmart & Target.

Relax in a cool bath with bath oil; Burt's Bees Lemon and Vitamin E Bath and Body Oil.



### Coconut Deoderant

¼ cup Baking Soda  
¼ cup Organic Corn Starch  
6 Tbsp. Organic Coconut Oil

Mix dry ingredients first then add the oil. Store at room temperature in a sealed container. To use stir with finger the rub small amount under arms.

### Coconut Body & Hair Lotion

Mix equal parts Coconut oil and Olive Oil for 6 to 9 minutes until fluffy.

Add drops of essential oils such as peppermint and lavender.



During Taxane treatments nails can separate from bed. It helps to wear cooling gloves and socks during treatment.

To help prevent nail separation it helps to soak fingers and toes in white vinegar and water for 15 min every night.

## Bone Mass Loss



Chemotherapy can cause you to lose bone density due to loss of estrogen which impairs bone growth. Bones are living organisms with live cells and fluids.

Everyday our bone cells break down and then build back up. Your balance will be impaired due to chemotherapy and medications so take your time when doing things. Due to treatment you can start to develop Osteoporosis but you can help reverse with exercise and proper diet.



## Hopeful Yoga

Yoga helps clear out the toxins in the body from treatment. People who have done yoga during treatment have had a great success rate. It strengthens the immune system, the body and promotes an overall wellbeing. It can also help with anxiety, depression, distress, and stress.



## Cat & Cow Pose

This is designed to closely coordinate breathing with movement through an extension of the leg and spine. The participant begins on hands and knees, with hands directly under shoulders and knees under hips.

He or she then exhales deeply, curves the spine upward, and looks behind to legs. Then inhale and gaze straight ahead. The cycle is to be repeated for several minutes, and full breaths are to be carefully taken with each movement.



## Supta Baddha Konasana

Using a yoga mat, lie on your back and stretch your arms overhead. Relax the shoulders with arms at your sides, slightly away from your body, with the palms facing up. Then close your eyes and breathe slowly and mindfully. Maintain this pose for up to 15 minutes.

## Hopeful Tips

Avoid salt! It can reduce your calcium levels. Also avoid processed foods that have a high salt content.

If not active prior to treatment start slow and build up to higher levels of exercise.

Do not exercise if you have anemia or low red blood count.

Walking a narrow path, one foot in front of the other and raising heels up and down will help balance.

Exercise has shown to improve fatigue, anxiety, and self-esteem. By moving and exercising your body circulation is increased and your white blood cell counts tend to go up.

Exercise 10 min 3x a day to help maintain bone mass.

Walking 10 min per day is a great form of exercise.

Aquatic: tones major muscle groups, strengthens the heart.

Dance: Line dancing, Zumba, dance classes.

Gym: Lift weights to maintain muscle mass. Try a Elliptical machine.

Yoga: stretch and move and feel good. Visit [www.yogaoutlet.com](http://www.yogaoutlet.com).

Do Balancing exercises at home.



## Hopeful Food

### Calcium and Vitamin D

Fortified Milk is a good form of vitamin D. Drink 1% or Nonfat since they are lower in fat and cholesterol. Strive for 1200 mg of calcium per day. You can also eat egg yolks, liver, pinto beans, black beans, kidney beans, yogurt, and cheese.




### Walnuts

Are high in Omega 3 fatty acids and helps to improve bone strength. Walnuts mixed with flaxseed helps keep bone formation constant as shown by a nutritional study done in 2007.

### Greek Yogurt

Helps to relieve nausea and helps replace the good bacteria the chemotherapy is killing. It is gentler on the stomach and has more protein than regular yogurt.



## Bone Mass Building Nutrients

### Vitamin K

1 cup per day helps form bone proteins and helps cut down on the loss of calcium lost in the urine. Adding a salad to your lunch and dinner such as Leafy greens, Bok Choy, Kale, Chinese cabbage can help to maintain bone mass.

### Potassium

8 servings per day helps aid in the absorption of calcium in the body. Good forms are sweet potatoes, white potatoes, spinach, beet greens, kale, cantaloupe, kidney beans, avocado and bananas. Also low sodium V8 Juice, 1 glass is one serving.



### Magnesium

2.5 cups per week helps to convert vitamin D into its active form so it can help absorb calcium into your body. Good examples are: beans, wheat bran, low-fat milk, yogurt, almonds, cashews, pecans, Brazil nuts, pine nuts, spinach, collard greens, kale, Swiss chard, flaxseed, black-eyed peas, and lentils.

# Anti-Angiogenesis

Cancerous tumors release angiogenic growth factor proteins that stimulate blood vessels to grow into the tumor, providing it with oxygen and nutrients. Anti-angiogenic's starve the tumor of its blood supply by interfering with this process.



## Fruits to Eat



Blackberries



Blueberries



Apples



Strawberries



Pomegranate



Cranberries



Cherries



Raspberries



Red Grapes



Grapefruit



Nectarines



Oranges



Clementines



Lemons



Peaches

## Cook with Me

Olive Oil, Honey,  
Maple Syrup, Soy Sauce

## Poultry to Eat

Dark Chicken, Dark Goose,  
Dark Turkey

## Drink Me

Green Tea, White and Red Wine



## Hopeful Recipes

### Salmon in Miso Broth

- 2 salmon filets
- 3 thinly sliced spring onions
- 1 thinly sliced carrot cut into
- 1 handful of chopped mushrooms (enoki or shiitake)
- 1 cm ginger chopped
- 1 red chilli chopped
- Splash of fish & soy sauces
- miso paste
- 1 litre of fish stock
- Small florets of broccoli

Use a Slow Cooker, Crockpot or Heavy Bottom Saucepan  
Put salmon in the bottom of the pot.

Add the carrots, chilli, ginger, mushrooms, fish sauce, miso and soy to the fish stock and pour over the salmon.

Simmer for 90 minutes or until the fish is cooked then remove the fish and flake into big chunks and return to the pot.

Add a few broccoli florets in at the end for 5 minutes.

### Chocolate Superfood Smoothie

- 1 cup coconut water (filtered water, tea, spring water)
- 1 banana (2 to make thicker)
- 1 tsp cacao nibs
- 1 tsp organic cacao powder
- 1 tsp cacao butter
- 1-2 cups of berries: blueberries, raspberries, strawberries.
- 1 handful of soaked cashews (can use cashew or almond butter)
- 1 tsp maca
- 1 tsp hemp seeds
- 1 tsp spirulina
- Simply Blend Together.



## Vegetables to Eat



Artichokes



Beets



Broccoli



BokChoy



Cauliflower



Parsnips



Carrots



Brussel Sprouts



Fennel



Endives



Chard



Collard Greens



Olives



Garlic



Red Cabbage



Mustard Greens



Radishes



Tomatoes



Onions



Maitake  
Mushrooms



Sweet Potatoe



Shallots



String Beans



Winter Squash



Watercress



Peas



Peppers



Pumpkins



Spinach



Scallions



Kale



Parsley

## Fish to Eat

Flounder, Cuttlefish, Haddock, Halibut, Herring, Mackerel,  
Oysters, Salmon, Sardines, Sea Cucumbers,  
Seaweed(arame), Shrimp, Sole, Squid, Tuna, Squid Ink





## Hopeful Recipes

### PB and Strawberry Smoothie

Great for Weight Gain

3/4 Cup Plain Yogurt (live cultured)

5 large frozen Strawberries

1 Banana

2 Tbsp Peanut Butter

2 Tbsp Milk (a splash)

Add milk, yogurt, and banana; blend. Add the PB (smooth or crunchy), and the frozen strawberries, and mix again. This will make a post workout drink with a thick consistency; to make it thinner, simply add more milk. Makes one 14 ounce serving.



### Ginger Pineapple Smoothie

Great for Nausea

1 cup fresh cubed pineapple, 1 cup grated carrots, 1 peeled banana, 1 inch fresh grated ginger, 1/2 cup spinach, 6 oz almond or coconut milk. Blend til Creamy.



### Salad Dressing

Organic extra virgin olive oil  
Organic Apple cider vinegar  
Italian Seasoning, Garlic powder, Tumeric, Organic Cayenne Powder

## Milk and Rice Soup

Great for Diarrhea

1 cup long grain rice

2 cups water

2 bananas

2 1/2 cups fat-free milk

(Can substitute Lactaid or soymilk)

2 tbs agave or honey

Heat rice and water to boiling in a saucepan; reduce heat to low. Cover and simmer about 15 minutes or until the water is absorbed and the rice is tender. Let stand 10 minutes or until cool enough to eat. Completely mash bananas in a medium bowl. Stir in cooked rice, milk, and agave/honey. Serve immediately, cover and refrigerate remaining soup.

## Flaxseed Muffins

Great for Constipation

1 ripened banana

2 tsp Olive oil

1 egg

1/4 c brown sugar

1/2 c freshly ground

flaxseed

1/4 c whole wheat flour

1/2 cups oats

1/2 tsp baking soda

Preheat oven to 350° and grease 6 muffin tins.

Mash banana in medium bowl. Beat in oil, egg, and brown sugar. Grind 1/2 cup flax in a blender for 2 min. In a separate bowl stir together the dry ingredients. Add dry ingredients to wet and stir. Spoon into muffin tins. Bake 15 to 20 minutes.



## *Helpful Tips*

Here's a place to keep track of what tips have worked for you.





# Natural Hope

Fighting Chemotherapy Side-Effects Naturally

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