

APRIL 2013

remediesTM for LIFE

*practical
steps to reduce
toxic load*

clean &
pure

Green Beauty Grows Up
6 Ways to Reduce Cancer Risk
Sustainable Herbal Medicine

**dandelion
root** page 13



Can We Trust Chemo?

Is chemotherapy effective against cancer? That's a complicated question. When certain chemo drugs were introduced in the 1950s, it was a real breakthrough. However, despite our improved understanding of the disease, we have experienced diminishing returns. Chemotherapy is given to a large number of patients, when statistics show that it will only increase long-term survival for a handful of patients.

So the question isn't whether chemotherapy is effective. The question is whether it's effective enough. I believe the answer is, unfortunately, no. How a tumor responds to a specific therapy depends on its mutations. New research is finding that mutations vary even within the tumor itself. As a result, chemo may kill some of the cancer, but not all of it. Other research has shown that chemo can actually force the cancer to evolve in order to escape treatment. Still other findings focus on cancer stem cells, which generate new tumors that are more resistant to chemotherapy.

The time has come to accept that current regimens, while effective in some cases, can too often have detrimental shortcomings. We need to find ways to make existing treatments more effective, support metabolism, and ramp up the body's own cancer-killing systems. Chemotherapy is taking place inside a very complex system. We need to address the system as a whole while targeting the cancer at the same time.

Did you know that natural ingredients can make chemo more effective? Honokiol (a compound derived from magnolia bark) and modified citrus pectin (derived from citrus peels) are two evidence-supported examples. For some patients, antioxidants may also play a role.

We can help to optimize chemo's therapeutic benefits and minimize side effects by adjusting different pathways to better fight cancer: Metabolism, inflammation, oxidation, pH, glucose metabolism, immunity, and circulation should all play a part. It's a multilayered approach, attacking cancer from as many integrative angles as possible, rather than relying solely on toxic compounds with marginal long-term benefits.

—Isaac Eliaz, MD, MS, LAc



Isaac Eliaz, MD, MS, LAc, is a respected author, lecturer, researcher, product formulator, and clinical practitioner. He has been a pioneer in the field of integrative medicine since the early 1980s. Since 2001, Dr. Eliaz has led the integrative medical team at Amitabha Clinic, a busy private practice in northern California that focuses primarily on integrative, holistic protocols for patients struggling with cancer and other chronic ailments. Visit Dr. Eliaz online at www.dreliaz.org. You can also find him on Facebook or follow him on Twitter @dreliaz.