THE ETMS CANCER PROTOCOL

with modifications by Jim Roach, M.D.

Objectives:

1) Build up the 'Life Force'
2) Enhance protection
3) Relieve/ameliorate side effects of conventional cancer treatments
4) Enhance effectiveness of treatment
5) Hasten recovery

Nutrition:

1) Eat only organic non-genetically modified foods
2) Target red meat once a month, white meat 0-3 times a week
3) Avoid cow's milk products
4) Goat yogurt is beneficial as a source of protein, relative absence of hormones and antibiotics, low casein (cancer-associated), high lysine (reduces cancer invasiveness), and calcium
5) 95% of toxins come from animal meat and milk products
6) Wild salmon or sardines 2-3 times a week
7) Eat cage-free omega-3 eggs 6 times a week
8) Drink only water and green tea (5-8 cups/day)
9) Eat small meals and healthy snacks
10) Eat protein, healthy oil (olive, fish, or flaxseed) with every meal
11) Eat only whole food, complex low-glycemic carbohydrates
12) Avoid processed foods
13) Limit fruit largely to berries e.g. frozen organic blueberries
14) Red wine – ½ glass in women, 1 glass in men – is acceptable in non-estrogen cancers

Digestion:

1) Provide acid support to aid digestion e.g. Apple cider vinegar 1tsp in a glass of water at onset of meal
2) Utilize digestive enzymes to free nutrients and prevent reflux
3) Use refrigerated probiotics to aid digestion and prevent digestion (those >65 have 1/1000th of the friendly bacteria; probiotics are necessary to maintain intestinal wall integrity and to protect against infection
4) Use prebiotics in those with intestinal complaints
5) Assure 1-3 bowel movements daily
    a. Magnesium oxide 500mg at bedtime promotes sleep and regularity
    b. Aloe vera
    c. Fiber

Adaptogens

1) Enhance general resistance

2) Act in a non-specific way, achieve a 'normalizing' effect
3) Enhance anabolic metabolism
4) Maintain or restore homeostasis
5) Non-toxic without side effects, even with prolonged use

Examples of adaptogens – rhodiola, eleuthero, Panax ginseng, cordyceps, ashwagandha – it is by far best to use these in balanced formulations

In 50 peer-reviewed studies with a total of 8251 patients:

1) Antioxidants did not interfere with chemotherapy and radiation therapy
2) Actually enhanced the killing effect of chemotherapy and radiation
3) In 47 of the studies, antioxidants protected normal tissues and often reduced the serious side effects of chemotherapy and radiation
4) In 15 human studies involving 3,738 patients, there was actually increased survival – an outcome that is unusual in cancer studies

A similar more recent meta-analysis of 19 trials involving an M.D. Anderson researcher, similarly showed:

1) No studies showing that antioxidants diminished effectiveness of chemotherapy
2) Survival was the same or better in the antioxidant group

Inflammation promotes cancer in all cycles:

1) initiation
2) migration
3) invasion
4) metastasis
5) inhibition of innate immunity

Schizandra is an adaptogen with antoxidant, anti-inflammatory, and anti-cancer activity by multiple pathways.

Coenzyme Q10

1) Ubiquinol is the primary active form that generally needs to be used
2) It supports cellular energy production by the mitochondria, improving nutrient intake by the cell and toxin release
3) It is a primary anti-oxidant in the body
4) There are case reports of full response in breast cancer; supportive in melanoma

Sugar and insulin promote cancer

1) Cancer cells rely on sugar for energy, and take up sugar 4-fold greater than normal cells
2) Insulin acts like a 'growth hormone', promoting tumors

Red meat and a Western-style diet promote cancer

Vegetables and low-glycemic fruits, such as berries are protective

Botanicals work on many different pathways

80% of the spice turmeric is curcumin;

1) curcumin has been identified to work on 95 different pathways that can promote cancer
2) COX-2 is a major pathway that curcumin impacts
3) Celebrex is synergistic with curcumin

There are many nutrients that impact COX-2, which is a factor in most cancers, including fish oil, quercetin (in apples, onions, broccoli), and resveratrol

Boswellia works on many pathways including COX-2 and LOX-5 (same pathway as Singulair). It crosses the blood-brain barrier and helps to reduce inflammation and edema associated with brain tumors.

Rosemary has multiple anti-cancer actions

Ginkgo suppresses cancer

The mushroom Reishi is the number one tonic in China to build-up those who are run down. It has multiple anti-cancer mechanisms.

Chaga is an adaptogen. It's antoxidant activity is 40,000 times that of the best antioxidant food or juice. It has cytotoxic activity against many tumors, including melanoma.

Milk thistle supports detoxification, and has multiple anti-cancer pathways. It is used for support in many cancers including prostate

Forskolin, derived from coleus, is supportive in thyroid and mantle-cell cancers.

Compounds that are synergistic with the chemotherapy Herceptin for HER2neu cancers, including about a fourth of breast cancers:

1) Ones that effect COX-2, LOX-5, PTEN, mTOR, NFkB, and VEGF.
2) Fish oil, gamma linolenic acid, olive oil, and oleic acid

Recommended blood tests:

1) CBC (white count, platelet count, Hgb, red cell indices)
2) CMP – glucose, creatinine, CO2, albumin (target 4.5), globulin, alkaline phosphatase, ALT (target <20 females, <30 males)
3) Insulin, Hemoglobin A1C (target 5.0)
4) Vitamin D 25OH – target 80-100ng/ml
5) Amylase, lipase (in abdominal tumors)
6) Copper, zinc (target >110), ceruloplasmin (better test of copper as it stores copper – target <25) – assesses angiogenic potential
7) Fibrinogen (target <300), d-dimer
8) TSH (target 0.5-2.0), free T3 (target >2.9), free T4, reverse T3
9) Estradiol, estrone sulfate, testosterone, DHEA-S, prolactin
10) Cancer markers:
    a. PSA, prostatic acid phosphatase – prostate cancer
    b. CA-125 – ovarian and GYN cancer
    c. CA-19-9 – pancreatic and colon cancer
    d. CA 15-3, CA 27.29 – breast, pancreatic, ovarian cancer

e. CEA – colon and general cancer
f. HCG (human chorionic gonadotropin) – testicular and ovarian
g. AFP (alpha feto protein) – liver and testicular
h. Prolactin – breast and prostate

11) Homocysteine – target <10, ideally 7
12) C-reactive protein
13) Heavy metals – target lead and mercury at 0
14) Lipid profile – utilize to confirm restricting intake of harmful fats
15) VEGF – assesses angiogenesis
16) LDH – assesses for lactic acidosis in necrotic cancers and need for alkalinization
17) Uric acid – do not want it high or low

Nutritional supplement support:

1) Foundational e.g. adaptogens
2) Building formulas
3) Cell pathways, cell growth factors
4) Digestive and systemic enzymes
5) Cytotoxics
6) Targeted support based on tumor assays

Hormonal modulation

1) Aromatase inhibitors – block testosterone conversion to estrogen - applicable in estrogen sensitive cancers including breast, ovary, uterine, thyroid, melanoma, lung, and brain. Natural inhibitors:
   a. Pomegranate juice
   b. Cooked crucifers
   c. Chrysin
   d. Grape seed extract
   e. Zinc
   f. Green tea
2) 5-alpha reducatase inhibitors – block testosterone conversion to dihydrotestosterone – applicable in prostate cancers
   a. Cooked tomatoes – lycopene
   b. Saw palmetto
   c. Reishi
   d. Zinc
   e. Green tea

Intervention and treatment modalities:

1) Unity between the patient, healthcare providers and team
2) Prayer, intellect, logic and common sense
3) Dietary medicine
4) Lifestyle
5) Nutritional medicine
6) Botanical medicine
7) Music and art
8) Traditional medicine
9) Conventional medicine