



Nutritional strategies for preventing cancer recurrence

Fred Grover Jr. M.D

Rocky Mountain Blood Cancer Conference
April 16th 2016



Key Strategies

- Reduce inflammation
- Optimize cellular health
- Improve immune function
- Achieve optimal gut balance
- Achieve optimal weight
- Balance the mind



Optimal Diet to reduce inflammation



- Mediterranean, organic foods
- Diverse veggies rich in anti-oxidants 3-5 x day
- Lean proteins: Chicken, fish, and plant based with occasional red meat.
- Diet rich in fiber- nuts, veggies, legumes, grains.
- Limit Trans-fats (hydrolyzed, hydrogenated) fried food, margarine, cake icing.
- Limit carbs and gluten. Consider gluten testing.
- Consume good fats such as olive oil, coconut oil, omega-3, and avocados.

Superfoods with anti-inflammatory and anti-cancer effects.

- Broccoli and broccoli sprouts, cruciferous veggies (sulforaphane rich)
- Tumeric and curcumin (needs black pepper to absorb)
- Tomatoes (lycopene)- cooked
- Blueberries, raspberries, strawberries (polyphenols)
- Pomegranate
- Carrots, yams, sweet potatoes (Carotenoids/Vitamin A)
- Spinach (Lutein)
- Olives and olive oil
- Mushrooms: Maitake, shiitake and others
- Green Tea (catechins/egcg)
- Dark Chocolate





Supplements to consider

- Vitamin D 5,000 IU/day
- Bio-available curcumin 500mg/day
- Resveratrol 250mg/day
- Fish-oil and/or Krill 2 grams/day
- Multi-vitamin with methylfolate
- Vitamin C 1000mg, NAC 900mg
- Co-Q 10 100mg/day
- Always discuss supplements with your oncologist to avoid any drug/supplement interactions.



Achieve and maintain ideal weight

- Fat causes inflammation and will increase your risk of most cancers
- Maintain a Mediterranean low glycemic index diet
- Exercise daily



Avoid toxins in diet and environment

- Don't smoke, minimize alcohol intake
- Eat primarily organic foods. <http://localharvest.org>
- Only organic with Dirty Dozen veggies: see <http://ewg.org>
- Avoid BPA plastics, pesticides, chemical cleaning products
- Avoid teflon pans, use ceramic, glass, cast iron.
- Limit use of microwave oven.
- Limit holding cell phone to head, use headphones.
- Filter drinking water. Limit use of water bottled in plastic.
- Avoid sodas with inorganic phosphate additives
- Avoid deodorants with aluminum

EWG's 2016
CLEAN 15

1. AVOCADOS
2. CORN
3. PINEAPPLES
4. CABBAGE
5. SWEET PEAS
6. ONIONS
7. ASPARAGUS
8. MANGOES
9. PAPAYAS
10. KIWI
11. EGGPLANT
12. HONEYDEW
13. GRAPEFRUIT
14. CANTALOUPE
15. CAULIFL'

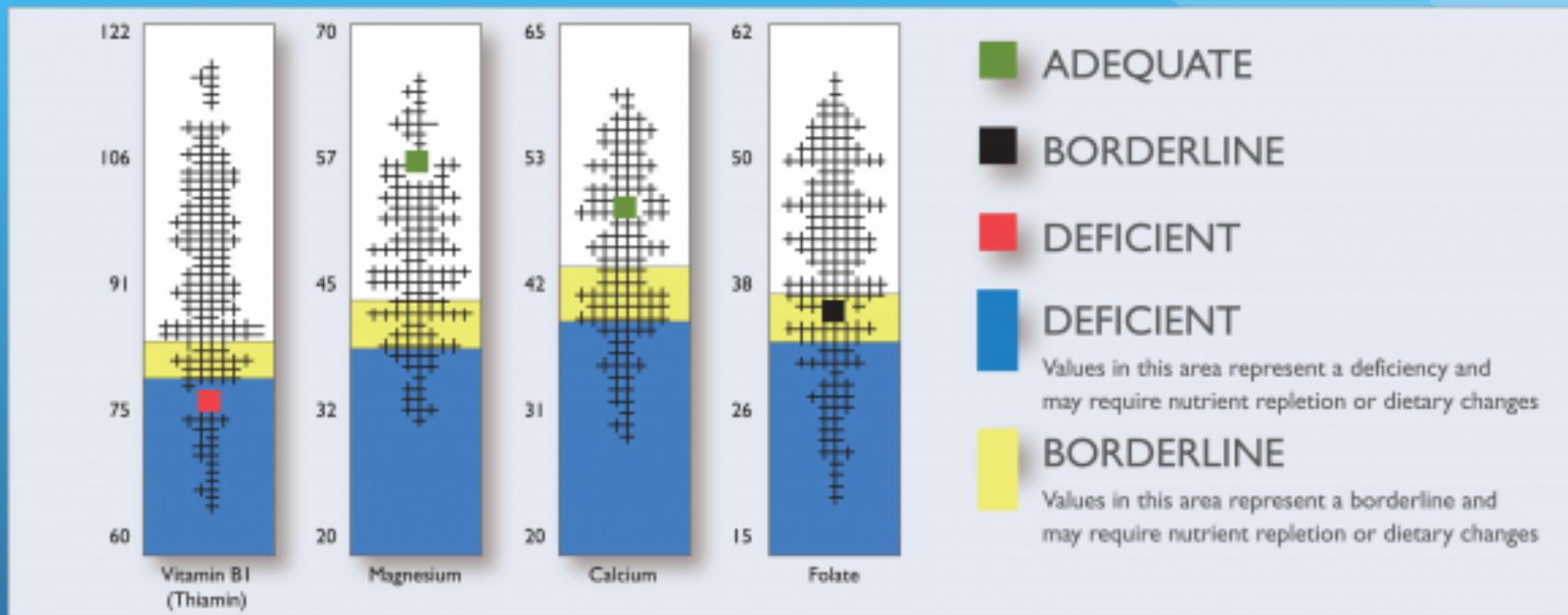
EWG's 2016
DIRTY 12

1. STRAWBERRIES
2. APPLES
3. NECTARINES
4. PEACHES
5. CELERY
6. GRAPES
7. CHERRIES
8. SPINACH
9. TOMATOES
10. BELL PEPPERS
11. CHERRY TOMATOES
12. CUCUMBERS

Consider Advanced Nutritional Testing

- Why? Everyone absorbs nutrients differently and you may have a deficiency you are not aware of.
- Expanded tests to consider:
 - Spectracell comprehensive nutritional analysis
 - Genova NutrEval
- If any deficiencies are detected discuss dietary/ supplement means of correcting them with a nutritionist or physician.

Spectracell Report example



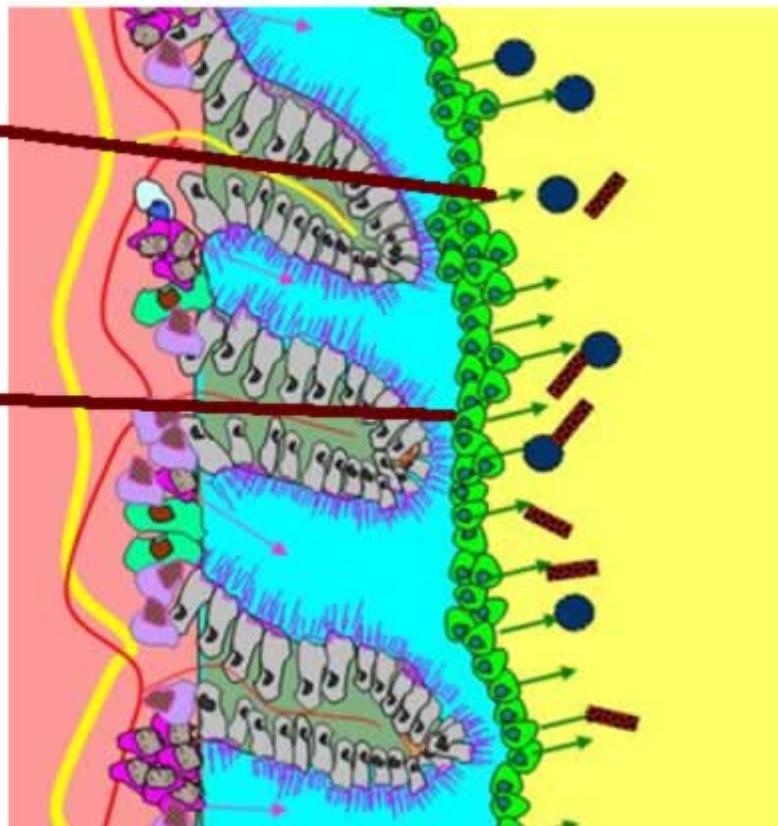
Promote a Balance Gut Flora

Probiotic Benefits

ACIDOPHILUS AND OTHER PROBIOTIC BACTERIA SECRETE: ANTIVIRAL, ANTIBACTERIAL AND ANTIFUNGAL CHEMICALS.

PROBIOTICS FORM A PHYSICAL BARRIER TO HINDER INVASION OF BACTERIA AND YEASTS

PROBIOTICS LIKE ACIDOPHILUS CREATE AN ACIDIC MICROENVIRONMENT WHICH PROMOTES IRON AND OTHER MINERAL ABSORPTION.



Gut Balancing strategies



- Don't take antibiotics unless absolutely necessary.
- Minimize use of PPI's.(Prilosec, Nexium etc)
- Optimize dietary Prebiotic intake
- Optimize dietary Probiotic
- Consider a daily probiotic supplement

Prebiotic foods

- Acacia Powder
- Jerusalem Artichokes
- Raw asparagus
- Raw Leeks
- Raw or cooked onions
- Raw Dandelion greens
- Raw Garlic



Probiotic foods and supplements

- Yogurt low in sugar, Coconut yogurt best
- Kefir
- Kombucha tea
- Kimchi (Korean food)
- Sauerkraut, Pickles ,other pickled fruits and veggies
- A probiotic capsule by Align, VSL-3, or Xymogen's Probiomax daily.



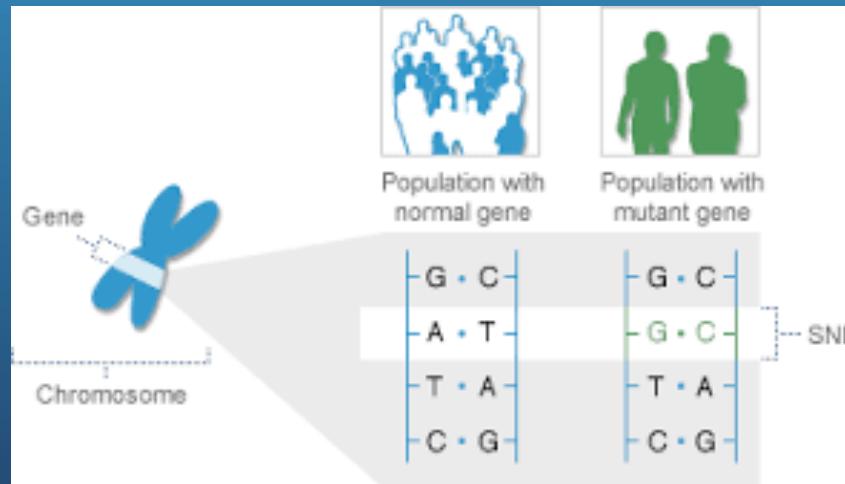
Belly still feels off?



- If you are suffering from excessive gas, bloating, cramping, (IBS), loose stools etc, consider checking the **Genova GI effects** profile and SIBO (small intestine bacterial overgrowth) test to rule out dysbiosis and bacterial overgrowth. See <https://www.gdx.net/product/gi-effects-comprehensive-stool-test>

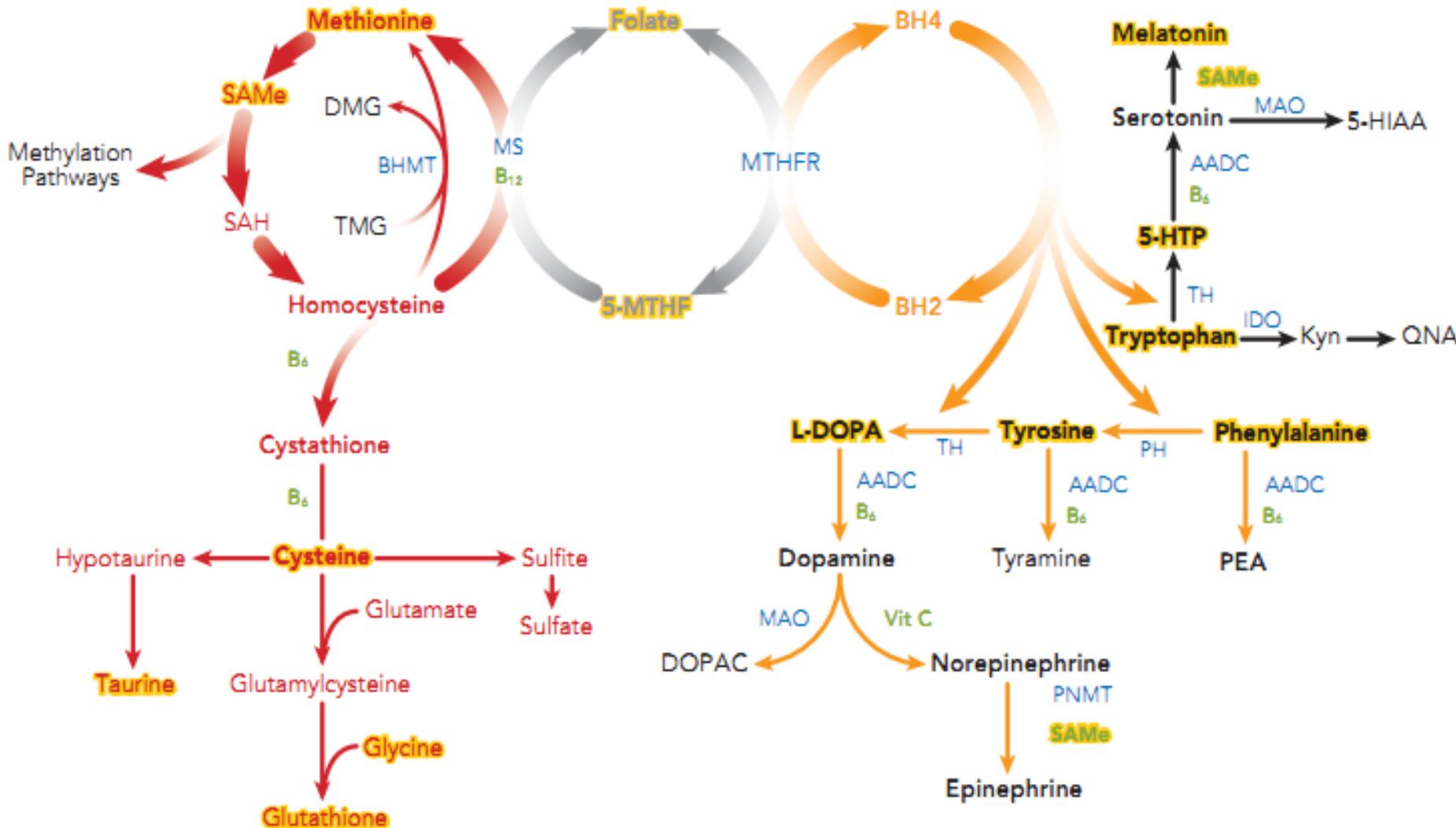
Consider checking for genetic impairment in detoxification.

- Check methylation SNP's. MTHFR, COMT and others.
- Testing can be done thru 23andme with genetic genie subanalysis, or Neuroscience via saliva. Quest & Labcorp via blood.
- If methylation abnormality found, treat with the supervision of a physician who has expertise in dosing methyl-folate, not folic acid, and other co-factors.



Methylation Biochemistry

Methionine Cycle Folate Cycle Biopterin Cycle NT Metabolism



Mindfulness



Questions?



This presentation can be downloaded from my homepage
at RevolutionaryMD.com

Thank you for attending! Best in health.