



Nutritional strategies for preventing cancer recurrence

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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)
- Turmeric 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.



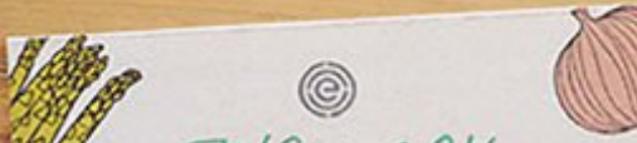
Achieve and maintain ideal weight

- 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 | 9. PAPAYAS |
| 2. CORN | 10. KIWI |
| 3. PINEAPPLES | 11. EGGPLANT |
| 4. CABBAGE | 12. HONEYDEW |
| 5. SWEET PEAS | 13. GRAPEFRUIT |
| 6. ONIONS | 14. CANTALOUPE |
| 7. ASPARAGUS | 15. CAULIFLOWER |
| 8. MANGOES | |
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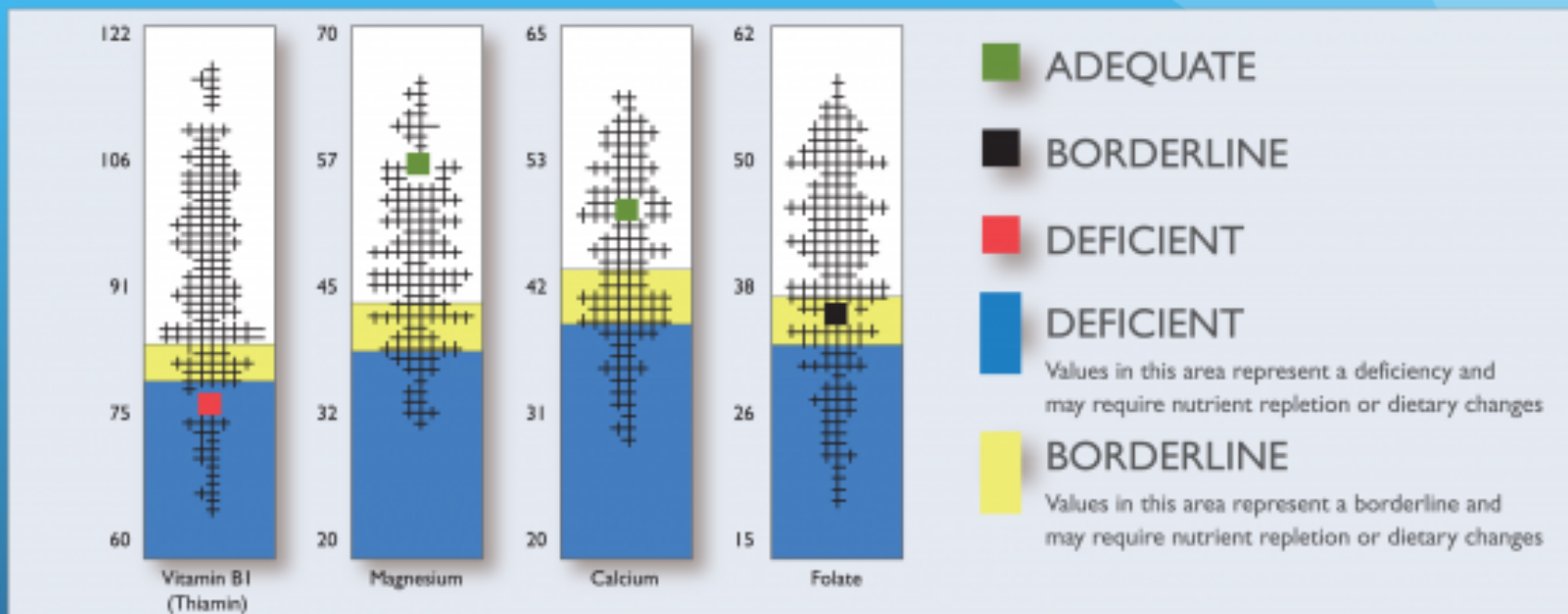
EWG's 2016
DIRTY 12

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



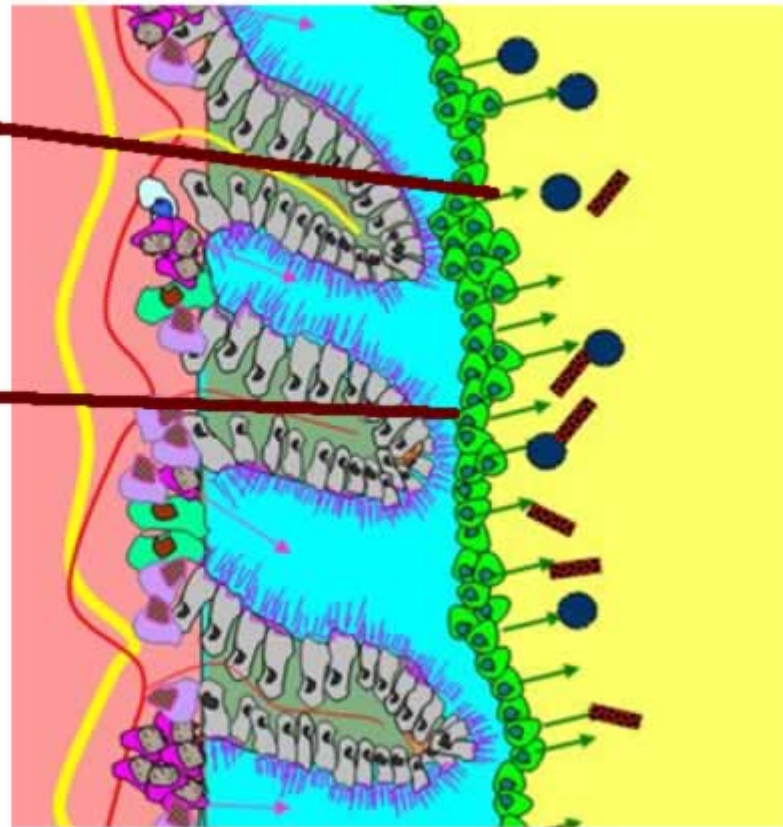
Promote a Balance Gut Flora

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.



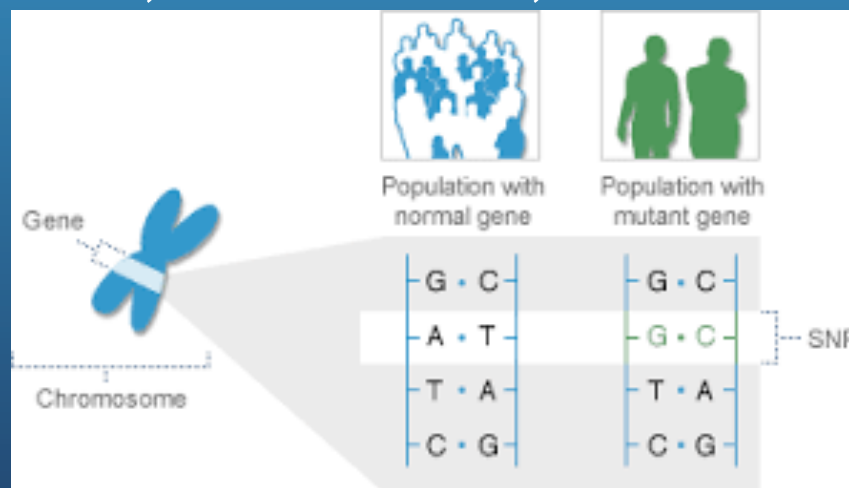
Belly still feels off?



- 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.



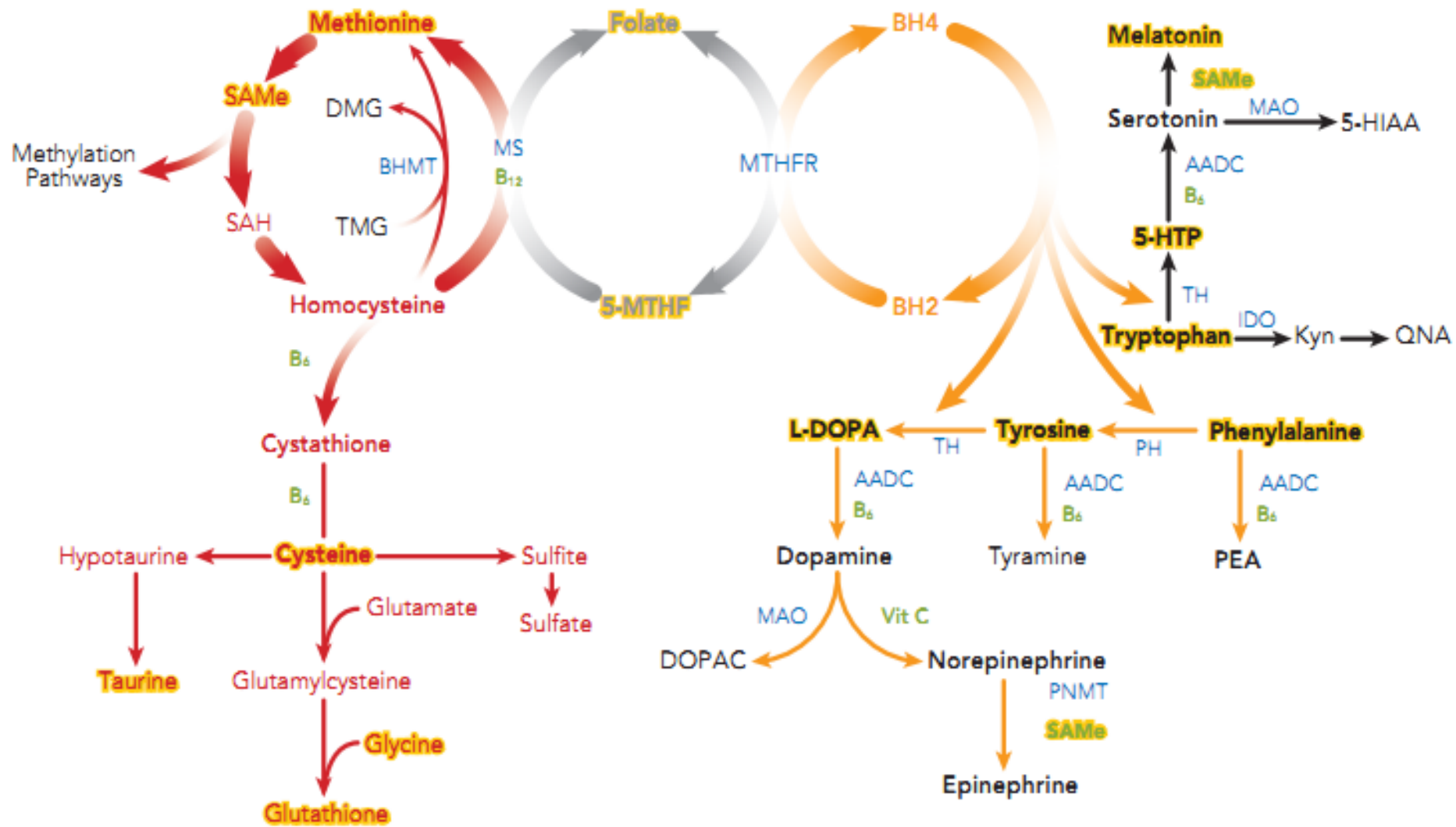
Methylation Biochemistry

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.