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Dietary strategies for fighting breast cancer

Introduction: Breast cancer survivors who had completed treatment or were undergoing treatment in a naturopathic clinic were surveyed regarding dietary choices.

Methods: Most of the breast cancer survivors had surgical resection of their entire tumor burden. All had completed a minimum of 36 treatments of intravenous vitamin C and another nutrient, administered in a naturopathic medical clinic. Some had previous or concurrent chemotherapy or radiation treatments. Patients were in Stages I (4 patients), II (13 patients), III (10 patients) or IV (10 patients). Cancer survivors were questioned regarding diet and exercise. 97 total cancer survivors responded fully and promptly to detailed questionnaires regarding certain foods and drinks, and whether they had each of these three or more times per week. 37 of those were breast cancer patients.

Results: Patients in remission ate more animal products (80% to 57%) and less bread (30% vs. 57%) and somewhat more coffee (50% vs. 43%) than those with active cancer. They took more fish oil (59% vs. 29%), vitamin A (67% vs. 57%) and vitamin D (87% vs. 83%) than those with active cancer. Of those with active cancer, only 2.6 times per week. Their drinking water was a little more alkaline (pH=8.1 vs. pH=7.8). Patients in remission exercised an average of 4.3 times per week.

Conclusion: Studying the dietary and exercise choices and patterns of breast cancer patients in remission versus the choices of those with active cancer may help guide optimal nutritional therapies for cancer patients.

Biography

Colleen Huber NMD is a Naturopathic Medical Doctor in Tempe, Arizona. She is President of the Naturopathic Cancer Society. She is a Naturopathic Oncologist and Fellow of the Naturopathic Oncology Research Institute. Her writing includes her book, *Choose Your Foods Like Your Life Depends On Them*, and she has been featured in the *Defeat Cancer* book. She authored the largest and longest study in medical history on sugar intake in cancer patients, which was reported in media around the world in 2014. Her academic writing has appeared in *The Lancet* and *Cancer Strategies Journal*, and other medical journals.

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