

What are the best ways to prevent cancer in 2019?

Nowadays there are more and more effective **targeted therapies** against cancer especially at the **immunotherapy** level though they are sometimes very complicated to implement, as they are very expensive and represent problems to insurance companies and patients. Unfortunately, all too often we come back to classical therapies such as chemotherapy and radiotherapy.

Today with the new prostate **P.E.T-SCANS**, for instance, we have means to discover lesions, metastases and cell dissemination problems faster. The problem is to always ensure that patients who undergo these therapies can tolerate them and benefit from them to the maximum. This is where I come in and there are two areas:

| A short fasting from **6 p.m. to midnight** before the **chemotherapy** treatment would seem to improve many results. Laboratory tests on mice have shown good results.

| **Vitamin intake:** Most patients have vitamins and nutrients deficiencies. They are not given during chemotherapy but rather one or two days afterwards in order not to disrupt the treatment. Today, there are new molecules with **liposomal (liquid) vitamin C**. This vitamin C is encapsulated in both a plastic container and in liposomes allowing it to reach the cells, to be well absorbed, almost entirely, by the intestine. 1g of liposomal vitamin C might be the equivalent of several grams of normal vitamin C. This can be given in the days following chemotherapy.

A check-up is required to determine deficiencies before starting a nutritional treatment. This is valid for **fatty acid assessments** in which we can see deficiencies. If people have too much or not enough **omega 3 and 6**, some enzymes functioning such as **delta 6 desaturase** which is an enzyme depending on **zinc, manganese and vitamin B6**. Hence the importance of doing it systematically: Without topal and zinc globular, coenzyme Q10 (Ubiquinol, Ubiquinol 100 which is a low **coenzyme Q10** that can help tired people with muscular problems and those who may have immune deficiencies. A crucial point is the vitamin D evaluation levels because we notice that many patients have deficiencies (sometimes before the disease).

Other dosages are quite important: Magnesium (properly assimilated, non-laxative) such as **magnesium bisglycinate** or magnesium glycerophosphate should be given systematically and continuously. Currently, there is much debate over telomere and telomerase problems. Magnesium seems to be the most important factor in maintaining telomere integrity and possibly, improving telomere length.

Dr. Laurent Schwartz is very interested in **the ketogenic diet**. I personally recommend a diet that is not entirely ketogenic but where one can avoid sugary foods (especially in the evening), starchy foods (starch turns into sugar).

Cancer cannot develop in an environment that is completely oxygenated. Depriving cancer of sugar means depriving it of food. Laurent Schwartz has made what he calls the metabolic diet.

On one hand, we give more proteins, I systematically advise to take in the morning at breakfast: nuts, fibers (maintaining the intestinal transit, allowing a prevention of digestive cancers of the colon), red fruits (bringing a lot of natural antioxidants, protectors at the cells level, of the vascular walls, at the level of the eyes). I also advise to systematically take one or two eggs in the morning, red fruits, flax seeds (to bring fatty acids which will be transformed into omega 3 fatty acids), a little sheep cheese, apples (bringing quercetin which is one of the best anti-inflammatories, antioxidant that we can find in nature). I recommend eating light in the evening, on one hand to do a ketogenic diet and on the other hand to try to make a small nightly fasting (by eating early and light). These twelve hours of fasting do a lot of good, especially when you are undergoing chemotherapy.

There are two important complements to improve **cells' oxygenation**, to prevent and complement cancer treatments:

1. **Alpha-lipoic acid:** Dr. Schwartz prescribes doses of 5 x 300mg capsules per day (1500mg/day). It is a universal antioxidant that has actions on blood sugar and improves the respiratory metabolism of the cell.

2. **Hydroxycitric acid:** Alkalizes the ground and improves the cell's oxygenation.

The combination of these two molecules with the ketogenic diet is called the metabolic diet.

In addition, there are nutritional supplements that allow the **FODMAPS** (elements containing carbohydrates) free diets implementation. When patients undergoing chemotherapy are in pain, they are given this because it has the ability to considerably reduce the pain (not only in cancer). There are food supplements in pharmacies that are liquid proteins, nutrients without carbohydrates.

One last important point not to be overlooked: Resuming regular exercise is as important in preventing recurrence as with some medications for people, especially women who have been treated for breast cancer.

The cardiac coherence practice 3 - 6 - 5 i.e., a cycle of breathing in and out 3 times a day 6 times a minute and doing it for 5 minutes. This technique can be easily learned with smartphone apps (breathelax, heart inner balance, etc.).

To adopt: Start your day with unhurried routines. Have breakfast, do your heart coherence, do 5/10 minutes of meditation, a physical morning exercise that takes 10-20 minutes (the 5 Tibetans for example). Do this at least 5 days a week.

"Progress in cancer therapy is important but the battle will be won the day a majority of the population will understand that prevention is the winner. Beyond prevention, there should be a follow-up of both the treatment and post-treatment with all the given elements that really allow one to feel better."