



Providing Advanced Nutritional
Support for Cancer Patients and
Survivors

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Your Personal Step-By-Step Survival Guide

After a cancer diagnosis or diagnosis of a recurrence, one should follow these steps. The order of these steps is important. Feel empowered and a sense that you have this under your control. You are the captain of the ship and with the knowledge you have acquired from your research, you will make the right treatment choices. Be aware that conventional oncology is a very narrow approach centered around pharmaceuticals, surgery and radiation. Conventional oncologists are not trained in the field of nutrition, holistic health and implementing an integrative approach.

Use this guide and the resources provided to build a treatment strategy that will vastly improve your chances of long term survival. Natural and nontoxic treatments based on sound science can work very effectively if guided by a qualified expert in the field. The amount of information available on the internet can be quite overwhelming. Be wary of claims that sound too good to be true. Be guided by logic, science and a balanced sense of skepticism.

Treating cancer does not have to be a fight, battle or war. It can be a gentle process that creates very little or no damage to your body. Sometimes it is best to view your treatment as a long term process as it took many years to develop. Some cancers develop over 25 years or more. Feel empowered by gaining general knowledge about cancer and detailed knowledge on your specific form of cancer. Time is on your side so take the opportunity to explore all of your treatment options.

Look at your treatment plan as a way to manage cancer and buy time as new and better treatments are becoming available all the time. Treatment options are expanding at a rapid pace, especially within non-conventional therapies.

The Nutritional Oncology Research Institute is available to you offering advanced nutritional support and a very powerful natural nontoxic protocol which can be integrated into your treatment plan or used as a standalone therapy. Please feel free to contact us for any questions or to schedule a no-cost consultation.

Follow these steps in the order presented if possible whether newly diagnosed, currently in treatment or diagnosed with a recurrence.

1. Request tumor marker tests appropriate for your type of cancer. For example, the tumor markers for breast cancer are CA15-3, CA27.29 and CEA. It is very important to have baseline tumor marker values prior to any treatment. Gather together in a notebook all of your medical records including pathology (biopsy) report, radiology reports, all blood work and any genetic markers if available. In almost every state, one can order their own blood tests without a doctor's order.
2. If not already on a plant-based diet, switch to a 100% plant-based, low-fat, whole food diet. It is not necessary to start juicing. Learn about a methionine and cysteine restricted diet. Once you learn about it and understand it, begin applying this as the foundation for your treatment plan no matter what other treatments you choose. Read the NORI paper on TAADT which you can access here.
www.nutritionaloncology.net/taadt
3. Accept that time is on your side. It may have taken 25 years or more for your cancer to appear after it was initiated. Do not be rushed into surgery as removal of the primary tumor may have negative consequences. Cancer metastasizes at a very early stage of tumor development. There can be multiple microscopic metastatic tumors that are not visible on scans. Focus your treatment approach on systemic (treating the entire body) therapies rather than localized treatments such as surgery and radiation. Don't place a lot of emphasis on staging. Stage IV cancers can be treated effectively with long term remission.

4. Do your research. Explore all options. Understand that mainstream oncology is a very narrow approach and decades behind the science. You may find the alternative and holistic cancer treatment space to be very overwhelming and confusing. There are many different ideas on how to treat cancer with diet, supplements, off-label drugs and various non-conventional therapies. Be careful about focusing on anecdotal evidence. What one cancer patient did to survive may not apply to you. In many such cases, the full picture is not presented. Follow the science and be certain that your treatment approach is supported by scientific evidence.
5. Do not start taking supplements or herbs without knowing which may accelerate tumor growth or interfere with treatment. NORI can provide you with guidance on supplementation. It is essential that every element of your treatment plan is working together in synergy. Understand the role of antioxidants and pro-oxidants in cancer therapy.
6. Do not be driven by fear or family pressure. You are in control, don't allow your doctors to scare you into unnecessary treatments, tests or procedures. You are the captain of the ship and you have full control of the path towards healing based on your research and instincts. Too many cancer patients succumb to family pressure and are sorry afterwards. Oncologists can be pushy and even demanding. Find an oncologist that you feel comfortable with and who will support your treatment choices.
7. Carefully weigh the risk and benefit for every treatment proposed recommended by your oncologist. Study the prescribing information for each drug. Ask detailed questions including including the overall survival benefit of treatments. Some forms of cancer require hormonal therapy which requires pharmaceutical agents as hormone blockers of hormone suppressors. Be open to hormonal therapy as the benefits usually always outweigh the risks and side effects.
9. There are always clinical trials one can consider. Phase 1 clinical trials are not the best option because they are for the purpose of testing a drug for maximum tolerable dosage and side effects. A phase 2 clinical trial is testing for efficacy but one can end up within a placebo group.

10. Join cancer support groups that resonate with your choices. Support groups that do not embrace diet, holistic and alternative forms of treatment should be avoided. Leave any group that leaves you depressed or hopeless.

Resources

Nutritional Oncology Research Institute Contact Info

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Nutritional Oncology Research Institute Websites

www.nutritionaloncology.net Nutritional Oncology Research Institute

www.norinutraceuticals.com NORI Nutraceuticals Online Store

www.howtostarvecancernaturally.com How to Starve Cancer Naturally

www.howtotreatcancernaturally.com How to Treat Cancer Naturally

www.antibioticwatchdog.com Antibiotic Watchdog

NORI offers free live Zoom online workshops which is great way to learn, engage and be inspired by our client's success stories. The workshops are every Saturday morning from 8:00 to 10:00 AM Pacific time. The Zoom link is on the homepage at www.nutritionaloncology.net.

Facebook Groups

NORI Support Group

<https://www.facebook.com/groups/229365470928126>

Ferroptosis Support Group

<https://www.facebook.com/groups/1771229133327428>

Low Methionine Diet Support Group

<https://www.facebook.com/groups/544730665665377>

BeatCancer.Org: Ask a Holistic Cancer Coach

<https://www.facebook.com/groups/294710674731005>

Plant-Based Nutrition

www.nutritionfacts.org Dr. Michael Greger

www.pcrm.org Physician's Committee for Responsible Medicine

www.nutritionstudies.org T.Colin Campbell Foundation

www.drmcDougall.com/ Dr. John McDougall

Dirty Dozen List and Safe Cosmetics

www.ewg.org Environmental Working Group

Support Groups

www.healingstrong.org Healing Strong Support (Faith Based)

www.beatcancer.org Beat Cancer . Org (Holistic Cancer Coach Program)

A Selenium, Vitamin B6 and Iron Cocktail for the Treatment of Malignancies

By Mark Simon, Director, Nutritional Oncology Research Institute

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Excerpt from the book: Harnessing the Power of Nutrition to Beat Cancer

Introduction

There will be a time when cancer is no longer treated with the traditional methods involving surgery, chemotherapy and radiation. In addition, drugs may not be utilized at all. A 100% natural approach incorporating nutrition and nutritional supplements will be the future of oncology. This revolutionary treatment approach will be without side effects, risks of second cancers, diminution of quality of life, financial hardship and interruption of normal daily life. The overall cost of cancer treatment will plummet by at least 95%. The only roadblocks preventing a nutritional approach for treating cancer are economic interests and the inherent structural monopoly of the medical establishment.

The idea of treating cancer with nutrition alone may be challenging to accept or imagine in this day of advanced modern biotechnology technology, advanced pharmaceuticals, genetics research and incredible diagnostic tools for detecting cancer. The concept of treating cancer with a dietary approach combined with nutritional supplements must seem much too simple, ineffective and unsupported by scientific evidence.

The reality is that a plethora of scientific evidence has offered a simple and straightforward approach to treating cancer without conventional intervention from mainstream oncology. If such a method proves to be safe and effective, then the system of conventional oncology will eventually collapse as this new approach is adopted. How will such an approach become known and available to cancer patients? One possibility is through the emerging and growing field integrative and naturopathic oncology. Another path is through the field of nutritional oncology. Too much money is being made in the mainstream medical system to consider evaluating such an approach.

How can nutrition and supplements be powerful enough to treat a disease that shortens the life of over 700,000 individuals per year in the United States? How can such a simple and low tech approach overcome a disease that modern medicine is unable to treat with the most advanced drugs, devices and diagnostics? A partial answer to this question is a consideration to the relationship between cancer and diet

and what is known about the cancer preventative effects of certain nutrients. This paper will dive deep into the full answer to the question.

Selection of a Target for Treating Cancer

The first step in designing a treatment for cancer is selecting a target that will enable triggering death of cancer cells while causing no harm to normal healthy cells. Scientific studies have identified the ideal target for treating cancer which is the cancer cell's antioxidant defense systems. These defense systems are essential for the survival of cancer cells and not essential for the survival of normal cells. There is a reasonably wide window of opportunity to partially disable the cancer cell's antioxidant defense while sparing normal cells of any harm. There is a targetable Achilles heel within cancer cells.

Cancer cells are highly dependent on two antioxidant defense systems because of altered metabolism. The way in which cancer cells generate energy is different from normal cells and this leads to an elevation of oxidative stress within cancer cells. The two antioxidant systems are essential for regulating oxidative stress within the cancer cell to a manageable level. Altered metabolic circuitry within cancer cells is due to mitochondrial DNA damage. Mitochondria are the energy factories within our cells. They may be considered to like mini nuclear reactors that are near meltdown inside cancer cells. Instead of leaking radiation, mitochondria leak free radicals or oxidative molecules which the antioxidant defense systems must neutralize before the entire cell is in critical oxidative overload.

Simultaneously disabling both antioxidant defense systems is lethal to cancer cells and harmless to normal cells. This process has been replicated in cell culture and animal experimental models demonstrating selective death of cancer cells. A major vulnerability of cancer cells is now precisely identified and proven to be an ideal target for cancer therapy.

Chemotherapy and radiation kills cancer cells through an oxidative process but is highly limited by off target toxicity and build up of chemoresistance. There is a much better way to kill cancer cells than with highly toxic drugs. and radiation.

Smart and Precise Targeting

The two antioxidant systems are glutathione and thioredoxin, both of which have been highly researched in relation to cancer. Are there natural methods to disable these antioxidant systems? Fortunately, there are natural nontoxic methods to disable the antioxidant defense systems.

Glutathione is the master antioxidant system which can be disabled by restricting a single dietary nutrient. Cysteine is a non-essential amino acid that is utilized to synthesize glutathione. Most of cysteine can easily be restricted from the diet and

incorporation of vitamin B6 and iron takes care of eliminating the remaining cysteine. Vitamin B6 is known to be selectively toxic to cancer cells.

Thioredoxin is the other major antioxidant system. The inorganic form of selenium, sodium selenite, is a natural and nontoxic inhibitor of the thioredoxin system. Sodium selenite has been identified as a potent agent for triggering cancer cell death while causing no harm to normal cells. One important note is that sodium selenite must be specially formulated to be taken orally to avoid gastric upset. NORI has developed such sodium selenite formulations.

What is of paramount importance is the bioavailability of any agent selected for the treatment of any disease. Water solubility and sufficient plasma half life is essential for any agent to possess therapeutic utility. Sodium selenite, B6 (P5P) and iron (ferric ammonium citrate) perfectly meet this criteria and are form a highly therapeutic cocktail for the treatment of malignancies.

Combining the Elements Together for a Potent Therapy

Building upon what is understood so far requires a practical method of administration the agents and a set of dietary guidelines. NORI has worked out all of the details including the manufacture of nutraceutical products to easily implement the treatment. The dietary aspect of the treatment involves a strict plant-based diet that is targeted in a way which limits the amino acids, methionine and cysteine on a cyclical basis. The nutraceutical cocktail is administered on the days of dietary methionine and cysteine restriction.

Any oxidative treatment may be incorporated along with the nutritional based therapy. One example is high ozonide ozonated oils which will be highly synergistic.

A major advantage of this method for cancer treatment is that it is administered at home. No clinic based treatments are necessary as all nutraceuticals are administered orally.

Conclusion

Harnessing the power of nutrition in the right manner will radically alter the landscape of cancer therapy. Precise targeting of cancer cell's primary vulnerability has opened the door to a natural, nontoxic and side effect free method of treating cancer. A simple method incorporating a targeted diet with commonly available nutritional supplements is proving to be a very promising potential new direction in integrative and naturopathic oncology. A patient driven effort to advance this revolutionary form of cancer therapy will be essential. Cancer patients must begin to demand clinical research on nutritional interventions for cancer treatment. It is time for oncologists to refrain from stating "it doesn't matter what one eats" and "there is no evidence for any benefit for nutritional supplements".

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