HOLISTIC HEALTH HOSPITAL

Benito Juarez y Calle 52
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# LUNG CANCER

## About Lung Cancer

Lung cancer occurred in approximately 1.8 million patients in 2012 and caused an estimated 1.6 million deaths. In the United States, lung cancer occurs in approximately 230,000 patients and causes over 140,000 deaths annually.
Both the absolute and relative frequency of lung cancer have risen dramatically. Around 1953, lung cancer became the most common cause of cancer deaths in men, and in 1985, it became the leading cause of cancer deaths in women. Lung cancer deaths have begun to decline in both men and women, reflecting a decrease in smoking rates. CANCER BEGINS IN OUR CELLS
Lung cancer is the leading cause of cancer deaths in the United States, among both men and women. Lung cancer claims more lives each year than do colon, prostate, ovarian and breast cancers combined.

Lung cancer is a type of cancer that starts in the lungs. It is one of the most common types of cancer worldwide and is a leading cause of cancer-related deaths. Lung cancer usually develops in the cells lining the air passages of the lungs, but it can also begin in the glands or other lung tissues.

There are two main types of lung cancer:

1. Non-small cell lung cancer (NSCLC): This is the most common type, accounting for about 85% of lung cancer cases. NSCLC includes subtypes such as adenocarcinoma, squamous cell carcinoma, and large cell carcinoma.
2. Small cell lung cancer (SCLC): This type is less common and tends to grow and spread more quickly than NSCLC. It is often associated with heavy smoking.

Causes and Risk Factors: The primary cause of lung cancer is cigarette smoking, with approximately 80-90% of cases attributed to tobacco use. Other risk factors include:

1. Exposure to secondhand smoke: Inhaling smoke from other people's cigarettes, cigars, or pipes increases the risk of developing lung cancer.
2. Exposure to carcinogens: Long-term exposure to substances such as asbestos, radon gas, arsenic, certain metals, and certain chemicals (found in workplaces like mining, construction, and chemical industries) can increase the risk.
3. Genetic factors: Certain genetic mutations and a family history of lung cancer can contribute to an increased risk.

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Symptoms: Lung cancer symptoms may vary depending on the stage and type of cancer. Common signs and symptoms include:

1. Persistent cough that worsens over time.
2. Chest pain or discomfort.
3. Shortness of breath or wheezing.
4. Coughing up blood.
5. Fatigue or unexplained weight loss.
6. Recurrent respiratory infections.
7. Hoarseness or voice changes.

Diagnosis and Treatment: If lung cancer is suspected, various diagnostic tests may be performed, including:

1. Imaging tests: X-rays, computed tomography (CT) scans, magnetic resonance imaging (MRI), or positron emission tomography (PET) scans help detect abnormalities in the lungs.
2. Biopsy: A small sample of tissue is taken from the lung for laboratory analysis to determine if cancer cells are present.

Treatment options for lung cancer depend on the type and stage of the cancer, as well as the overall health of the individual. Common treatment modalities include:

1. HHH Therapy or Surgery: Surgical removal of the tumor and affected lung tissue may be an option for early-stage lung cancer.
2. HHH Therapy or Radiation therapy: High-energy beams are used to kill cancer cells or shrink tumors.
3. HHH Therapy or Chemotherapy: Anti-cancer drugs are used to kill cancer cells or slow their growth. Chemotherapy can be administered orally or intravenously.
4. HHH Therapy or Targeted therapy: Drugs are used to target specific genetic mutations or proteins in cancer cells to inhibit their growth.
5. HHH Therapy or Immunotherapy: This treatment helps stimulate the body's immune system to recognize and destroy cancer cells.

The choice of treatment depends on several factors, including the stage of cancer, overall health, and individual preferences. A multidisciplinary approach involving oncologists, surgeons, radiation oncologists, and other healthcare professionals is typically used to develop an individualized treatment plan.

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Early detection and smoking cessation are crucial for improving the outcomes of lung cancer. Regular screenings for individuals at high risk, such as long-term smokers, can help detect lung cancer at an early stage when it is more treatable.

# Types of Lung Cancer

The term lung cancer, or bronchogenic carcinoma, refers to malignancies that originate in the airways or pulmonary parenchyma. Approximately 95 percent of all lung cancers are classified as either small cell lung cancer (SCLC) or non-small cell lung cancer (NSCLC). This distinction is essential for staging, treatment, and prognosis. Other cell types comprise approximately 5 percent of malignancies arising in the lung.

The major types of cancer include:

- Small cell lung cancer (SCLC) comprises approximately 10-15% of all known lung cancer cases.
- **Non-small cell lung cancer (NSCLC) comprises approximately 85-90% of all known lung cancers cases.**
- **Adenocarcinoma arises from cells in the lung that secrete substances such as mucus (40% of lung cancers).**
- **Squamous cell (epidermoid) carcinoma arises from the flat squamous cells that line the inside of the airways of the lung (25-30% of lung cancers).**
- **Large cell (undifferentiated) carcinoma typically arises from the epithelial cells that line the outer regions of the lung (10-15% of lung cancers).**

1. Cancer Treatment Vitamin Support Package

**UPON REQUEST**

## ADDITIONAL TREATMENTS IF REQUESTED

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# MIND-BODY PRACTICES TO TREAT LUNG CANCER

Another subdivision of the alternative bone cancer approach is mind and body practices. These therapies use the mind's ability to influence the body. They include hypnotherapy, meditation, music and art therapy, visualization, and even prayer.

If you want to learn more about the alternative treatments for patients with bone cancer, as well as other therapies, we are available.

## Step 1: The Holistic Assessment

"The allopathic approach to chemotherapy often destroys the body's own natural ability to attack cancer cells, damaging the immune system and leaving it defenseless against the disease. Our alternative-natural cancer treatment heals the body to maximize its own ability to attack cancer cells and has been studied to increase success rates up to 80% by combining 5 etiological areas: Genetics, Nutrition, Xenobiosis, Chronic Inflammation and psychology" – Dr. Ariel Perez
Understanding the patient's needs to design the best strategy against cancer
The Holistic Assessment is our first step, where our multidisciplinary team composed of oncologists, surgeons, nutritionists and holistic medicine experts tailor the treatment based on the individual needs and medical history of the patient. The medical team will address the patient's concerns, assess their health and determine a nutrition plan.

## Stage 2 (ongoing): Cellular Nutrition

Gerson and Keto nutrition principles to nourish the body to maximize the treatment.
Cellular Nutrition is an ongoing stage that is designed to make the patient's body stronger and healthier so that it can better endure treatment and minimize side-effects. When a body is not getting the sufficient nutrients it needs, a chronic disease such as cancer can grow faster and spread more quickly. Our nutrition program is founded on

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Gerson therapy and Ketogenic Diet principles that will be tailored to the individual patient based on their medical history, cancer stage and nutrition deficiencies.

**Stage 3: Detoxification**

Relieving the body of toxic waste for optimal health
The Detoxification process begins following the initial assessment and is a key element to the management of any type of chronic degenerative disease including cancer. Cancer develops at our body's cellular level. When a patient is suffering from this disease you can find large amounts of toxins such as: waste, dead cells and pro-inflammatory agents, among others. Once the disease starts to spread, the body will not be able to eliminate these toxins. Our detoxification process employs nutritional and metabolic manipulation of the liver, digestive system, urinary organs and skin to enhance their ability to better eliminate toxins and keep the body at optimal condition.

**Stage 4: Immune Support And Regulation**

Reliving the body from chronic inflammation with natural therapies
Our immune system support and regulation therapies play a critical role in the fight against cancer, here we relieve the body from chronic inflammation that deprive the body's defense system and prevent it from fighting back the cancer.
Our team employs the use of proven immune system support therapies that include Japanese Fungi, Chinese Herbs, Green Tea Extract, Turmeric or Curcumin, Essential Fatty Acids in High Doses, Probiotics, Vitamin D among other, to avoid use of conventional drugs that can cause more harm and have negative side-effects.

**Stage 5: Cancer Suppression**

Our Anti-Cancer Strategy to Eliminate Cancer

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Our cancer suppression strategy employs the combination of proven therapeutic cancer treatments that have been scientifically tested to reverse the effects of cancer or to completely remove the cancer.

**Stage 6: Follow-up and support**

In order to keep our patients in remission, we provide complete follow-up packages and care for three years after treatment. We are in constant communication with our patients, offering advice, home treatments, telemedicine, Pharma Therapy, tele pharma and support.

**Complimentary Therapies**

**UPON REQUEST**

# Conventional Treatment

The type of treatment patients receive for lung cancer depends on several factors, including:

- The type of lung cancer the patient has (non-small-cell or small-cell mutations on the cancer)
- **The size and position of the cancer**
- **How advanced the cancer is (the stage)**
- **The patient's overall health**

# Common Symptoms

- Chest discomfort or pain, persistent cough, trouble breathing, wheezing, bloody sputum
- Loss of appetite, unexplained weight loss
- Fatigue
- Hoarseness, trouble swallowing.
- Swelling in the face and/or veins in the neck

# Diagnosis

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The clinical evaluation should be symptom-directed, which in turn allows appropriate imaging and invasive testing to confirm nodal or metastatic disease. Every patient with suspected NSCLC should undergo a computed tomography (CT) scan of the chest and upper abdomen (usually contrast-enhanced) to evaluate the extent of the primary tumor and potential spread to the mediastinum, liver, and adrenal glands. A number of tests and diagnostic tools may be used to identify lung cancer and determine how advanced it is, including:

- Imaging: X-rays, magnetic resonance imaging (MRI), chest computed tomography (CT), and positron emission tomography (PET) scans
- Staging: The extent of the cancer is determined by tumor size, whether cancer cells have spread to nearby lymph nodes, and whether additional metastatic events have occurred.

The cancer team will make recommendations, but the final decision will be yours. The most common treatment options include surgery, radiotherapy, chemotherapy and immunotherapy. Depending on the type of cancer and the stage, the oncologist may recommend a combination of these treatments.

# Integrative medicine for Lung Cancer

**UPON REQUEST**