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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas co-founded in 1975 by Olive W. Garvey and Hugh D. Riordan. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness. Since our inception in 1975, the mission has been clear and unwavering to "...stimulate an epidemic of health."

Choosing Naturopathic Oncology

A question I've been getting a lot lately is "What exactly is a Naturopathic Oncologist?" I thought it might be helpful to delve into the details of not just the title, but also the practice of Naturopathic Oncology and how it helps patients during all phases of their cancer journey.

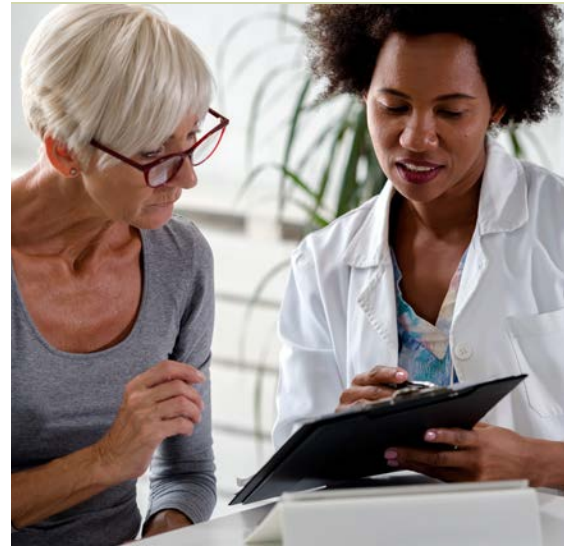


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What's in a title?

It takes a lot more than treating a cancer case here and there to call oneself a Naturopathic Oncologist. With the ever-changing landscape of cancer care, it is important for patients to connect with a practitioner who understands the complexities of the disease and who stays up-to-date with the latest research and practices.



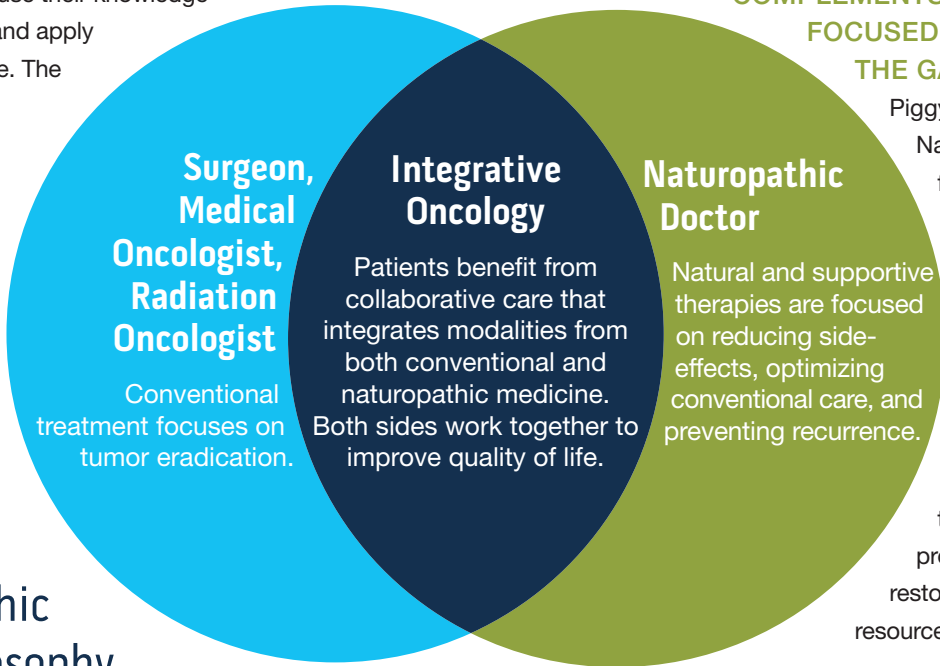
The American Board of Naturopathic Oncology recognized this need and developed specific requirements for Naturopathic Doctors to earn a board-certified specialty designation - FABNO (Fellow of the American Board of Naturopathic Oncology). To earn this designation, ND's must complete either a two-year oncology residency or have been in practice for five years and amassed 2400 contact hours with oncology patients. Additionally, practitioners must submit cases for review by board examiners and pass a certification exam. Currently, there are just over 100 Naturopathic Doctors with the FABNO designation throughout North America.

Naturopathic Oncology in a Nutshell

I think it is important to note that Naturopathic Oncology doesn't aim to replace or challenge conventional cancer treatment. Most often, it serves as additional support.

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Naturopathic Oncologists use their knowledge of naturopathic medicine and apply it to the field of cancer care. The patients I see are usually undergoing traditional cancer treatments such as chemotherapy and radiation in tandem with many of the naturopathic methods I discuss later in this article. The result is an integrated and comprehensive approach to cancer care.



COMPLEMENTS THE DISEASE-FOCUSED APPROACH (FILLS IN THE GAPS IN CARE)

Piggybacking on the 3rd tenet, Naturopathic Oncology fills in the gaps left by conventional cancer care.

In addition to treating the disease, Naturopathic Oncology addresses side-effects caused by conventional therapies, diet and lifestyle factors that contribute to disease progression or prevention, and restoring a person's biological resources for fighting disease.

The Naturopathic Oncology Philosophy

From a philosophical standpoint, Naturopathic Oncology differs from traditional oncology in several ways. The following are some key tenets naturopathic oncologists use to guide them in caring for patients with cancer.

A HOLISTIC APPROACH

If we had to narrow it down to one basic tenet, this would be the one. Naturopathic Oncology is holistic. We don't just look at the disease and how to eradicate it but aim to unearth the underlying causes, risk-factors that may exacerbate the disease, and all methods available to support the patient on their journey back to health.

EPIGENETICS

Epigenetics is the study of how lifestyle and environmental factors alter the way our genes behave. Traditionally, cancer has been viewed as a genetic disease, but research is showing that the initiation and progression of cancer are also impacted by epigenetics. Put simply, our lifestyle, behaviors, and environment may determine whether or not a genetic predisposition to cancer manifests into the disease or lies dormant. They may also determine how the disease progresses. Addressing lifestyle and environmental risks are part of the treatment approach.

TREATING THE HUMAN THAT HAS CANCER (NOT JUST THE DISEASE)

Conventional medicine often only looks at symptoms and disease and ways to "get rid" of them. Naturopathic Oncologists see the person and aim to understand the individual's physical, mental, and emotional needs. Are they constitutionally weak and require a boost? Are they lacking emotional support from family and friends? Why do they think they have cancer? These and others are the important questions that conventional medicine doesn't typically address.

Moreover, cancer is more than just a disease, it can be a shocking, frightening, and life-altering diagnosis. For some, it's a wake-up call. Every person experiences it in different ways and Naturopathic Oncologists aim to support and understand the individual experience.

PREVENTION

The best way to beat cancer is to never have it in the first place. The second best way to beat cancer is to prevent it from progressing or coming back. Like I mentioned above, conventional care is focused on getting rid of an already existing problem. A big part of Naturopathic Oncology is taking steps to prevent the problem from occurring (or recurring) in the first place.

HEALING POWER OF NATURE

This tenet is one of the principles of Naturopathic Medicine as a whole. Naturopathic Doctors value the body's innate ability to heal and the role that natural methods play in the process. This applies to any disease, including cancer.



EVIDENCE-BASED, NATURALLY FOCUSED

The modalities used by naturopathic oncologists are research supported. **Safety and efficacy are our highest priority when recommending natural cancer treatments.**



Naturopathic Oncology Modalities

Because Naturopathic Oncology seeks to support the person rather than just fight the disease, there are several modalities available to our patients. Some modalities are used to enhance conventional methods for tumor eradication, while others focus on alleviating side-effects, boosting the patient's biological resources, or supporting their mental and emotional health. As always, treatment is determined based on the individual needs of the patient.



IV OR INJECTION THERAPIES

IV's and injections are used to deliver high doses of nutrients and therapeutic compounds such as mistletoe, both of which can help improve quality of life and may aid in tumor suppression.



NUTRITION/METABOLIC THERAPIES

Patients are often advised to make dietary changes to include more nutrient-rich whole foods and remove foods that are potentially harmful or toxic. Specific and individualized supplement protocols are also used. Metabolic therapies may also include more rigid protocols such as fasting. ²



REPURPOSED DRUGS

Common drugs such as aspirin, metformin, statins, doxycycline and mebendazole can be used outside their common indications to aid in cancer treatment. ³



ACUPUNCTURE/TRADITIONAL CHINESE MEDICINE

Acupuncture is an effective treatment for mitigating side-effects like nausea and vomiting that often accompany conventional treatments. ⁴



MIND/BODY THERAPIES

Yoga, meditation and other mind/body modalities are often used to abate anxiety and stress in cancer patients. ⁵



HOMEOPATHY

Homeopathy is used to ease some of the side-effects of conventional cancer therapies and is helpful for symptoms that arise after cancer treatment is complete. ⁶

Support through the entire cancer journey

Cancer treatment begins with prevention. It's never too early (or too late) to start treatments and make changes that can reduce your risk of developing cancer in the first place. Should you receive a diagnosis, we are here to support you every step of the way. Naturopathic Oncology modalities can help during the early or advanced stages of cancer, during treatment, post-treatment, and even end of life care.



To learn more about
Naturopathic Oncology
at the Riordan Clinic,
call **800-447-7276**

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Mistletoe Therapy for Cancer Treatment

Did you know:

The liquid extract of the Mistletoe plant has been used as an alternative method to treat cancer for close to a century?

Mistletoe is one of the most widely researched naturopathic medicines prescribed for cancer patients in Europe?

Numerous studies have shown Mistletoe Therapy may enhance cancer patient survival rates, improve quality of life, and reduce the side-effects of chemotherapy and radiation?



Mistletoe, or *Viscum Album*, is a plant that attaches itself to trees, such as apple, oak, maple, elm, pine, and birch. It is native to Europe and Western Asia, with medicinal uses dating back to ancient civilizations. The biologic extracts from this plant have broad applications in the field of oncology that have demonstrated consistent safety and effectiveness when used with other established treatment protocols.

Mistletoe Therapy may be used with malignant and non-malignant tumors for stimulation of bone marrow activity. It is also used, along with conventional treatments, to offset the side-effects of chemotherapy and radiation, such as nausea, vomiting, and lack of appetite. Additionally, it is used to diminish tumor-related pain and to reduce the risk of tumor recurrence.

Frequently Asked Questions

Q: Can Mistletoe Therapy be a beneficial therapy for the type of cancer I have?

A: Mistletoe therapy is indicated for all sites and histological cancer types and may be used for all stages. It can be administered at any point throughout the course of cancer and used as after-cancer prophylaxis for relapse or secondary cancer.

Q: Is Mistletoe Therapy offered by my oncologist?

A: Despite Mistletoe's long track record of clinical use in Europe and several Asian countries, the FDA still categorizes it as an unproven biologic therapy. Therefore, it has yet to be fully adopted by Western medicine. However, in 2016 Mistletoe was approved for an extensive study at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. A large cohort of cancer patients enrolled and were given Mistletoe alongside conventional treatments. The published results of this study will likely bring awareness and acceptance of the benefits of Mistletoe and its broad application across the field of oncology.

Although traditional oncologists cannot currently offer Mistletoe therapy to cancer patients, Naturopathic Oncology practitioners, including The Riordan Clinic's providers, can administer this form of cancer care.

Q: What can I expect during treatment?

A: Mistletoe is administered via injection or IV drip. Most commonly, it is injected under the skin on the abdomen. Patients tend to tolerate



the treatment very well, but some will experience minor side-effects such as localized inflammation at the injection site that may cause swelling, redness, tenderness and itching. Some people experience a temporary rise in body temperature and fatigue.

Treatment is typically given three times each week. The first mistletoe injection is done onsite at The Riordan Clinic to demonstrate safe and proper injection technique and observe patients for any allergic reaction. Allergic reaction to subcutaneous Mistletoe is extremely rare. All subsequent injections can be administered at home by the patient or a trained caregiver.

As mentioned, Mistletoe may also be administered via IV, when appropriate. IV therapy always takes place onsite at the Riordan Clinic.

Q: Should I be concerned about any interactions with other drugs I take?

A: Mistletoe has no known drug interactions, including chemotherapy drugs.

Q: What benefits can I expect from Mistletoe Therapy?

A: Benefits Include:

- Activation of the immune system and the production of defense cells
- Stimulation of programmed cell death (apoptosis) in cancer cells and blockage of angiogenesis (new blood supply)
- Protection and stabilization of the DNA of healthy cells against damage caused by cytostatic drugs, such as chemotherapy
- Improvement in general well-being
- Reduced fatigue, particularly during and after chemotherapy
- Reduced nausea during chemotherapy
- Improved appetite
- Improved sleep
- Increased energy
- A slight increase in body temperature (Many cancer patients have a lower than average body temperature and often feel cold.)
- Less sensitivity to pain, so fewer painkillers, and sedatives are needed
- Patients often report a more positive outlook, more courage, initiative, and less fear

Q: Are there any special populations that cannot use Mistletoe Therapy?

A: Mistletoe therapy is not recommended for anyone with an allergy to Mistletoe, or anyone with acute inflammatory disease, autoimmune disease, high fever, pregnancy, Myasthenia gravis, multiple sclerosis, or uncontrolled hyperthyroidism.

Q: Can I receive Mistletoe Therapy while receiving other treatments, such as radiation or chemotherapy?

A: Yes. Mistletoe can help alleviate some of the common side-effects of radiation and chemotherapy, such as fatigue, nausea, and difficulty sleeping. Read the previously-detailed list of benefits of Mistletoe Therapy.



Q: Have there been clinical studies done on Mistletoe Therapy?

A: Many clinical studies examining Mistletoe use with cancer patients have shown improved outcomes, both in conjunction with conventional treatments and as a stand-alone adjuvant therapy.

Another compelling benefit, which has been observed in a multitude of clinical trials, is improved quality of life. Outcomes include less severe side-effects from chemotherapy such as fatigue, depression, nausea and vomiting, and improved emotional well-being and concentration.

Q: How much does it cost? Is Mistletoe Therapy covered by health insurance?

A: The initial kit costs \$685. Monthly treatments thereafter cost \$200-\$400 each.

Health insurance does not currently cover this treatment because it is considered alternative medicine.



To learn more about Mistletoe Therapy and book an appointment call 800-447-7276

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Health Supporting Supplements for Cancer Care

Supplement regimens for all of our patients are carefully tailored to their individual needs. However, there are handful of supplements that we find many of our patients use during their cancer journey.

VITAMIN C

Oral Vitamin C helps keep plasma levels optimal between infusions and provides ammunition for the immune system.

VITAMIN D3

Vitamin D3 deficiency has been linked to most cancers and is associated with a worse prognosis. We find that most cancer patients are deficient in this critical nutrient. ¹

CORIOLUS

Coriolus is a medicinal mushroom with immune benefits. Studies show improved outcomes in several tumor types when combined with standard therapies. ⁴

MELATONIN

Melatonin is most often know for its sleep benefits, but it also helps with immune function, cell signaling, and hormone balance. ³

CURCUMIN

Curcumin is mainly used as an anti-inflammatory, and has been shown to help with all hallmarks of cancer. It may also prevent drug resistance in cancer cells. ²

This information is for educational purposes only, and we are not prescribing or recommending these products to all cancer patients. It is best to speak with a medical provider before starting a new supplement regimen.



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Plant-derived Supplement Shows Promise as a Natural Cancer-Fighter

Arum palaestinum, a perennial plant that produces a deep purple lily flower, has a long history of use as a medicinal plant in the Middle East, including cancer treatment.

One survey of Palestinian healthcare providers suggested that *Arum palaestinum* was the most commonly used herbal medicine by oncology patients¹.

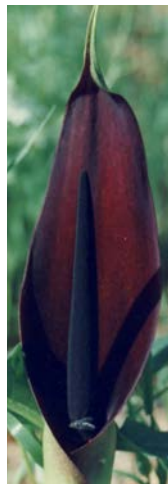
Also referred to as black calla lily, the aesthetically beautiful plant contains an impressive list of active compounds which provide several anticancer mechanisms. A U.S. based company Hyatt Life Sciences discovered that by fortifying the *Arum* extract with other additives such as isovanillin, harmala, and turmeric, it's cancer-fighting effects are enhanced.² Hyatt's unique blend, dubbed Afaya Plus, is available as a dietary supplement. However, they are also seeking FDA approval as a novel drug against certain cancer types.

Building on its historical use in Traditional Middle Eastern Medicine, Hyatt has spent the last few years doing the clinical research needed to confirm the safety and benefits of these compounds. Early results show that the Afaya Plus blend of herbal extracts has exhibited strong anticancer effects both in vivo and in vitro. A 2015 study showed efficacy against prostate tumors in mice. A 2018 clinical trial at the University of Kansas Medical Center demonstrated that the combination of the herbal blend with Cisplatin improved the efficacy of chemotherapy in head and neck cancer.^{3,4}



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Available through
the Riordan Clinic
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store.riordanclinic.org

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In addition to its anticancer effects, Afaya Plus has also been reported to exhibit positive effects on blood sugar control, which is usually the root cause of metabolic syndrome, diabetes, and even immune dysfunction.

As for safety, there are no significant concerns given its

historical use in the Middle East and the early clinical evidence. Afaya Plus should be taken with a fat-containing meal and is typically dosed at two capsules, 1-3 times a day. In addition, a cautious approach would still be advised as far as spacing it out from some types of chemotherapy agents where interactions cannot be ruled out.

While we await further clinical studies to be done, I believe the Afaya Plus should be considered a safe and beneficial supplement for cancer patients looking to improve their chance of having a good outcome with their disease.

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Thank you for reading.



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Making Your Healthspan Match Your Lifespan

The goal of healthy aging involves moving from reactively responding to disease when it is expensive and difficult to treat, to **proactively** using strategies that prolong the health span of a person's life. When implemented and maintained, these strategies help decrease illness and increase wellness throughout our final years.

With an understanding of the processes that support healthy aging at the cellular and molecular level, we can design age-appropriate lifestyle and micronutrient protocols that limit the risk of developing age-related disease while promoting lifelong healthy functioning. By improving one's healthspan, we may also increase their lifespan.

Join Dr. Dustin Moffitt, Naturopathic Doctor and aging expert, as he explores three areas of healthy aging: Prevention & Real Health, Maintaining Wellness, and Addressing Root Causes.



FEBRUARY 9TH
@ 10:30 AM CST

Prevention & Real Health



MARCH 9TH
@ 10:30 AM CST

Maintaining Wellness



APRIL 6TH
@ 10:30 AM CST

Addressing Root Causes

▶ All lectures will be live streamed on YouTube. Register at riordanclinic.org/healthspan



Speaker: Dr. Dustin Moffitt

Medical Director at the Riordan Clinic Hays Clinic

Dr. Moffitt specializes in regenerative injection techniques, pain management, sports rehabilitation, chronic illness, functional medicine, and weight loss.