



Riordan
Clinic

Health Hunters

October
2024

Vol 39
No. 10



Inside this Issue

NAVIGATING SUPPLEMENTS IN CANCER CARE

A Guide for Patients and Caregivers

THE POWER OF NUTRITION: How Diet Shapes Long-Term Breast Cancer Survival

HIDDEN IN PLAIN SIGHT: How to Support the Unseen Face of Cancer

Chia Flax Pumpkin Pudding Recipe By: Jen Nolan Remission Nutrition



Riordan Clinic is a world-renowned, academic medical center that has led the world in integrative oncology and complex chronic illness care since 1975. The Riordan Clinic was established as a 501 (c)(3) non-profit organization with missions in research, provider education, and patient education. The Health Hunter Newsletter has been published since 1986 as an educational resource to providers and patients.



NAVIGATING SUPPLEMENTS IN CANCER CARE: A Guide for Patients and Caregivers



AUTHOR | Dr. Stacy Dunn, ND, LAc, FABNO, FAORM

FORWARD

Navigating cancer care and survivorship comes with countless questions—especially when it comes to supplements. Many patients, survivors, and their families wonder how supplements might impact treatment, whether they can help minimize side effects, or if they could interfere with chemotherapy or radiation. In the following interview with Toni Talley of Fox 4 KC, Dr. Stacy Dunn, ND, LAc, FABNO, FABORM, sheds light on these important concerns, offering practical advice on integrating supportive therapies with conventional treatments.

Jasmin Murphy, B.H.A., ACE-CPT

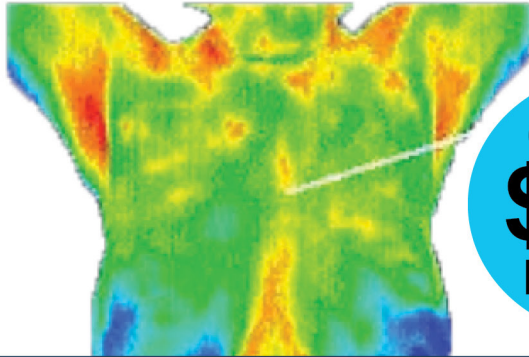
Q: Can you explain the role of supplements in integrative oncology and how they can complement conventional cancer treatments?

A: The right supplements can be incredibly helpful during cancer treatment. Many patients

experience side effects from chemotherapy, immunotherapy, radiation, surgery. While these can be life-saving treatments, our healthy cells often get caught in the cross-fire, leading to significant side-effects. From taste changes and digestive changes, mouth sores, nausea, neuropathy, and fatigue, supplements can help to prevent and minimize these side-effects. This not

Continued on page 2

CALL TO SCHEDULE TODAY!!!
316.682.3100 X1367

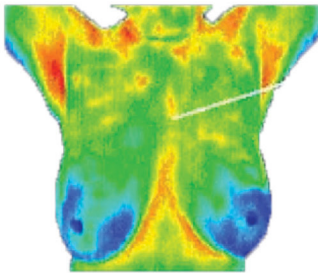


OCTOBER 1-31
\$195
per scan

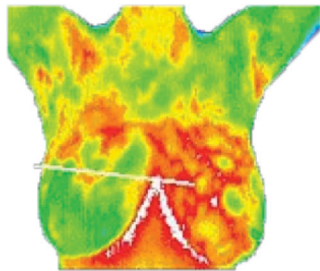
THERMOGRAPHY SALE
non-radiation, no contact, screening

Only Available in Wichita

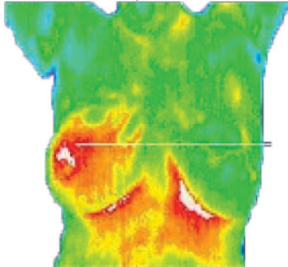
Normal Symmetrical Healthy Breast



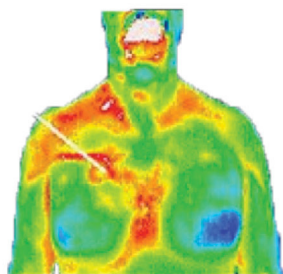
Suspicious Vascular Activity



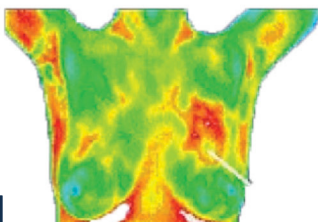
Inflammatory Breast Disease



Male Breast Cancer



DCIS Left Breast



only helps people feel better during treatment, but also helps to maintain their regular treatment schedule without interruption. Sometimes side-effects can be so significant that treatment cycles may be delayed, dose-reduced, or halted altogether. The right supplements can help patients stay on track to receive their treatments.

Q: Are there any risks or concerns with taking supplements if someone is undergoing chemotherapy or radiation therapy?

A: There are potential interactions. An important component of integrative cancer care is screening for those interactions. It is very important for people to work with an integrative provider who is trained in drug-nutrient-herb interactions. It is tempting to take a supplement that has been recommended by a friend or family member or even someone at the health food store, but you don't want to take something that could interfere with your treatment. You don't want to undergo cancer treatment and all that it entails, and not have it be as effective as it can possibly be.

Q: What factors should people look into and what should be considered when looking into supplements?

A: There are many factors involved in our supplement recommendations. We want to know the type of cancer a patient has, any conventional treatments they are receiving, as well as their own unique personal and clinical histories. All of these factors are important for supplement selection.

We want to know the type of cancer a patient has because cancer isn't just one disease, and we will look to target different pathways in different types of cancer. There are also supplements that may be beneficial for one type of cancer, yet contraindicated for other types, or even sub-types. It is more complex than people realize.

It is also important to consider any conventional treatment a patient is receiving and medications they are taking. Because, again, drug-herb-nutrient interactions can be significant. If a patient is beginning chemotherapy, we want to know the specifics. There are many different types of chemotherapy and immunotherapy, and each comes with its own set of side effects. So to best support patients to limit these side-effects, we need to know their specific treatment regimen.

And it is important to know the patient, the whole person, as a patient is so much more than their diagnosis. We look at the whole person, and their unique histories and lifestyles and make recommendations based on all of these factors. Our lab testing is also crucial to helping individualize and tailor supplement recommendations to the patient. Because as Dr. Riordan taught, the most important supplement to take, is the one you are deficient in. And we don't know what you are deficient in, unless we test.

Q: Do supplements play a role in cancer survivorship?

A: Absolutely. Lab testing is critical here as well, so we can tailor recommendations to each individual patient. We look for nutritional deficiencies, immune function, blood sugar regulation, hormone balance, inflammation. The labs help us identify areas that need work. And addressing those areas

not only helps patients feel better, but supports a cancer-free environment. A great analogy is a fish tank. If you have a fish that dies because it is living in a dirty fish tank, the tank has not been cleaned or cared for and is overgrown with algae and bacteria, you are not going to replace the fish with another fish and expect a different outcome. You have to clean the tank. And you have to continue to monitor and maintain the health of the water. The same is true with cancer. You can remove a tumor, but the underlying imbalances that may have led to its growth are still there.

Q: What should patients and caregivers of course know about selecting these high quality supplements?

A: This is such an important topic because the supplement industry is not regulated. You want to make sure that your supplements have 3rd party testing for quality assurance – to show that what they say is in their product, is actually in the product at the dose listed, without additional unlisted ingredients. You want to make sure they are testing for contaminants such as heavy metals, PCBs, mold. It might seem like a bargain to get supplements at a discount chain, but it is actually a waste of money if the product doesn't contain what it claims to contain. It is also best to avoid Amazon for supplements, as counterfeited supplement brands are on the rise. The product may look almost identical to products you take, but the seller may be fraudulent and reprinting/labeling capsules of who-knows-what (white rice flour was found in one analysis). A number of supplement companies have reported finding counterfeits of their products, including Fungi Perfecti, NOW Foods, and Pure Encapsulations.

It is best to purchase your supplements from your integrative provider or a health food store. At Riordan Clinic, we ensure the brands we carry are of the highest quality, with extensive testing and 3rd party verification.

Q: Any additional thoughts?

You can't out-supplement a bad diet! Supplements can be very supportive during and after cancer treatment, but eating well, sleeping well, and moving our bodies are the foundations for health.

To become a patient at Riordan Clinic, call 800-447-7276



Connect with Us

facebook
facebook.com/riordanclinic

instagram
instagram.com/riordanclinic

youtube
youtube.com/user/healthhunter1

our website
riordanclinic.org

Health Hunters Newsletter

Join our mailing list to have the Health Hunters delivered to your inbox each month for FREE.

To sign up, go to riordanclinic.org or email us at information@riordanclinic.org

Contact the Editor

Please send any comments or suggestions to newseditor@riordanclinic.org

Thank you for reading.



Riordan Clinic

NUTRIENT STORE

SPOTLIGHT ON: CURCUMIN

Support the body's detoxification pathways.
Support the body's cytokine and chemotactic response.
Provide relief of minor pain due to occasional overuse.



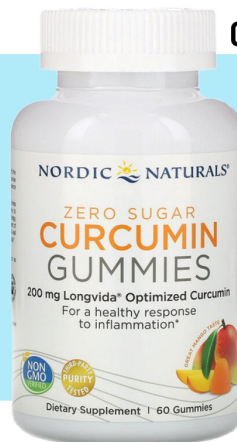
Theracurmin HP

- Patented colloidal dispersion technology, making it more bioavailable than standard curcumin.
- Water-dispersible, dissolving quickly and maintaining solubility for better absorptio
- 27 times more bioavailable than standard curcumin extracts.



Curcuma Supreme: NF-kB Formula

- Protection against cellular DNA damage and oxidative stress.
- Alleviate joint pain, swelling, and stiffness by neutralizing free radicals in the joints.
- Support healthy liver and heart function, potentially improving overall cardiovascular and organ health.



Curcumin Gummies

- 200 mg Longvida® Optimized Curcumin for efficient absorption and delivery to cells
- Tasty mango flavor
- Gelatin-free, vegetarian gummy for adults
- No added sugar, or artificial coloring, flavoring, or preservatives

store.riordanclinic.org

*These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.



THE POWER OF NUTRITION:

How Diet Shapes Long-Term Breast Cancer Survival



AUTHOR | Dr. Kirsten West, ND, LAc, FABNO

In the years I have been in practice, it has become clear that diet and nutrition are key factors in cancer treatment, prevention, and long-term survival. Two important studies have been released recently that reinforce the link between diet and nutrition and long-term breast cancer survival specifically.

Not surprisingly, they both point to a diet high in vegetables and fruits, while being mindful of the amount and quality of carbohydrates. It is important to remember that no one diet fits every survivor's nutritional needs, but these studies offer some good basic guidance.

Both studies were funded in part by the American Institute for Cancer Research (AICR) and led by nutritional epidemiologist Maryam Farvid, PhD. Approximately 250,000 women participated in the large Nurses' Health Studies. Participants joined either in 1976 or 1989. All women were cancer-free and 55 or younger when they joined the study, meaning some had been participating for up to 30 years at the time of publication. By 2011, nearly 9,000 study participants had been diagnosed with breast cancer, and about 2,500 had died. [1]

Fruits & Vegetables

Women in both studies regularly answered questions about their dietary habits, family history, activity, and other cancer risk factors. The first study, published in the journal *Cancer Research*, focused on the link between overall vegetable and fruit intake.

The study showed that women who ate the greatest amounts of fruits and vegetables after their breast cancer diagnosis had a 21% lower risk of dying from any cause compared to those who ate the least amounts. [1]

Predictably, overall vegetable intake had the greatest effect on survival rates, with cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts) and leafy greens being among the best. Women who ate a full serving of cruciferous vegetables daily had a 13% lower risk of dying from any cause during the study than those who didn't eat any.

The study found that whole fruits alone didn't significantly impact mortality, except for blueberries. Whole blueberries may be linked to a lower risk of dying from cancer or any other cause. Maryam Farvid suggested that this could be due to the antioxidants and other nutrients in the berries, but relatively few participants ate high amounts of blueberries. More research is needed, but it's an intriguing result. [1]

Furthermore, the study drew a specific link between drinking apple juice and an increased risk of dying from breast cancer. The participants who consumed the highest amounts of apple juice drank an average of one cup per week. Apple juice was evaluated separately from other juices, which were combined into a second category. Apple juice clearly increased the risk of dying from breast cancer compared to other types. [1] This could be due to the high sugar content found in juice, which can lead to metabolic imbalances and hasten disease progression. Even vegetable juice is high in sugar.

The study separated women into subgroups based on their habits and dietary patterns. These characteristics included total fruit intake, total vegetable intake, age at diagnosis, BMI, physical activity, daily alcohol consumption, daily fiber consumption, daily animal fat consumption, total fat intake as a percentage of calories, total calorie intake, and whether participants were current smokers or had ever used oral contraceptives or postmenopausal hormones. Participants completed questionnaires every four years after diagnosis. [2]

Carbohydrates

The second study, published in *Cancer Epidemiology, Biomarkers & Prevention*, focused on the types and amounts of carbohydrates participants consumed. We know that carbs, and the insulin release they trigger, may promote cancer growth. [3]

This study measured the impact of glycemic index, glycemic load, insulin index, and insulin load on breast cancer survival. Like the previous study, participants completed dietary questionnaires every four years.

Quality foods matter. Highly processed foods, including sugar and sugar substitutes, contribute to obesity and health problems linked to inconsistent blood sugar and insulin levels. The study found that women who ate foods with a higher glycemic load and glycemic index were at a higher risk of dying from cancer or any cause during the study. [3] The glycemic load measures food's impact on blood glucose, taking into account all the carbs in a food. The glycemic index assigns a numeric score (0 to 100) to a food based on how dramatically it raises blood sugar.

For glycemic load, a low ranking is 10 or below, medium is 11-19, and high is 20 or more. For example, raw broccoli has a glycemic index ranking of 15 and a glycemic load rank of 0.5. Compare that to a slice of processed white bread, which has a glycemic index ranking of 90 and a glycemic load of 43.9. [4] Glycemic load can be sneaky—carrots, for example, have a higher glycemic index than ice cream, and carrot juice has an even higher glycemic load.

The insulin ranking index showed similar findings, with higher insulin-raising diets associated with an increased risk of dying from any cause compared to those who ate lower insulin-raising diets. Fiber may have also contributed to longer survival during the study period. [1]

Study Limitations

The studies did identify some limitations, which warrant further research. The participants were primarily white, so the findings may not directly apply to other racial or ethnic groups. Additionally, the studies didn't account for how a cancer recurrence or another disease may have affected what women ate. [1] However, these findings provide helpful guidance for the more than 3 million breast cancer survivors living in the United States today.

One Size Does Not Fit All

It's important to remember that each individual's breast cancer and dietary needs are unique. Every person and every cancer is different, creating a unique dynamic. The most effective way to identify the best diet for each person is through lab tests, epigenetics (closely tied to ancestry), and tumor characteristics.

When we don't have access to the best information from testing, I generally recommend a low-carb, Mediterranean diet. This diet has the strongest research backing to date. It's rich in whole foods, high amounts of olive oil and olives, nuts and seeds, herbs and spices, clean proteins, some fruits, and plenty of vegetables. Furthermore, these studies clearly show that diet matters—steering clear of sugars and processed carbs is key.

There are many other therapeutic forms of eating, including ketogenic, vegetarian, paleo, and carnivore diets. The ketogenic

diet can be quite therapeutic as an alternative option. However, it must be done wisely, with the help of a well-versed ketogenic practitioner, and it must make sense given an individual's epigenetics and unique terrain.

If a ketogenic diet isn't appropriate, there are other ways to reach ketosis. One proven routine is intermittent fasting, which I believe everyone should incorporate into their lives. It can be helpful despite individual differences, and there are many ways to incorporate it.

Dietary intake plays a major role in breast cancer survivorship and prevention. We can identify the best nutritional intake for a given individual, and any given cancer, through testing and assessment.

For example, triple-negative breast cancer is often referred to as “diabetes of the breast.” Hormone-positive cancers are likely driven by metabolic issues and stress—both of which play a big role in glucose management. We often see patterns that point to these issues once testing and assessments are complete. There is no single cause, but we know that the interaction between terrain and the environment can lead to either “disease” or wellness.

We must also remember that food is meant to be communal and shared with those we love. It ties into emotions and nurturing, which begin in childhood. Fostering that connection is important—what we eat should not be separate from who we share it with.

The bottom line is that dietary intake must be individualized—there is no one-size-fits-all diet. Test, assess, and address! And when in doubt, imagine you live with those you love most—your tribe—on the shores of Greece.

1. Nelson, M. R. (2021, March 18). Two new studies suggest diet can help breast cancer survivors live longer. American Institute for Cancer Research. <https://www.aicr.org/news/two-new-studies-suggest-diet-can-help-breast-cancer-survivors-live-longer/>
2. Aacrjournals.org. (n.d.). <https://aacrjournals.org/cancerres/article/80/22/5134/645894/Postdiagnostic-Fruit-and-Vegetable-Consumption-and>
3. Farvid MS; Tamimi RM; Poole EM; Chen WY; Rosner BA; Willett WC; Holmes MD; Eliassen AH; (n.d.). Postdiagnostic dietary glycemic index, glycemic load, dietary insulin index, and insulin load and breast cancer survival. *Cancer epidemiology, biomarkers & prevention: a publication of the American Association for Cancer Research*, cosponsored by the American Society of Preventive Oncology. <https://pubmed.ncbi.nlm.nih.gov/33219162/>
4. Learn about the glycemic index (GI). Glycemic Index Guide. (2023, June 16). <https://glycemic-index.net/>

HIDDEN IN PLAIN SIGHT:

How to Support the Unseen Face of Cancer

By Comica Shaw, MBA

Some experiences remain invisible to the world and understood only by those who endure them. Breast cancer is one of those experiences --- personal, painful, ever evolving, and sometimes unseen. Breast cancer can come into your life at different ages, stages and with various symptoms, treatments and side effects. It's not like what you see on TV – the medical dramas paint an incomplete picture. The untold portions are the unfamiliarity with your body, the emotional turmoil, the physical ailments, and the constant worry and stress. Breast cancer is often associated with chemotherapy, hair loss, drastic weight loss or an older person. At least, this is what I thought when I received the unfortunate news of my diagnosis. However, according to the American Cancer Society, “The median age at the time of breast cancer diagnosis is 62... Well, I am 46.

Fortunately, my breast cancer was caught early through a routine mammogram. My treatment included surgery and radiation over a span of 6 months. It would have been easy to go through my breast cancer journey without telling a soul. Outwardly, my reflection hasn't changed drastically. But the inside is unfamiliar, and my body no longer feels as if it belongs to me. I struggle with accepting my 'new' breasts after the partial mastectomy and reconstruction of both breasts.

Even without the sensation in my breasts, pain emerges unexpectedly. I instinctively want to hold onto my breasts as the pain subsides but avoid doing so in public. The scars under my arms and breasts are tight. I often stop to stretch to increase my mobility. Navigating my wardrobe is an expected battle each morning. I fight to camouflage my compression bra, bandages and ointments through my outfit selections.

The emotional turmoil is harder to express. I grieve the body I once knew; the thought of reoccurrence invades my mind at unexpected moments. It's hard to imagine life prior to cancer. The on-going pain from surgery, and the inability to get comfortable at night makes getting a good night's rest nearly impossible. Without a proper night's rest, several areas of my life are affected; such as the ability to concentrate, remember important information and stay alert during commutes. There are also moments of stress and feeling overwhelmed where tears appear without warning. They have no boundaries and invade the most basic daily tasks.

On the inside, I'm navigating a world filled with fear, pain and uncertainty. The journey doesn't end with the ringing of the bell. It continues with follow-up appointments, waves of anxiety, aches, pain and low energy. For these reasons; one may not quite understand how best to support someone during their breast cancer journey. Despite the challenges, there are ways family, friends and workplaces can provide support, even when the illness is hidden:



Acknowledge: Recognize the person has gone through a traumatic event. Express concern. Check-in periodically. Show empathy through simple phrases such as: “I’m thinking of you. You crossed my mind. Are you doing ok? I know this may be hard for you, I am here for you.” “How can I help make things easier?” Avoiding the elephant in the room can come across as a lack of empathy.

Provide Practical Help (Home): Instead of saying “tell me what you need” just do it. It will be appreciated. Offer to help with specific tasks such as, grocery shopping, household chores, bringing dinner, offering to pay for a housekeeper, fold clothes while you visit, having food delivered, driving to appointments and keeping them company in the waiting room are all great ways to offer support. If you offer the support, follow-through.

Provide Practical Help (Work): Returning to work after being away for an extended amount of time is an adjustment. Workplaces can offer a flexible work schedule, incorporating more time for a project, extending grace as someone “catches up”, from being away, offering to take on portions of the job responsibilities temporarily, and providing privacy when time off is requested.

Respect Their Boundaries: Sharing is not caring. If they shared their diagnosis with you, do not take it upon yourself to let others know. Allow them to share with whomever they select. Let them dictate when and how much they want to share. If they do share, listen with empathy.

Avoid Assumptions: People often judge the severity of an illness based upon visible symptoms. Beware of dismissive comments, such as, “You don't look sick. You don't look like you have cancer. Your treatment is over, you are back to normal. You must be doing better. You have done harder things.” Oftentimes, it is simply asking, how can I help or what do you need?

Recently, my radiologist asked how I was navigating my new-normal life. I hesitated and answered with little confidence, “Alright, I guess.” I wasn't sure how to respond because I am still figuring out what my 'normal' may be. What does cancer really look like? It may not match the image you have in mind. But even when you can't see it, it's still there---hidden in plain sight, always changing.

CHIA FLAX PUMPKIN PUDDING

Recipe By: Jen Nolan, Remission Nutrition

This nutrient-dense Chia Flax Pumpkin Pudding is a wholesome, Remission Nutrition-approved recipe by breast cancer thriver Sara Stratton, NTP, ONC. Combining chia seeds, flaxseed, and hemp hearts with a flavorful pumpkin pie topping, this dish offers a rich source of healthy fats, protein, and essential nutrients. It's perfect for a filling breakfast or snack that keeps you full while promoting well-being.



Pumpkin Pie Topping

Heat sauce pan to medium. Add ingredients and simmer on low for 5 minutes

.5 cup Organic Canned Pumpkin

3 tbsp Organic Full Fat Coconut Milk

3 tsp Turmeric

3 tsp Pumpkin Pie Spice

2 tsp Organic Ginger

2 tsp Vanilla

Let cool and store in a glass container in the refrigerator.

Chia Flax Hemp Pudding

.75 cup Chia Seeds

6 tbsp Hemp Hearts

6 tbsp Freshly Ground Flaxseed

2 tsp Vanilla

1 cup Organic Full Fat Canned Coconut Milk

1.5 cup Malk Almond Milk

Directions

Add dry ingredients to a glass bowl. Add milks and vanilla. Stir. Put it in the refrigerator. Stir again after about 10 minutes. Let it set for at least 30 minutes.

When you're ready; in a small bowl add .75 cup Chia pudding and 3 tbsp Pumpkin Pie topping. Add pumpkin seeds or grain-free granola. Can be stored in the fridge for 3-4 days. Recipe makes 3 servings.

Nutrition per serving;

550 calories

16g protein

10 net carbs

40g fat

Real Health Podcast

Brought to you by the Riordan Clinic



The Latest Information and Top Experts in Functional and Integrative Medicine

LATEST EPISODES



EPISODE 70

Afaya Plus: A Game Changing Supplement to Aid Cancer Treatment

In this episode of the Real Health Podcast, Chief Medical Officer Dr. Ron Hunninghake, MD, talks to Jason West of Hyatt Life Sciences about Afaya Plus and its potential as an aid in cancer treatment.



Real Health Podcast

Brought to you by the Riordan Clinic



EPISODE 71

Secrets to Optimal BrAin Health with Megan Lyons

In this episode of the Real Health Podcast, Chief Medical Officer Ron Hunninghake, MD, talks to Megan Lyons about brain health



Real Health Podcast

Brought to you by the Riordan Clinic



EPISODE 72

In this episode of the Real Health Podcast, Chief Medical Officer Dr. Ron Hunninghake, MD, talks to Riordan's new research director, Dr. Michele Niesley, ND, FABNO, about the upcoming studies here at the clinic. They also provide context and insight regarding the importance of science based integrative medicine.



Listen Now at RealHealthPodcast.org

