

## NATURAL TIPS FOR CANCER TREATMENT SIDE AFFECTS

### NAUSEA and VOMITING

1. Glutamine powder, an amino acid, 20 Gm daily in divided doses – may safely take up to 40 Gm daily. If possible, Glutamine should be started before chemo or radiation.
2. Ginger as in tea or candied form.
3. Ginger ale is good but use sparingly due to the sugar content. Never use diet ginger ale. Avoid ginger if your platelet count is low.
4. Suck on ice chips sprinkled with a little sea salt.
5. Acupressure – stimulate by pressure or tapping a point on the underside of the wrist called the P6 point – about one inch below base of hand and midway between mid wrist and base of thumb. You can buy a wristband, “Sea Band”, with a small button that presses on P6.
6. Cinnamon can help nausea, bloating, flatulence and anorexia. Also, promotes healthy glucose metabolism.
7. Peppermint may help.

### DIARRHEA

1. Glutamine powder – 3 Gm three times a day.
2. Quercetin – 250 to 500 mg two to four times a day.
3. Powdered carob – ½ to 1 tsp every hour mixed with applesauce or half a banana.
4. If diarrhea began after an antibiotic, supplement with a probiotic such as Lactobacillus acidophilus AFTER the antibiotic is finished.
5. Arsenicum album 30c, a homeopathic remedy, two pellets under tongue every two hours as needed.

### SORE MOUTH and/or THROAT

1. Glutamine powder – 20 Gm or more daily orally. Should be started before treatment with chemo or radiation.
2. If you already have mouth sores, use a Glutamine mouth rinse and take Glutamine orally.
3. Aloe vera juice is very soothing to mouth and GI tract.

### HOT FLASHES/NIGHT SWEATS

1. Lachesis 30c, a homeopathic remedy, two pellets under tongue every two hours as needed.
2. Relaxation techniques – mediation, Bonnie’s CD, etc.
3. Melatonin – 10 to 20 mg at bedtime.

### PERIPHERAL NEUROPATHY

1. Glutamine powder – 20 Gm daily in divided doses. If possible start before starting chemo or radiation therapy.
2. Fish oil and vitamin complexes especially B6.
3. Melatonin – 10 to 20 mg at bedtime.