

BY DR. DYLAN FOSTER, DC

# GETTING THROUGH RADIATION THERAPY

What You Need To Know About Supporting Your  
Health And Immune System Through Radiation  
Therapy



# Getting Through Radiation Therapy

## HELPFUL TIPS AND TRICKS

If you are about to go through Chemotherapy or Radiation Therapy for your Cancer Treatment, it can be extremely scary. Possibly, because you already know that the radiation from radiotherapy is very toxic, dangerous and can cause a very long list of potentially severe short and long-term side effects. In addition, having been diagnosed with cancer is scary enough in itself, then being told you have to do radiation treatment cancer treatment. For that I am sorry about your cancer diagnosis, and having to go through all of this stress and turmoil. Hopefully this information will help you get through your radiation therapy cancer treatment and/or chemotherapy cancer treatment with flying colors and amazing long-term success.

This article will hopefully help provide information for you on different statistics related to radiotherapy, nutrition, diet and more in hopes of helping you get through it as best as you possibly can. All geared for educational purposes only, not meant to treat, diagnose or cure. Therefore, I am writing this article to give you a little bit of knowledge and research to help you minimize the side effects, decrease re-occurrence rates and maximize the benefits of using Radiation Therapy Cancer Treatment.



## THE TRUTH:

- Too much radiation at once or over a long period of time can be fatal.
- 20 year research of Breast Cancer and Heart Disease comparing Radiation vs Surgery<sup>1</sup>: Radiotherapy showed a...
  - 30% Higher incidence of Heart Attacks
  - 100% Higher incidence of deaths from Cardiovascular Disease
  - 150% Higher Ischemic Heart Disease deaths
- Many Side Effects such as Anemia, Burns, Loss of Smell, Hair Loss, and MANY more due to Radiation damaging all cells, not just cancerous cells<sup>2</sup>
- Radiation Therapy Kills Cancerous Cells but can also make Healthy Cells Cancerous

- Lymphocytes (your immune cells) can often be impaired leading to other major diseases
- Radiation can stimulate Angiogenesis<sup>20</sup> causing tumors to grow back quickly post-radiation
- Oncogenesis: Radiation damages and/or destroys DNA in ALL Cells. If only ½ DNA is damaged, then the damaged cells survive and you get even more mutated cancerous cells (Oncogenesis)
- Statistics can be very misleading: A success rate from one treatment can be claimed as being extremely high. Yet you can die from a different Cancer diagnosis.
- Many Oncologists have very little to no training in nutrition<sup>29,30</sup>
- Malnutrition is a prognostic indicator for outcome in Cancer patients<sup>269</sup>
- Up to 80% of patients with cancer are malnourished which can increase risk of Cancer and death<sup>29</sup> (I personally think it is much higher)

## **THESE STATISTICS CAN BE SCARY**

However, I do not mention this to scare you. I share them with you to help you understand that many factors are at play when going through radiation therapy cancer treatment. It is not black and white and there are things you can do to help reduce these risks.

My 22 years of experience has shown me that most Oncologists don't provide much, if any educational information to show the possible consequences and/or nutrients you can use to help aid you in recovery and minimize side effects. Not all Oncologists are the same, and if you have one that is very thorough with this information then you have a keeper. Ultimately this is about YOUR health and YOU ARE NOT DISPOSABLE!

## **YOUR DOCTOR IS WORKING FOR YOU**

So please feel open and free to ask questions, express concerns and make comments. If he or she doesn't like it, then find a new one. Therefore, remember, every doctor is different, and every Doctor is only as good as his training, research, experience and retained knowledge. Your life is on the line here and I personally feel we all should take some accountability into our health and gain as much insight and knowledge as possible as to help us make an informed decision vs doing something immediately out of a fear based decision.

After many years, I can't even come close to recalling how many Oncologists and Cancer patients have told me that nutrition doesn't play a role in Cancer, or to just eat whatever you want. From my experience and research this is 100% scientifically not true! Plus, it just makes plain sense that we are the result of what we eat and put into our body. For instance, if we eat good healthy food, shouldn't that help us get healthy? Vs if we eat bad toxic food, wouldn't that cause us to be toxic and unhealthy?



## LET'S TALK ABOUT RESEARCH

Now that you have a little insight, let me go over some research I have found that may help you get through your Radiation Treatment Cancer Treatment with a much higher success rate, dropped re-occurrence rate, and with a lot less side effects. In fact, many people using strong nutrition in addition to their Radiation Therapy have said that they pretty much had very little to no side effects and had a great outcome.

Again, please consult with your Oncologist before self-prescribing any nutritional products because some nutrients can interfere with certain protocols and/or Cancers. But if it was me and something made sense, sounded super healthy for me, and my Oncologist said no to it, then I personally would ask for studies, proof and why is he saying no? Is it an opinion or a researched conclusion?

## NATURAL SUPPORT WHEN GOING THROUGH RADIATION THERAPY:

1. Most patients can tolerate Radiation Therapy Cancer Treatment fairly well when done properly, especially if you incorporate the following supportive guidelines to help strengthen your healthy cells for protection from the toxic exposure of Radiation:
2. Eat a Healthy Diet: Plenty of Organic Fruits, Vegetables, Organic Meats, Wild Fish, and plenty of Purified Water.
3. Relaxing Stress Reduction Techniques Like Yoga and Meditation and Avoid Unnecessary Stress
4. Lifestyle: Regular Exercise (even simple walks), **No Smoking**

5. Supportive Daily Nutritional Supplements to Start 1 Week Before Treatment and During: (Click link below to purchase or to further research)

- [Antioxidants](#)<sup>3,15,17,24,25,26,27</sup>
- [L-Glutamine](#)<sup>4,5,6,18</sup> 10-30g
- [EGCG](#)<sup>7,8</sup> 500-1500mg
- [Siberian Ginseng \(eleutherococcus\)](#)<sup>9</sup> 200-400mg
- [Probiotics](#) for Enteritis/Diarrhea<sup>10,13</sup> 5-10 billion live
- [Shark Liver Oil](#) 600-1200mg
- [Fish Oil](#)<sup>11,12,18</sup> 3-6g
- [Vitamin A](#)<sup>14</sup> 5,000 IUs
- [Vitamin C](#) (ascorbic acid)<sup>15,22</sup> 2000-4000mg
- [Gingko Biloba](#)<sup>16</sup> 80-120mg
- [Selenium](#)<sup>17</sup> 200mcg
- [Curcumin](#)<sup>19,23</sup> 500-1000mg
- [Melatonin](#) <sup>28</sup> 20mg at bedtime

## TOP TIPS BEFORE RADIATION

1. Avoid Sugar: This can give you an 8 times better response to Radiation Therapy
2. Eat a Ketogenic Diet: This too enhances Radiation results, gives lower tumor recurrence and signaling<sup>21</sup>
3. One Week Before Avoid:
  1. Oil-Based Skin Care Products
  2. Manganese
  3. Iron
  4. Copper
  5. Rehmannia
  6. Cinnamon
4. **Bonus:** It's ok to have one glass of Organic, New Zealand or Italian Red Wine Daily



## **IF YOU'RE UNSURE**

If you are scared and unsure of what to do or take, it is always safe and never hurts to; avoid sugar, eat healthy, exercise to tolerance and get your antioxidants from Organic fresh food sources such as:

Small Red Beans, Cabbage, Kale, Broccoli, Cauliflower, Chard, Spinach, Yam, Squash, Blueberries, Cranberries, Blackberries, Strawberries, Small Red Beans, Red Kidney Beans, Artichoke Hearts, Blackberries, Prunes and Raspberries.

Every person, and cancer is different, and some nutrients can interfere with Radiation Therapy Cancer Treatment. Therefore, always consult

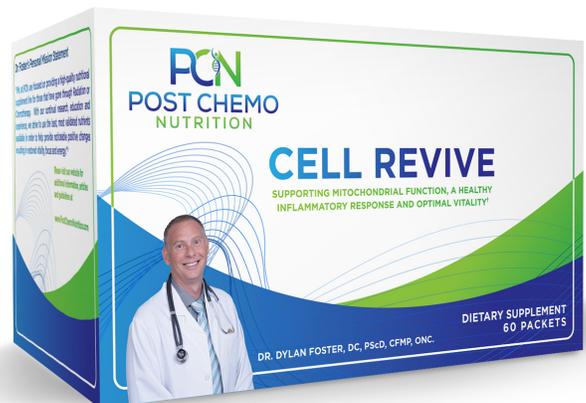
with your Oncologist before self-prescribing any nutritional supplements or regimen.

## HOW WE CAN HELP

We've recently released two cutting edge products that may help...

### Cell Revive

Cell Revive™: A custom detailed nutritional support kit specifically designed for those that have gone through and are finished with Chemotherapy and Radiation Therapy. Using “proper” nutrition after going through Chemotherapy and Radiation Therapy is the quickest way to feeling great again!



Post Chemo Nutrition's Cell Revive™ formula contains a unique blend of specific nutrients that have been found to aid in:

- Restoring Mitochondrial Function (the parts of your cells that make ATP = Energy for your entire body)
- Repairing Damaged Cells and Tissues
- Reducing Inflammation at the Cellular Level
- Prevention and Re-Occurrence Benefits

[Click here to learn more about Cell Revive >>](#)

# Bindatox

**Recommended Use:**  
As a dietary supplement, take 3-6 capsules daily with food and water. Best taken 2 hours away from any medications or supplements, or as directed by your healthcare practitioner. Recommended to increase fluid intake and best taken at bedtime. For sensitive constitutions, divide dosing and take twice per day.

**Warning:**  
Not recommended for use by pregnant or lactating women. Consult your health care practitioner before taking this product. If you are taking Coumadin, Warfarin or other anticoagulant medications.

**Supplement Facts**  
Serving Size: 6 Capsules  
Servings Per Container: 30

Amount Per Serving		%DV
Micronized Zeolite Clay	1500 mg	**
Activated Charcoal	750 mg	**
Chlorella (Broken Cell Wall)	750 mg	**
Modified Alginate acid	500 mg	**
Citrus Pectin	500 mg	**
Fulvic Acid	250 mg	**
Humic Acid	250 mg	**

\*Daily Value (DV) not established  
Other ingredients: Vegetable Cellulose Capsule

**POST CHEMO NUTRITION**  
**BINDATOX**

DIETARY SUPPLEMENT  
180 CAPSULES

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

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BindaTox is a unique product resulting from 22 years of detoxing research and experience. Some of the best detoxing and binding ingredients available are now in 1 product.

Chemotherapy and Radiation Therapy leave behind a lot of remaining toxins stored in our bodies. These toxins can keep us from feeling or getting better. Bindatox is designed to help assist with pulling those toxins, as well as many others out so your body can then begin the path of healing.

Before Bindatox I would have had to have my patients take 4 different products and would cost over \$150. Now we have all the best detoxing and binding ingredients wrapped up into 1 product.

It is imperative that if you do any form of detox that you ALWAYS incorporate proper binding nutrients to remove them out of your body, otherwise they get reabsorbed, moved around and cause you to get even sicker.

[Click here to learn more about Bindatox >>](#)

## **Please Note:**

The statements in this article have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health. This article was written for educational purposes only by Dr. Dylan Foster, DC, PScD, CFMP, ONC. of [www.PostChemoNutrition.com](http://www.PostChemoNutrition.com). Everyone and every situation is different. Please see your health care physician for any of your healthcare needs. Sources and References