How To Integrate Holistic And Oncology Cancer Therapies Transcript

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Integrating Holistic Care with Oncology

Hello, is Dr. Michael Karlfeldt So one of the biggest challenges that a lot of people are dealing with that are battling cancer is how to integrate holistic therapies and how to navigate the, the traditional oncology therapies that, that they are also using.

Because frequently what I see that people do a combination of, traditional oncology care and then also they connect with somebody like myself to, to guide them on that journey.

So how do you how do you navigate that? Because obviously the oncologist, they really don't want you to do anything else than their therapies. And they come from a place where, where they really that they haven't read the studies, they haven't read, in regards to what does vitamin C do?

What, does curcumin do, what kind of impact that is? it has quercetin. So there's so many different tools that are available that can be so beneficial if you choose to go the traditional oncology route.

so for instance, when you're dealing with radiation, you're doing radiation.

Supportive Therapies During Radiation

So things to consider when you are doing that is to then bring in, you want to make sure that you have circulation, while you're doing that to maximize the effect of radiation.

So something like niacinamide can be really, really powerful. Also, you want to make sure that you protect your healthy cells, as so that they receive as little damage as possible, while going through radiation.

So, having a high quality omega that you're taking at a little higher dose, while you're going through radiation. Also, the, also, zinc can be really, really powerful.

Ashwagandha is another herb that can be really helpful, to optimize and the effect of the radiation. So there are a lot of lot of tools out there. And I'm just kind of throwing these things out there.

So I still would suggest that you, that you work with a, an integrative, doctor that that knows these kind of things, you know, such as myself. but there are many great doctors out there that can help you navigate this space.

also, what is important when you do radiation and, and chemo is that it is they are oxidizing therapies, which means that, you do better if you have oxygen within the tissue, as you are then receiving these treatments.

Supportive Therapies During Chemotherapy

So then you can look at things like hyperbaric oxygen therapy or, doing things like you buy, ozone IVs or, you know, things that will then increase the oxygen, or exercise with oxygen therapy, you know, whether you're breathing oxygen and exercising at the same time to really kind of hyper oxygenate the, your tissues to really get, you know, better benefit.

And the regards to chemo, you know, let's let's just take, you know, things like, Yeah. carboplatin cisplatin or or oxaliplatin, you know, which are common and common chemo drugs.

there are things that can help them, and to make sure that they are even more effective, like bringing in things like quercetin can be a really powerful ally during that journey.

and then also then what can you do to protect your, your nerves, you know, because, the and also your kidneys and your liver and your, your heart, you know, so, you can have long lasting effect, you know, damage on these tissues.

if you are then and bringing in if you're not bringing in some and nutritional support for those. So, you know, things like, carnitine or CoQ10 or, you know, for the nerve cell glutamine or.

Yeah. So there's all these different tools that you can that you can benefit from while you're on this journey. And even though your oncologist wants you to do nothing, it just comes from a place of not knowing, you know?

So, they are experts in their field and what they do, they are not experts in nutrition. They're not experts in herbology as. So they just come from a place of not knowing.

And when you don't know, then you rather, have your patient do nothing. but by doing nothing, you are then, putting yourself more at risk. So it is better to do something, but and do that with guidance, and surgery, what happens when you do surgery?

Because frequently. And that is a good option to, debunk the tumor or be able to remove the tumor. Or if you have that opportunity, it is important to recognize that when you do that, it is a stress on the body's your immune system is going to and be suppressed.

Immune Support Around Surgery

And, a suppressed immune system is, less able to, battle if their cancer cells that are and moving into other areas of the body and wanting to metastasize and create then oh, my micro clusters of cancer cells.

So you do want to support your immune system prior to and post-surgery? things like high dose vitamin C IVs can be really important. but you have a lot of different herbs and supplements, you know, like, obviously if you can't do the, vitamin C IVs and to take it orally, you can also do, the different mushrooms, like turkey tails, reishi mottaki, chaga, beta glucans, astragalus.

You know, so there are a lot of great tools out there to really kind of boost your immune system while you, while you're going through surgery, you know, both pre and post, you know, surgery.

So, these are just things to some things to consider, as you're then navigating your, this space of traditional oncology and then also recognizing the need of bringing in tools, integrative tools, to really make this journey more effective, you know, because we want to if you do the chemo or radiation, we want to make sure that, the effect is maximized, you know, because we we don't want you to go through all that suffering and, and, it negate the effect of it.

We want to make sure that it is as effective as possible, but at the same time, protect your body as much as possible as well.

Book Recommendation and Closing

And they're they're amazing tools out there to do that. And yeah. Okay. A lot of information. This book. Yeah. So, I put this, book together. A Better way to treat cancer.

where, you know, there's much, much more information about these type of things here and how to navigate that space. So, please make sure if you go, you can get it on Amazon, it is well worth while.

You know, all the information that's there to help guide you through this journey.