

## Nutrition and Supplements

These nutritional tips may help reduce symptoms:

- Try to eliminate suspected food allergens. Your doctor may want to test you for food allergies.
- Eat foods high in B-vitamins and iron, such as whole grains (if no allergy), dark leafy greens (such as spinach and kale), and sea vegetables.
- Eat antioxidant-rich foods, including fruits (such as blueberries, cherries, and tomatoes) and vegetables (such as squash and bell pepper). Low concentrations of vitamins A, C, and E have been associated with development of lung cancer.
- Avoid refined foods, such as white breads, pastas, and sugar.
- You should use quality protein sources, such as organic meat and eggs, whey, (if no dairy allergies are present) and vegetable protein shakes as part of a balanced program aimed at gaining muscle mass and preventing wasting, which can sometimes be a side effect of cancer therapies.
- Use healthy cooking oils, such as coconut oil. Avoid cooking oils at high temperatures, as carcinogens may form.
- Reduce or eliminate trans fatty acids, found in such commercially-baked goods as cookies, crackers, cakes, French fries, onion rings, donuts, processed foods, and margarine.
- Avoid caffeine and other stimulants, alcohol, and tobacco.
- Exercise lightly, if possible. Speak to your doctor to determine the best regimen for you.

You may address nutritional deficiencies with the following supplements:

- Probiotic supplement (containing *Lactobacillus acidophilus*), 5 to 10 billion CFUs (colony forming units) a day, for maintenance of gastrointestinal and immune health. Some probiotic supplements may need refrigeration. Check the label. Probiotics may not be appropriate for people who are severely immunocompromised. Speak with your physician.
- Omega-3 fatty acids, such as fish oil, 1 to 2 capsules or 1 tbsp. of oil, 1 to 2 times daily, to help reduce inflammation and enhance immunity. Fish oils may increase bleeding in sensitive individuals, such as those taking blood-thinning medications (including aspirin).
- Melatonin, 2 to 6 mg at bedtime, for immune support and sleep. Higher doses may be beneficial in lung cancer, so check with your doctor. Melatonin can interfere with many medications, including sedatives, antidepressants, birth control, and others

## Herbs

Herbs may be an important part of an integrated cancer care strategy, but they should only be prescribed by a knowledgeable practitioner who is collaborating with all of your physicians.

- Mistletoe (iscador) to Studies suggest taking iscador in conjunction with chemotherapy, can reduce side effects of chemotherapy. You should only take mistletoe under the supervision of a knowledgeable prescriber, in consultation with all of your treating physicians. Speak to your doctor.

**\*Always tell your doctor about the herbs and supplements you are taking.**