Nutrition & Supplements: A Naturopathic Approach to Healing and Cancer Prevention

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Naturopathic Core Principles

Healing Power of Nature & Body
Identify & Treat the Cause
First Do No Harm
Doctor as Teacher
Treat the Whole Person
Prevention
Elements of a Healthy, Happy, and Long life

**Dietary:**

- Local or 0 km is optimal
- Organic is optimal
- Balanced Mediterranean diet is still most proven

**Eating Psychology:**

- How you eat matters
- Why you eat? Family upbringing and learned behaviors
- Understand your habitual or emotional eating
Elements of a Healthy, Happy, and Long life

**Activity & Exercise:**

- Sitting is the new smoking
- Being active daily is important

**Healthy Weight Management:**

- Abdominal Obesity & Insulin regulation
- Thyroid Balance
- Self-Worth & Eating Choices
Elements of a Healthy, Happy, and Long Life

**Stress Management:**

- Cortisol and Adrenal health: depletion or overdrive?
- How do you release stress?
- Stress is a habit and addictive

**Sleep Quality:**

- Melatonin & Serotonin levels
- Cortisol levels
- Liver detoxification
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Meditation & Mindfulness:

• To interrupt toxic & negative loops and thoughts
• To support trauma healing
• To promote brain repair and regeneration

Healthy Brain Aging

• Healthy fats, Coconut oil, CBD, B vitamins
• Mitochondrial support
• Blood sugar balance & low sugar intake
• Treat stealth infections like viruses, lyme disease, and other co-infections.
Elements of a Healthy, Happy, and Long life

**Emotional Wellbeing:**

- Emotional expression of what is stored in body
- Healing any trauma is key

**Spiritual Wellbeing:**

- Finding purpose
- Being inspired & creative
- Community and connection
Dietary & Metabolism

Individual Variations

Individual Biochemistry & Microbiome:

• **Nutritional status:** Nutritional deficiencies or excess

• **Infection history:** viruses, yeast, other

• **Environmental toxic exposures:** pesticides, herbicides, heavy metals, plastics, industrial chemicals

• **Medications & Antibiotics History**

• **Gut Integrity and GI Function:** Leaky gut, GI infections
Detoxification Variations:

• Genetic mutations

• Liver Status: estrogens & environmental toxins increase risk

• Epigenetics & foods—to discuss later

Key prevention:

• Alcohol

• Smoking

• Sugar intake

• Meat/Animal-Based Diet
Consider Fasting Mimicking Diet

- **Fasting Mimicking Diet (FMD):** 3-5 Days Before
  - Chemotherapy side effects reduced

- **Intermittent Fasting** or Time-restricted Eating
  - 12 - 16 hours Fasting; 8-12 hours Eating

- **Periodic Cleansing:** 5-7 days, 2-3 times per year
Dietary Factors: Water

PURITY OF SOURCE

• **Plastic Bottles:** Reduce and Avoid

• **House Well:** Check for contaminants; Filter if necessary

• **Municipal Water:** Check for contaminants, especially Flouride, Chloride, Heavy Metals, Industrial Chemicals like chromium-6 and PFOA (Perfluoroctanoic acid); and others

• **Always filter** (Berkey Filters to Reverse Osmosis or Multipure)

• **Herbal Teas & Coffee:** Coffee, Organic Green and Black
DIETARY FACTORS:
Nutrient Overview

Macro Nutrients

- **CARBOHYDRATES:** Simple and Refined vs. Complex and Whole
- **PROTEINS:** Animal-based vs. Plant-based
- **FATS:** Trans-Fats & Saturated Fats (Bad) vs Unsaturated Fats (Good)

Micro Nutrients (Plant-Based Mostly)

- Vitamins, Minerals, Antioxidants, & Fiber
- **Epigenetics:** Favoring healthy gene expression
DIETARY FACTORS: How many macros?

PROTEINS:

• Longevity Diet-Valter Longo: lower protein until 65 yo for cancer risk reduction
  • 0.31-0.36 grams/pound
  • 130 pounds—40-47 grams protein———220 pounds—60-70 grams protein

Carbohydrates:

• Get your majority from fruits, vegetables, legumes

Fats:

• Emphasize plant-based fats like olive, avocado, nuts, and fish
DIETARY FACTORS:
CARBOHYDRATES ARE NECESSARY

Eat Healthy Complex & Whole Carbohydrates

• **Colorful Vegetables**: Increase to 5-7+ servings; BIG PLATE

• **Fruits**: 2-3 servings; For Breakfast, smoothies, snacks

• **Legumes**: 2-4 servings; protein, fibers, phyto-nutrients

• **Whole Grains**: 2-4 servings; pseudo-grains, gluten-free, whole-wheat varieties; vitamins, minerals, and FIBER

• **Servings**: Legumes/whole grains: 1/2 cup cooked; 1 slice whole grain bread
DIETARY FACTORS: REDUCE SUGAR

Unhealthy Simple & Refined Carbohydrates

• All Sugars: use stevia, local/organic honey, real maple syrup in modest amounts

• Fruit Juices and excessive high sugar fruit intake

• Alcohol

• White Flour Products: baked goods, desserts, non-whole grain pasta
DIETARY FACTORS: 
More Plant-Based Proteins

Healthiest Plant-Based Proteins:

• **Legumes:** Lentils, Chickpeas, Black, Mung, Kidney, Fava, etc

• **Nuts and Seeds:** Flax, Chia, Hemp, Walnuts, Almonds, Brazil, Macadamia, Cashews

• **Pseudo-grains:** Quinoa, Amaranth, Buckwheat, Millet

• **Other grains:** Kamut, Teff, Wild rice, Whole wheat pasta, Coucous

• Leafy Greens and Brassicas Vegetables

• Spirulina and protein powders
DIETARY FACTORS:
Some Fish & Dairy for Protein

• **Wild/Low Toxicity Fish**: sardines, herring, mackerel, anchovies, smelts, wild salmon—the smaller—the better

• Organic/Local Eggs

• Organic/Local Yogurt, Cheese, Kefir from goat or sheep; Less emphasis on dairy from cow
DIETARY FACTORS: Limit Animal-Based Saturated Foods

Healthiest options:

• Organic and Grass-Fed/Finished/Pastured etc

• Local/No Additive Meats

Avoid commercially-raised, non-organic animal products

• May contain growth hormones, antibiotics, heavy metals, GMOs, and other chemical endocrine disruptors
DIETARY FACTORS:
Choose Quality Fats + Fish

Healthy Unsaturated Fats:

Rich in Omega 3 fatty acids

• **Polyunsaturated**: Flax seeds, Walnuts, Wild Cold-Water Fish

• **Monounsaturated**: Olive, Avocado, Nuts, Seeds

• **Best Cooking Oils**: Avocado, Olive, *Coconut/Ghee/Butter

• Try to consume raw olives, olive oil in salads, as dip for whole grain bread. Do not always heat it.
DIETARY FACTORS: Limit Saturated/Avoid Trans fats

Unhealthy Fats:

Limit Saturated Fats: Meat, butter, cream, milk, cheese

- Choose healthier options: Coconut oil, ghee, grass-fed butter, organic dairy, organic meats

Avoid Trans fats:

- Hydrogenated fats/oils in many packaged & commercially available products
Dietary Factors: Epigenetic Rock Stars

Broccoli & Cruciferous Vegetables:

• Rich in Indole-3-carbinol, glucosinolates, sulforaphanes, carotenoids, and vitamins B, C, E, K

• Help liver and colon metabolize and excrete estrogens

• Broccoli, Cabbage, Brussels sprouts, Cauliflower, Kohlrabi, Bok choy, Watercress, Collard greens, Kale, Mustard greens, Broccoli rabe, Arugula, Mizuna Rutabaga, Turnips, Horseradish, Radishes, Daikon, Wasabi

• Broccoli Sprouts, Sprouts from above vegetables
Dietary Factors: Epigenetic Rock Stars

Leafy Dark Greens and Salad:
• Rich in Vitamins, Carotenoids, minerals
• Spinach, Dandelion greens, Lettuces, Chicory, Beet greens, Arugula

Miscellaneous Vegetables: Think color
• Carrots (and Purple carrots), beets, purple sweet potatoes, tomatoes, mushrooms, asparagus, celery
Dietary Factors:
Epigenetic Rock Stars

Whole Fruits

- Rich in Flavanoids, Polyphenols, Resveratrol, Anthocyanidins, Limonene, ellagic acid
- Berries, red grapes, pomegranates, citrus fruits, red wine

Seeds:

- Rich in phytoestrogens, fiber, omega 3 fats, vitamins, minerals
- Flax, Chia, Sunflower, Pumpkin, Sesame, Hemp
Dietary Factors: Epigenetic Rock Stars

**Garlic, onions, leeks, shallots:**

- Rich in Allicin, flavonoids, quercetin, S-allyl cysteine

**Whole Grains and Legumes:**

- Rich in phytoestrogens, fiber, vitamins, minerals, antioxidants, lignans

- Choose Whole & Organic: Quinoa, amaranth, buckwheat, millet, wild/brown rice, GF steel cut oats, spelt, barley, rye, bulgur wheat, faro, Einkorn wheat
Dietary Factors: Epigenetic Rock Stars

Herbs & Spices:

• Rich in Polyphenols, EGCG, catechins, flavanoids

• Green Tea, Ginger, Turmeric, Polygonum cuspidatum (resveratrol), Rosemary, Garlic, Clove

Fermented Probiotic rich foods:

• Sauerkraut, kimchi, miso, kefir/yogurt from goat
Nutritional Supplements

Cancer Protection

THE BASICS

• **Vitamins**: B complex, MTHF (Folic acid), C, D3, E

• **Minerals**: Selenium, chromium, iodine, calcium, magnesium

• **Probiotics**: Saccharomyces boulardii, 30-450 Billion combo

• **Omega 3 fatty acids**: 2-4 grams daily; Eat sardines

• **Flax seeds**: 2-6 TBSP daily
Nutritional Supplements
Cancer Protection

• **Modified Citrus Pectin (MCP):** 5 grams—3/day to reduce metastasis

• **Melatonin:** 5-20mg before bedtime; boost immune system; Counters estrogen

• **CBD/THC/Full Spectrum Hemp:**

• **NRF2 pathway:** Broccoli seed extract, Turmeric, Green or Black Tea, Polygonum cuspidatum (Resveratrol), Pomegranate
Nutritional Supplements
Cancer Protection

• **Immune Boosting Mushrooms**: Shitake, Maitake, Coriolis, Lion’s Mane, Chaga, Cordyceps, Turkey Tail

• **Herbs**: Dandelion Root, Artemisia annua (Artemisinin), Milk thistle, Rosemary

• **Homeopathics**: Constitutional or Miasmatic treatment, Ramakrishnan Method, Acute prescriptions

• **Drainage & Detoxification**: especially with treatment
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What areas in your life need support and healing?

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