

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

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Naturopathic Doctor

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**

Elements of a Healthy, Happy, and Long life

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

Dietary & Metabolism

Individual Variations

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 (Perfluorooctanoic 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
- Get some from whole grains; Avoid sugar as much as you can

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, Couscous
- 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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