

CHEMO CARE: A 10-POINT PLAN

1. Multivitamin with minerals twice a day (a double dose) - for example this inexpensive one, available at many big-box stores: <http://bit.ly/hSmcil> ...Concentrate on a pill that's easy for you to swallow, and has a lot of vitamins and minerals; ignore the fancy claims on the label or on the website. The generic "house" brand is just as good.
2. Add an extra B-complex with C and zinc, *AND/OR* a simple B-6 supplement and a pill splitter, because you only need 25mg twice a day.
Either way, try to get about 50mg of B-6, divided into 2 doses, per day. More is not better!
3. Fish oil, 1000-1200mg gel-caps, 3 times per day; natural anti-inflammatory. Doesn't need to be fancy. There's no need for any other fatty-acid supplement, as the EPA/DHA in fish oil most closely resembles your body's own natural omega-3-based anti-inflammatories. (No need e.g. for flax, borage, walnut, evening primrose, or other plant based oils. They do no harm, but they can be placed last on your shopping/ swallowing list.)
See <http://bit.ly/tIARHz>
4. Probiotics, for a healthy gut and easy nutrition: yogurt or kefir daily, any type that has multiple strains of friendly bacteria in it. Nancy's is made locally where I live; Trader Joe's may be made by Stoneyfield, which is also good; Mountain High is another good brand. It can be cow, soy, organic or not, whatever you prefer. If you feel it gets too expensive to buy "fancy" yogurt, remember you can easily make your own from a single culture:
See <http://bit.ly/t9151l> and <http://bit.ly/v08NMd>
5. L-glutamine powder, 7 grams daily, in divided doses around mealtimes (put into cold or room temperature liquids), to protect the gut and prevent diarrhea. Widely recommended by oncologists. Glutamine is *not* the same as glutamate, gluten, or MSG. See <http://bit.ly/2doUB2> and <http://bit.ly/rLxKxB> and <http://amzn.to/u7npfH>
6. For nausea, you can use a.) prescription medicine (especially ondansetron/ Zofran, if you can afford it), and b.) medical marijuana, inhaled for acute symptoms (short-acting, but short-lasting), or as tincture, in hot tea, for long-lasting relief and appetite support.
Ginger or peppermint tea are most helpful for nausea and appetite. (When you put tincture in hot tea, the alcohol evaporates, and only the herbal medicine is left.)
It takes 6 weeks to make a standard herbal tincture, so allow ample lead time before starting chemo, if possible.
How to make an herbal tincture? See <http://bit.ly/sspsJ5> .
Note: As of 11/2011, medical marijuana is legal only in Alaska, Arizona, California, Colorado, Delaware, Hawaii, Maine, Michigan, Montana, Nevada, New Jersey, New Mexico, Oregon, Rhode Island, Vermont, Washington, & Washington, D.C. Legislation is pending in Illinois, Massachusetts, New Hampshire, New York, Ohio, Pennsylvania, & Wisconsin.
7. Epsom salts bath, 2 cups in a hot tub, twice weekly. These are inexpensive, old-fashioned magnesium-sulfate salts, which help with aches and pains. (These salts are *not* the same as sulfa drugs or sulfites.) Warm baths - especially with quiet music - also help to wash away the stress and worry, an important part of your therapy.
8. Tiny nerves and blood vessels can be temporarily damaged by chemo. Consider wearing warming gloves and socks at night, to maximize circulation to hands and feet. Also keep gloves near your fridge/freezer, and wherever your hands might be exposed to cold. You can buy a 6-pack of snug-fitting cotton gloves at a hardware or gardening store - cut the fingertips off the pairs you need to wear for daily activities.
9. Get outdoors daily in the fresh air. "Walk your dog, even if you don't have a dog." Practice deep breathing when you are outdoors.
10. Establish, if you haven't already, a daily (or twice-daily) practice of visualization, focused meditation, and/or prayer. Ask your loved ones to participate along with you, at scheduled times, from afar.
Remember the "Litany Against Fear" from *Dune*. You can copy it down and post it on your mirror, to remind yourself:

I will not fear.

Fear is the mind-killer.

Fear is the little-death that brings total obliteration.

I will face my fear.

I will permit it to pass over me and through me.

When it has gone past I will turn the inner eye to see its path.

Where the fear has gone there will be nothing.

Only I will remain.