

BONE MARROW SOUP TO NOURISH THE BLOOD

In Chinese Medicine, it is very important to nourish the deep Kidney energy (reserve or adrenal energy) as well as the Spleen energy (day-to-day energy derived from food) in order to support blood production. Bone Marrow soup with the addition of Chinese Herbs is very helpful. Have a daily bowl of soup four to five days a week for good support. Our clinic offers pre-made bags of Chinese Blood-Nourishing Soup Herbs. Each bag is enough herbs to make about 4 to 5 quarts of soup and includes directions for making the soup. Herbs include Huang Qi (Rx Astragalus), Shan Yao (Rx Dioscorea), Sheng Di (Rx Rehmannia), Gou Qi Zi (Fr Lycii) and Dang Gui Pian (Rx Angelica Sinensis).

Ideally, you will prepare the herbs cooking them with organic beef and organic beef bones. Ask your butcher for organic, hormone-free, antibiotic-free, beef or lamb bones. Lamb is great to use in the winter when it's cold and for those who tend to feel cold, because it is a very warming meat.

Before preparing the soup, place the bones in an enamel coated pot and cover with water and 1 to 2 tablespoons of apple cider vinegar to help precipitate out the minerals. Then, add the meat, the soup herbs, more water and place over low to medium heat. Bring to a simmer and let it simmer slowly for about one to one and a half hours. Then add in your vegetables. Cook over low heat for about 1 hour.

Blood-building vegetables: kale, collards, beets

Nourishing & mineralizing vegetables: celery, zucchini, carrots, burdock, Shiitake mushrooms, garlic, ginger, leeks,

Around the middle to the end, add cooking herbs according to your taste, such as parsley, rosemary, thyme etc.

For other methods of preparing soup stocks, refer to my flyer on that subject and look to Sally Fallon's cookbook, *Nourishing Traditions*.

YOUR HERBAL/NUTRITIONAL PROTOCOL

Most people do well taking their whole protocol through chemo. Do your best to keep up with your full protocol, but if you find you can't keep the pills down or they upset your stomach, take a few days off and come back to it as soon as possible. While your protocol represents optimal therapeutic dose of compounds to address your situation, and help support your health and well-being both during and after chemo, it is important that you are able to take them without serious discomfort or digestive upset.

If you are experiencing discomfort or other difficulties with your protocol, we should discuss this during our consult and make appropriate adjustments to prioritize needs and support your digestive function. Also, some compounds can be taken in liquid or smoothie form which can be helpful.

BLOOD SUPPORT

Often with chemotherapy, the challenge over time is to keep the red and white blood cell count in a healthy range. Studies of people receiving chemotherapy show the incidence of anemia to be between 35% and 95%, depending on tumor type and the chemotherapy regimen used. (Armstrong et al) Some people already have anemia or a tendency for it. Factors such as nutritional deficiency, bleeding, infection, and chronic disease also play a role in the development of anemia. Chemotherapy places a great strain on the system and can be myelosuppressive. (Armstrong et al)

While on chemo, your doctors may prescribe drugs to help keep up your blood counts. Usually, your blood will be checked weekly, or at an appropriate regular schedule. Often doctors will prescribe medical drugs to keep blood counts at necessary levels. While these drugs usually achieve the desired results, they do so by pushing on the body and do not address the root cause. Herbal medicine, foods and natural compounds can be very supportive of the body, help nourish it at a deep level and can be taken safely along with the Western meds. Most often, there are basic compounds on your protocol to support good blood production. There are other compounds we can add to be more aggressive as needed. Please keep me posted as to your blood counts and if they are low, let me know if you are interested in supporting your system with a more intensive holistic approach.

You can also include foods in your diet that support your blood such as:

Beets – these help support the blood. Too many beets can make your bowels loose, but a small amount on a regular basis is helpful. They also help liver and colon health.

Cherries – cherries are an old remedy to support the blood.

Green leafy vegetables like kale, collards, spinach are the best!

Chlorella supports the white blood cells. We carry and recommend New Chapter brand, 3 capsules, 2x day. You can take the capsules or empty them into a liquid to drink.

Mix 1 teaspoon **organic Blackstrap Molasses** in yogurt or milk and drink daily. This is a good source of minerals, including natural iron.

Ferrum Phos 6x potency – This is a homeopathic cell salt, which works at a cellular level to help support blood production. It is inexpensive and available at most health food stores. One dose is 4 tablets; let them dissolve under your tongue. Take one dose 3 to 4 times per day.

a few servings of tea. If this simple tea doesn't do the trick, then many other people have found relief by adding Slippery Elm bark and Fenugreek Seed, which are nutritious, soothing and healing to the stomach. Lemon Balm is calming also. Here's a few formulas along with directions.

SIMPLE TEA (per 1 quart of water)

- 1 tablespoons Spearmint (you can use Peppermint if you prefer)
- 1 slice fresh, organic Ginger root

HEALING TEA (per 1 quart of water)

- 1 tablespoons Spearmint
- 2 tablespoons Slippery Elm Bark, cut & sifted
- 1 tablespoon Fenugreek Seeds
- 1 tablespoon Lemon Balm

TO PREPARE YOUR TEA Make about 3/4 to 1 quart per day

- 1) Bring 1 quart of water to a boil in a non-metal pot (if nothing else, a stainless-steel pot)
- 2) Add herbs to the pot – cover & let steep for 20 to 30 minutes.
- 3) Drink this tea throughout the day. Store it in a 1 quart Mason glass jar or in a Thermos.

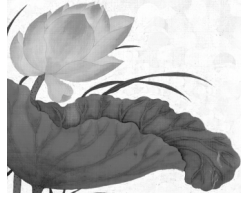
FOODS DURING CHEMOTHERAPY

Enjoy nutrient-dense foods. This is the time to eat well – regular protein (fish and eggs) and lots of vegetables. Follow the nutritional guidelines set out in my *Dietary Guidelines* booklet and in Donald Yance's book, *Herbal Medicine, Healing & Cancer*. You may find you do well with soups on a daily basis. The bone marrow soup below supplies good nutrition and can help keep your blood counts up as well, with the addition of some Chinese herbs.

Drink or sip smoothies daily. On your protocol, you probably have some items to combine in a drink. You can simply mix these together in some room temperature water. Or, you can blend them into a tasty beverage with the addition of some yogurt, berries and even some nut butters. Using whey protein as the basis for this smoothie can provide a wholesome snack because whey protein provides a great amino acid profile (protein!) and supports the immune system.

Eat simply. Especially avoid foods high in sugar. Often doctors recommend their patients consume ice cream during chemo. From the viewpoint of Chinese medicine, this is one of the worst possible foods during this time. First, it is high in refined sugar, which depletes the adrenals (our reserve energy, which is challenged during chemo), challenges our nutritional reserve and lowers the immune system, making us more prone to infections. Because both dairy foods and sugar are cold, damp foods, ice cream in particular weakens the Spleen Qi. The Spleen Qi is responsible for assimilation and transformation of food and nutrients into Qi (energy!) for our body. When the Spleen Qi is weak, we feel tired, weak and are unable to digest our food well. In Western medicine, the spleen is important for blood production and immune function, the very functions we need to support going through chemo. Instead of ice cream, get some organic goat or cow yogurt from your health food store and top it with some fresh blueberries or other berries or fruit or blend these with some Whey protein powder.

ASHLAND ACUPUNCTURE



Suzanne E. Sky, L.Ac., MTOM
1605 Siskiyou Blvd. Ashland, OR 97520
ph 541.488.9696 fax 541.552.9684
www.ashlandacu.com

FOODS, HERBS & YOUR PROTOCOL DURING CHEMOTHERAPY

Chemotherapy is very effective against cancer and can be very hard on the body, depending on the drugs and on individual response. Some people sail through chemo and others experience anywhere on the spectrum from mild to severe discomfort. Most often, digestive function and maintaining healthy blood levels need extra support. This paper offers some simple suggestions. Since everyone responds differently to chemo as well as to herbs and foods, please experiment to find which of these suggestions is most helpful to you.

If you need additional support, please consult with me directly, as there are advanced herbal and nutritional protocols available which need to be tailored for the individual. In particular, herbal and nutritional compounds can be very helpful to keep blood counts at a level healthy enough to continue through a complete course of chemo, if difficulty is encountered in this area.

NAUSEA, STOMACH UPSET & DISCOMFORT

Chemo can upset a person's appetite and digestion. Some people experience a sense of nausea or suddenly don't like their favorite foods anymore. While doctors often encourage their clients to "eat anything", the wholistic approach emphasizes just the opposite, focusing on the nutrient quality of foods to support energy and well-being throughout the chemo process. Chemotherapy is very strong therapy that places great demands on the body and is energetically draining. Eating sugary or nutrient poor foods further depletes and challenges the system. Some people feel fine all the way through chemo, with no digestive challenge. Others feel out of balance for certain days and fine on others. Honor these rhythms and do the best you can. Herbal teas can be helpful to soothe and calm the stomach. Experiment and be creative to find meals that are simple, offer high quality nutrition, help you feel good and enhance enjoyment of meal time. You can experiment with smaller meals, making soups and then liquefying them for ease of digestion or sipping whey protein smoothies throughout the day. Having family or friends who enjoy cooking, prepare delicious meals for you on occasion can also provide excellent, loving support.

HERBAL TEAS

For nausea and stomach upset, simple herbal teas can be very helpful. Spearmint and ginger are the basic herbs that often give relief. You will have to determine which one feels best for your stomach. In Chinese medicine, spearmint is cooling and ginger is warming. Try one or the other alone or combine them together in a tea. A slice of fresh ginger is all that's needed for