IJCIM

International Journal of Complementary and Internal Medicine

RESEARCH ARTICLE

Integrative Methods in the Treatment of Breast Cancer

Doepp Manfred
Head of Holistic Center, 13 Haupt St, Abtwil 9030

Corresponding Author: Doepp Manfred. Head of Holistic Center, 13 Haupt St, Abtwil 9030, Switzerland.
E-mail: holisticcenter1@yahoo.de

Received: August 27, 2023 **Published:** September 18, 2023

Citation: Manfred D. Integrative Methods in the Treatment of Breast Cancer. Int J Complement Intern Med. 2023;5(1):220–223. DOI: 10.58349/IJCIM.1.5.2023.00135

Abstract

Obviously an increasingly integrative cancer treatment is worth striving for. There is more and more evidence for this in the literature. Liquid biopsy with drug testing can provide a basis. We have tried to make an optimisation with the help of ranking lists of on the one hand chemical and on the other hand natural remedies. The most frequently positive and thus effective complementary remedies are listed. Some of the mare well-known, others are relatively new or even controversial. However, if efficiency on individual tumor cells has been demonstrated in the laboratory, this should be taken into account. Patients can receive a benefit from this.

Introduction

Recently, author Dr Jun J. Mao from Memorial Sloan Kettering Cancer Center in New York has developed evidence-based recommendations on integrative procedures in breast cancer.[1] These have now appeared in a joint guideline of the Society for Integrative Oncology (SIO) and the American Society of Clinical Oncology (ASCO). This is based on a trend that is becoming more and more significant, namely the desire of about 40% of cancer patients to have integrative methods applied to them. This mainly concerns the treatment of pain, but also the side effects of chemotherapy, and finally a general desire to prefer a holistic approach. The success rate of pure chemotherapy is still far from 100%, which a practising doctor, but also every person in his or her environment, can register.

In Switzerland, we can see that about 20% of cancer patients completely reject the conventional medical triad (chemotherapy, surgery and radiation) and go to alternative medical therapists instead. The reasoning is rarely rational, but rather based on emotional and experiential attitudes, such as the phrase after death: "she fought for a long time and finally lost the battle". There are also patients who have a spiritual or religious attitude, according to which the decisive

factor of their wholeness is not the body but their soul. And this obviously suffers under conventional treatment.

Dr Mao reviewed a number of existing integrative methods such as acupuncture/acupressure, yoga, massage, reflexology, guided imagery, meditation, hypnosis, injections and infusions of ortho molecular substances. Different qualities of evidence and strengths of recommendations emerged.

Concrete

So far, so good. However, the question arises whether there are not still more effective means and methods that have not been investigated.

We send the blood of each of our cancer patients to a laboratory that performs a liquid biopsy.[2] In the results, we not only find the cancer diagnosis, but also tests of a variety of chemotherapeutic agents (all on the market) for their effectiveness in killing the patient`s cancer cells. And about 60 natural substances are tested to see if they are able to do soor in some other way. This results in lists of what efficiency one can expect when using them.

Provided with this valuable information, one can combine the three most effective chemical remedies, preferably in the form of infusions. The tests make it possible to reduce the dosage - compared to usual regimens - to 50%, i.e. as low dose chemotherapy. This avoids the unpleasant side effects such as hairloss. The 4 to 6 top natural remedies are also administered intravenously, if possible, e.g. as **high-dosevitamin C infusions** (i.e. 30 to 60 g/day). Other remedies are administeredorally.

Our experience

After having performed the Liquid Biopsy in this variant in more than 100 cases of breast cancer, a ranking of frequently positive means resulted.

At the top was clearly the extract from the **Sea Cucumber** (on the market as Angio stop, among others). The active ingredient is Philinopside A. This extract is able to reduce or prevent the formation of new blood vessels by the tumour for the purpose of improving its supply.[3]

Second is **Artesunate** (ART), a semi-synthetic derivative of artemisinin, the active principle of the herb Artemisia annua. ART reveals remarkable activity against otherwise multidrug-resistant Plasmodium falciparum and P. vivax malaria. ART has now been analyzed for its anti-cancer activity against 55 celllines of the Developmental Therapeutics Program of the National Cancer Institute, USA.[4]

The following are :

Agaricus BlazeiMurill : ABM (subrufescens) is an edible, medicinal mushroom that has traditionally been used against a wide range of diseases, including cancer, chronichepatitis and diabetes. It's also known under the names of Almond mushroom, Cogumelo de Sol, da Vida or de Deus (mushroom of the Sun, Life and God) in Brazil or Himematsutake (princess matsutake) in Japan. Because of its high β-D-glucan content, Agaricussubrufescens is used in alternative cancer therapy.[5]

Amygdalin (Laetrile) is a partly man made (synthetic) form of the natural substance amygdalin. Amygdalin (ancient Greek ἀμυγδάληamygdalis) is a cyanogenic glycoside that splits off hydrocyanicacid (HCN) in the presence of water and the enzyme mixture emulsin. Amygdalin is a plant substance found naturally in raw nuts and the pips of many fruits, particularly apricot pips, or soft kernels.[6]

Curcumin has a long history of use for maintaining a healthy inflammatory response, via its effects on cyclooxygenase, prostaglandin and leukotrienemetabolism. It also appears to maintain healthy cell cycle function and provides important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musuloskeletal and cellular function. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with powerful support for cellular health in separate trials.[7]

Quercetin is a type of flavonoid (a plant pigment) that acts as an antioxidant and serves as the structural building block for many other members of the flavonoidfamily, includingrutin, quercitrin and hesperidin. Research suggests a supportive role for cellular, immune and cardiometabolic health. Quercetin is an oxidation product of the anthocyanindyecyanidin.[8] By the way: Quercetin could have an inhibitory effect on the SARS-CoV-2 virus responsible for COVID-19, as it inhibits the protease 3CLpro responsible for the replication of the virus.[9]

Hydroxychloroquine allows viruses to attack cancer cells while leaving healthy cells.[10] It is a drug analogue to chloroquine for the oral treatment of rheumatoidarthritis and collagenoses such as systemic lupus erythematosus, as well as for the treatment and prevention of malaria tropica. Chemically, it is structurally related to quinine.[11]

Genistein is a high-quality nutritional supplements and contains the natural isoflavone genistein. It is obtained from the soybean. Like all isoflavones, genisteinis a so-called secondary plant substance and belongs to the family of "phytoestrogens". In tumour research, it is also being investigated whether the substance or the application of e.g. soy extracts has a positive

effect on tumour growth, since genistein inhibits FGF-2-induced angiogenesis due to the inhibition of tyrosine kinase, uPA (urokinase) and up regulation of PAI-1.[12] A tumour-inhibiting effect of genistein could be demonstrated in both hormone-dependent and hormone-independent breast cancer celllines.[13]

Conclusion

Additionally to the classic cancer remedies, other methods and means are increasingly coming to the fore. These can be used additively or, in justified individual cases, specifically. The basis for our use of complementary remedies is the liquid biopsy. It provides clear data on the effectiveness or efficiency of the agents, both chemical and natural. This can reduce the side effects of chemotherapy, which increases its acceptance by patients. In our experience, this results in evidence-based treatment of cancer patients.

Acknowledgement

None.

Conflicts of Interest

None.

References

1. Mao Jun J. Integrative Medicine for Pain Management in Oncology: Society for Integrative Oncology-ASCO Guideline; *J Clin Oncol*. 2022;40(34):3998-4024.
2. www.rgcc-international.com
3. https://www.townsendletter.com/AugSept2017/angiostop0817_2.html
4. https://zyduscadila.com/products/
5. Komsit Wisitrassamee wong et al. Agaricussubrufescens: A review In: *Saudi Journal of Biological Sciences*. 2012;19(2):S.131–146.
6. C Campa. Analysis of cyanogenic glycosides by micellar capillary electrophoresis. In: Journal of Chromatography B: Biomedical Sciences and Applications. 2000;739(1):p.95–100.
7. Bharat B Aggarwal, Chitra Sundaram, Nikita Malani. Curcumin: The Indian Solid Gold. In: Advances in Experimental Medicine and Biology. Vol 595. Springer, 2007, p. 1–75.
8. Ilenia Bazzucchi, Federica Patrizio, Roberta Ceci et al. The Effects of Quercetin Supplementation on Eccentric Exercise-Induced Muscle Damage. In: Nutrients, 2019,11(1), p.205.
9. Olga Abian, David Ortega-Alarcon, Ana Jimenez-Alesanco, et al. Structural stability of SARS-CoV-2 3CLpro and identification of quercetin as an inhibitor by experimental screening. In: *International Journal of Biologica lMacromolecules*. 2020.
10. https://t.me/australians_against_vax_mandates/
11. ZJ Yang, C E Chee UA. The role of autophagy in cancer: therapeutic implications. In: Molecular cancer therapeutics. 2011 ;10(9):p.1533–1541.
12. Lehmann L, Jiang L, Wagner J. Soy isoflavones decrease the catechol-O-methyltransferase-mediated inactivation of 4-hydroxyestradiol in cultured MCF-7 cells. *Carcinogenesis*. 2008 ;29(2):p. 363–370.
13. https://www.who.int/publications/m/item/inn-rl-84