

# Natural Help 4...

# Chemotherapy



## What is Chemotherapy?

**Chemotherapy** is defined as anti-cancer drug treatment which is used to **destroy cancer cells or stop them from spreading**. This treatment often causes many debilitating and unpleasant side effects, and each person who undergoes treatment reacts differently. Often some people experience many side effects while others may only experience a few. Side effects are usually only short term and tend to disappear when treatment is stopped.

The main areas of the body that are affected during treatment include the digestive system, the lining of your mouth, hair and bone marrow. Healthy cells in these body parts are affected because they divide and grow quickly and can **repair the damage caused by chemotherapy**

Possible side effects include:

- Reduces the number of blood cells in the bone marrow
- Anemia
- Nausea and vomiting
- Hair loss
- Diarrhea and constipation
- Loss of appetite
- Bleeding and bruising
- Sore mouth leading to ulcers
- Fatigue
- Skin and nail changes

**Chemotherapy** can be used to treat on its own to treat certain types of cancer but may also be given in combination with other treatments such as surgery, radiotherapy, biological therapies, or hormonal therapies. The main aim of **chemotherapy** treatment is to **stop the cancer cells dividing** and reproducing.

It may also be given after surgery to destroy any remaining cancer cells or to **shrink and control cancer to minimize symptoms**. This type of treatment generally depends on the type of cancer that you my have, where the cancer began in the body, the appearance of the cancer cells under the microscope and whether the cancer has spread to other parts of the body.

## Types of chemotherapy drugs

- Intravenous chemotherapy (drugs are injected into a vein)
- Oral chemotherapy (drugs are given orally in the form of tablets or capsules)
- Intramuscular injection (drugs are injected into a muscle)
- Subcutaneous injection (drugs are injected under the skin)



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Intrathecal chemotherapy (drugs injected into fluid around the spine)
- Intracavity chemotherapy (drugs are injected into certain body cavities such as bladder or pelvic cavity)
- Chemotherapy creams (applied to certain areas of the skin)

Treatment is given in a series of sessions which is followed by a rest period – this is known as a cycle of treatment.

## Help for Chemotherapy

### Natural remedies

Natural herbs and holistic treatments may also be used in combination with conventional medication to help **reduce the side effects of chemotherapy**. Herbal and homeopathic remedies have been known to support the body holistically, **strengthen the immune system** and regulate blood cell counts.

Two well known herbs such as **Hypoxis Rooperi**(extract of African Potato) and **Mentha Piperita acts as a natural convalescent, supportive tonic and are beneficial to the immune system**. Other powerful herbal ingredients such as **Crataegus Oxyacanthoides, Viscum Album** and **Schizandra Sinesis** support healthy circulation, regulate and maintain healthy energy levels, and help protect against toxins and cell damage.

### Tips to cope with chemotherapy

Learning to cope with and manage cancer as well as experiencing **chemotherapy** is not only difficult but also emotionally stressful. Follow these tips to help you deal with the side effects:

- Eat small, well balanced meals that contain proteins and calories to help you gain weight and keep your strength up
- Try eating foods such as soups, fruit juices, weak tea, popsicles or jelly that will not nauseate you
- Get adequate rest – at least eight hours of sleep each night as well as short naps during the day
- Exercise regularly by walking, cycling or doing yoga but remember not to overdo it
- Learn to relax and do things that calms you like reading, listening to music or watching a movie
- Use visualization, imagery and deep breathing exercises to reduce stress
- Accept help and support from family and friends
- Speak to someone about what you are feeling and going through – this may be a family member, friend or counselor
- Join a support group where you can share your feelings and listen to others with the same problem

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Underneath is a photograph of a smiling family consisting of a woman, a man, and two children. Below the photo, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a brown button with the text "CLICK HERE".

### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic

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## **Great Health Sites**

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Fatigue Fighter**: Natural remedy to support healthy energy levels, stamina and vitality

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely **support healthy energy levels, stamina and endurance**.

Fatigue Fighter contains a selection of herbs for healthy energy - known for their supportive function in **maintaining natural health and energy levels**, as well as balanced metabolism, stamina, endurance and routine, healthy performance without stimulants or caffeine. Fatigue Fighter can make all the difference, without compromising health and without the risk of serious side effects.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)



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**Native Remedies**  
*The Psychologist's Natural Choice*

**Proven Products. Excellent Service and Delivery**

**Detox Drops:** Herbal detox drops for body cleansing and detoxification

**Detox Drops** are a 100% safe, non-addictive natural herbal remedy formulated for teens and adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their supportive function in maintaining liver health and well-being.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects.**

The formula remains true to the **whole spectrum method** of herbal manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

By **cleansing and refreshing all body systems**, Detox Drops can also represent a wonderful start to any new program to stop smoking or begin a healthy weight loss program.

[Learn more about Detox Drops](#)

**ReGrow Plus:** Support healthy circulation to hair follicles, hair roots & nail beds

ReGrow Plus is a blend of carefully chosen herbal ingredients known for their **supportive capacity to promote healthy circulation, routine hormonal balance and support healthy thyroid functioning** - thereby supporting healthy hair and nail growth.

Used regularly, ReGrow Plus can help to **maintain healthy, strong hair** by supporting the body's natural ability to stimulate and nourish the tiny hair follicles to produce abundant hair.

*For best results, use with [ReGrow Scalp Massage Oil](#)*

[Learn more about ReGrow Plus](#)

**ReGrow Plus Massage Oil:** Supports healthy hair growth and nourishes hair follicles and scalp

ReGrow Scalp Massage Oil contains a blend of carefully chosen essential oils used therapeutically in aromatherapy.

**Essential oils are extractions of living plants** and have many positive benefits, containing a complex combination of many active ingredients which **work on the physical as well as the psychological level.** Good quality essential oils are highly concentrated and contain no synthetic additives.

The essential oils in ReGrow Scalp Massage Oil have been especially chosen for their **beneficial effect on the health of the scalp and hair follicles.** However, as is always the case with nature, their use will bring a **number of**

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)

**additional benefits** such as relaxation, healthy circulation and feelings of well-being. Nature is always generous!

As most aromatherapy oils are often too concentrated to be use directly on the skin, they are usually blended into a natural carrier oil which should be chosen according to the therapeutic effect needed as well as the properties of the essential oils used. The carrier oil used in ReGrow Scalp Massage Oil is Avocado oil, chosen for its high nutritive value.

Rich in nutrients, especially Vitamin E, Avocado oil further extends the therapeutic effect of ReGrow Scalp Massage Oil on the scalp and hair follicles.

**Note:** For best results, use along with [ReGrow Plus](#), taken internally to support healthy hair growth.

[Learn more about ReGrow Plus Massage Oil](#)

Read the testimonials for these quality products [here!](#)



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