

WEBVTT

NOTE duration:"01:38:17.3440000"

NOTE language:en-us

NOTE Confidence: 0.82207596

00:00:05.470 --> 00:00:09.395 OK, welcome everybody to our third

NOTE Confidence: 0.82207596

00:00:09.395 --> 00:00:12.740 smilow shares lecture in our

NOTE Confidence: 0.82207596

00:00:12.860 --> 00:00:16.558 series of survivorship. Lectures this

NOTE Confidence: 0.82207596

00:00:16.558 --> 00:00:20.910 are third out of 4th and we are.

NOTE Confidence: 0.82207596

00:00:20.910 --> 00:00:22.932 Doing this this survivorship series in

NOTE Confidence: 0.82207596

00:00:22.932 --> 00:00:25.090 honor of National Cancer Survivors Day,

NOTE Confidence: 0.82207596

00:00:25.090 --> 00:00:27.169 which here at Smilow we decided to

NOTE Confidence: 0.82207596

00:00:27.169 --> 00:00:29.610 turn into a month long celebration.

NOTE Confidence: 0.82207596

00:00:29.610 --> 00:00:30.998 Can't believe it's already

NOTE Confidence: 0.82207596

00:00:30.998 --> 00:00:32.733 the third out of four,

NOTE Confidence: 0.82207596

00:00:32.740 --> 00:00:35.524 so our third week out of four weeks.

NOTE Confidence: 0.82207596

00:00:35.530 --> 00:00:37.270 My name is Heather Studwell.

NOTE Confidence: 0.82207596

00:00:37.270 --> 00:00:39.166 I'm the survivorship coordinator.

NOTE Confidence: 0.82207596

00:00:39.166 --> 00:00:41.536 At the Smilow Cancer Care

NOTE Confidence: 0.82207596

00:00:41.536 --> 00:00:43.669 Center at Greenwich Hospital.

NOTE Confidence: 0.82207596

00:00:43.670 --> 00:00:46.365 Our survivorship is an area that cancer

NOTE Confidence: 0.82207596

00:00:46.365 --> 00:00:49.936 care that I hold near and dear to my heart.

NOTE Confidence: 0.82207596

00:00:49.940 --> 00:00:52.244 Having worked as an occupational therapist

NOTE Confidence: 0.82207596

00:00:52.244 --> 00:00:54.739 at Greenwich Hospital for nearly 20 years,

NOTE Confidence: 0.82207596

00:00:54.740 --> 00:00:56.684 treating cancer survivors and

NOTE Confidence: 0.82207596

00:00:56.684 --> 00:00:59.114 those who are surviving cancer.

NOTE Confidence: 0.82207596

00:00:59.120 --> 00:01:02.144 And it's my pleasure to be facilitating this

NOTE Confidence: 0.82207596

00:01:02.144 --> 00:01:04.860 panel tonight on supplements and nutrition.

NOTE Confidence: 0.82207596

00:01:04.860 --> 00:01:07.058 Going to give you a few housekeeping

NOTE Confidence: 0.82207596

00:01:07.058 --> 00:01:08.660 items as we go along.

NOTE Confidence: 0.82207596

00:01:08.660 --> 00:01:11.190 There is a Q&A box down at the bottom of

NOTE Confidence: 0.82207596

00:01:11.260 --> 00:01:13.740 everybody zoom screen so you can use that

NOTE Confidence: 0.82207596

00:01:13.740 --> 00:01:16.267 to type in your questions throughout.

NOTE Confidence: 0.82207596

00:01:16.270 --> 00:01:18.806 You don't have to wait till the end,

NOTE Confidence: 0.82207596

00:01:18.810 --> 00:01:21.274 but we will have all of our presenters  
NOTE Confidence: 0.82207596

00:01:21.274 --> 00:01:23.466 present and then we'll go through the  
NOTE Confidence: 0.82207596

00:01:23.466 --> 00:01:25.780 questions at the end of the lecture,  
NOTE Confidence: 0.82207596

00:01:25.780 --> 00:01:28.174 but also a few questions at the  
NOTE Confidence: 0.82207596

00:01:28.174 --> 00:01:30.720 end of each of the presenters.  
NOTE Confidence: 0.82207596

00:01:30.720 --> 00:01:34.540 Lectures so we have a lot of  
NOTE Confidence: 0.82207596

00:01:34.540 --> 00:01:35.720 people joining us tonight.  
NOTE Confidence: 0.82207596

00:01:35.720 --> 00:01:37.200 Welcome to everybody if you.  
NOTE Confidence: 0.8099853

00:01:39.570 --> 00:01:42.445 Let's see, I just want to  
NOTE Confidence: 0.8099853

00:01:42.445 --> 00:01:44.840 see where we're still good.  
NOTE Confidence: 0.8099853

00:01:44.840 --> 00:01:47.222 OK so our first presenter tonight  
NOTE Confidence: 0.8099853

00:01:47.222 --> 00:01:50.514 is Annette Hood and that is a  
NOTE Confidence: 0.8099853

00:01:50.514 --> 00:01:52.674 clinical pharmacist specializing in  
NOTE Confidence: 0.8099853

00:01:52.674 --> 00:01:54.900 women's oncology including breast,  
NOTE Confidence: 0.8099853

00:01:54.900 --> 00:01:56.074 ovarian, uterine,  
NOTE Confidence: 0.8099853

00:01:56.074 --> 00:02:00.183 and cervical cancers on the main campus.

NOTE Confidence: 0.8099853

00:02:00.190 --> 00:02:03.949 Of. Smilow Cancer Hospital in New Haven.

NOTE Confidence: 0.8099853

00:02:03.950 --> 00:02:05.765 She completed her Doctor of

NOTE Confidence: 0.8099853

00:02:05.765 --> 00:02:07.580 Pharmacy degree from the University

NOTE Confidence: 0.8099853

00:02:07.647 --> 00:02:09.377 of Connecticut and a residency

NOTE Confidence: 0.8099853

00:02:09.377 --> 00:02:11.107 at Saint Francis Hospital and

NOTE Confidence: 0.8099853

00:02:11.170 --> 00:02:12.730 Medical Center in Hartford.

NOTE Confidence: 0.8099853

00:02:12.730 --> 00:02:15.061 Her main role is to review chemotherapy

NOTE Confidence: 0.8099853

00:02:15.061 --> 00:02:17.119 orders for all clinic patients,

NOTE Confidence: 0.8099853

00:02:17.120 --> 00:02:18.950 provide counseling to patients on

NOTE Confidence: 0.8099853

00:02:18.950 --> 00:02:20.414 chemotherapy and supportive care.

NOTE Confidence: 0.8099853

00:02:20.420 --> 00:02:22.610 She also works with Doctor Sopher,

NOTE Confidence: 0.8099853

00:02:22.610 --> 00:02:25.146 an integrative medicine clinic

NOTE Confidence: 0.8099853

00:02:25.146 --> 00:02:27.048 to review supplements.

NOTE Confidence: 0.8099853

00:02:27.050 --> 00:02:29.786 So I'm going to have you start off.

NOTE Confidence: 0.92683214

00:02:30.830 --> 00:02:31.960 Let me share my screen.

NOTE Confidence: 0.7640278

00:02:42.870 --> 00:02:45.100 Let's see, actually.  
NOTE Confidence: 0.7393466

00:02:58.300 --> 00:03:00.406 Snap the right screen on the 2nd.  
NOTE Confidence: 0.5284975

00:03:10.250 --> 00:03:13.270 Think. Can you see Presenter  
NOTE Confidence: 0.5284975

00:03:13.270 --> 00:03:15.420 view or are you seeing?  
NOTE Confidence: 0.5284975

00:03:15.420 --> 00:03:16.950 The entire slide show view,  
NOTE Confidence: 0.77511674

00:03:16.950 --> 00:03:19.085 but now we're getting your presenter view.  
NOTE Confidence: 0.77511674

00:03:19.090 --> 00:03:21.230 You're just going to centerview, OK, perfect.  
NOTE Confidence: 0.8730204

00:03:24.580 --> 00:03:25.350 OK.  
NOTE Confidence: 0.80800885

00:03:27.380 --> 00:03:29.490 Second, too many screens here.  
NOTE Confidence: 0.8813192

00:03:36.970 --> 00:03:39.410 OK, great. OK,  
NOTE Confidence: 0.8606665

00:03:39.410 --> 00:03:41.298 so thank you for having me today on  
NOTE Confidence: 0.8606665

00:03:41.298 --> 00:03:43.426 this very important talk about dietary  
NOTE Confidence: 0.8606665

00:03:43.426 --> 00:03:45.026 supplements in cancer survivors.  
NOTE Confidence: 0.8606665

00:03:45.030 --> 00:03:47.230 I know that this is a topic that  
NOTE Confidence: 0.8606665

00:03:47.230 --> 00:03:49.707 many of you are very interested in,  
NOTE Confidence: 0.8606665

00:03:49.710 --> 00:03:51.887 so I'm glad that you're here tonight.

NOTE Confidence: 0.8606665

00:03:51.890 --> 00:03:53.654 Tonight I'm going to talk about

NOTE Confidence: 0.8606665

00:03:53.654 --> 00:03:54.830 some general information about

NOTE Confidence: 0.8606665

00:03:54.883 --> 00:03:56.259 supplements and their safety,

NOTE Confidence: 0.8606665

00:03:56.260 --> 00:03:58.510 and then debunk some myths surrounding

NOTE Confidence: 0.8606665

00:03:58.510 --> 00:04:00.343 dietary supplements and then later

NOTE Confidence: 0.8606665

00:04:00.343 --> 00:04:02.226 on Doctor Boyd is going to really

NOTE Confidence: 0.8606665

00:04:02.226 --> 00:04:04.110 get into more of the specifics.

NOTE Confidence: 0.8606665

00:04:04.110 --> 00:04:07.094 Next on the safety and effectiveness

NOTE Confidence: 0.8606665

00:04:07.094 --> 00:04:08.738 of the dietary supplements.

NOTE Confidence: 0.70207

00:04:18.110 --> 00:04:22.936 OK. So first let's talk about some background

NOTE Confidence: 0.70207

00:04:22.936 --> 00:04:24.500 information on dietary supplements.

NOTE Confidence: 0.83248174

00:04:24.500 --> 00:04:26.460 So what are they so?

NOTE Confidence: 0.83248174

00:04:26.460 --> 00:04:28.734 These include our vitamins which could

NOTE Confidence: 0.83248174

00:04:28.734 --> 00:04:31.110 be multi vitamin products which include

NOTE Confidence: 0.83248174

00:04:31.110 --> 00:04:33.100 you know several different multi,

NOTE Confidence: 0.83248174

00:04:33.100 --> 00:04:35.060 several different vitamins and minerals.

NOTE Confidence: 0.83248174

00:04:35.060 --> 00:04:38.021 Or I could just include single vitamins

NOTE Confidence: 0.83248174

00:04:38.021 --> 00:04:40.530 such as vitamin A or vitamin D.

NOTE Confidence: 0.83248174

00:04:40.530 --> 00:04:42.485 It also includes minerals like

NOTE Confidence: 0.83248174

00:04:42.485 --> 00:04:44.440 calcium and herbs or botanicals.

NOTE Confidence: 0.83248174

00:04:44.440 --> 00:04:46.906 We can think avec anicia or

NOTE Confidence: 0.83248174

00:04:46.906 --> 00:04:49.098 valerian root as another example

NOTE Confidence: 0.83248174

00:04:49.098 --> 00:04:51.876 and it also includes amino acids.

NOTE Confidence: 0.83248174

00:04:51.880 --> 00:04:53.750 So as the name suggests,

NOTE Confidence: 0.83248174

00:04:53.750 --> 00:04:55.246 dietary supplements really are

NOTE Confidence: 0.83248174

00:04:55.246 --> 00:04:57.116 intended to supplement the diet.

NOTE Confidence: 0.83248174

00:04:57.120 --> 00:04:59.232 They are not intended to diagnose

NOTE Confidence: 0.83248174

00:04:59.232 --> 00:05:01.600 any illnesses to cure any illnesses,

NOTE Confidence: 0.83248174

00:05:01.600 --> 00:05:04.218 or to treat or prevent a disease.

NOTE Confidence: 0.83248174

00:05:04.220 --> 00:05:06.691 An if the label of a certain

NOTE Confidence: 0.83248174

00:05:06.691 --> 00:05:08.340 product makes these claims,

NOTE Confidence: 0.83248174

00:05:08.340 --> 00:05:10.578 it's actually in violation of DESHAY,

NOTE Confidence: 0.83248174

00:05:10.580 --> 00:05:12.445 which is the dietary supplement

NOTE Confidence: 0.83248174

00:05:12.445 --> 00:05:14.690 health and Education Act of 1994,

NOTE Confidence: 0.83248174

00:05:14.690 --> 00:05:17.204 which will talk a little bit

NOTE Confidence: 0.83248174

00:05:17.204 --> 00:05:19.979 more about in the next slide.

NOTE Confidence: 0.83248174

00:05:19.980 --> 00:05:22.157 So let's get into our first myth.

NOTE Confidence: 0.85004616

00:05:25.420 --> 00:05:27.340 So myth number one supplements are

NOTE Confidence: 0.85004616

00:05:27.340 --> 00:05:29.960 regulated by the FDA just like other drugs.

NOTE Confidence: 0.86333996

00:05:33.340 --> 00:05:34.835 And actually, dietary supplements

NOTE Confidence: 0.86333996

00:05:34.835 --> 00:05:36.710 are regulated more as foods,

NOTE Confidence: 0.86333996

00:05:36.710 --> 00:05:38.685 not like the prescription medications

NOTE Confidence: 0.86333996

00:05:38.685 --> 00:05:40.660 or over the counter medications

NOTE Confidence: 0.86333996

00:05:40.717 --> 00:05:42.841 that we think about where those

NOTE Confidence: 0.86333996

00:05:42.841 --> 00:05:44.257 manufacturers actually have to

NOTE Confidence: 0.86333996

00:05:44.324 --> 00:05:46.124 submit clinical trials proving the

NOTE Confidence: 0.86333996

00:05:46.124 --> 00:05:48.303 safety and efficacy of their product  
NOTE Confidence: 0.86333996

00:05:48.303 --> 00:05:50.914 before it gets approved by the FDA,  
NOTE Confidence: 0.86333996

00:05:50.920 --> 00:05:54.584 or and then before it comes to market.  
NOTE Confidence: 0.86333996

00:05:54.590 --> 00:05:56.810 So any supplement that was already  
NOTE Confidence: 0.86333996

00:05:56.810 --> 00:05:59.519 on the market prior to DESHAY prior  
NOTE Confidence: 0.86333996

00:05:59.519 --> 00:06:01.439 to 1994 is actually grandfathered  
NOTE Confidence: 0.86333996

00:06:01.439 --> 00:06:03.892 in and therefore does not have to  
NOTE Confidence: 0.86333996

00:06:03.892 --> 00:06:06.434 prove to the FDA any safety or  
NOTE Confidence: 0.86333996

00:06:06.434 --> 00:06:09.206 effectiveness before going to the market.  
NOTE Confidence: 0.86333996

00:06:09.210 --> 00:06:10.740 So only once it's marketed,  
NOTE Confidence: 0.86333996

00:06:10.740 --> 00:06:13.211 then the FDA has to actually prove  
NOTE Confidence: 0.86333996

00:06:13.211 --> 00:06:15.530 that the product is not safe in  
NOTE Confidence: 0.86333996

00:06:15.530 --> 00:06:17.749 order to restrict its use or remove  
NOTE Confidence: 0.86333996

00:06:17.749 --> 00:06:19.189 it from the market.  
NOTE Confidence: 0.86333996

00:06:19.190 --> 00:06:21.710 So what does the FDA actually regulate?  
NOTE Confidence: 0.86333996

00:06:21.710 --> 00:06:23.510 It regulates the label, so,

NOTE Confidence: 0.86333996

00:06:23.510 --> 00:06:25.310 as I had mentioned earlier,

NOTE Confidence: 0.86333996

00:06:25.310 --> 00:06:27.100 manufacturers of these supplements cannot

NOTE Confidence: 0.86333996

00:06:27.100 --> 00:06:29.304 make any claims related to treating

NOTE Confidence: 0.86333996

00:06:29.304 --> 00:06:31.428 or curing or preventing any illnesses.

NOTE Confidence: 0.86333996

00:06:31.430 --> 00:06:32.938 And if they do,

NOTE Confidence: 0.86333996

00:06:32.938 --> 00:06:36.116 then that is in violation of this act

NOTE Confidence: 0.86333996

00:06:36.116 --> 00:06:39.412 and they could get either fines or have

NOTE Confidence: 0.86333996

00:06:39.498 --> 00:06:42.756 their product removed from the market.

NOTE Confidence: 0.86333996

00:06:42.760 --> 00:06:45.005 So because these products are not

NOTE Confidence: 0.86333996

00:06:45.005 --> 00:06:47.180 really strictly regulated by the FDA,

NOTE Confidence: 0.86333996

00:06:47.180 --> 00:06:49.376 there are some concerns about supplements,

NOTE Confidence: 0.86333996

00:06:49.380 --> 00:06:53.118 especially in terms of their quality.

NOTE Confidence: 0.86333996

00:06:53.120 --> 00:06:54.842 So some supplements may actually contain

NOTE Confidence: 0.86333996

00:06:54.842 --> 00:06:56.519 contaminants such as lead or arsenic,

NOTE Confidence: 0.86333996

00:06:56.520 --> 00:06:58.584 or they may have too much or too

NOTE Confidence: 0.86333996

00:06:58.584 --> 00:07:00.068 little of the ingredient that  
NOTE Confidence: 0.86333996

00:07:00.068 --> 00:07:02.175 it says that is on the label.  
NOTE Confidence: 0.86333996

00:07:02.180 --> 00:07:03.878 And some studies have actually found  
NOTE Confidence: 0.86333996

00:07:03.878 --> 00:07:06.182 that more than 60% of supplements do not  
NOTE Confidence: 0.86333996

00:07:06.182 --> 00:07:08.400 have what the label says that it has.  
NOTE Confidence: 0.86333996

00:07:08.400 --> 00:07:09.153 So for example,  
NOTE Confidence: 0.86333996

00:07:09.153 --> 00:07:11.299 this is a report to the right from  
NOTE Confidence: 0.86333996

00:07:11.299 --> 00:07:12.929 a website called Consumer Lab,  
NOTE Confidence: 0.86333996

00:07:12.930 --> 00:07:14.628 which I'll talk about a little  
NOTE Confidence: 0.86333996

00:07:14.628 --> 00:07:16.040 bit more towards the end,  
NOTE Confidence: 0.86333996

00:07:16.040 --> 00:07:17.768 which looks at products that are  
NOTE Confidence: 0.86333996

00:07:17.768 --> 00:07:19.799 on the market and kind of test  
NOTE Confidence: 0.86333996

00:07:19.799 --> 00:07:21.696 them to see what's in the product.  
NOTE Confidence: 0.86333996

00:07:21.700 --> 00:07:23.428 So they found that there's a  
NOTE Confidence: 0.86333996

00:07:23.428 --> 00:07:24.927 tenfold difference in potency across  
NOTE Confidence: 0.86333996

00:07:24.927 --> 00:07:26.377 different types of Jin sing.

NOTE Confidence: 0.86333996

00:07:26.380 --> 00:07:26.805 Products.

NOTE Confidence: 0.86333996

00:07:26.805 --> 00:07:29.355 So because these products aren't regulated,

NOTE Confidence: 0.86333996

00:07:29.360 --> 00:07:31.493 I will towards the end kind of give you

NOTE Confidence: 0.86333996

00:07:31.493 --> 00:07:33.634 some tips on what you can do to try to

NOTE Confidence: 0.86333996

00:07:33.634 --> 00:07:35.725 pick the safest products on the market.

NOTE Confidence: 0.80500156

00:07:37.850 --> 00:07:39.720 So let's get into myth.

NOTE Confidence: 0.80500156

00:07:39.720 --> 00:07:42.570 #2 dietary supplements are always safe.

NOTE Confidence: 0.80500156

00:07:42.570 --> 00:07:44.070 So many patients think that

NOTE Confidence: 0.80500156

00:07:44.070 --> 00:07:45.270 because something is natural,

NOTE Confidence: 0.80500156

00:07:45.270 --> 00:07:47.447 or because either because it comes from

NOTE Confidence: 0.80500156

00:07:47.447 --> 00:07:50.069 a plant or an animal that it is safe.

NOTE Confidence: 0.80500156

00:07:50.070 --> 00:07:51.564 However, a lot of these supplements

NOTE Confidence: 0.80500156

00:07:51.564 --> 00:07:52.959 are made into really concentrated

NOTE Confidence: 0.80500156

00:07:52.959 --> 00:07:54.363 formulations with high amounts

NOTE Confidence: 0.80500156

00:07:54.363 --> 00:07:55.767 of the specific supplement,

NOTE Confidence: 0.80500156

00:07:55.770 --> 00:07:57.270 and that will actually make  
NOTE Confidence: 0.80500156  
00:07:57.270 --> 00:07:58.470 and make them unsafe.  
NOTE Confidence: 0.80500156  
00:07:58.470 --> 00:08:00.661 And this is something that Doctor Boyd  
NOTE Confidence: 0.80500156  
00:08:00.661 --> 00:08:03.331 is going to spend a little bit more  
NOTE Confidence: 0.80500156  
00:08:03.331 --> 00:08:05.500 time talking about during his slides.  
NOTE Confidence: 0.80500156  
00:08:05.500 --> 00:08:08.132 So I wanted to give an example of  
NOTE Confidence: 0.80500156  
00:08:08.132 --> 00:08:10.580 something that even though it's natural,  
NOTE Confidence: 0.80500156  
00:08:10.580 --> 00:08:12.758 it doesn't mean that it's safe.  
NOTE Confidence: 0.80500156  
00:08:12.760 --> 00:08:15.294 So here's an example of apricot kernel,  
NOTE Confidence: 0.80500156  
00:08:15.300 --> 00:08:17.478 or also known as apricot seeds.  
NOTE Confidence: 0.80500156  
00:08:17.480 --> 00:08:19.658 And it's marketed as vitamin B17.  
NOTE Confidence: 0.80500156  
00:08:19.660 --> 00:08:21.945 So as you can see, well,  
NOTE Confidence: 0.80500156  
00:08:21.945 --> 00:08:24.795 this is a pit that's found  
NOTE Confidence: 0.80500156  
00:08:24.795 --> 00:08:27.698 in the fruit of an Africa.  
NOTE Confidence: 0.80500156  
00:08:27.700 --> 00:08:29.620 In the center of the apricot fruit.  
NOTE Confidence: 0.80500156  
00:08:29.620 --> 00:08:32.077 Sorry so as you can see in the picture,

NOTE Confidence: 0.80500156

00:08:32.080 --> 00:08:34.048 it looks like an almond and it even

NOTE Confidence: 0.80500156

00:08:34.048 --> 00:08:36.221 has the taste of an almond and it's

NOTE Confidence: 0.80500156

00:08:36.221 --> 00:08:38.109 promoted as an anti cancer agent,

NOTE Confidence: 0.80500156

00:08:38.110 --> 00:08:38.660 an intern.

NOTE Confidence: 0.80500156

00:08:38.660 --> 00:08:40.310 It also is promoted to improve

NOTE Confidence: 0.80500156

00:08:40.310 --> 00:08:41.668 energy levels and well being,

NOTE Confidence: 0.80500156

00:08:41.670 --> 00:08:43.870 and also as a detox for the body.

NOTE Confidence: 0.8429252

00:08:46.240 --> 00:08:48.554 So in actuality, there is no evidence

NOTE Confidence: 0.8429252

00:08:48.554 --> 00:08:50.998 to support that it can treat cancer,

NOTE Confidence: 0.8429252

00:08:51.000 --> 00:08:52.700 and vitamin B17 is actually

NOTE Confidence: 0.8429252

00:08:52.700 --> 00:08:54.060 amygdalin in this case,

NOTE Confidence: 0.8429252

00:08:54.060 --> 00:08:56.412 which is a toxic chemical that in the

NOTE Confidence: 0.8429252

00:08:56.412 --> 00:08:59.158 body is converted to the poison cyanide.

NOTE Confidence: 0.8429252

00:08:59.160 --> 00:09:02.210 And if you eat 50 to 60 of these apricot

NOTE Confidence: 0.8429252

00:09:02.289 --> 00:09:05.270 kernels, it can actually cause death.

NOTE Confidence: 0.8429252

00:09:05.270 --> 00:09:06.934 And at lower levels,  
NOTE Confidence: 0.8429252

00:09:06.934 --> 00:09:08.598 cyanide poisoning can occur,  
NOTE Confidence: 0.8429252

00:09:08.600 --> 00:09:11.603 so towards the right here is an  
NOTE Confidence: 0.8429252

00:09:11.603 --> 00:09:14.435 article recently from Canada in which  
NOTE Confidence: 0.8429252

00:09:14.435 --> 00:09:16.865 apricot kernels were being recalled  
NOTE Confidence: 0.8429252

00:09:16.865 --> 00:09:20.030 over the risk of cyanide poisoning.  
NOTE Confidence: 0.8429252

00:09:20.030 --> 00:09:22.088 So are the signs of cyanide poisoning  
NOTE Confidence: 0.8429252

00:09:22.088 --> 00:09:23.530 include weakness and confusion,  
NOTE Confidence: 0.8429252

00:09:23.530 --> 00:09:24.164 anxiety, restlessness,  
NOTE Confidence: 0.8429252

00:09:24.164 --> 00:09:25.749 and then in severe cases,  
NOTE Confidence: 0.8429252

00:09:25.750 --> 00:09:26.704 seizures are death,  
NOTE Confidence: 0.8429252

00:09:26.704 --> 00:09:28.930 so you can see on the label.  
NOTE Confidence: 0.8429252

00:09:28.930 --> 00:09:30.514 It does give a warning that  
NOTE Confidence: 0.8429252

00:09:30.514 --> 00:09:32.040 this product tests with apricot  
NOTE Confidence: 0.8429252

00:09:32.040 --> 00:09:33.696 kernels which contain amygdalin,  
NOTE Confidence: 0.8429252

00:09:33.700 --> 00:09:35.728 which can cause symptoms of cyanide

NOTE Confidence: 0.8429252

00:09:35.728 --> 00:09:38.467 poisoning and to not eat more than 8 seeds.

NOTE Confidence: 0.8429252

00:09:38.470 --> 00:09:40.626 But you can see that someone who

NOTE Confidence: 0.8429252

00:09:40.626 --> 00:09:42.272 doesn't really know much about

NOTE Confidence: 0.8429252

00:09:42.272 --> 00:09:44.258 apricot kernels or who doesn't read

NOTE Confidence: 0.8429252

00:09:44.258 --> 00:09:46.498 the label may ease just like regular

NOTE Confidence: 0.8429252

00:09:46.498 --> 00:09:48.339 nuts which could lead to toxicity.

NOTE Confidence: 0.8429252

00:09:48.339 --> 00:09:50.642 So the main main point about myth

NOTE Confidence: 0.8429252

00:09:50.642 --> 00:09:53.095 #2 is that just because something

NOTE Confidence: 0.8429252

00:09:53.095 --> 00:09:55.245 is natural does not necessarily

NOTE Confidence: 0.8429252

00:09:55.245 --> 00:09:56.758 mean that it's safe,

NOTE Confidence: 0.8429252

00:09:56.760 --> 00:09:58.890 and this concept can apply to

NOTE Confidence: 0.8429252

00:09:58.890 --> 00:10:00.310 many other dietary supplements,

NOTE Confidence: 0.8429252

00:10:00.310 --> 00:10:01.730 depending on the dose.

NOTE Confidence: 0.8429252

00:10:01.730 --> 00:10:02.440 That is,

NOTE Confidence: 0.8429252

00:10:02.440 --> 00:10:03.860 you're taking it up.

NOTE Confidence: 0.85638016

00:10:06.640 --> 00:10:09.264 I did also want to have you take a look

NOTE Confidence: 0.85638016

00:10:09.264 --> 00:10:11.759 at some labels of different supplements.

NOTE Confidence: 0.85638016

00:10:11.760 --> 00:10:13.740 These are actually multi vitamins so

NOTE Confidence: 0.85638016

00:10:13.740 --> 00:10:16.806 on the left here you can see a list of

NOTE Confidence: 0.85638016

00:10:16.806 --> 00:10:19.002 the multi byte vitamins in this product

NOTE Confidence: 0.85638016

00:10:19.002 --> 00:10:21.354 and then their percent of daily value.

NOTE Confidence: 0.85638016

00:10:21.360 --> 00:10:23.920 It's about 100% or less for each of

NOTE Confidence: 0.85638016

00:10:23.920 --> 00:10:26.224 these vitamins and then the product in

NOTE Confidence: 0.85638016

00:10:26.224 --> 00:10:28.809 the middle with the yellow you if you

NOTE Confidence: 0.85638016

00:10:28.809 --> 00:10:30.958 take a look at these supplement facts

NOTE Confidence: 0.85638016

00:10:30.960 --> 00:10:33.456 you can see that the Feynman in this

NOTE Confidence: 0.85638016

00:10:33.456 --> 00:10:36.000 product has 8000% of your daily value.

NOTE Confidence: 0.85638016

00:10:36.000 --> 00:10:38.938 And vitamin B12 has 625% of your daily

NOTE Confidence: 0.85638016

00:10:38.938 --> 00:10:42.233 value and then all the way to the right

NOTE Confidence: 0.85638016

00:10:42.233 --> 00:10:44.991 is just a single vitamin D product

NOTE Confidence: 0.85638016

00:10:44.991 --> 00:10:47.649 with 10,000 international units.

NOTE Confidence: 0.85638016

00:10:47.650 --> 00:10:49.820 Vitamin D, which has 12150% of

NOTE Confidence: 0.85638016

00:10:49.820 --> 00:10:50.900 your daily value.

NOTE Confidence: 0.85638016

00:10:50.900 --> 00:10:52.700 I'm not, I'm just gonna

NOTE Confidence: 0.8305895

00:10:52.700 --> 00:10:55.590 interrupt you for one second here. It's not

NOTE Confidence: 0.8305895

00:10:55.590 --> 00:10:58.578 advancing. Oh, I'm sorry.

NOTE Confidence: 0.8305895

00:10:58.580 --> 00:10:59.483 OK OK perfect.

NOTE Confidence: 0.8305895

00:10:59.483 --> 00:11:00.988 OK so I'll just briefly

NOTE Confidence: 0.8305895

00:11:00.988 --> 00:11:02.459 start over really quick.

NOTE Confidence: 0.8305895

00:11:02.460 --> 00:11:04.780 So to the left here you can see

NOTE Confidence: 0.8305895

00:11:04.780 --> 00:11:06.849 the product that has the multi

NOTE Confidence: 0.8305895

00:11:06.849 --> 00:11:09.224 vitamins listed at 100% or less of

NOTE Confidence: 0.8305895

00:11:09.224 --> 00:11:11.892 your daily value in the middle is a

NOTE Confidence: 0.8305895

00:11:11.892 --> 00:11:14.100 product that has the higher amounts

NOTE Confidence: 0.8305895

00:11:14.100 --> 00:11:16.619 with the time and you can see there

NOTE Confidence: 0.8305895

00:11:16.619 --> 00:11:19.096 at 8000 B 12 at 600 and then to

NOTE Confidence: 0.8305895

00:11:19.096 --> 00:11:21.302 the right is the vitamin D product

NOTE Confidence: 0.8305895

00:11:21.302 --> 00:11:23.260 with 12150% of your daily value.

NOTE Confidence: 0.8305895

00:11:23.260 --> 00:11:25.714 So in general I know a lot of

NOTE Confidence: 0.8305895

00:11:25.714 --> 00:11:27.194 people probably don't really

NOTE Confidence: 0.8305895

00:11:27.194 --> 00:11:29.130 look at the supplement facts.

NOTE Confidence: 0.8305895

00:11:29.130 --> 00:11:30.355 And see what they're actually

NOTE Confidence: 0.8305895

00:11:30.355 --> 00:11:31.580 purchasing in their in their

NOTE Confidence: 0.8305895

00:11:31.626 --> 00:11:32.978 supplements that they're buying,

NOTE Confidence: 0.8305895

00:11:32.980 --> 00:11:34.350 but it's really important to

NOTE Confidence: 0.8305895

00:11:34.350 --> 00:11:36.225 really take a look and see what's

NOTE Confidence: 0.8305895

00:11:36.225 --> 00:11:38.025 in there and just the tip is if

NOTE Confidence: 0.8305895

00:11:38.086 --> 00:11:39.856 you're looking at these products,

NOTE Confidence: 0.8305895

00:11:39.860 --> 00:11:41.778 really try to stick to something that's

NOTE Confidence: 0.8305895

00:11:41.778 --> 00:11:43.980 at 100% of your daily value or less.

NOTE Confidence: 0.834987

00:11:47.230 --> 00:11:51.286 OK, so Miss #3 supplements do not

NOTE Confidence: 0.834987

00:11:51.286 --> 00:11:53.710 interact with cancer treatments.

NOTE Confidence: 0.834987

00:11:53.710 --> 00:11:56.450 Let me go back so I know as

NOTE Confidence: 0.834987

00:11:56.450 --> 00:11:58.809 cancer survivors do you have many

NOTE Confidence: 0.834987

00:11:58.809 --> 00:12:00.777 different types of treatments,

NOTE Confidence: 0.834987

00:12:00.780 --> 00:12:02.750 including radiation therapy and surgeries.

NOTE Confidence: 0.834987

00:12:02.750 --> 00:12:05.446 Some of you may be on hormone supplements

NOTE Confidence: 0.834987

00:12:05.446 --> 00:12:07.548 for hormone stimulating cancers like

NOTE Confidence: 0.834987

00:12:07.548 --> 00:12:09.813 breast cancer or uterine cancer,

NOTE Confidence: 0.834987

00:12:09.820 --> 00:12:12.571 and there are potential for interactions with

NOTE Confidence: 0.834987

00:12:12.571 --> 00:12:14.930 supplements and these treatments as well.

NOTE Confidence: 0.834987

00:12:14.930 --> 00:12:19.810 So I wanted to touch on these a little bit.

NOTE Confidence: 0.834987

00:12:19.810 --> 00:12:22.198 OK, so first let's talk about

NOTE Confidence: 0.834987

00:12:22.198 --> 00:12:23.790 interactions with radiation therapy.

NOTE Confidence: 0.834987

00:12:23.790 --> 00:12:25.430 So antioxidants which neutralize

NOTE Confidence: 0.834987

00:12:25.430 --> 00:12:27.890 reactive ask oxygen species or the

NOTE Confidence: 0.834987

00:12:27.955 --> 00:12:30.157 free radicals that can cause cancer.

NOTE Confidence: 0.834987

00:12:30.160 --> 00:12:32.890 Patients use these to protect your normal

NOTE Confidence: 0.834987

00:12:32.890 --> 00:12:34.929 tissue from treatment side effects.

NOTE Confidence: 0.834987

00:12:34.930 --> 00:12:37.354 However, studies have found that the

NOTE Confidence: 0.834987

00:12:37.354 --> 00:12:38.970 antioxidants may actually protect

NOTE Confidence: 0.834987

00:12:39.033 --> 00:12:40.958 the cancer cells and interfere

NOTE Confidence: 0.834987

00:12:40.958 --> 00:12:42.498 with the radiation treatment,

NOTE Confidence: 0.834987

00:12:42.500 --> 00:12:44.490 or they may actually make

NOTE Confidence: 0.834987

00:12:44.490 --> 00:12:46.480 the cancer cells grow more,

NOTE Confidence: 0.834987

00:12:46.480 --> 00:12:48.096 which is something Doctor

NOTE Confidence: 0.834987

00:12:48.096 --> 00:12:50.520 Boyd will touch on in his.

NOTE Confidence: 0.834987

00:12:50.520 --> 00:12:50.933 Wise.

NOTE Confidence: 0.834987

00:12:50.933 --> 00:12:53.824 So I want to give an example

NOTE Confidence: 0.834987

00:12:53.824 --> 00:12:56.209 of vitamin E and radiation.

NOTE Confidence: 0.834987

00:12:56.210 --> 00:12:57.650 Initial research has suggested

NOTE Confidence: 0.834987

00:12:57.650 --> 00:12:58.730 that Alpha Tocopherol,

NOTE Confidence: 0.834987

00:12:58.730 --> 00:13:00.890 which is a vitamin E compound,

NOTE Confidence: 0.834987  
00:13:00.890 --> 00:13:02.996 might reduce the toxicity from radiation  
NOTE Confidence: 0.834987  
00:13:02.996 --> 00:13:05.209 therapy for head and neck cancers.  
NOTE Confidence: 0.834987  
00:13:05.210 --> 00:13:06.965 But then two randomized control  
NOTE Confidence: 0.834987  
00:13:06.965 --> 00:13:09.134 trials and head and neck cancer  
NOTE Confidence: 0.834987  
00:13:09.134 --> 00:13:11.204 found that patients who were taking  
NOTE Confidence: 0.834987  
00:13:11.204 --> 00:13:13.415 vitamin E at 400 international units  
NOTE Confidence: 0.834987  
00:13:13.415 --> 00:13:16.005 per day they were associated with a  
NOTE Confidence: 0.834987  
00:13:16.010 --> 00:13:18.362 higher risk of tumor relapse and a  
NOTE Confidence: 0.834987  
00:13:18.362 --> 00:13:20.329 decrease in cancer free survival.  
NOTE Confidence: 0.834987  
00:13:20.330 --> 00:13:22.230 So in general, the recommendation.  
NOTE Confidence: 0.834987  
00:13:22.230 --> 00:13:23.126 For patients,  
NOTE Confidence: 0.834987  
00:13:23.126 --> 00:13:24.918 getting radiation therapy is  
NOTE Confidence: 0.834987  
00:13:24.918 --> 00:13:26.262 to avoid antioxidants,  
NOTE Confidence: 0.834987  
00:13:26.270 --> 00:13:27.614 specifically vitamins AC&E.  
NOTE Confidence: 0.834987  
00:13:27.614 --> 00:13:29.854 Other antioxidants include coenzyme Q10,  
NOTE Confidence: 0.834987

00:13:29.860 --> 00:13:33.010 selenium and christen and then in general,  
NOTE Confidence: 0.834987

00:13:33.010 --> 00:13:34.654 antioxidants that are found  
NOTE Confidence: 0.834987

00:13:34.654 --> 00:13:37.120 in food are safe unless you  
NOTE Confidence: 0.834987

00:13:37.197 --> 00:13:39.289 are using excessive amounts,  
NOTE Confidence: 0.834987

00:13:39.290 --> 00:13:41.540 which you should be reducing.  
NOTE Confidence: 0.834987

00:13:41.540 --> 00:13:44.276 Fruits or vegetables and this is  
NOTE Confidence: 0.834987

00:13:44.276 --> 00:13:47.032 something doctor soccer will go into  
NOTE Confidence: 0.834987

00:13:47.032 --> 00:13:49.167 more during his nutrition piece.  
NOTE Confidence: 0.787956

00:13:54.720 --> 00:13:57.330 OK, so there are also potential  
NOTE Confidence: 0.787956

00:13:57.330 --> 00:13:59.070 interactions with surgery supplements  
NOTE Confidence: 0.787956

00:13:59.141 --> 00:14:01.778 such as ginkgo biloba, garlic fish oil,  
NOTE Confidence: 0.787956

00:14:01.778 --> 00:14:03.756 green tea, and vitamin E.  
NOTE Confidence: 0.787956

00:14:03.756 --> 00:14:06.430 All have an increased risk of bleeding  
NOTE Confidence: 0.787956

00:14:06.507 --> 00:14:09.249 supplements such as Saint John's Wort,  
NOTE Confidence: 0.787956

00:14:09.250 --> 00:14:10.838 valerian root, and Kava.  
NOTE Confidence: 0.787956

00:14:10.838 --> 00:14:12.823 They all may have sedating

NOTE Confidence: 0.787956

00:14:12.823 --> 00:14:15.059 or make you sleepy effects,

NOTE Confidence: 0.787956

00:14:15.060 --> 00:14:17.958 which can prolong the effects of anesthesia.

NOTE Confidence: 0.787956

00:14:17.960 --> 00:14:19.244 Other surgical complications

NOTE Confidence: 0.787956

00:14:19.244 --> 00:14:20.956 that may come up.

NOTE Confidence: 0.787956

00:14:20.960 --> 00:14:21.576 For example,

NOTE Confidence: 0.787956

00:14:21.576 --> 00:14:23.732 Gen Singh may affect your blood sugar

NOTE Confidence: 0.787956

00:14:23.732 --> 00:14:25.428 control before and after surgery,

NOTE Confidence: 0.787956

00:14:25.430 --> 00:14:27.020 or may decrease the effectiveness

NOTE Confidence: 0.787956

00:14:27.020 --> 00:14:27.974 of certain medications,

NOTE Confidence: 0.787956

00:14:27.980 --> 00:14:30.206 such as a blood thinner called Warframe.

NOTE Confidence: 0.787956

00:14:30.210 --> 00:14:31.866 So it's really important to discuss

NOTE Confidence: 0.787956

00:14:31.866 --> 00:14:33.793 with all of your providers if

NOTE Confidence: 0.787956

00:14:33.793 --> 00:14:35.317 you're taking any supplements,

NOTE Confidence: 0.787956

00:14:35.320 --> 00:14:36.910 and particularly prior to surgery,

NOTE Confidence: 0.787956

00:14:36.910 --> 00:14:38.975 your doctor may suggest that you stop

NOTE Confidence: 0.787956

00:14:38.975 --> 00:14:40.931 any of these types of supplements  
NOTE Confidence: 0.787956

00:14:40.931 --> 00:14:43.283 two to three weeks prior to surgery.  
NOTE Confidence: 0.832407

00:14:47.410 --> 00:14:50.065 Some of you may be taking hormone therapies  
NOTE Confidence: 0.832407

00:14:50.065 --> 00:14:52.350 for your hormone sensitive conditions.  
NOTE Confidence: 0.832407

00:14:52.350 --> 00:14:54.250 As we mentioned, breast cancer,  
NOTE Confidence: 0.832407

00:14:54.250 --> 00:14:55.770 uterine or ovarian cancer,  
NOTE Confidence: 0.832407

00:14:55.770 --> 00:14:57.670 there are potential side effects.  
NOTE Confidence: 0.832407

00:14:57.670 --> 00:14:58.810 Potential interactions with  
NOTE Confidence: 0.832407

00:14:58.810 --> 00:15:00.330 supplements here as well.  
NOTE Confidence: 0.832407

00:15:00.330 --> 00:15:02.634 For example, Saint Johns Wort really  
NOTE Confidence: 0.832407

00:15:02.634 --> 00:15:04.933 likes to chew up medications and  
NOTE Confidence: 0.832407

00:15:04.933 --> 00:15:07.661 get rid of them out of the body  
NOTE Confidence: 0.832407

00:15:07.736 --> 00:15:10.130 faster and so can interfere with  
NOTE Confidence: 0.832407

00:15:10.130 --> 00:15:12.600 how tamoxifen works in your body  
NOTE Confidence: 0.832407

00:15:12.600 --> 00:15:15.210 and makes it work less effective.  
NOTE Confidence: 0.832407

00:15:15.210 --> 00:15:17.442 Other supplements may make hormone therapy

NOTE Confidence: 0.832407

00:15:17.442 --> 00:15:20.090 more toxic or have more side effects.

NOTE Confidence: 0.832407

00:15:20.090 --> 00:15:21.955 For example, tamoxifen is associated

NOTE Confidence: 0.832407

00:15:21.955 --> 00:15:24.621 in rare cases with fatty liver or

NOTE Confidence: 0.832407

00:15:24.621 --> 00:15:26.456 increased risk of liver toxicity,

NOTE Confidence: 0.832407

00:15:26.460 --> 00:15:29.020 and if there's a supplement such as cava

NOTE Confidence: 0.832407

00:15:29.020 --> 00:15:32.088 which is also associated with liver toxicity,

NOTE Confidence: 0.832407

00:15:32.090 --> 00:15:35.468 you may be at increased risk.

NOTE Confidence: 0.832407

00:15:35.470 --> 00:15:37.910 Certain supplements such as ginseng,

NOTE Confidence: 0.832407

00:15:37.910 --> 00:15:41.276 contain chemicals that we call phytoestrogens

NOTE Confidence: 0.832407

00:15:41.276 --> 00:15:44.730 that might act like estrogen and.

NOTE Confidence: 0.832407

00:15:44.730 --> 00:15:46.785 Either potentially the growth of

NOTE Confidence: 0.832407

00:15:46.785 --> 00:15:48.840 these cancers or just interfere

NOTE Confidence: 0.832407

00:15:48.913 --> 00:15:51.229 with the hormone therapy in general.

NOTE Confidence: 0.832407

00:15:51.230 --> 00:15:53.300 So other examples that you should

NOTE Confidence: 0.832407

00:15:53.300 --> 00:15:56.163 avoid in this case are resveratrol soy

NOTE Confidence: 0.832407

00:15:56.163 --> 00:15:58.523 supplements and curcumin or turmeric.

NOTE Confidence: 0.832407

00:15:58.530 --> 00:16:00.830 Specifically, the concentrated supplements,

NOTE Confidence: 0.832407

00:16:00.830 --> 00:16:03.130 not necessarily the foods.

NOTE Confidence: 0.832407

00:16:03.130 --> 00:16:03.441 Finally,

NOTE Confidence: 0.832407

00:16:03.441 --> 00:16:05.929 I did want to touch on some interactions

NOTE Confidence: 0.832407

00:16:05.929 --> 00:16:08.557 with chemotherapy antioxidants here as well.

NOTE Confidence: 0.832407

00:16:08.560 --> 00:16:11.073 There have been data showing that they

NOTE Confidence: 0.832407

00:16:11.073 --> 00:16:13.041 can neutralize the reactive oxygen

NOTE Confidence: 0.832407

00:16:13.041 --> 00:16:14.681 species that chemotherapy agents

NOTE Confidence: 0.832407

00:16:14.681 --> 00:16:17.458 may need to kill the cancer cells.

NOTE Confidence: 0.832407

00:16:17.460 --> 00:16:19.425 Other supplements may interfere with

NOTE Confidence: 0.832407

00:16:19.425 --> 00:16:21.390 the clearance of the chemotherapy

NOTE Confidence: 0.832407

00:16:21.451 --> 00:16:23.299 so they could either make it more

NOTE Confidence: 0.832407

00:16:23.299 --> 00:16:25.329 toxic if it's not cleared properly,

NOTE Confidence: 0.832407

00:16:25.330 --> 00:16:27.232 or can make it less effective

NOTE Confidence: 0.832407

00:16:27.232 --> 00:16:29.090 if it's cleared too quickly.

NOTE Confidence: 0.88559777

00:16:32.550 --> 00:16:34.428 So finally I just wanted to

NOTE Confidence: 0.88559777

00:16:34.428 --> 00:16:36.150 get into some resources and

NOTE Confidence: 0.88559777

00:16:36.150 --> 00:16:38.150 recommendations for you in general.

NOTE Confidence: 0.88559777

00:16:38.150 --> 00:16:39.530 As I already mentioned.

NOTE Confidence: 0.88559777

00:16:39.530 --> 00:16:41.255 Please discuss any supplements that

NOTE Confidence: 0.88559777

00:16:41.255 --> 00:16:43.752 you're taking with all of your providers

NOTE Confidence: 0.88559777

00:16:43.752 --> 00:16:45.850 throughout your treatment, and in general,

NOTE Confidence: 0.88559777

00:16:45.850 --> 00:16:47.950 if you're eating a balanced diet,

NOTE Confidence: 0.88559777

00:16:47.950 --> 00:16:49.366 supplements probably aren't needed.

NOTE Confidence: 0.88559777

00:16:49.366 --> 00:16:51.490 Some patients may need them if

NOTE Confidence: 0.88559777

00:16:51.543 --> 00:16:53.577 they have low levels of certain

NOTE Confidence: 0.88559777

00:16:53.577 --> 00:16:54.594 vitamins or electrolytes,

NOTE Confidence: 0.88559777

00:16:54.600 --> 00:16:57.176 or maybe not be eating enough so

NOTE Confidence: 0.88559777

00:16:57.176 --> 00:16:59.982 under the direction of a provider may

NOTE Confidence: 0.88559777

00:16:59.982 --> 00:17:02.022 be instructed to take supplements.

NOTE Confidence: 0.88559777

00:17:02.030 --> 00:17:04.310 I've listed here a couple websites  
NOTE Confidence: 0.88559777

00:17:04.310 --> 00:17:05.830 with some helpful information.  
NOTE Confidence: 0.88559777

00:17:05.830 --> 00:17:08.110 The NIH Office of Dietary Supplements,  
NOTE Confidence: 0.88559777

00:17:08.110 --> 00:17:10.065 the National Center for Complementary  
NOTE Confidence: 0.88559777

00:17:10.065 --> 00:17:12.290 and Integrative Health and Consumer Lab,  
NOTE Confidence: 0.88559777

00:17:12.290 --> 00:17:15.710 and I'll go over each of these very briefly.  
NOTE Confidence: 0.88559777

00:17:15.710 --> 00:17:18.167 So this is the website from the  
NOTE Confidence: 0.88559777

00:17:18.167 --> 00:17:20.870 NIH Office of Dietary Supplements.  
NOTE Confidence: 0.88559777

00:17:20.870 --> 00:17:23.593 And you can see they have an  
NOTE Confidence: 0.88559777

00:17:23.593 --> 00:17:25.800 alphabetical list of vitamins and  
NOTE Confidence: 0.88559777

00:17:25.800 --> 00:17:27.868 minerals and also herbal products.  
NOTE Confidence: 0.88559777

00:17:27.868 --> 00:17:31.180 You can click on any product that you  
NOTE Confidence: 0.88559777

00:17:31.259 --> 00:17:34.017 want an read more about uses safety.  
NOTE Confidence: 0.88559777

00:17:34.020 --> 00:17:36.827 Some of these have specific doses listed  
NOTE Confidence: 0.88559777

00:17:36.827 --> 00:17:39.368 interactions and or other side effects.  
NOTE Confidence: 0.8747354

00:17:41.440 --> 00:17:43.205 The National Center for Complementary

NOTE Confidence: 0.8747354

00:17:43.205 --> 00:17:44.970 and Integrative Health is focused

NOTE Confidence: 0.8747354

00:17:45.029 --> 00:17:46.474 less on vitamins and minerals

NOTE Confidence: 0.8747354

00:17:46.474 --> 00:17:47.919 and more on herbal products.

NOTE Confidence: 0.8747354

00:17:47.920 --> 00:17:50.140 So here's just a snapshot of

NOTE Confidence: 0.8747354

00:17:50.140 --> 00:17:52.168 some of the herbal products

NOTE Confidence: 0.8747354

00:17:52.168 --> 00:17:54.940 that they have on their website.

NOTE Confidence: 0.8747354

00:17:54.940 --> 00:17:56.949 And then finally I wanted to touch

NOTE Confidence: 0.8747354

00:17:56.949 --> 00:17:59.020 on this website called Consumer Lab.

NOTE Confidence: 0.8747354

00:17:59.020 --> 00:17:59.335 Unfortunately,

NOTE Confidence: 0.8747354

00:17:59.335 --> 00:18:00.910 it does require a subscription,

NOTE Confidence: 0.8747354

00:18:00.910 --> 00:18:02.475 but they do have some

NOTE Confidence: 0.8747354

00:18:02.475 --> 00:18:03.414 really great information.

NOTE Confidence: 0.8747354

00:18:03.420 --> 00:18:05.212 So what they do is they actually

NOTE Confidence: 0.8747354

00:18:05.212 --> 00:18:06.974 go and they take products that

NOTE Confidence: 0.8747354

00:18:06.974 --> 00:18:09.137 are already on the market and they

NOTE Confidence: 0.8747354

00:18:09.199 --> 00:18:10.947 analyze them for contaminants.

NOTE Confidence: 0.8747354

00:18:10.950 --> 00:18:13.218 They analyze them to see if it

NOTE Confidence: 0.8747354

00:18:13.218 --> 00:18:15.168 actually has what it claims to

NOTE Confidence: 0.8747354

00:18:15.168 --> 00:18:17.289 have on the label in the amounts

NOTE Confidence: 0.8747354

00:18:17.364 --> 00:18:19.116 that it says on the label,

NOTE Confidence: 0.8747354

00:18:19.120 --> 00:18:20.998 and then it provides a report.

NOTE Confidence: 0.8747354

00:18:21.000 --> 00:18:23.056 So here is just a sample of a

NOTE Confidence: 0.8747354

00:18:23.056 --> 00:18:24.829 B vitamin supplement report.

NOTE Confidence: 0.8747354

00:18:24.830 --> 00:18:26.240 That they had looked at.

NOTE Confidence: 0.85604435

00:18:29.940 --> 00:18:32.808 And so the last thing I want to touch

NOTE Confidence: 0.85604435

00:18:32.808 --> 00:18:36.066 on is how do you know or how can you

NOTE Confidence: 0.85604435

00:18:36.066 --> 00:18:38.305 pick the best supplement to ensure

NOTE Confidence: 0.85604435

00:18:38.305 --> 00:18:40.919 that it is as safe as possible.

NOTE Confidence: 0.85604435

00:18:40.919 --> 00:18:42.833 So I recommend that you pick

NOTE Confidence: 0.85604435

00:18:42.833 --> 00:18:44.390 supplements that are certified.

NOTE Confidence: 0.85604435

00:18:44.390 --> 00:18:46.539 So on the bottom here are different

NOTE Confidence: 0.85604435

00:18:46.539 --> 00:18:48.170 agencies that certify supplements.

NOTE Confidence: 0.85604435

00:18:48.170 --> 00:18:50.462 I usually prefer supplements that are

NOTE Confidence: 0.85604435

00:18:50.462 --> 00:18:52.950 USP certified and on the right you

NOTE Confidence: 0.85604435

00:18:52.950 --> 00:18:55.434 can see here an example of what it

NOTE Confidence: 0.85604435

00:18:55.434 --> 00:18:57.800 looks like on this nature made bottle.

NOTE Confidence: 0.85604435

00:18:57.800 --> 00:18:59.948 So what a certified supplement means?

NOTE Confidence: 0.85604435

00:18:59.950 --> 00:19:02.713 Is that it has been tested and proven to

NOTE Confidence: 0.85604435

00:19:02.713 --> 00:19:04.727 contain the ingredients that are listed

NOTE Confidence: 0.85604435

00:19:04.727 --> 00:19:07.580 on the label in the described amounts.

NOTE Confidence: 0.85604435

00:19:07.580 --> 00:19:09.315 It does not contain harmful

NOTE Confidence: 0.85604435

00:19:09.315 --> 00:19:10.356 levels of contaminants,

NOTE Confidence: 0.85604435

00:19:10.360 --> 00:19:12.376 it the product will breakdown and

NOTE Confidence: 0.85604435

00:19:12.376 --> 00:19:14.389 release into the body within a

NOTE Confidence: 0.85604435

00:19:14.389 --> 00:19:16.489 specified amount of time and it has

NOTE Confidence: 0.85604435

00:19:16.489 --> 00:19:19.197 been made according to the FDA good

NOTE Confidence: 0.85604435

00:19:19.197 --> 00:19:21.122 manufacturing practices which has safe  
NOTE Confidence: 0.85604435

00:19:21.122 --> 00:19:23.234 and sanitary conditions and that the  
NOTE Confidence: 0.85604435

00:19:23.234 --> 00:19:25.196 supplement will be manufactured with  
NOTE Confidence: 0.85604435

00:19:25.196 --> 00:19:27.710 consistent quality from batch to batch.  
NOTE Confidence: 0.85604435

00:19:27.710 --> 00:19:29.516 So this is just a helpful tip  
NOTE Confidence: 0.85604435

00:19:29.516 --> 00:19:30.939 on what to look for.  
NOTE Confidence: 0.85604435

00:19:30.940 --> 00:19:33.084 If you are going to purchase these products.  
NOTE Confidence: 0.7589044

00:19:36.230 --> 00:19:38.498 That's all I had specifically for you  
NOTE Confidence: 0.7589044

00:19:38.498 --> 00:19:40.184 on general background information an  
NOTE Confidence: 0.7589044

00:19:40.184 --> 00:19:42.487 at this point I'll either take some  
NOTE Confidence: 0.7589044

00:19:42.487 --> 00:19:44.466 questions or will save them to the end.  
NOTE Confidence: 0.9038976

00:19:47.080 --> 00:19:49.320 Yeah we have here I'll  
NOTE Confidence: 0.9038976

00:19:49.320 --> 00:19:51.560 I'll go into one question.  
NOTE Confidence: 0.9038976

00:19:51.560 --> 00:19:52.972 I have a question.  
NOTE Confidence: 0.9038976

00:19:52.972 --> 00:19:55.090 I'm craving oranges since starting chemo.  
NOTE Confidence: 0.9038976

00:19:55.090 --> 00:19:57.280 How much is too much in

NOTE Confidence: 0.9038976

00:19:57.280 --> 00:19:58.970 terms of dietary vitamin C?

NOTE Confidence: 0.8470508

00:20:00.620 --> 00:20:02.670 So dietary vitamin C if you're

NOTE Confidence: 0.8470508

00:20:02.670 --> 00:20:04.350 if you're eating just if

NOTE Confidence: 0.8470508

00:20:04.416 --> 00:20:06.461 you're not taking a concentrated

NOTE Confidence: 0.8470508

00:20:06.461 --> 00:20:08.097 supplement of vitamin C,

NOTE Confidence: 0.8470508

00:20:08.100 --> 00:20:11.383 That's when it really becomes a concern

NOTE Confidence: 0.8470508

00:20:11.383 --> 00:20:13.991 and you're eating a few oranges

NOTE Confidence: 0.8470508

00:20:13.991 --> 00:20:16.581 a day that that should be fine.

NOTE Confidence: 0.8470508

00:20:16.590 --> 00:20:18.816 I would say really it becomes a

NOTE Confidence: 0.8470508

00:20:18.816 --> 00:20:20.569 concern when you're starting to

NOTE Confidence: 0.8470508

00:20:20.569 --> 00:20:22.394 just take megadoses of these,

NOTE Confidence: 0.8470508

00:20:22.400 --> 00:20:24.458 like multiple glasses throughout the day,

NOTE Confidence: 0.8470508

00:20:24.460 --> 00:20:25.480 every single day.

NOTE Confidence: 0.91029483

00:20:27.770 --> 00:20:31.064 Alright. That was great.

NOTE Confidence: 0.91029483

00:20:31.064 --> 00:20:33.630 Thank you so much Annette. So

NOTE Confidence: 0.8562689

00:20:33.630 --> 00:20:37.060 now we're going to continue on with our.  
NOTE Confidence: 0.8557078

00:20:39.110 --> 00:20:40.270 Supplements and nutrition  
NOTE Confidence: 0.8557078

00:20:40.270 --> 00:20:42.195 lecture with Doctor Barry Boyd.  
NOTE Confidence: 0.8557078

00:20:42.200 --> 00:20:44.396 Doctor Boyden is is an associate  
NOTE Confidence: 0.8557078

00:20:44.396 --> 00:20:47.130 professor who cares for patients at the  
NOTE Confidence: 0.8557078

00:20:47.130 --> 00:20:49.530 Smilow Cancer Care Center in Greenwich.  
NOTE Confidence: 0.8557078

00:20:49.530 --> 00:20:51.978 He received his medical degree from  
NOTE Confidence: 0.8557078

00:20:51.978 --> 00:20:53.610 Cornell University Medical College  
NOTE Confidence: 0.8557078

00:20:53.673 --> 00:20:55.997 and a Masters of Science from Columbia  
NOTE Confidence: 0.8557078

00:20:55.997 --> 00:20:57.640 Institute of Human Nutrition.  
NOTE Confidence: 0.8557078

00:20:57.640 --> 00:21:00.377 He completed his residency and fellowship in  
NOTE Confidence: 0.8557078

00:21:00.377 --> 00:21:02.659 Hematology Oncology at New York Hospital.  
NOTE Confidence: 0.8557078

00:21:02.660 --> 00:21:03.758 Cornell Medical Center.  
NOTE Confidence: 0.8557078

00:21:03.758 --> 00:21:06.872 Dr Boyd is a pioneer in the field  
NOTE Confidence: 0.8557078

00:21:06.872 --> 00:21:08.768 of integrative cancer care.  
NOTE Confidence: 0.8557078

00:21:08.770 --> 00:21:11.458 With a targeted focus on nutritional

NOTE Confidence: 0.8557078

00:21:11.458 --> 00:21:13.250 support for cancer patients,

NOTE Confidence: 0.8557078

00:21:13.250 --> 00:21:14.549 incorporating emergent evidence

NOTE Confidence: 0.8557078

00:21:14.549 --> 00:21:16.714 based medical oncology with cancer

NOTE Confidence: 0.8557078

00:21:16.714 --> 00:21:18.180 specific nutritional counseling,

NOTE Confidence: 0.8557078

00:21:18.180 --> 00:21:20.380 he combines comprehensive support

NOTE Confidence: 0.8557078

00:21:20.380 --> 00:21:22.580 for the healing process.

NOTE Confidence: 0.8557078

00:21:22.580 --> 00:21:24.390 He authored the missing link,

NOTE Confidence: 0.8557078

00:21:24.390 --> 00:21:25.428 insulin and cancer,

NOTE Confidence: 0.8557078

00:21:25.428 --> 00:21:27.158 as well as numerous medical

NOTE Confidence: 0.8557078

00:21:27.158 --> 00:21:28.370 articles and reviews.

NOTE Confidence: 0.8557078

00:21:28.370 --> 00:21:30.536 His book The Cancer Recovery Plan,

NOTE Confidence: 0.8557078

00:21:30.540 --> 00:21:32.941 was the first to address the link

NOTE Confidence: 0.8557078

00:21:32.941 --> 00:21:34.576 between the little understood

NOTE Confidence: 0.8557078

00:21:34.576 --> 00:21:36.736 metabolic syndrome and cancer.

NOTE Confidence: 0.8557078

00:21:36.740 --> 00:21:38.360 Doctor Boyd's research Interests

NOTE Confidence: 0.8557078

00:21:38.360 --> 00:21:40.790 Center on the interaction of vitamins  
NOTE Confidence: 0.8557078

00:21:40.848 --> 00:21:42.700 and nutrients with chemotherapy,  
NOTE Confidence: 0.8557078

00:21:42.700 --> 00:21:44.830 insulin resistance, and cancer causation,  
NOTE Confidence: 0.8557078

00:21:44.830 --> 00:21:45.740 and progression,  
NOTE Confidence: 0.8557078

00:21:45.740 --> 00:21:48.015 and utility of non conventional  
NOTE Confidence: 0.8557078

00:21:48.015 --> 00:21:49.949 approaches including mind body  
NOTE Confidence: 0.8557078

00:21:49.949 --> 00:21:51.977 techniques in combination with  
NOTE Confidence: 0.8557078

00:21:51.977 --> 00:21:53.498 conventional cancer treatment.  
NOTE Confidence: 0.8557078

00:21:53.500 --> 00:21:55.988 So thank you for joining us Doctor Boyd.  
NOTE Confidence: 0.86985713

00:21:57.170 --> 00:21:59.195 Thank you ever. Do you do use both here  
NOTE Confidence: 0.86985713

00:21:59.195 --> 00:22:01.300 and see my presentation. We had that  
NOTE Confidence: 0.86985713

00:22:01.300 --> 00:22:03.292 you, but you have to share your screen  
NOTE Confidence: 0.86985713

00:22:03.292 --> 00:22:05.170 so we're going to get you started.  
NOTE Confidence: 0.86985713

00:22:05.170 --> 00:22:07.816 And just to let everybody know.  
NOTE Confidence: 0.86985713

00:22:07.820 --> 00:22:10.005 We are recording this so it will  
NOTE Confidence: 0.86985713

00:22:10.005 --> 00:22:11.610 be available afterwards for you

NOTE Confidence: 0.86985713

00:22:11.673 --> 00:22:13.304 to view again if you need to.

NOTE Confidence: 0.86985713

00:22:13.310 --> 00:22:15.774 An will put some of the websites and

NOTE Confidence: 0.86985713

00:22:15.774 --> 00:22:18.438 that if you can put some of those

NOTE Confidence: 0.86985713

00:22:18.438 --> 00:22:20.877 websites that you had it in the chat.

NOTE Confidence: 0.86985713

00:22:20.880 --> 00:22:22.384 That would be great.

NOTE Confidence: 0.86985713

00:22:22.384 --> 00:22:24.640 So everybody can grab those through

NOTE Confidence: 0.86985713

00:22:24.713 --> 00:22:26.729 the chat as we go as we go on.

NOTE Confidence: 0.9070033

00:22:28.170 --> 00:22:30.630 We tried to share my screen again. I thought

NOTE Confidence: 0.9070033

00:22:30.630 --> 00:22:37.610 I had to go. Got it. Not yet. There you go.

NOTE Confidence: 0.86880624

00:22:38.530 --> 00:22:42.030 Good, let me do this one more time.

NOTE Confidence: 0.86880624

00:22:42.030 --> 00:22:44.382 You have my screen there, right?

NOTE Confidence: 0.86880624

00:22:44.382 --> 00:22:46.340 You have your screen, yeah.

NOTE Confidence: 0.86880624

00:22:46.340 --> 00:22:47.836 Good presentation though.

NOTE Confidence: 0.86880624

00:22:47.836 --> 00:22:49.329 You don't have my

NOTE Confidence: 0.8788056

00:22:49.330 --> 00:22:51.199 presentation. We have your blank screen.

NOTE Confidence: 0.84293133

00:22:58.000 --> 00:23:00.868 Seems like we've been through this road too  
NOTE Confidence: 0.84293133

00:23:00.870 --> 00:23:02.310 many times, every time.  
NOTE Confidence: 0.8199041

00:23:04.880 --> 00:23:07.260 No luck. Low.  
NOTE Confidence: 0.8574035

00:23:09.610 --> 00:23:11.490 Well it says stop share so  
NOTE Confidence: 0.8574035

00:23:11.490 --> 00:23:13.320 that doesn't seem to be the  
NOTE Confidence: 0.8574035

00:23:13.395 --> 00:23:15.190 correct on my other screen.  
NOTE Confidence: 0.81217384

00:23:25.760 --> 00:23:26.708 When you left there.  
NOTE Confidence: 0.9087021

00:23:28.200 --> 00:23:30.219 Not yet. There.  
NOTE Confidence: 0.88650596

00:23:53.920 --> 00:23:55.908 Yeah, go down to the little PowerPoint  
NOTE Confidence: 0.88650596

00:23:55.908 --> 00:23:58.017 button on the bottom of that screen.  
NOTE Confidence: 0.8640312

00:24:00.550 --> 00:24:03.790 And just pop open your.  
NOTE Confidence: 0.8640312

00:24:03.790 --> 00:24:05.980 Your PowerPoint tab at the bottom.  
NOTE Confidence: 0.87776214

00:24:06.990 --> 00:24:09.996 Yeah, I've just been doing that.  
NOTE Confidence: 0.87776214

00:24:10.000 --> 00:24:12.030 Doesn't seem to want to open.  
NOTE Confidence: 0.87776214

00:24:12.030 --> 00:24:13.209 You noted before.  
NOTE Confidence: 0.90797716

00:24:24.690 --> 00:24:29.390 Let me come out and go back in here. It's.

NOTE Confidence: 0.88419354

00:24:37.290 --> 00:24:38.230 And you look now.

NOTE Confidence: 0.84694767

00:24:41.340 --> 00:24:42.940 Yep, we can see it.

NOTE Confidence: 0.84694767

00:24:42.940 --> 00:24:46.164 OK good you can see it finally great.

NOTE Confidence: 0.84694767

00:24:46.170 --> 00:24:50.999 Alright, they can see it fantastic.

NOTE Confidence: 0.84694767

00:24:51.000 --> 00:24:53.034 Though it takes 10 or 15 minutes with this,

NOTE Confidence: 0.84694767

00:24:53.040 --> 00:24:55.794 you know I'm at that age where I wasn't

NOTE Confidence: 0.84694767

00:24:55.794 --> 00:24:57.965 raised with a computer in my hand.

NOTE Confidence: 0.84694767

00:24:57.970 --> 00:25:00.265 I'm going to talk to you a little bit

NOTE Confidence: 0.84694767

00:25:00.265 --> 00:25:02.908 about the evolution of our understanding

NOTE Confidence: 0.84694767

00:25:02.908 --> 00:25:05.228 about cancer dietary supplements nutrition.

NOTE Confidence: 0.84694767

00:25:05.230 --> 00:25:08.497 I've been in this work for almost 40 years.

NOTE Confidence: 0.84694767

00:25:08.500 --> 00:25:09.948 My colleague just retired

NOTE Confidence: 0.84694767

00:25:09.948 --> 00:25:11.758 and I'm still at it.

NOTE Confidence: 0.84694767

00:25:11.760 --> 00:25:13.938 'cause I love what I do.

NOTE Confidence: 0.84694767

00:25:13.940 --> 00:25:16.481 I will mention as an aside that

NOTE Confidence: 0.84694767

00:25:16.481 --> 00:25:17.570 Annette mentioned amygdalin.  
NOTE Confidence: 0.84694767

00:25:17.570 --> 00:25:20.234 It may be known to you that that's  
NOTE Confidence: 0.84694767

00:25:20.234 --> 00:25:21.570 actually called laetrile.  
NOTE Confidence: 0.84694767

00:25:21.570 --> 00:25:23.014 In the alternative world,  
NOTE Confidence: 0.84694767

00:25:23.014 --> 00:25:26.064 and it was so popular that in 1982  
NOTE Confidence: 0.84694767

00:25:26.064 --> 00:25:28.094 Charlie Mortell from Mayo Clinic.  
NOTE Confidence: 0.84694767

00:25:28.100 --> 00:25:30.284 Had to do a randomized trial to see  
NOTE Confidence: 0.84694767

00:25:30.284 --> 00:25:32.392 if there was any benefit because  
NOTE Confidence: 0.84694767

00:25:32.392 --> 00:25:34.257 we knew was potentially toxic.  
NOTE Confidence: 0.84694767

00:25:34.260 --> 00:25:35.880 It did not help anyone,  
NOTE Confidence: 0.84694767

00:25:35.880 --> 00:25:37.973 but it turned out there is still  
NOTE Confidence: 0.84694767

00:25:37.973 --> 00:25:38.870 alternative physicians and  
NOTE Confidence: 0.84694767

00:25:38.925 --> 00:25:40.650 practitioners who still give laetrile  
NOTE Confidence: 0.84694767

00:25:40.650 --> 00:25:42.680 to cancer patients despite the rest.  
NOTE Confidence: 0.84694767

00:25:42.680 --> 00:25:44.624 So we're living in this world  
NOTE Confidence: 0.84694767

00:25:44.624 --> 00:25:45.596 of false information.

NOTE Confidence: 0.84694767

00:25:45.600 --> 00:25:45.905 Still,

NOTE Confidence: 0.84694767

00:25:45.905 --> 00:25:49.065 I want to go back and talk about in the

NOTE Confidence: 0.84694767

00:25:49.065 --> 00:25:52.071 night how this evolved in the 60s and 70s.

NOTE Confidence: 0.84694767

00:25:52.080 --> 00:25:54.257 We knew that died was associated with

NOTE Confidence: 0.84694767

00:25:54.257 --> 00:25:55.640 cancer and cardiovascular disease.

NOTE Confidence: 0.84694767

00:25:55.640 --> 00:25:58.244 We didn't know how there's a big.

NOTE Confidence: 0.84694767

00:25:58.250 --> 00:26:00.637 There's a lot of understanding about the

NOTE Confidence: 0.84694767

00:26:00.637 --> 00:26:02.826 role of dietary fruits and vegetables

NOTE Confidence: 0.84694767

00:26:02.826 --> 00:26:05.388 that seem to be associated lower risk,

NOTE Confidence: 0.84694767

00:26:05.390 --> 00:26:07.334 and from this came the antioxidant

NOTE Confidence: 0.84694767

00:26:07.334 --> 00:26:09.471 hypothesis early on was recognized at

NOTE Confidence: 0.84694767

00:26:09.471 --> 00:26:11.817 oxidative stress will damage normal cells,

NOTE Confidence: 0.84694767

00:26:11.820 --> 00:26:13.520 DNA membranes, and maybe causal

NOTE Confidence: 0.84694767

00:26:13.520 --> 00:26:15.740 not only in heart and cancer,

NOTE Confidence: 0.84694767

00:26:15.740 --> 00:26:17.172 but in heart disease,

NOTE Confidence: 0.84694767

00:26:17.172 --> 00:26:17.888 you know,  
NOTE Confidence: 0.84694767

00:26:17.890 --> 00:26:20.032 oxidized LDL and its effect on  
NOTE Confidence: 0.84694767

00:26:20.032 --> 00:26:21.460 UN cholesterol and atheromas,  
NOTE Confidence: 0.84694767

00:26:21.460 --> 00:26:24.160 but this also is the era when we began  
NOTE Confidence: 0.84694767

00:26:24.160 --> 00:26:27.169 to look at the idea of chemoprevention.  
NOTE Confidence: 0.84694767

00:26:27.170 --> 00:26:30.040 The idea of using high dose nutrients.  
NOTE Confidence: 0.84694767

00:26:30.040 --> 00:26:32.584 Based on this hypothesis that we  
NOTE Confidence: 0.84694767

00:26:32.584 --> 00:26:34.280 could actually prevent cancer,  
NOTE Confidence: 0.84694767

00:26:34.280 --> 00:26:36.080 this has been profoundly beneficial  
NOTE Confidence: 0.84694767

00:26:36.080 --> 00:26:38.460 in helping to educate us about  
NOTE Confidence: 0.84694767

00:26:38.460 --> 00:26:40.020 misunderstandings about high  
NOTE Confidence: 0.84694767

00:26:40.020 --> 00:26:41.060 dose supplements.  
NOTE Confidence: 0.84694767

00:26:41.060 --> 00:26:41.484 Unfortunately,  
NOTE Confidence: 0.84694767

00:26:41.484 --> 00:26:44.028 people have never gotten this message.  
NOTE Confidence: 0.84694767

00:26:44.030 --> 00:26:46.772 I am presented discussions about these  
NOTE Confidence: 0.84694767

00:26:46.772 --> 00:26:49.616 trials that I called the landmark

NOTE Confidence: 0.84694767

00:26:49.616 --> 00:26:52.406 trials that nobody's ever heard of.

NOTE Confidence: 0.84694767

00:26:52.410 --> 00:26:54.480 Now there is this persistent belief

NOTE Confidence: 0.84694767

00:26:54.480 --> 00:26:57.479 in the use of high dose supplements,

NOTE Confidence: 0.84694767

00:26:57.480 --> 00:27:00.392 and again you know we have to remember

NOTE Confidence: 0.84694767

00:27:00.392 --> 00:27:03.328 that they look nice and multi colored,

NOTE Confidence: 0.84694767

00:27:03.330 --> 00:27:05.766 but they're not the same thing as

NOTE Confidence: 0.84694767

00:27:05.766 --> 00:27:07.620 healthy fruits and vegetables.

NOTE Confidence: 0.84694767

00:27:07.620 --> 00:27:09.570 Back in the early 80s,

NOTE Confidence: 0.84694767

00:27:09.570 --> 00:27:11.370 two very prominent epidemiologist

NOTE Confidence: 0.84694767

00:27:11.370 --> 00:27:14.070 from England doll and Peto analyze

NOTE Confidence: 0.84694767

00:27:14.145 --> 00:27:16.196 the causes of cancer in the US.

NOTE Confidence: 0.84694767

00:27:16.200 --> 00:27:18.881 They analyze that about 1/3 to 2/3

NOTE Confidence: 0.84694767

00:27:18.881 --> 00:27:21.582 of all human cancers were caused

NOTE Confidence: 0.84694767

00:27:21.582 --> 00:27:23.538 by diet and lifestyle.

NOTE Confidence: 0.84694767

00:27:23.540 --> 00:27:25.320 In a generic sense, OK,

NOTE Confidence: 0.84694767

00:27:25.320 --> 00:27:26.632 they didn't know what,  
NOTE Confidence: 0.84694767

00:27:26.632 --> 00:27:28.600 but they felt that there was  
NOTE Confidence: 0.84694767

00:27:28.664 --> 00:27:29.948 a clear association.  
NOTE Confidence: 0.84694767

00:27:29.950 --> 00:27:32.494 I will say in 1995 to 19 to  
NOTE Confidence: 0.84694767

00:27:32.494 --> 00:27:34.580 19 to the year 2000,  
NOTE Confidence: 0.84694767

00:27:34.580 --> 00:27:36.830 the the principles and practice of  
NOTE Confidence: 0.84694767

00:27:36.830 --> 00:27:39.200 ONKOLOGIE had lowered that to about 10%.  
NOTE Confidence: 0.84694767

00:27:39.200 --> 00:27:39.912 Of course,  
NOTE Confidence: 0.84694767

00:27:39.912 --> 00:27:42.760 that turns out that that was wrong too,  
NOTE Confidence: 0.84694767

00:27:42.760 --> 00:27:45.538 and still is substantial, but how?  
NOTE Confidence: 0.84694767

00:27:45.540 --> 00:27:45.882 Well,  
NOTE Confidence: 0.84694767

00:27:45.882 --> 00:27:47.934 what we knew was there was  
NOTE Confidence: 0.84694767

00:27:47.934 --> 00:27:48.960 a very interesting  
NOTE Confidence: 0.8653896

00:27:49.029 --> 00:27:51.208 beginning. Looking at a population  
NOTE Confidence: 0.8653896

00:27:51.208 --> 00:27:53.070 in Shannon Lynn, one China,  
NOTE Confidence: 0.8653896

00:27:53.070 --> 00:27:55.260 that had an extremely high incidence

NOTE Confidence: 0.8653896

00:27:55.260 --> 00:27:56.833 of gastric cancer, surprisingly,

NOTE Confidence: 0.8653896

00:27:56.833 --> 00:27:59.164 and they thought because it was a

NOTE Confidence: 0.8653896

00:27:59.164 --> 00:28:01.039 very nutrient deficient population.

NOTE Confidence: 0.8653896

00:28:01.040 --> 00:28:02.945 There was concern that micronutrient

NOTE Confidence: 0.8653896

00:28:02.945 --> 00:28:05.200 deficiencies may have played a role,

NOTE Confidence: 0.8653896

00:28:05.200 --> 00:28:07.784 and so the US and the Academy of

NOTE Confidence: 0.8653896

00:28:07.784 --> 00:28:10.455 Medicine in Beijing decided to run a

NOTE Confidence: 0.8653896

00:28:10.455 --> 00:28:13.348 randomized trial of a number of different

NOTE Confidence: 0.8653896

00:28:13.348 --> 00:28:16.379 nutrients and what they found was again.

NOTE Confidence: 0.8653896

00:28:16.380 --> 00:28:18.368 Micronutrient deficient 30,000 patients

NOTE Confidence: 0.8653896

00:28:18.368 --> 00:28:22.537 in rural China now look at the risk 10

NOTE Confidence: 0.8653896

00:28:22.537 --> 00:28:25.120 times that of other provinces and 100

NOTE Confidence: 0.8653896

00:28:25.199 --> 00:28:28.439 times the risk of gastric cancer in the US.

NOTE Confidence: 0.8653896

00:28:28.440 --> 00:28:29.586 Profoundly different population.

NOTE Confidence: 0.8653896

00:28:29.586 --> 00:28:31.496 AUST and they looked at

NOTE Confidence: 0.8653896

00:28:31.496 --> 00:28:33.020 four different combinations,  
NOTE Confidence: 0.8653896

00:28:33.020 --> 00:28:35.516 and they found that beta carotene,  
NOTE Confidence: 0.8653896

00:28:35.520 --> 00:28:36.180 vitamin E,  
NOTE Confidence: 0.8653896

00:28:36.180 --> 00:28:38.490 and selenium all in low doses of  
NOTE Confidence: 0.8653896

00:28:38.490 --> 00:28:40.128 essentially replacing the daily  
NOTE Confidence: 0.8653896

00:28:40.128 --> 00:28:41.784 requirement not only lowered  
NOTE Confidence: 0.8653896

00:28:41.784 --> 00:28:43.660 cancer mortality but substantially  
NOTE Confidence: 0.8653896

00:28:43.660 --> 00:28:45.920 lowered gastric cancer mortality.  
NOTE Confidence: 0.8653896

00:28:45.920 --> 00:28:46.700 This persisted.  
NOTE Confidence: 0.8653896

00:28:46.700 --> 00:28:49.040 The duration of The The Study  
NOTE Confidence: 0.8653896

00:28:49.040 --> 00:28:51.633 and then over time the race went  
NOTE Confidence: 0.8653896

00:28:51.633 --> 00:28:53.368 back up to the baseline,  
NOTE Confidence: 0.8653896

00:28:53.370 --> 00:28:55.918 but this became the birth of Chemoprevention.  
NOTE Confidence: 0.8653896

00:28:55.920 --> 00:28:57.942 It became very exciting that you  
NOTE Confidence: 0.8653896

00:28:57.942 --> 00:29:00.109 can use nutrients to prevent cancer  
NOTE Confidence: 0.8653896

00:29:00.109 --> 00:29:02.359 and therefore this was this again

NOTE Confidence: 0.8653896

00:29:02.359 --> 00:29:04.070 the origin of chemoprevention

NOTE Confidence: 0.8653896

00:29:04.070 --> 00:29:06.295 came from these early studies.

NOTE Confidence: 0.8653896

00:29:06.300 --> 00:29:08.757 The other thing was it was recognized

NOTE Confidence: 0.8653896

00:29:08.757 --> 00:29:11.532 at high dietary vegetables seem to be

NOTE Confidence: 0.8653896

00:29:11.532 --> 00:29:13.592 associated with lower lung cancer,

NOTE Confidence: 0.8653896

00:29:13.600 --> 00:29:16.274 is now in smokers high carcinogen exposure,

NOTE Confidence: 0.8653896

00:29:16.280 --> 00:29:18.190 and therefore maybe the antioxidant

NOTE Confidence: 0.8653896

00:29:18.190 --> 00:29:20.100 effect of vegetables and fruits

NOTE Confidence: 0.8653896

00:29:20.158 --> 00:29:22.038 may be potentially reducing risk.

NOTE Confidence: 0.8653896

00:29:22.040 --> 00:29:24.194 One of the nutrients looked at

NOTE Confidence: 0.8653896

00:29:24.194 --> 00:29:26.530 was beta carotene and again beta

NOTE Confidence: 0.8653896

00:29:26.530 --> 00:29:28.186 carotene is a carotenoid.

NOTE Confidence: 0.8653896

00:29:28.190 --> 00:29:30.110 It's one of 200 carotenoids,

NOTE Confidence: 0.8653896

00:29:30.110 --> 00:29:32.030 but it's the most common

NOTE Confidence: 0.8653896

00:29:32.030 --> 00:29:33.950 carotenoid in the you know.

NOTE Confidence: 0.8653896

00:29:33.950 --> 00:29:36.035 The carrots and the carotenoid  
NOTE Confidence: 0.8653896

00:29:36.035 --> 00:29:36.869 containing vegetables.  
NOTE Confidence: 0.8653896

00:29:36.870 --> 00:29:39.012 And is highly predictive of dietary  
NOTE Confidence: 0.8653896

00:29:39.012 --> 00:29:40.819 intake of those nutrients and  
NOTE Confidence: 0.8653896

00:29:40.819 --> 00:29:42.715 low levels seem to be associated  
NOTE Confidence: 0.8653896

00:29:42.715 --> 00:29:44.369 lower cancer risk in smokers.  
NOTE Confidence: 0.8653896

00:29:44.370 --> 00:29:47.115 Ann is safe and non toxic in high doses  
NOTE Confidence: 0.8653896

00:29:47.115 --> 00:29:49.376 and again is also readily available  
NOTE Confidence: 0.8653896

00:29:49.376 --> 00:29:52.310 so they elected to do a number of  
NOTE Confidence: 0.8653896

00:29:52.310 --> 00:29:54.592 trials to try to use beta carotene  
NOTE Confidence: 0.8653896

00:29:54.600 --> 00:29:56.646 to prevent lung cancer in smokers.  
NOTE Confidence: 0.8653896

00:29:56.650 --> 00:29:59.719 The first one was so called the ATC trailer.  
NOTE Confidence: 0.8653896

00:29:59.720 --> 00:30:01.932 This is doll and Peto again with  
NOTE Confidence: 0.8653896

00:30:01.932 --> 00:30:04.518 Michael Sporn and others who said can  
NOTE Confidence: 0.8653896

00:30:04.518 --> 00:30:06.478 we actually materially reduce human  
NOTE Confidence: 0.8653896

00:30:06.478 --> 00:30:08.840 cancer rates by giving beta carotene?

NOTE Confidence: 0.8653896

00:30:08.840 --> 00:30:11.241 And this was a very popular hypothesis

NOTE Confidence: 0.8653896

00:30:11.241 --> 00:30:13.960 even before we knew the results of this,

NOTE Confidence: 0.8653896

00:30:13.960 --> 00:30:16.492 I had patients taking beta carotene

NOTE Confidence: 0.8653896

00:30:16.492 --> 00:30:18.989 themselves back in the early 80s.

NOTE Confidence: 0.8653896

00:30:18.990 --> 00:30:21.398 But what happened was this the ATC

NOTE Confidence: 0.8653896

00:30:21.398 --> 00:30:23.538 trial that this was in Finland,

NOTE Confidence: 0.8653896

00:30:23.540 --> 00:30:25.640 male smokers and those who took

NOTE Confidence: 0.8653896

00:30:25.640 --> 00:30:26.340 beta carotene.

NOTE Confidence: 0.8653896

00:30:26.340 --> 00:30:27.796 They compared beta carotene,

NOTE Confidence: 0.8653896

00:30:27.796 --> 00:30:29.980 vitamin E or the combination or

NOTE Confidence: 0.8653896

00:30:30.045 --> 00:30:32.085 neither and those who took beta

NOTE Confidence: 0.8653896

00:30:32.085 --> 00:30:33.690 carotene actually had an 18%

NOTE Confidence: 0.8653896

00:30:33.690 --> 00:30:35.440 higher incidence of lung cancer.

NOTE Confidence: 0.8653896

00:30:35.440 --> 00:30:38.008 This was kind of a scary result and

NOTE Confidence: 0.8653896

00:30:38.008 --> 00:30:40.800 at the same time there was a trobbing

NOTE Confidence: 0.8653896

00:30:40.800 --> 00:30:44.096 done in the US and yell as part of  
NOTE Confidence: 0.8653896

00:30:44.096 --> 00:30:46.682 this called the carrot study was invite.  
NOTE Confidence: 0.8653896

00:30:46.682 --> 00:30:49.279 It was a vitamin A retinal or.  
NOTE Confidence: 0.8653896

00:30:49.280 --> 00:30:51.170 Beta carotene in smokers who  
NOTE Confidence: 0.8653896

00:30:51.170 --> 00:30:53.060 also was exposed to asbestos.  
NOTE Confidence: 0.8653896

00:30:53.060 --> 00:30:54.684 This population in extremely  
NOTE Confidence: 0.8653896

00:30:54.684 --> 00:30:57.120 high risk of lung cancer and  
NOTE Confidence: 0.8562009

00:30:57.197 --> 00:30:59.689 they said can we actually lower the  
NOTE Confidence: 0.8562009

00:30:59.689 --> 00:31:02.258 risk by giving beta carotene and in  
NOTE Confidence: 0.8562009

00:31:02.258 --> 00:31:04.761 the end when this result came out,  
NOTE Confidence: 0.8562009

00:31:04.761 --> 00:31:06.566 the interim analysis of the  
NOTE Confidence: 0.8562009

00:31:06.566 --> 00:31:08.560 study showed low and behold,  
NOTE Confidence: 0.8562009

00:31:08.560 --> 00:31:12.025 beta carotene increased the risk by 28%.  
NOTE Confidence: 0.8562009

00:31:12.030 --> 00:31:13.765 Now, of course, the trouble  
NOTE Confidence: 0.8562009

00:31:13.765 --> 00:31:15.990 was it didn't make any sense.  
NOTE Confidence: 0.8562009

00:31:15.990 --> 00:31:17.430 Nobody understood why this

NOTE Confidence: 0.8562009

00:31:17.430 --> 00:31:18.510 high dose supplement.

NOTE Confidence: 0.8562009

00:31:18.510 --> 00:31:20.670 Again, it was in high doses,

NOTE Confidence: 0.8562009

00:31:20.670 --> 00:31:22.345 and I've calculated it's between

NOTE Confidence: 0.8562009

00:31:22.345 --> 00:31:24.481 35 and 40 servings of fruits

NOTE Confidence: 0.8562009

00:31:24.481 --> 00:31:26.069 and vegetables every day.

NOTE Confidence: 0.8562009

00:31:26.070 --> 00:31:28.230 Far higher than you can get

NOTE Confidence: 0.8562009

00:31:28.230 --> 00:31:29.670 in the normal diet,

NOTE Confidence: 0.8562009

00:31:29.670 --> 00:31:31.650 but for whatever reason and I

NOTE Confidence: 0.8562009

00:31:31.650 --> 00:31:33.799 we now have hypothesis that it

NOTE Confidence: 0.8562009

00:31:33.799 --> 00:31:35.704 actually enhanced the risk of

NOTE Confidence: 0.8562009

00:31:35.704 --> 00:31:37.230 developing cancer from this.

NOTE Confidence: 0.8562009

00:31:37.230 --> 00:31:39.750 However, now look at this cancer treatment.

NOTE Confidence: 0.8562009

00:31:39.750 --> 00:31:42.036 Centers of America was love this.

NOTE Confidence: 0.8562009

00:31:42.040 --> 00:31:44.260 They actually next to the cigarettes.

NOTE Confidence: 0.8562009

00:31:44.260 --> 00:31:46.110 They sell beta carotene in

NOTE Confidence: 0.8562009

00:31:46.110 --> 00:31:47.220 their their pharmacy,  
NOTE Confidence: 0.8562009

00:31:47.220 --> 00:31:49.747 hard to believe and I actually spoke  
NOTE Confidence: 0.8562009

00:31:49.747 --> 00:31:52.950 there and explain that this is not a safe  
NOTE Confidence: 0.8562009

00:31:52.950 --> 00:31:54.990 supplement to recommend for patients,  
NOTE Confidence: 0.8562009

00:31:54.990 --> 00:31:57.438 but from this they also seem to show  
NOTE Confidence: 0.8562009

00:31:57.438 --> 00:31:59.878 it wasn't what we call a secondary  
NOTE Confidence: 0.8562009

00:31:59.878 --> 00:32:02.216 endpoint and maybe vitamin E might  
NOTE Confidence: 0.8562009

00:32:02.216 --> 00:32:04.236 protect against prostate cancer.  
NOTE Confidence: 0.8562009

00:32:04.240 --> 00:32:06.466 In addition to vitamin E1 of  
NOTE Confidence: 0.8562009

00:32:06.466 --> 00:32:08.376 the other critical nutrients in  
NOTE Confidence: 0.8562009

00:32:08.376 --> 00:32:10.136 antioxidants is silention and this  
NOTE Confidence: 0.8562009

00:32:10.136 --> 00:32:12.460 is involved as a component of.  
NOTE Confidence: 0.8562009

00:32:12.460 --> 00:32:14.325 Glutathione peroxidase and we know  
NOTE Confidence: 0.8562009

00:32:14.325 --> 00:32:16.757 that selenium seems to be associated  
NOTE Confidence: 0.8562009

00:32:16.757 --> 00:32:18.749 with reduced cancer survival,  
NOTE Confidence: 0.8562009

00:32:18.750 --> 00:32:20.960 cancer cell survival through animal

NOTE Confidence: 0.8562009

00:32:20.960 --> 00:32:23.170 studies and geographic levels of

NOTE Confidence: 0.8562009

00:32:23.235 --> 00:32:25.215 selenium appear to correlate with

NOTE Confidence: 0.8562009

00:32:25.215 --> 00:32:27.664 the dietary intake based on where

NOTE Confidence: 0.8562009

00:32:27.664 --> 00:32:30.058 your fruits and vegetables are grown.

NOTE Confidence: 0.8562009

00:32:30.060 --> 00:32:32.130 The highest source of selenium

NOTE Confidence: 0.8562009

00:32:32.130 --> 00:32:34.670 turns out to be Brazil nuts,

NOTE Confidence: 0.8562009

00:32:34.670 --> 00:32:36.835 but people using selenium because

NOTE Confidence: 0.8562009

00:32:36.835 --> 00:32:39.835 of this knowledge and and we knew

NOTE Confidence: 0.8562009

00:32:39.835 --> 00:32:41.740 also that there was apparent

NOTE Confidence: 0.8562009

00:32:41.740 --> 00:32:44.429 apparent in low low selenium levels.

NOTE Confidence: 0.8562009

00:32:44.430 --> 00:32:46.220 A higher risk of cancer.

NOTE Confidence: 0.8562009

00:32:46.220 --> 00:32:48.740 So when they they then went on to

NOTE Confidence: 0.8562009

00:32:48.740 --> 00:32:51.949 do a study in in to prevent breast.

NOTE Confidence: 0.8562009

00:32:51.950 --> 00:32:53.378 I'm sorry, prostate cancer.

NOTE Confidence: 0.8562009

00:32:53.378 --> 00:32:54.449 Using vitamin A,

NOTE Confidence: 0.8562009

00:32:54.450 --> 00:32:56.508 selenium both or a placebo and  
NOTE Confidence: 0.8562009

00:32:56.508 --> 00:32:58.689 this was very exciting and much  
NOTE Confidence: 0.8562009

00:32:58.689 --> 00:33:00.539 like the beta carotene studies,  
NOTE Confidence: 0.8562009

00:33:00.540 --> 00:33:02.822 many of the men I knew were  
NOTE Confidence: 0.8562009

00:33:02.822 --> 00:33:04.840 taking vitamin E and selenium.  
NOTE Confidence: 0.8562009

00:33:04.840 --> 00:33:07.381 Assuming the trial would turn out to  
NOTE Confidence: 0.8562009

00:33:07.381 --> 00:33:09.850 be beneficial in lo and behold bang,  
NOTE Confidence: 0.8562009

00:33:09.850 --> 00:33:11.600 it increased prostate cancer is  
NOTE Confidence: 0.8562009

00:33:11.600 --> 00:33:13.964 the vitamin A and the selenium  
NOTE Confidence: 0.8562009

00:33:13.964 --> 00:33:15.599 increased diabetes risk.  
NOTE Confidence: 0.8562009

00:33:15.600 --> 00:33:16.659 Again, totally unexpected,  
NOTE Confidence: 0.8562009

00:33:16.659 --> 00:33:19.130 but lessons for us to try to  
NOTE Confidence: 0.8562009

00:33:19.203 --> 00:33:20.695 retrospectively analyze and use  
NOTE Confidence: 0.8562009

00:33:20.695 --> 00:33:23.359 the next trials to kind of help  
NOTE Confidence: 0.8562009

00:33:23.359 --> 00:33:24.799 us understand this now.  
NOTE Confidence: 0.8562009

00:33:24.800 --> 00:33:28.103 For one, when you look at the ATC trial,

NOTE Confidence: 0.8562009

00:33:28.110 --> 00:33:29.950 the vitamin E levels correlate

NOTE Confidence: 0.8562009

00:33:29.950 --> 00:33:31.794 with mortality, low vitamin E,

NOTE Confidence: 0.8562009

00:33:31.794 --> 00:33:32.530 higher mortality.

NOTE Confidence: 0.8562009

00:33:32.530 --> 00:33:35.155 But as you get higher there's actually

NOTE Confidence: 0.8562009

00:33:35.155 --> 00:33:37.057 a higher mortality with increased

NOTE Confidence: 0.8562009

00:33:37.057 --> 00:33:39.514 levels of vitamin E in the serum.

NOTE Confidence: 0.8562009

00:33:39.520 --> 00:33:42.327 So there seemed to be what we

NOTE Confidence: 0.8562009

00:33:42.327 --> 00:33:45.069 would call a U shaped curve.

NOTE Confidence: 0.8562009

00:33:45.070 --> 00:33:47.639 And then it turned out when they

NOTE Confidence: 0.8562009

00:33:47.639 --> 00:33:49.710 analyzed many studies of vitamin E

NOTE Confidence: 0.8562009

00:33:49.710 --> 00:33:52.080 and you see here where that got it.

NOTE Confidence: 0.8562009

00:33:52.080 --> 00:33:53.082 Red line is.

NOTE Confidence: 0.8562009

00:33:53.082 --> 00:33:55.086 That's the typical vitamin E capsule,

NOTE Confidence: 0.8562009

00:33:55.090 --> 00:33:55.792 400 units.

NOTE Confidence: 0.8562009

00:33:55.792 --> 00:33:57.898 There is a distinct increase in

NOTE Confidence: 0.8562009

00:33:57.898 --> 00:34:00.225 mortality in all the trials analyzed  
NOTE Confidence: 0.8562009

00:34:00.225 --> 00:34:02.170 people taking vitamin E actually  
NOTE Confidence: 0.8562009

00:34:02.170 --> 00:34:04.227 have a higher chance of dying.  
NOTE Confidence: 0.8562009

00:34:04.230 --> 00:34:07.150 And the cut point for that was 180.  
NOTE Confidence: 0.8345189

00:34:07.150 --> 00:34:10.070 I use 180 units of vitamin D daily,  
NOTE Confidence: 0.8345189

00:34:10.070 --> 00:34:11.900 so there is again below.  
NOTE Confidence: 0.8345189

00:34:11.900 --> 00:34:15.176 That may be a little benefit if you're low,  
NOTE Confidence: 0.8345189

00:34:15.180 --> 00:34:18.465 but if you go up there's an adverse risk.  
NOTE Confidence: 0.8345189

00:34:18.470 --> 00:34:19.930 Again, by the way,  
NOTE Confidence: 0.8345189

00:34:19.930 --> 00:34:22.120 nobody knows about this now again,  
NOTE Confidence: 0.8345189

00:34:22.120 --> 00:34:23.870 the average capsule size today  
NOTE Confidence: 0.8345189

00:34:23.870 --> 00:34:26.130 today at Kirkland's at at Costco.  
NOTE Confidence: 0.8345189

00:34:26.130 --> 00:34:28.320 Or you can go to GNC.  
NOTE Confidence: 0.8345189

00:34:28.320 --> 00:34:31.605 Or you can go to any of the stores.  
NOTE Confidence: 0.8345189

00:34:31.610 --> 00:34:34.694 Anet cells, typically 400 I use, that is.  
NOTE Confidence: 0.8345189

00:34:34.694 --> 00:34:36.929 Already known to be associated

NOTE Confidence: 0.8345189

00:34:36.929 --> 00:34:38.270 with increased mortality,

NOTE Confidence: 0.8345189

00:34:38.270 --> 00:34:41.869 and again 13,000 thirteen 100% of your ADR.

NOTE Confidence: 0.8345189

00:34:41.869 --> 00:34:44.527 So anything we've learned from this?

NOTE Confidence: 0.8345189

00:34:44.530 --> 00:34:45.818 Well, what about selenium?

NOTE Confidence: 0.8345189

00:34:45.818 --> 00:34:47.750 Again, if you look at the

NOTE Confidence: 0.8345189

00:34:47.750 --> 00:34:49.360 levels of Selenium sold there,

NOTE Confidence: 0.8345189

00:34:49.360 --> 00:34:50.970 is there a significantly above

NOTE Confidence: 0.8345189

00:34:50.970 --> 00:34:52.580 that of the daily requirement?

NOTE Confidence: 0.8345189

00:34:52.580 --> 00:34:54.764 Some people may need it if they are

NOTE Confidence: 0.8345189

00:34:54.764 --> 00:34:57.186 low and they analyzed his skin cancer

NOTE Confidence: 0.8345189

00:34:57.186 --> 00:34:59.696 study and found that people who took

NOTE Confidence: 0.8345189

00:34:59.696 --> 00:35:01.915 the selenium in the trial for skin

NOTE Confidence: 0.8345189

00:35:01.915 --> 00:35:03.775 cancer prevention who were low in

NOTE Confidence: 0.8345189

00:35:03.775 --> 00:35:05.780 selenium had a decrease in cancer.

NOTE Confidence: 0.8345189

00:35:05.780 --> 00:35:06.734 But at baseline,

NOTE Confidence: 0.8345189

00:35:06.734 --> 00:35:08.960 those who had a high level of  
NOTE Confidence: 0.8345189

00:35:09.031 --> 00:35:11.659 selenium had an increase in cancerous.  
NOTE Confidence: 0.8345189

00:35:11.660 --> 00:35:13.330 And the other thing is,  
NOTE Confidence: 0.8345189

00:35:13.330 --> 00:35:14.995 which was designed to prevent  
NOTE Confidence: 0.8345189

00:35:14.995 --> 00:35:15.994 basil cell cancers,  
NOTE Confidence: 0.8345189

00:35:16.000 --> 00:35:18.046 but it actually increased the risk  
NOTE Confidence: 0.8345189

00:35:18.046 --> 00:35:20.009 of squamous cancers of the skin.  
NOTE Confidence: 0.8345189

00:35:20.010 --> 00:35:21.288 So you know,  
NOTE Confidence: 0.8345189

00:35:21.288 --> 00:35:24.270 dose makes the poison or the benefit.  
NOTE Confidence: 0.8345189

00:35:24.270 --> 00:35:26.706 Then again, most people don't know that,  
NOTE Confidence: 0.8345189

00:35:26.710 --> 00:35:28.810 so here's what they typically say.  
NOTE Confidence: 0.8345189

00:35:28.810 --> 00:35:31.294 You know this is this is the sales pitch  
NOTE Confidence: 0.8345189

00:35:31.294 --> 00:35:33.338 potent antioxidant immune supporter.  
NOTE Confidence: 0.8345189

00:35:33.340 --> 00:35:35.416 Selenium has a wide variety of  
NOTE Confidence: 0.8345189

00:35:35.416 --> 00:35:37.180 beneficial impacts on the body.  
NOTE Confidence: 0.8345189

00:35:37.180 --> 00:35:39.280 Most importantly, like the other vitamins,

NOTE Confidence: 0.8345189

00:35:39.280 --> 00:35:41.020 it helps prevent cell damage

NOTE Confidence: 0.8345189

00:35:41.020 --> 00:35:42.064 from free radicals.

NOTE Confidence: 0.8345189

00:35:42.070 --> 00:35:43.880 Big mistake.

NOTE Confidence: 0.8345189

00:35:43.880 --> 00:35:47.086 Selenium has a U shaped curve for

NOTE Confidence: 0.8345189

00:35:47.086 --> 00:35:49.410 mortality just like vitamin E.

NOTE Confidence: 0.8345189

00:35:49.410 --> 00:35:52.548 This is in Haines National Nutrition

NOTE Confidence: 0.8345189

00:35:52.548 --> 00:35:55.157 study that follows populations of

NOTE Confidence: 0.8345189

00:35:55.157 --> 00:35:57.737 the US overtime anyone can access

NOTE Confidence: 0.8345189

00:35:57.737 --> 00:36:00.329 this population to do studies again

NOTE Confidence: 0.8345189

00:36:00.329 --> 00:36:02.777 a U shaped curve for selenium.

NOTE Confidence: 0.8345189

00:36:02.780 --> 00:36:04.684 Now here's the problem.

NOTE Confidence: 0.8345189

00:36:04.684 --> 00:36:08.172 Deficiency as I mentioned there is an

NOTE Confidence: 0.8345189

00:36:08.172 --> 00:36:10.907 increased risk for multiple diseases.

NOTE Confidence: 0.8345189

00:36:10.910 --> 00:36:12.560 But on the other hand,

NOTE Confidence: 0.8345189

00:36:12.560 --> 00:36:14.828 too much selenium is also a problem

NOTE Confidence: 0.8345189

00:36:14.828 --> 00:36:17.501 and I showed you already that it  
NOTE Confidence: 0.8345189

00:36:17.501 --> 00:36:19.937 increases diabetic risk and may increase  
NOTE Confidence: 0.8345189

00:36:20.007 --> 00:36:22.849 cancer risk when it's excessive in intake.  
NOTE Confidence: 0.8345189

00:36:22.850 --> 00:36:25.946 And so to put together some of the  
NOTE Confidence: 0.8345189

00:36:25.946 --> 00:36:29.578 data on multi vitamins budgell ficken,  
NOTE Confidence: 0.8345189

00:36:29.580 --> 00:36:32.184 others looked at the all the  
NOTE Confidence: 0.8345189

00:36:32.184 --> 00:36:34.564 data on dietary supplements over  
NOTE Confidence: 0.8345189

00:36:34.564 --> 00:36:36.800 to almost 250,000 participants,  
NOTE Confidence: 0.8345189

00:36:36.800 --> 00:36:38.736 the beta carotene etc.  
NOTE Confidence: 0.8345189

00:36:38.736 --> 00:36:41.156 And they found that overall  
NOTE Confidence: 0.8345189

00:36:41.156 --> 00:36:43.260 antioxidants increases mortality.  
NOTE Confidence: 0.8345189

00:36:43.260 --> 00:36:44.325 That's in general,  
NOTE Confidence: 0.8345189

00:36:44.325 --> 00:36:46.455 these are people who don't have  
NOTE Confidence: 0.8345189

00:36:46.455 --> 00:36:48.555 cancer who are taking it to  
NOTE Confidence: 0.8345189

00:36:48.555 --> 00:36:50.235 prevent cancer and heart disease.  
NOTE Confidence: 0.8345189

00:36:50.240 --> 00:36:52.564 And there was actually a higher risk

NOTE Confidence: 0.8345189

00:36:52.564 --> 00:36:54.778 of dying rather than doing better,

NOTE Confidence: 0.8345189

00:36:54.780 --> 00:36:56.520 so we must be careful.

NOTE Confidence: 0.8345189

00:36:56.520 --> 00:36:56.834 Now.

NOTE Confidence: 0.8345189

00:36:56.834 --> 00:36:58.718 Here's another BB complex buried my

NOTE Confidence: 0.8345189

00:36:58.718 --> 00:37:01.615 one of my favorite talks because it is

NOTE Confidence: 0.8345189

00:37:01.615 --> 00:37:04.200 considered by everybody safe at any speed.

NOTE Confidence: 0.8345189

00:37:04.200 --> 00:37:05.850 Therefore, whatever does it be

NOTE Confidence: 0.8345189

00:37:05.850 --> 00:37:08.040 complex to take its water soluble,

NOTE Confidence: 0.8345189

00:37:08.040 --> 00:37:08.972 excrete it,

NOTE Confidence: 0.8345189

00:37:08.972 --> 00:37:10.836 and therefore it's safe.

NOTE Confidence: 0.8345189

00:37:10.840 --> 00:37:11.189 Remember,

NOTE Confidence: 0.8345189

00:37:11.189 --> 00:37:13.283 when you take a nutrient blood

NOTE Confidence: 0.8345189

00:37:13.283 --> 00:37:15.773 levels of that nutrient at very high

NOTE Confidence: 0.8345189

00:37:15.773 --> 00:37:18.090 doses remain high until you stop it,

NOTE Confidence: 0.8345189

00:37:18.090 --> 00:37:19.125 and then you,

NOTE Confidence: 0.8345189

00:37:19.125 --> 00:37:20.160 as they say,  
NOTE Confidence: 0.8688973

00:37:20.160 --> 00:37:22.424 pee it out so your cells are being  
NOTE Confidence: 0.8688973

00:37:22.424 --> 00:37:24.911 exposed to extremely high levels of these  
NOTE Confidence: 0.8688973

00:37:24.911 --> 00:37:27.400 nutrients until you stop the nutrient.  
NOTE Confidence: 0.8688973

00:37:27.400 --> 00:37:31.200 So it may not be quite what you think it is.  
NOTE Confidence: 0.8688973

00:37:31.200 --> 00:37:33.294 Well, Livestrong recommends B complex helps  
NOTE Confidence: 0.8688973

00:37:33.294 --> 00:37:35.339 your body convert calories into energy.  
NOTE Confidence: 0.8688973

00:37:35.340 --> 00:37:36.652 What could be better,  
NOTE Confidence: 0.8688973

00:37:36.652 --> 00:37:39.479 be 100 contains most at high doses right?  
NOTE Confidence: 0.8688973

00:37:39.480 --> 00:37:41.838 100 milligrams is well above the  
NOTE Confidence: 0.8688973

00:37:41.838 --> 00:37:43.800 average daily requirement for most.  
NOTE Confidence: 0.8688973

00:37:43.800 --> 00:37:46.096 But it's not stored in Tux is,  
NOTE Confidence: 0.8688973

00:37:46.100 --> 00:37:47.416 he's not an issue.  
NOTE Confidence: 0.8688973

00:37:47.416 --> 00:37:49.390 I am getting across the idea.  
NOTE Confidence: 0.8688973

00:37:49.390 --> 00:37:51.730 Toxicity is not the only thing you need to  
NOTE Confidence: 0.8688973

00:37:51.730 --> 00:37:53.690 be concerned about chronically elevated

NOTE Confidence: 0.8688973

00:37:53.690 --> 00:37:56.514 levels of these nutrients that are not

NOTE Confidence: 0.8688973

00:37:56.514 --> 00:37:58.922 toxic can have adverse risk and be complex.

NOTE Confidence: 0.8688973

00:37:58.930 --> 00:38:02.437 As they say, converts food into energy.

NOTE Confidence: 0.8688973

00:38:02.440 --> 00:38:04.828 By the way, cancer loves energy.

NOTE Confidence: 0.8688973

00:38:04.830 --> 00:38:07.146 In fact, that's one of the

NOTE Confidence: 0.8688973

00:38:07.146 --> 00:38:09.210 biggest issues with tumor cells.

NOTE Confidence: 0.8688973

00:38:09.210 --> 00:38:11.130 It requires energy metabolism

NOTE Confidence: 0.8688973

00:38:11.130 --> 00:38:12.570 to grow efficiently.

NOTE Confidence: 0.8688973

00:38:12.570 --> 00:38:14.778 But they showed a very small

NOTE Confidence: 0.8688973

00:38:14.778 --> 00:38:16.950 study showed an increase in vigor.

NOTE Confidence: 0.8688973

00:38:16.950 --> 00:38:18.410 Improvements in mood would

NOTE Confidence: 0.8688973

00:38:18.410 --> 00:38:20.235 be complex by the way,

NOTE Confidence: 0.8688973

00:38:20.240 --> 00:38:22.574 B vitamins are the greatest placebo

NOTE Confidence: 0.8688973

00:38:22.574 --> 00:38:24.979 known to man become beat BB 12.

NOTE Confidence: 0.8688973

00:38:24.980 --> 00:38:27.170 It has profoundly high placebo effect

NOTE Confidence: 0.8688973

00:38:27.170 --> 00:38:30.829 when people take it, they feel better.  
NOTE Confidence: 0.8688973

00:38:30.830 --> 00:38:32.720 Now these are the levels.  
NOTE Confidence: 0.8688973

00:38:32.720 --> 00:38:34.977 Look at Simon over 6000% B.  
NOTE Confidence: 0.8688973

00:38:34.977 --> 00:38:37.616 Six 5000% B 12 is not that.  
NOTE Confidence: 0.8688973

00:38:37.620 --> 00:38:39.876 I actually believe it or not.  
NOTE Confidence: 0.8688973

00:38:39.880 --> 00:38:42.888 I'll show you some others on that so,  
NOTE Confidence: 0.8688973

00:38:42.890 --> 00:38:44.072 but what's concerning?  
NOTE Confidence: 0.8688973

00:38:44.072 --> 00:38:46.042 #1B1 is critical for enzymes  
NOTE Confidence: 0.8688973

00:38:46.042 --> 00:38:47.620 in tumor metabolism.  
NOTE Confidence: 0.8688973

00:38:47.620 --> 00:38:49.657 Tumors need the need be vitamins as  
NOTE Confidence: 0.8688973

00:38:49.657 --> 00:38:51.681 part of the metabolism of glucose  
NOTE Confidence: 0.8688973

00:38:51.681 --> 00:38:54.201 into what's called 5 prime sugars to  
NOTE Confidence: 0.8688973

00:38:54.264 --> 00:38:56.497 make the precursors for DNA and RNA,  
NOTE Confidence: 0.8688973

00:38:56.500 --> 00:38:58.480 and also some of the NADH.  
NOTE Confidence: 0.8688973

00:38:58.480 --> 00:39:00.776 Some of the precursors for energy metabolism.  
NOTE Confidence: 0.8688973

00:39:00.780 --> 00:39:02.929 And there is a concern that high

NOTE Confidence: 0.8688973

00:39:02.929 --> 00:39:05.848 levels of B1 may be playing a role in

NOTE Confidence: 0.8688973

00:39:05.848 --> 00:39:08.020 cancer because it's so widely used.

NOTE Confidence: 0.8688973

00:39:08.020 --> 00:39:10.644 By the way, nobody knows about these risks.

NOTE Confidence: 0.8688973

00:39:10.650 --> 00:39:12.300 We don't have enough data,

NOTE Confidence: 0.8688973

00:39:12.300 --> 00:39:14.766 but I am always concerned about

NOTE Confidence: 0.8688973

00:39:14.766 --> 00:39:16.900 people using extremely high doses.

NOTE Confidence: 0.8688973

00:39:16.900 --> 00:39:17.890 Worse than that,

NOTE Confidence: 0.8688973

00:39:17.890 --> 00:39:19.870 now here is an interesting study

NOTE Confidence: 0.8688973

00:39:19.870 --> 00:39:22.002 that came out of Norway where

NOTE Confidence: 0.8688973

00:39:22.002 --> 00:39:23.742 they don't supplement their diet

NOTE Confidence: 0.8688973

00:39:23.807 --> 00:39:25.577 with their breads and grains,

NOTE Confidence: 0.8688973

00:39:25.580 --> 00:39:27.827 and they looked at the question what

NOTE Confidence: 0.8688973

00:39:27.827 --> 00:39:30.090 about using the vitamins folic acid,

NOTE Confidence: 0.8688973

00:39:30.090 --> 00:39:32.172 B12 and B6 to prevent cancer

NOTE Confidence: 0.8688973

00:39:32.172 --> 00:39:33.560 and what they found?

NOTE Confidence: 0.8688973

00:39:33.560 --> 00:39:35.856 Was that the combination of folic acid  
NOTE Confidence: 0.8688973

00:39:35.856 --> 00:39:37.623 and B12 substantially increased lung  
NOTE Confidence: 0.8688973

00:39:37.623 --> 00:39:39.795 cancer risk and lung cancer mortality?  
NOTE Confidence: 0.8688973

00:39:39.800 --> 00:39:40.468 Wow.  
NOTE Confidence: 0.8688973

00:39:40.468 --> 00:39:45.144 However, B6 appeared to be relatively safe.  
NOTE Confidence: 0.8688973

00:39:45.150 --> 00:39:47.580 But it also increased risk in  
NOTE Confidence: 0.8688973

00:39:47.580 --> 00:39:49.605 addition to human logic, cancer.  
NOTE Confidence: 0.8688973

00:39:49.605 --> 00:39:52.440 But it was more so for long.  
NOTE Confidence: 0.8688973

00:39:52.440 --> 00:39:54.465 That's where the greatest risk  
NOTE Confidence: 0.8688973

00:39:54.465 --> 00:39:56.490 was cancer mortality and risk.  
NOTE Confidence: 0.8688973

00:39:56.490 --> 00:39:56.831 Now,  
NOTE Confidence: 0.8688973

00:39:56.831 --> 00:39:59.218 I don't think there are a lot  
NOTE Confidence: 0.8688973

00:39:59.218 --> 00:40:01.880 of people have ever heard about  
NOTE Confidence: 0.8688973

00:40:01.880 --> 00:40:03.780 the norbiton Windows study.  
NOTE Confidence: 0.8688973

00:40:03.780 --> 00:40:06.615 Now to make things much more disturbing,  
NOTE Confidence: 0.8688973

00:40:06.620 --> 00:40:08.570 the largest group of institutions

NOTE Confidence: 0.8688973

00:40:08.570 --> 00:40:11.014 that follow large cohorts of patients

NOTE Confidence: 0.8688973

00:40:11.014 --> 00:40:13.505 throughout the US, Europe, and Asia,

NOTE Confidence: 0.8688973

00:40:13.505 --> 00:40:16.154 including the NIH, the NCI, Harvard.

NOTE Confidence: 0.8688973

00:40:16.154 --> 00:40:19.022 The Harvard School of Public Health,

NOTE Confidence: 0.8688973

00:40:19.030 --> 00:40:21.520 UCLA University of Pittsburgh, Oxford.

NOTE Confidence: 0.8688973

00:40:21.520 --> 00:40:22.861 The European epic.

NOTE Confidence: 0.8688973

00:40:22.861 --> 00:40:25.543 The European study group all pulled

NOTE Confidence: 0.8688973

00:40:25.543 --> 00:40:28.266 all of their patients data that

NOTE Confidence: 0.8688973

00:40:28.266 --> 00:40:30.461 they were following and found

NOTE Confidence: 0.808802

00:40:30.546 --> 00:40:33.936 that circulating B12 increasingly increased.

NOTE Confidence: 0.808802

00:40:33.940 --> 00:40:35.704 Levels are positively

NOTE Confidence: 0.808802

00:40:35.704 --> 00:40:38.056 associated with lung cancer.

NOTE Confidence: 0.808802

00:40:38.060 --> 00:40:40.860 Just like that, Rolla just showed you.

NOTE Confidence: 0.808802

00:40:40.860 --> 00:40:43.260 More importantly, they did another test.

NOTE Confidence: 0.808802

00:40:43.260 --> 00:40:45.672 They looked at the same number

NOTE Confidence: 0.808802

00:40:45.672 --> 00:40:47.797 of patients within their cohorts  
NOTE Confidence: 0.808802

00:40:47.797 --> 00:40:50.431 and analyze them for jeans that  
NOTE Confidence: 0.808802

00:40:50.431 --> 00:40:52.850 were associated with higher B12 to  
NOTE Confidence: 0.808802

00:40:52.850 --> 00:40:55.251 try to control is it the dieters?  
NOTE Confidence: 0.808802

00:40:55.260 --> 00:40:57.260 There's something about B12 itself  
NOTE Confidence: 0.808802

00:40:57.260 --> 00:40:59.260 that's real and genetically determined.  
NOTE Confidence: 0.808802

00:40:59.260 --> 00:41:01.756 Variants that are associated with higher  
NOTE Confidence: 0.808802

00:41:01.756 --> 00:41:03.931 B12 levels were consistently positively  
NOTE Confidence: 0.808802

00:41:03.931 --> 00:41:06.619 associated with overall lung cancer risk.  
NOTE Confidence: 0.808802

00:41:06.620 --> 00:41:09.196 And they said, based on the consistency  
NOTE Confidence: 0.808802

00:41:09.196 --> 00:41:11.790 of these two independent studies,  
NOTE Confidence: 0.808802

00:41:11.790 --> 00:41:14.472 the studies support the hypothesis that  
NOTE Confidence: 0.808802

00:41:14.472 --> 00:41:17.400 high B12 increases risk of lung cancer.  
NOTE Confidence: 0.808802

00:41:17.400 --> 00:41:20.417 Well, now here is a basic supplement  
NOTE Confidence: 0.808802

00:41:20.417 --> 00:41:23.000 of 5000 micrograms. What's the amount?  
NOTE Confidence: 0.808802

00:41:23.000 --> 00:41:26.448 It's 200 and 8000% of your daily requirement.

NOTE Confidence: 0.808802

00:41:26.448 --> 00:41:28.116 No, it's not twice.

NOTE Confidence: 0.808802

00:41:28.116 --> 00:41:31.620 It's not five times its 200 and 8000%.

NOTE Confidence: 0.808802

00:41:31.620 --> 00:41:34.086 This is where the supplement industry

NOTE Confidence: 0.808802

00:41:34.086 --> 00:41:37.060 has gone with high dose supplements.

NOTE Confidence: 0.808802

00:41:37.060 --> 00:41:38.716 Now it's completely out of control.

NOTE Confidence: 0.808802

00:41:38.720 --> 00:41:40.659 This is a drug, ladies and gentlemen,

NOTE Confidence: 0.808802

00:41:40.660 --> 00:41:42.950 this is not a supplement.

NOTE Confidence: 0.808802

00:41:42.950 --> 00:41:45.080 And here are all the wonderful

NOTE Confidence: 0.808802

00:41:45.080 --> 00:41:47.739 places you can get 5000 micrograms.

NOTE Confidence: 0.808802

00:41:47.740 --> 00:41:50.127 All over multiple supplements so this is

NOTE Confidence: 0.808802

00:41:50.127 --> 00:41:53.019 an these again are not regulated by the FDA.

NOTE Confidence: 0.808802

00:41:53.020 --> 00:41:55.000 Now let's talk about vitamin D.

NOTE Confidence: 0.808802

00:41:55.000 --> 00:41:56.980 This is isobars of UV exposure.

NOTE Confidence: 0.808802

00:41:56.980 --> 00:41:59.290 The higher up you go and latitude,

NOTE Confidence: 0.808802

00:41:59.290 --> 00:42:01.600 the greater the risk of breast cancer.

NOTE Confidence: 0.808802

00:42:01.600 --> 00:42:04.240 You have the same curve for colon cancer.

NOTE Confidence: 0.808802

00:42:04.240 --> 00:42:06.522 Unfortunately if you look at the red

NOTE Confidence: 0.808802

00:42:06.522 --> 00:42:08.668 the highest areas are also the highest

NOTE Confidence: 0.808802

00:42:08.668 --> 00:42:10.771 levels of that are so she canonically

NOTE Confidence: 0.808802

00:42:10.771 --> 00:42:13.015 deprived that have higher urban areas

NOTE Confidence: 0.808802

00:42:13.015 --> 00:42:15.790 so there may be other korelitz to this,

NOTE Confidence: 0.808802

00:42:15.790 --> 00:42:18.994 but you can see it's related to UV light.

NOTE Confidence: 0.808802

00:42:19.000 --> 00:42:21.261 And that was sort of the evidence

NOTE Confidence: 0.808802

00:42:21.261 --> 00:42:24.049 to support way back that there is a

NOTE Confidence: 0.808802

00:42:24.049 --> 00:42:26.540 correlate between vitamin D and mortality.

NOTE Confidence: 0.808802

00:42:26.540 --> 00:42:28.688 And So what? And cancer prevention.

NOTE Confidence: 0.808802

00:42:28.690 --> 00:42:31.570 And so a number of trials and observation.

NOTE Confidence: 0.808802

00:42:31.570 --> 00:42:34.076 ULL studies were done supporting this idea,

NOTE Confidence: 0.808802

00:42:34.080 --> 00:42:35.870 but it wasn't really convincing.

NOTE Confidence: 0.808802

00:42:35.870 --> 00:42:37.660 But people now believe vitamin

NOTE Confidence: 0.808802

00:42:37.660 --> 00:42:39.092 D does prevent cancer.

NOTE Confidence: 0.808802

00:42:39.100 --> 00:42:41.260 But is there proof of that?

NOTE Confidence: 0.808802

00:42:41.260 --> 00:42:42.692 How strong is that?

NOTE Confidence: 0.808802

00:42:42.692 --> 00:42:43.050 Well,

NOTE Confidence: 0.808802

00:42:43.050 --> 00:42:45.706 this is early data that levels of vitamin

NOTE Confidence: 0.808802

00:42:45.706 --> 00:42:48.374 D seems to be associated with survival

NOTE Confidence: 0.808802

00:42:48.374 --> 00:42:51.060 in breast cancer if you're deficient.

NOTE Confidence: 0.808802

00:42:51.060 --> 00:42:52.745 You have a higher chance

NOTE Confidence: 0.808802

00:42:52.745 --> 00:42:53.756 of potentially dying,

NOTE Confidence: 0.808802

00:42:53.760 --> 00:42:55.440 and that's a different question.

NOTE Confidence: 0.808802

00:42:55.440 --> 00:42:57.012 Can it change survival?

NOTE Confidence: 0.808802

00:42:57.012 --> 00:42:59.906 This is a study looking at very

NOTE Confidence: 0.808802

00:42:59.906 --> 00:43:02.186 high dose supplements to prevent

NOTE Confidence: 0.808802

00:43:02.186 --> 00:43:04.560 cancer and what they found.

NOTE Confidence: 0.808802

00:43:04.560 --> 00:43:07.044 There was absolutely no effect on

NOTE Confidence: 0.808802

00:43:07.044 --> 00:43:09.880 high dose B vitamin on vitamin DA.

NOTE Confidence: 0.808802

00:43:09.880 --> 00:43:11.930 High dose monthly versus placebo.  
NOTE Confidence: 0.808802

00:43:11.930 --> 00:43:13.970 It didn't seem overtime to  
NOTE Confidence: 0.808802

00:43:13.970 --> 00:43:15.194 influence cancer risk.  
NOTE Confidence: 0.808802

00:43:15.200 --> 00:43:18.464 Then there was a very large vital study.  
NOTE Confidence: 0.808802

00:43:18.470 --> 00:43:21.389 This was a multicenter study with thousands  
NOTE Confidence: 0.808802

00:43:21.389 --> 00:43:23.790 of people enrolled in many centers,  
NOTE Confidence: 0.808802

00:43:23.790 --> 00:43:25.462 giving 1 to 2000.  
NOTE Confidence: 0.808802

00:43:25.462 --> 00:43:27.970 I use daily of vitamin D.  
NOTE Confidence: 0.808802

00:43:27.970 --> 00:43:30.640 Or a gram of of omega-3 with a with a  
NOTE Confidence: 0.808802

00:43:30.718 --> 00:43:33.274 goal of determining whether it could  
NOTE Confidence: 0.808802

00:43:33.274 --> 00:43:36.069 reduce both cancer and heart disease.  
NOTE Confidence: 0.808802

00:43:36.070 --> 00:43:37.542 Now in this study,  
NOTE Confidence: 0.808802

00:43:37.542 --> 00:43:39.750 no effects were shown for either.  
NOTE Confidence: 0.808802

00:43:39.750 --> 00:43:41.346 Certainly for the omega-3,  
NOTE Confidence: 0.808802

00:43:41.346 --> 00:43:43.740 there was no effect on either  
NOTE Confidence: 0.808802

00:43:43.817 --> 00:43:45.529 cancer or heart disease.

NOTE Confidence: 0.87778926

00:43:45.530 --> 00:43:48.346 And vitamin D did not influence cancer risk.

NOTE Confidence: 0.87778926

00:43:48.350 --> 00:43:51.527 Now they were at that point in the study,

NOTE Confidence: 0.87778926

00:43:51.530 --> 00:43:53.648 fairly well nourished with vitamin D.

NOTE Confidence: 0.87778926

00:43:53.650 --> 00:43:57.059 There was a hint that vitamin D

NOTE Confidence: 0.87778926

00:43:57.059 --> 00:43:59.809 will improve survival but not risk.

NOTE Confidence: 0.87778926

00:43:59.810 --> 00:44:02.570 It was saying the same thing and Charlie

NOTE Confidence: 0.87778926

00:44:02.570 --> 00:44:05.215 Fuchs was with us at Yale and it has

NOTE Confidence: 0.87778926

00:44:05.215 --> 00:44:07.694 now left and their group at Harvard

NOTE Confidence: 0.87778926

00:44:07.694 --> 00:44:10.094 showed it in colon cancer patients.

NOTE Confidence: 0.87778926

00:44:10.100 --> 00:44:12.221 Vitamin D levels do appear to correlate

NOTE Confidence: 0.87778926

00:44:12.221 --> 00:44:14.220 with improved colon colorectal survival,

NOTE Confidence: 0.87778926

00:44:14.220 --> 00:44:15.930 so higher levels are beneficial.

NOTE Confidence: 0.87778926

00:44:15.930 --> 00:44:17.988 We see the same thing again,

NOTE Confidence: 0.87778926

00:44:17.990 --> 00:44:20.573 but this is a U shaped curve for vitamin

NOTE Confidence: 0.87778926

00:44:20.573 --> 00:44:23.127 D and survival with breast cancer.

NOTE Confidence: 0.87778926

00:44:23.130 --> 00:44:26.282 So there may be a point in which  
NOTE Confidence: 0.87778926

00:44:26.282 --> 00:44:28.418 too much is not right.  
NOTE Confidence: 0.87778926

00:44:28.420 --> 00:44:29.028 And again,  
NOTE Confidence: 0.87778926

00:44:29.028 --> 00:44:31.460 very high dose B vitamin D has more  
NOTE Confidence: 0.87778926

00:44:31.533 --> 00:44:33.441 recently in levels that we used  
NOTE Confidence: 0.87778926

00:44:33.441 --> 00:44:35.629 to think were OK been associated  
NOTE Confidence: 0.87778926

00:44:35.629 --> 00:44:37.754 with higher levels of cancer,  
NOTE Confidence: 0.87778926

00:44:37.760 --> 00:44:39.144 particularly GI cancers and  
NOTE Confidence: 0.87778926

00:44:39.144 --> 00:44:39.836 pancreatic cancer.  
NOTE Confidence: 0.87778926

00:44:39.840 --> 00:44:41.916 This is a what's called cooling  
NOTE Confidence: 0.87778926

00:44:41.916 --> 00:44:43.300 cohort of rare cancers,  
NOTE Confidence: 0.87778926

00:44:43.300 --> 00:44:45.330 and they found that high levels of  
NOTE Confidence: 0.87778926

00:44:45.330 --> 00:44:47.770 vitamin D in the range that you  
NOTE Confidence: 0.87778926

00:44:47.770 --> 00:44:49.650 can get easily through supplements  
NOTE Confidence: 0.87778926

00:44:49.650 --> 00:44:51.946 doubled the risk of pancreatic cancer,  
NOTE Confidence: 0.87778926

00:44:51.950 --> 00:44:54.569 and it turns out that there is a U

NOTE Confidence: 0.87778926

00:44:54.569 --> 00:44:57.136 shaped curve for mortality and cancer.

NOTE Confidence: 0.87778926

00:44:57.140 --> 00:44:58.532 Too much vitamin D.

NOTE Confidence: 0.87778926

00:44:58.532 --> 00:45:00.272 Appears to be associate above

NOTE Confidence: 0.87778926

00:45:00.272 --> 00:45:01.770 45 to 50 nanograms.

NOTE Confidence: 0.87778926

00:45:01.770 --> 00:45:04.479 This is an ongoing battle because they're

NOTE Confidence: 0.87778926

00:45:04.479 --> 00:45:07.390 true believers who think you need to be high.

NOTE Confidence: 0.87778926

00:45:07.390 --> 00:45:08.160 You don't.

NOTE Confidence: 0.87778926

00:45:08.160 --> 00:45:10.470 The data shows that if you're

NOTE Confidence: 0.87778926

00:45:10.470 --> 00:45:12.298 between 28 and 45 to 50,

NOTE Confidence: 0.87778926

00:45:12.300 --> 00:45:14.862 nanograms is the sweet spot for vitamin

NOTE Confidence: 0.87778926

00:45:14.862 --> 00:45:17.802 D that can be achieved with one with

NOTE Confidence: 0.87778926

00:45:17.802 --> 00:45:20.368 a thousand 2000 IU's a day of D3,

NOTE Confidence: 0.87778926

00:45:20.370 --> 00:45:21.894 not a higher dose.

NOTE Confidence: 0.87778926

00:45:21.894 --> 00:45:25.200 And you should not aim for high doses,

NOTE Confidence: 0.87778926

00:45:25.200 --> 00:45:27.755 but many people in the alternative and

NOTE Confidence: 0.87778926

00:45:27.755 --> 00:45:30.048 complementary feel aim for levels of 6200,  
NOTE Confidence: 0.87778926

00:45:30.050 --> 00:45:32.634 which puts you in the upper range of  
NOTE Confidence: 0.87778926

00:45:32.634 --> 00:45:35.608 that U shaped curve toward mortality.  
NOTE Confidence: 0.87778926

00:45:35.610 --> 00:45:35.941 Again,  
NOTE Confidence: 0.87778926

00:45:35.941 --> 00:45:38.258 EU shaped curve for mortality and that  
NOTE Confidence: 0.87778926

00:45:38.258 --> 00:45:40.938 that shows you you get to 60 and higher now.  
NOTE Confidence: 0.87778926

00:45:40.940 --> 00:45:41.729 By the way,  
NOTE Confidence: 0.87778926

00:45:41.729 --> 00:45:44.292 if you spend a lot of time out in  
NOTE Confidence: 0.87778926

00:45:44.292 --> 00:45:46.553 the sun you can't reach that level.  
NOTE Confidence: 0.87778926

00:45:46.560 --> 00:45:48.546 You know you can't reach above  
NOTE Confidence: 0.87778926

00:45:48.546 --> 00:45:51.189 60 if you spend 26 to 30 hours  
NOTE Confidence: 0.87778926

00:45:51.189 --> 00:45:53.049 at a week with sun exposure.  
NOTE Confidence: 0.87778926

00:45:53.050 --> 00:45:54.700 Now what about taking supplements?  
NOTE Confidence: 0.87778926

00:45:54.700 --> 00:45:56.340 If you're a cancer patient,  
NOTE Confidence: 0.87778926

00:45:56.340 --> 00:45:57.324 consume high levels,  
NOTE Confidence: 0.87778926

00:45:57.324 --> 00:45:58.964 most common based on age,

NOTE Confidence: 0.87778926

00:45:58.970 --> 00:45:59.966 women younger age,

NOTE Confidence: 0.87778926

00:45:59.966 --> 00:46:01.626 regional differences and also correlate

NOTE Confidence: 0.87778926

00:46:01.626 --> 00:46:03.249 with higher levels of distress,

NOTE Confidence: 0.87778926

00:46:03.250 --> 00:46:05.266 and it may improve the ideas

NOTE Confidence: 0.87778926

00:46:05.266 --> 00:46:07.200 will improve my quality of life,

NOTE Confidence: 0.87778926

00:46:07.200 --> 00:46:09.168 felt my Wellness and improved survival,

NOTE Confidence: 0.87778926

00:46:09.170 --> 00:46:11.150 and are the risks and benefits.

NOTE Confidence: 0.87778926

00:46:11.150 --> 00:46:11.462 Well,

NOTE Confidence: 0.87778926

00:46:11.462 --> 00:46:13.334 there's a fascinating study that came

NOTE Confidence: 0.87778926

00:46:13.334 --> 00:46:16.076 out of a SWOG trial for breast cancer.

NOTE Confidence: 0.87778926

00:46:16.080 --> 00:46:17.396 It's called the Dell.

NOTE Confidence: 0.87778926

00:46:17.396 --> 00:46:19.041 Kept studying the analyze the

NOTE Confidence: 0.87778926

00:46:19.041 --> 00:46:20.920 use of dietary supplements in

NOTE Confidence: 0.87778926

00:46:20.920 --> 00:46:22.775 patients who are getting treated

NOTE Confidence: 0.87778926

00:46:22.775 --> 00:46:25.006 and they asked what is the effect?

NOTE Confidence: 0.87778926

00:46:25.010 --> 00:46:27.292 Now I would go to the highlighted  
NOTE Confidence: 0.87778926

00:46:27.292 --> 00:46:30.190 portions in the middle, so we have to.  
NOTE Confidence: 0.87778926

00:46:30.190 --> 00:46:32.260 We can skip for time purposes.  
NOTE Confidence: 0.87778926

00:46:32.260 --> 00:46:32.605 Antioxidants,  
NOTE Confidence: 0.87778926

00:46:32.605 --> 00:46:33.640 increased progression and  
NOTE Confidence: 0.87778926

00:46:33.640 --> 00:46:35.710 mortality by 1.4 times and B12.  
NOTE Confidence: 0.87778926

00:46:35.710 --> 00:46:37.340 We've heard this before actually  
NOTE Confidence: 0.87778926

00:46:37.340 --> 00:46:38.970 enhanced the risk of mortality  
NOTE Confidence: 0.8617516

00:46:39.022 --> 00:46:39.850 and progression.  
NOTE Confidence: 0.8617516

00:46:39.850 --> 00:46:41.920 Taking B12 as a single supplement,  
NOTE Confidence: 0.8617516

00:46:41.920 --> 00:46:43.160 it doubled that risk.  
NOTE Confidence: 0.8617516

00:46:43.160 --> 00:46:45.842 And we know for sure we know irons  
NOTE Confidence: 0.8617516

00:46:45.842 --> 00:46:48.467 bad and that was associated with risk.  
NOTE Confidence: 0.8617516

00:46:48.470 --> 00:46:50.200 But multi vitamins were not.  
NOTE Confidence: 0.8617516

00:46:50.200 --> 00:46:52.960 So now we have more evidence to say.  
NOTE Confidence: 0.8617516

00:46:52.960 --> 00:46:55.326 Maybe you know in the cancer population

NOTE Confidence: 0.8617516

00:46:55.326 --> 00:46:57.899 we need to be much more cautious.

NOTE Confidence: 0.8617516

00:46:57.900 --> 00:47:00.804 About this now the problem is the and.

NOTE Confidence: 0.8617516

00:47:00.810 --> 00:47:02.994 This was in 2013 and the

NOTE Confidence: 0.8617516

00:47:02.994 --> 00:47:04.086 album Internal Medicine.

NOTE Confidence: 0.8617516

00:47:04.090 --> 00:47:06.358 It said we should be careful stop

NOTE Confidence: 0.8617516

00:47:06.358 --> 00:47:08.553 wasting your money on supplements and

NOTE Confidence: 0.8617516

00:47:08.553 --> 00:47:10.869 they analyzed a number of randomized

NOTE Confidence: 0.8617516

00:47:10.869 --> 00:47:12.819 trials but they miss something.

NOTE Confidence: 0.8617516

00:47:12.820 --> 00:47:14.360 There were two trials,

NOTE Confidence: 0.8617516

00:47:14.360 --> 00:47:16.285 the physicians health study and

NOTE Confidence: 0.8617516

00:47:16.285 --> 00:47:18.543 soon of Max that in men showed

NOTE Confidence: 0.8617516

00:47:18.543 --> 00:47:20.470 a decrease in cancer incidence,

NOTE Confidence: 0.8617516

00:47:20.470 --> 00:47:22.648 but they weren't using high doses,

NOTE Confidence: 0.8617516

00:47:22.650 --> 00:47:24.470 they were supplementing them with

NOTE Confidence: 0.8617516

00:47:24.470 --> 00:47:26.290 a simple multi vitamin right?

NOTE Confidence: 0.8617516

00:47:26.290 --> 00:47:29.068 So what is the answer here?  
NOTE Confidence: 0.8617516

00:47:29.070 --> 00:47:32.930 By the way, and I tell this to my colleagues,  
NOTE Confidence: 0.8617516

00:47:32.930 --> 00:47:34.860 men don't eat their veggies.  
NOTE Confidence: 0.8617516

00:47:34.860 --> 00:47:36.685 Dietary supplements in men who  
NOTE Confidence: 0.8617516

00:47:36.685 --> 00:47:39.110 may not be careful about healthy,  
NOTE Confidence: 0.8617516

00:47:39.110 --> 00:47:41.060 diverse diets and plant based diets  
NOTE Confidence: 0.8617516

00:47:41.060 --> 00:47:43.740 may benefit by a single multnutrient.  
NOTE Confidence: 0.8617516

00:47:43.740 --> 00:47:45.750 This was central and in the  
NOTE Confidence: 0.8617516

00:47:45.750 --> 00:47:47.980 Supermax study was an alternative.  
NOTE Confidence: 0.8617516

00:47:47.980 --> 00:47:50.689 This was not a very high dose,  
NOTE Confidence: 0.8617516

00:47:50.690 --> 00:47:51.845 high potency vitamin.  
NOTE Confidence: 0.8617516

00:47:51.845 --> 00:47:53.770 And here's the supermax data.  
NOTE Confidence: 0.8617516

00:47:53.770 --> 00:47:55.426 I mean the yes,  
NOTE Confidence: 0.8617516

00:47:55.426 --> 00:47:57.082 showing this significant increase  
NOTE Confidence: 0.8617516

00:47:57.082 --> 00:47:59.247 in men but not in women.  
NOTE Confidence: 0.8617516

00:47:59.250 --> 00:48:01.210 Women have better diets.

NOTE Confidence: 0.8617516

00:48:01.210 --> 00:48:02.680 the US population.

NOTE Confidence: 0.8617516

00:48:02.680 --> 00:48:06.238 We know many people are actually

NOTE Confidence: 0.8617516

00:48:06.238 --> 00:48:07.424 micronutrient deficient.

NOTE Confidence: 0.8617516

00:48:07.430 --> 00:48:09.998 But you don't need high doses of supplements.

NOTE Confidence: 0.8617516

00:48:10.000 --> 00:48:12.308 That's the key here.

NOTE Confidence: 0.8617516

00:48:12.310 --> 00:48:14.480 And what about the antioxidants?

NOTE Confidence: 0.8617516

00:48:14.480 --> 00:48:14.898 Well,

NOTE Confidence: 0.8617516

00:48:14.898 --> 00:48:17.406 it turns out reactive oxygen species

NOTE Confidence: 0.8617516

00:48:17.406 --> 00:48:19.613 are critical signaling molecules that

NOTE Confidence: 0.8617516

00:48:19.613 --> 00:48:22.265 reactivate program cell death in cancer.

NOTE Confidence: 0.8617516

00:48:22.270 --> 00:48:25.726 And when you turn off that with antioxidants,

NOTE Confidence: 0.8617516

00:48:25.730 --> 00:48:28.328 tumors love that people will use

NOTE Confidence: 0.8617516

00:48:28.328 --> 00:48:30.060 things like glutathione infusions.

NOTE Confidence: 0.8617516

00:48:30.060 --> 00:48:30.924 Big mistake,

NOTE Confidence: 0.8617516

00:48:30.924 --> 00:48:33.084 because glutathione inhibits the antioxidant.

NOTE Confidence: 0.8617516

00:48:33.090 --> 00:48:34.822 The oxidative stress that  
NOTE Confidence: 0.8617516  
00:48:34.822 --> 00:48:36.554 will kill tumor cells.  
NOTE Confidence: 0.8617516  
00:48:36.560 --> 00:48:39.572 They can't because of the rapid  
NOTE Confidence: 0.8617516  
00:48:39.572 --> 00:48:42.100 tumor growth cannot handle that.  
NOTE Confidence: 0.8617516  
00:48:42.100 --> 00:48:42.702 And yet,  
NOTE Confidence: 0.8617516  
00:48:42.702 --> 00:48:43.605 here's the consequence  
NOTE Confidence: 0.8617516  
00:48:43.605 --> 00:48:44.514 60% continue supplements.  
NOTE Confidence: 0.8617516  
00:48:44.514 --> 00:48:46.326 It's a multi billion dollar industry.  
NOTE Confidence: 0.8617516  
00:48:46.330 --> 00:48:47.962 Most people are unaware of this  
NOTE Confidence: 0.8617516  
00:48:47.962 --> 00:48:50.114 and they don't even know the dose  
NOTE Confidence: 0.8617516  
00:48:50.114 --> 00:48:51.454 of supplements they're taking.  
NOTE Confidence: 0.8617516  
00:48:51.460 --> 00:48:53.490 I have talked to patients and they  
NOTE Confidence: 0.8617516  
00:48:53.490 --> 00:48:55.956 can't begin to tell me how much is  
NOTE Confidence: 0.8617516  
00:48:55.956 --> 00:48:57.491 in the nutrients they're taking.  
NOTE Confidence: 0.8617516  
00:48:57.500 --> 00:48:59.306 Ask them to turn it around.  
NOTE Confidence: 0.8617516  
00:48:59.310 --> 00:49:01.454 I went into Costco with my wife once

NOTE Confidence: 0.8617516

00:49:01.454 --> 00:49:03.839 and I asked the person selling Co.

NOTE Confidence: 0.8617516

00:49:03.840 --> 00:49:06.549 Q10I showed her a bottle of B12 and I

NOTE Confidence: 0.8617516

00:49:06.549 --> 00:49:08.975 showed her this and she looked at me.

NOTE Confidence: 0.8617516

00:49:08.980 --> 00:49:10.786 She said what are they doing?

NOTE Confidence: 0.8617516

00:49:10.790 --> 00:49:12.590 Why did they do that?

NOTE Confidence: 0.8617516

00:49:12.590 --> 00:49:15.730 I said I don't know you're one

NOTE Confidence: 0.8617516

00:49:15.730 --> 00:49:17.884 that selling these supplements so

NOTE Confidence: 0.8617516

00:49:17.884 --> 00:49:20.164 these are the things I've learned.

NOTE Confidence: 0.8617516

00:49:20.170 --> 00:49:22.320 Respect EU shaped curve toxicity

NOTE Confidence: 0.8617516

00:49:22.320 --> 00:49:24.905 is predictable an at high risk

NOTE Confidence: 0.8617516

00:49:24.905 --> 00:49:26.329 in very high doses.

NOTE Confidence: 0.8617516

00:49:26.330 --> 00:49:29.618 Too much vitamin D can cause kidney stones.

NOTE Confidence: 0.8617516

00:49:29.620 --> 00:49:31.672 Too much vitamin A can cause

NOTE Confidence: 0.8617516

00:49:31.672 --> 00:49:33.585 headaches and and what's called

NOTE Confidence: 0.8617516

00:49:33.585 --> 00:49:35.025 normal pressure hydrocephalus

NOTE Confidence: 0.8617516

00:49:35.025 --> 00:49:37.425 and birth defects in children.

NOTE Confidence: 0.8617516

00:49:37.430 --> 00:49:39.896 But it's the adverse risk range.

NOTE Confidence: 0.8617516

00:49:39.900 --> 00:49:41.764 Beta carotene unexpectedly raises

NOTE Confidence: 0.8617516

00:49:41.764 --> 00:49:44.094 lung cancer risk in smokers.

NOTE Confidence: 0.8617516

00:49:44.100 --> 00:49:44.854 Folic acid,

NOTE Confidence: 0.8617516

00:49:44.854 --> 00:49:47.116 I mean I'm sorry B12 unexpectedly

NOTE Confidence: 0.8617516

00:49:47.116 --> 00:49:50.249 seems to increase lung cancer risk itself,

NOTE Confidence: 0.8442075

00:49:50.250 --> 00:49:52.300 low probability, but not zero.

NOTE Confidence: 0.8442075

00:49:52.300 --> 00:49:53.880 Too much vitamin D.

NOTE Confidence: 0.8442075

00:49:53.880 --> 00:49:55.855 Twice the risk of pancreatic

NOTE Confidence: 0.8442075

00:49:55.855 --> 00:49:58.830 cancer and the other issue is the

NOTE Confidence: 0.8442075

00:49:58.830 --> 00:50:00.498 law of unintended consequences.

NOTE Confidence: 0.8442075

00:50:00.500 --> 00:50:02.550 It's not predictable until you

NOTE Confidence: 0.8442075

00:50:02.550 --> 00:50:05.010 do these studies, and then you

NOTE Confidence: 0.8442075

00:50:05.010 --> 00:50:07.470 retrospectively figure out what is it.

NOTE Confidence: 0.8442075

00:50:07.470 --> 00:50:09.930 Beta carotene turns on cell cooperation.

NOTE Confidence: 0.8442075

00:50:09.930 --> 00:50:11.570 It's a gene regulator,

NOTE Confidence: 0.8442075

00:50:11.570 --> 00:50:13.210 not chest and antioxidant,

NOTE Confidence: 0.8442075

00:50:13.210 --> 00:50:14.790 and always respect nature.

NOTE Confidence: 0.8442075

00:50:14.790 --> 00:50:17.160 We are using nutrients at levels

NOTE Confidence: 0.8442075

00:50:17.232 --> 00:50:19.242 that are incompatible in there

NOTE Confidence: 0.8442075

00:50:19.242 --> 00:50:21.790 incapable of being reached in nature.

NOTE Confidence: 0.8442075

00:50:21.790 --> 00:50:23.426 And lastly, the rule.

NOTE Confidence: 0.8442075

00:50:23.426 --> 00:50:26.310 The economic law patients who take it

NOTE Confidence: 0.8442075

00:50:26.310 --> 00:50:29.469 donated and people who need it don't take it.

NOTE Confidence: 0.8442075

00:50:29.470 --> 00:50:31.969 They target people who are well and

NOTE Confidence: 0.8442075

00:50:31.969 --> 00:50:34.458 healthy with very high dose nutrients.

NOTE Confidence: 0.8442075

00:50:34.460 --> 00:50:35.996 The higher the better.

NOTE Confidence: 0.8442075

00:50:35.996 --> 00:50:38.300 And people not aware of that.

NOTE Confidence: 0.8442075

00:50:38.300 --> 00:50:39.844 So here's the conclusion.

NOTE Confidence: 0.8442075

00:50:39.844 --> 00:50:42.160 There's no consistent evidence to support

NOTE Confidence: 0.8442075

00:50:42.220 --> 00:50:44.290 the general use of supplements in  
NOTE Confidence: 0.8442075

00:50:44.290 --> 00:50:46.370 the general population for prevention.  
NOTE Confidence: 0.8442075

00:50:46.370 --> 00:50:48.290 Correcting deficiency may reduce risk,  
NOTE Confidence: 0.8442075

00:50:48.290 --> 00:50:50.220 but high dose nutrient supplements  
NOTE Confidence: 0.8442075

00:50:50.220 --> 00:50:52.150 and healthy non deficient individuals  
NOTE Confidence: 0.8442075

00:50:52.210 --> 00:50:53.658 may actually increase risk.  
NOTE Confidence: 0.8442075

00:50:53.660 --> 00:50:55.252 Remember EU shaped curve?  
NOTE Confidence: 0.8442075

00:50:55.252 --> 00:50:57.146 No, what you are taking.  
NOTE Confidence: 0.8442075

00:50:57.146 --> 00:50:59.822 The majority of the public continue to  
NOTE Confidence: 0.8442075

00:50:59.822 --> 00:51:01.988 consume levels of nutrients and levels  
NOTE Confidence: 0.8442075

00:51:01.988 --> 00:51:04.609 that any are completely unaware of.  
NOTE Confidence: 0.8442075

00:51:04.610 --> 00:51:05.198 This risk.  
NOTE Confidence: 0.8442075

00:51:05.198 --> 00:51:07.550 I gave this talk to a group of  
NOTE Confidence: 0.8442075

00:51:07.630 --> 00:51:10.288 fellows in radiation therapy at Yale,  
NOTE Confidence: 0.8442075

00:51:10.290 --> 00:51:13.476 and none of them have heard of these studies.  
NOTE Confidence: 0.8442075

00:51:13.480 --> 00:51:15.260 Doctors don't know about this,

NOTE Confidence: 0.8442075

00:51:15.260 --> 00:51:15.970 you know,

NOTE Confidence: 0.8442075

00:51:15.970 --> 00:51:18.100 because they're not educated in nutrition.

NOTE Confidence: 0.8442075

00:51:18.100 --> 00:51:20.578 It is very prudent to recommend consumption,

NOTE Confidence: 0.8442075

00:51:20.580 --> 00:51:22.355 micro nutrient dense foods for

NOTE Confidence: 0.8442075

00:51:22.355 --> 00:51:23.420 chronic disease prevention.

NOTE Confidence: 0.8442075

00:51:23.420 --> 00:51:24.840 Maintain healthy weight and

NOTE Confidence: 0.8442075

00:51:24.840 --> 00:51:25.905 stay physically active.

NOTE Confidence: 0.8442075

00:51:25.910 --> 00:51:28.479 So again, it's this is common sense.

NOTE Confidence: 0.8442075

00:51:28.480 --> 00:51:29.901 And I will leave it at that

NOTE Confidence: 0.8442075

00:51:29.901 --> 00:51:31.299 and open it for questions.

NOTE Confidence: 0.81285775

00:51:34.500 --> 00:51:37.368 Great thank you Doctor boy.

NOTE Confidence: 0.81285775

00:51:37.368 --> 00:51:41.330 Just stop your screen share. Sure, going

NOTE Confidence: 0.8062258

00:51:41.330 --> 00:51:46.354 to just go to two quick questions here.

NOTE Confidence: 0.8062258

00:51:46.360 --> 00:51:48.640 We have a question about.

NOTE Confidence: 0.8062258

00:51:48.640 --> 00:51:51.520 Was there a control on their diets

NOTE Confidence: 0.8062258

00:51:51.520 --> 00:51:53.983 referring to one who said they  
NOTE Confidence: 0.8062258

00:51:53.983 --> 00:51:56.865 could have a huge variation in the  
NOTE Confidence: 0.8062258

00:51:56.865 --> 00:51:58.920 vitamins consumed in their diets?  
NOTE Confidence: 0.78398776

00:52:00.220 --> 00:52:01.912 Oh well, you're talking  
NOTE Confidence: 0.78398776

00:52:01.912 --> 00:52:04.450 about the the DEL CAP study.  
NOTE Confidence: 0.8564007

00:52:05.580 --> 00:52:07.840 I think so. She she wasn't specific, they  
NOTE Confidence: 0.8564007

00:52:07.840 --> 00:52:08.988 they correct for that.  
NOTE Confidence: 0.8564007

00:52:08.988 --> 00:52:11.783 So one of the ways an it's always an  
NOTE Confidence: 0.8564007

00:52:11.783 --> 00:52:14.114 issue and you know I didn't mention.  
NOTE Confidence: 0.8564007

00:52:14.120 --> 00:52:15.980 That in the B12 study to  
NOTE Confidence: 0.8564007

00:52:15.980 --> 00:52:16.910 correct for confounding,  
NOTE Confidence: 0.8564007

00:52:16.910 --> 00:52:18.770 which is what you're talking about.  
NOTE Confidence: 0.8564007

00:52:18.770 --> 00:52:21.570 Something else that may actually explain it.  
NOTE Confidence: 0.8564007

00:52:21.570 --> 00:52:24.126 They use this, we call Edmond  
NOTE Confidence: 0.8564007

00:52:24.126 --> 00:52:25.830 Elion randomization using genetic  
NOTE Confidence: 0.8564007

00:52:25.898 --> 00:52:28.028 markers that are correlated with

NOTE Confidence: 0.8564007

00:52:28.028 --> 00:52:30.158 higher levels to eliminate the

NOTE Confidence: 0.8564007

00:52:30.226 --> 00:52:32.386 idea that it was something else.

NOTE Confidence: 0.8564007

00:52:32.390 --> 00:52:33.966 Is it really related?

NOTE Confidence: 0.8564007

00:52:33.966 --> 00:52:37.788 Not only was B12 related to lung cancer risk,

NOTE Confidence: 0.8564007

00:52:37.790 --> 00:52:40.286 it was also a similar rate.

NOTE Confidence: 0.8564007

00:52:40.290 --> 00:52:41.954 Mendelian randomization study showed

NOTE Confidence: 0.8564007

00:52:41.954 --> 00:52:44.450 the same thing with colon cancer,

NOTE Confidence: 0.8564007

00:52:44.450 --> 00:52:46.946 so I think you know, yes,

NOTE Confidence: 0.8564007

00:52:46.946 --> 00:52:49.858 you could argue maybe with something else,

NOTE Confidence: 0.8564007

00:52:49.860 --> 00:52:52.446 but taking B12 is at very.

NOTE Confidence: 0.8564007

00:52:52.450 --> 00:52:55.369 Very very high doses is very easy.

NOTE Confidence: 0.8564007

00:52:55.370 --> 00:52:57.455 I've had patients who take

NOTE Confidence: 0.8564007

00:52:57.455 --> 00:52:59.540 upwards of twice that level.

NOTE Confidence: 0.8564007

00:52:59.540 --> 00:53:02.036 That is they're taking over 400,000%

NOTE Confidence: 0.8564007

00:53:02.040 --> 00:53:04.200 of their daily requirement and

NOTE Confidence: 0.8564007

00:53:04.200 --> 00:53:06.784 you won't feel anything until your  
NOTE Confidence: 0.8564007

00:53:06.784 --> 00:53:08.860 cancer progresses and we this is  
NOTE Confidence: 0.8564007

00:53:08.860 --> 00:53:11.628 one of the dilemmas you shouldn't.  
NOTE Confidence: 0.8564007

00:53:11.630 --> 00:53:14.549 You don't need it, that's the point.  
NOTE Confidence: 0.8564007

00:53:14.550 --> 00:53:17.052 You may need more because of  
NOTE Confidence: 0.8564007

00:53:17.052 --> 00:53:18.720 the issues of absorption,  
NOTE Confidence: 0.8564007

00:53:18.720 --> 00:53:20.384 but nobody needs 400,000%  
NOTE Confidence: 0.8564007

00:53:20.384 --> 00:53:22.180 or 200,000% or 100,000%.  
NOTE Confidence: 0.8564007

00:53:22.180 --> 00:53:23.140 It's insanity.  
NOTE Confidence: 0.8564007

00:53:23.140 --> 00:53:23.620 Julie  
NOTE Confidence: 0.89256376

00:53:25.850 --> 00:53:28.797 OK, thank you so much information and  
NOTE Confidence: 0.89256376

00:53:28.797 --> 00:53:32.382 we will get to some of these questions  
NOTE Confidence: 0.89256376

00:53:32.382 --> 00:53:35.819 after we hear from Doctor Gary's offer.  
NOTE Confidence: 0.89256376

00:53:35.820 --> 00:53:37.620 Doctor Gary Software specializes  
NOTE Confidence: 0.89256376

00:53:37.620 --> 00:53:39.420 in pediatric allergy immunology.  
NOTE Confidence: 0.89256376

00:53:39.420 --> 00:53:41.220 An integrative medicine at

NOTE Confidence: 0.89256376

00:53:41.220 --> 00:53:43.020 Yale School of Medicine,

NOTE Confidence: 0.89256376

00:53:43.020 --> 00:53:45.810 he completed a degree in human

NOTE Confidence: 0.89256376

00:53:45.810 --> 00:53:47.670 development at Cornell University

NOTE Confidence: 0.89256376

00:53:47.745 --> 00:53:49.815 and received his medical degree

NOTE Confidence: 0.89256376

00:53:49.815 --> 00:53:52.470 at Tel Aviv University in Israel.

NOTE Confidence: 0.89256376

00:53:52.470 --> 00:53:54.570 He attended the University of

NOTE Confidence: 0.89256376

00:53:54.570 --> 00:53:56.670 Arizona Andrew Wildcore Center for

NOTE Confidence: 0.89256376

00:53:56.744 --> 00:53:59.176 Integrative Medicine and receive

NOTE Confidence: 0.89256376

00:53:59.176 --> 00:54:01.608 certifications in mindfulness meditation.

NOTE Confidence: 0.89256376

00:54:01.610 --> 00:54:03.640 His interest in food allergies,

NOTE Confidence: 0.89256376

00:54:03.640 --> 00:54:05.260 mind body medicine, eczema,

NOTE Confidence: 0.89256376

00:54:05.260 --> 00:54:06.880 asthma and environmental allergies.

NOTE Confidence: 0.89256376

00:54:06.880 --> 00:54:09.946 He is also the director of the

NOTE Confidence: 0.89256376

00:54:09.946 --> 00:54:12.120 Smilow Cancer Center Hospital.

NOTE Confidence: 0.89256376

00:54:12.120 --> 00:54:13.803 Integrative medicine program

NOTE Confidence: 0.89256376

00:54:13.803 --> 00:54:16.047 so welcome doctor Sopher.  
NOTE Confidence: 0.85079247

00:54:18.780 --> 00:54:21.510 Thank you, let's see if I can  
NOTE Confidence: 0.85079247

00:54:21.510 --> 00:54:23.460 get my share screen right.  
NOTE Confidence: 0.8709004

00:54:26.910 --> 00:54:29.278 Alright, I'm going to warn all of you.  
NOTE Confidence: 0.8709004

00:54:29.280 --> 00:54:31.504 8:00 PM is the time that you might  
NOTE Confidence: 0.8709004

00:54:31.504 --> 00:54:33.419 get toddlers bursting into my room,  
NOTE Confidence: 0.8709004

00:54:33.420 --> 00:54:35.788 and I will apologize now if that happens,  
NOTE Confidence: 0.8709004

00:54:35.790 --> 00:54:37.806 but I will pause to give them  
NOTE Confidence: 0.8709004

00:54:37.806 --> 00:54:40.228 a kiss if they do. So let me.  
NOTE Confidence: 0.8961525

00:54:42.910 --> 00:54:44.810 Can you see my slides?  
NOTE Confidence: 0.8961525

00:54:44.810 --> 00:54:48.400 Does that look OK? Great fantastic.  
NOTE Confidence: 0.8961525

00:54:48.400 --> 00:54:49.808 Alright, so survivorship mythbusting  
NOTE Confidence: 0.8961525

00:54:49.808 --> 00:54:51.568 diet nutrition first let me  
NOTE Confidence: 0.8961525

00:54:51.568 --> 00:54:53.265 say what what wonderful talks  
NOTE Confidence: 0.8961525

00:54:53.265 --> 00:54:54.875 just happened right before me.  
NOTE Confidence: 0.8961525

00:54:54.880 --> 00:54:57.302 I just I learned so much from

NOTE Confidence: 0.8961525

00:54:57.302 --> 00:54:59.374 Doctor Boyden and from Annette and

NOTE Confidence: 0.8961525

00:54:59.374 --> 00:55:02.040 I hope you guys did too as well.

NOTE Confidence: 0.8961525

00:55:02.040 --> 00:55:05.058 But we're going to talk about

NOTE Confidence: 0.8961525

00:55:05.058 --> 00:55:06.567 diet and nutrition.

NOTE Confidence: 0.8961525

00:55:06.570 --> 00:55:08.859 As a means of obtaining these vitamins,

NOTE Confidence: 0.8961525

00:55:08.860 --> 00:55:10.490 nutrients that you're looking for.

NOTE Confidence: 0.8961525

00:55:10.490 --> 00:55:12.458 So let's let's get into it.

NOTE Confidence: 0.8961525

00:55:12.460 --> 00:55:15.068 So number one myth is this is food.

NOTE Confidence: 0.8961525

00:55:15.070 --> 00:55:16.710 It might look like food.

NOTE Confidence: 0.8961525

00:55:16.710 --> 00:55:18.340 It might smell like food.

NOTE Confidence: 0.8961525

00:55:18.340 --> 00:55:19.980 It might taste like food,

NOTE Confidence: 0.8961525

00:55:19.980 --> 00:55:21.284 but it's not food.

NOTE Confidence: 0.8961525

00:55:21.284 --> 00:55:22.914 When we think about survivorship,

NOTE Confidence: 0.8961525

00:55:22.920 --> 00:55:25.480 when we think about giving our body the

NOTE Confidence: 0.8961525

00:55:25.480 --> 00:55:27.367 nutrients in the health and sustaining

NOTE Confidence: 0.8961525

00:55:27.367 --> 00:55:30.440 it and moving it in in the right direction.

NOTE Confidence: 0.8961525

00:55:30.440 --> 00:55:32.402 So really, think about what you're

NOTE Confidence: 0.8961525

00:55:32.402 --> 00:55:33.710 eating with processed foods,

NOTE Confidence: 0.8961525

00:55:33.710 --> 00:55:36.646 and so let's go shoot some basic rules.

NOTE Confidence: 0.8961525

00:55:36.650 --> 00:55:38.840 That that I think about when

NOTE Confidence: 0.8961525

00:55:38.840 --> 00:55:40.300 I think about nutrition.

NOTE Confidence: 0.8961525

00:55:40.300 --> 00:55:41.824 So rule number one.

NOTE Confidence: 0.8961525

00:55:41.824 --> 00:55:43.348 If your grandmother wouldn't

NOTE Confidence: 0.8961525

00:55:43.348 --> 00:55:44.679 recognize it as food,

NOTE Confidence: 0.8961525

00:55:44.680 --> 00:55:47.767 it's probably not food and I had to adjust

NOTE Confidence: 0.8961525

00:55:47.767 --> 00:55:50.889 this to great grandmother as time goes on,

NOTE Confidence: 0.8961525

00:55:50.890 --> 00:55:51.214 but.

NOTE Confidence: 0.8961525

00:55:51.214 --> 00:55:54.130 The simple principle here is if you put a

NOTE Confidence: 0.8961525

00:55:54.206 --> 00:55:56.368 \*\*\*\*\* in front of your great grandmother,

NOTE Confidence: 0.8961525

00:55:56.370 --> 00:55:58.309 she probably stared it for 30 minutes,

NOTE Confidence: 0.8961525

00:55:58.310 --> 00:56:00.534 having no idea what to do with it.

NOTE Confidence: 0.8961525

00:56:00.540 --> 00:56:04.476 So think about the food that you're eating.

NOTE Confidence: 0.8961525

00:56:04.480 --> 00:56:06.760 Rule #2 if you can't

NOTE Confidence: 0.8961525

00:56:06.760 --> 00:56:08.128 pronounce the ingredients,

NOTE Confidence: 0.8961525

00:56:08.130 --> 00:56:12.110 it probably isn't food either.

NOTE Confidence: 0.8961525

00:56:12.110 --> 00:56:12.882 There exceptions,

NOTE Confidence: 0.8961525

00:56:12.882 --> 00:56:15.198 tomato and tomato and I still

NOTE Confidence: 0.8961525

00:56:15.198 --> 00:56:16.510 think it's quinoa,

NOTE Confidence: 0.8961525

00:56:16.510 --> 00:56:18.510 but I'm not entirely sure.

NOTE Confidence: 0.85598608

00:56:21.710 --> 00:56:25.490 So rule #3. The closer it is to the Earth,

NOTE Confidence: 0.85598608

00:56:25.490 --> 00:56:27.086 the better it is for you,

NOTE Confidence: 0.85598608

00:56:27.090 --> 00:56:28.608 and we're going to dive a

NOTE Confidence: 0.85598608

00:56:28.608 --> 00:56:30.010 little bit into soil later.

NOTE Confidence: 0.85598608

00:56:30.010 --> 00:56:32.579 That's always a great example of how.

NOTE Confidence: 0.85598608

00:56:32.580 --> 00:56:33.704 Food can go wrong,

NOTE Confidence: 0.85598608

00:56:33.704 --> 00:56:36.558 so if you look all the way to the left,

NOTE Confidence: 0.85598608

00:56:36.560 --> 00:56:37.980 were looking at Adam Mommy,  
NOTE Confidence: 0.85598608

00:56:37.980 --> 00:56:40.244 this is the most natural source of soy,  
NOTE Confidence: 0.85598608

00:56:40.250 --> 00:56:41.670 right straight from the plant.  
NOTE Confidence: 0.85598608

00:56:41.670 --> 00:56:43.958 From the beginning you shift a little bit  
NOTE Confidence: 0.85598608

00:56:43.958 --> 00:56:46.496 to the right and we have tempeh and me,  
NOTE Confidence: 0.85598608

00:56:46.500 --> 00:56:48.036 so slightly processed, but really good  
NOTE Confidence: 0.85598608

00:56:48.036 --> 00:56:49.620 foods because they include fermentation.  
NOTE Confidence: 0.85598608

00:56:49.620 --> 00:56:50.884 They include natural probiotics  
NOTE Confidence: 0.85598608

00:56:50.884 --> 00:56:53.078 and then we move a little to  
NOTE Confidence: 0.85598608

00:56:53.078 --> 00:56:54.730 the right and we have tofu now.  
NOTE Confidence: 0.85598608

00:56:54.730 --> 00:56:55.531 Tofu is good,  
NOTE Confidence: 0.85598608

00:56:55.531 --> 00:56:57.860 but it's not as good as the enemy,  
NOTE Confidence: 0.85598608

00:56:57.860 --> 00:57:00.700 but if we move all the way to the right,  
NOTE Confidence: 0.85598608

00:57:00.700 --> 00:57:03.024 that's where we start getting into trouble.  
NOTE Confidence: 0.85598608

00:57:03.030 --> 00:57:05.360 That's where we have our  
NOTE Confidence: 0.85598608

00:57:05.360 --> 00:57:07.690 highly processed soy foods so.

NOTE Confidence: 0.85598608

00:57:07.690 --> 00:57:09.380 When you think about what

NOTE Confidence: 0.85598608

00:57:09.380 --> 00:57:11.070 you're putting into your body,

NOTE Confidence: 0.85598608

00:57:11.070 --> 00:57:13.534 I want you to consider how close to

NOTE Confidence: 0.85598608

00:57:13.534 --> 00:57:16.137 the plant the original plant this was.

NOTE Confidence: 0.85598608

00:57:16.140 --> 00:57:18.540 Because when we look at our tofu dogs

NOTE Confidence: 0.85598608

00:57:18.540 --> 00:57:21.209 and are tofurky and their soy patties,

NOTE Confidence: 0.85598608

00:57:21.210 --> 00:57:22.900 those contain so much sodium,

NOTE Confidence: 0.85598608

00:57:22.900 --> 00:57:23.977 so much additives,

NOTE Confidence: 0.85598608

00:57:23.977 --> 00:57:24.336 dyes,

NOTE Confidence: 0.85598608

00:57:24.336 --> 00:57:26.131 and everything else that makes

NOTE Confidence: 0.85598608

00:57:26.131 --> 00:57:28.109 it moves it away from being

NOTE Confidence: 0.85598608

00:57:28.109 --> 00:57:29.659 natural and good for you.

NOTE Confidence: 0.8461969

00:57:31.840 --> 00:57:33.989 So I'm going to steal this quote.

NOTE Confidence: 0.8461969

00:57:33.990 --> 00:57:36.139 I stole this quote from Michael Pollan.

NOTE Confidence: 0.8461969

00:57:36.140 --> 00:57:37.784 If you haven't read Michael Pollan's

NOTE Confidence: 0.8461969

00:57:37.784 --> 00:57:39.520 books on plants and agriculture,  
NOTE Confidence: 0.8461969

00:57:39.520 --> 00:57:41.356 I would really, really recommend it,  
NOTE Confidence: 0.8461969

00:57:41.360 --> 00:57:44.146 but what he says is eat food.  
NOTE Confidence: 0.8461969

00:57:44.150 --> 00:57:48.050 Not too much and mostly plants.  
NOTE Confidence: 0.8461969

00:57:48.050 --> 00:57:49.340 Those are the basic principles,  
NOTE Confidence: 0.8461969

00:57:49.340 --> 00:57:52.616 but let's get back to the myths.  
NOTE Confidence: 0.8461969

00:57:52.620 --> 00:57:54.870 And so. Here's another myth.  
NOTE Confidence: 0.8461969

00:57:54.870 --> 00:57:57.089 This is a superfood and I'm not  
NOTE Confidence: 0.8461969

00:57:57.089 --> 00:57:59.438 picking on bread fruit in particular.  
NOTE Confidence: 0.8461969

00:57:59.440 --> 00:58:00.848 I've never tried breadfruit,  
NOTE Confidence: 0.8461969

00:58:00.848 --> 00:58:02.256 I'm sure it's delicious,  
NOTE Confidence: 0.8461969

00:58:02.260 --> 00:58:04.276 but identifying one single food as  
NOTE Confidence: 0.8461969

00:58:04.276 --> 00:58:06.830 a super food is always a mistake.  
NOTE Confidence: 0.8461969

00:58:06.830 --> 00:58:10.058 So really, what is super food?  
NOTE Confidence: 0.8461969

00:58:10.060 --> 00:58:11.952 Super Food is a nutritious diet.  
NOTE Confidence: 0.8461969

00:58:11.952 --> 00:58:14.510 It's a well balanced and in robust diet.

NOTE Confidence: 0.8461969

00:58:14.510 --> 00:58:17.020 So to the right when you see is the anti

NOTE Confidence: 0.8461969

00:58:17.083 --> 00:58:18.903 inflammatory Kermit and it shouldn't

NOTE Confidence: 0.8461969

00:58:18.903 --> 00:58:21.764 be a surprise that at the bottom of

NOTE Confidence: 0.8461969

00:58:21.764 --> 00:58:23.720 this pyramid we should be getting

NOTE Confidence: 0.8461969

00:58:23.720 --> 00:58:26.444 most in your food and most of their

NOTE Confidence: 0.8461969

00:58:26.444 --> 00:58:28.381 nutrients is fruits and vegetables

NOTE Confidence: 0.8461969

00:58:28.381 --> 00:58:30.895 and and healthy servings of water.

NOTE Confidence: 0.8461969

00:58:30.900 --> 00:58:33.154 Moving up thinking about whole grains and

NOTE Confidence: 0.8461969

00:58:33.154 --> 00:58:35.599 cereal grains and even pasta once in awhile.

NOTE Confidence: 0.8461969

00:58:35.600 --> 00:58:36.548 Beans are great,

NOTE Confidence: 0.8461969

00:58:36.548 --> 00:58:38.128 leggings are great and then

NOTE Confidence: 0.8461969

00:58:38.128 --> 00:58:39.980 we move up to healthy fats.

NOTE Confidence: 0.8461969

00:58:39.980 --> 00:58:42.788 We're going to talk about that in a second.

NOTE Confidence: 0.8461969

00:58:42.790 --> 00:58:45.051 Soy foods will talk about soy foods

NOTE Confidence: 0.8461969

00:58:45.051 --> 00:58:47.488 and then moving up less and less fish.

NOTE Confidence: 0.8461969

00:58:47.490 --> 00:58:49.986 Fish is great and then T healthy spices.

NOTE Confidence: 0.8461969

00:58:49.990 --> 00:58:50.640 You know,

NOTE Confidence: 0.8461969

00:58:50.640 --> 00:58:52.590 this really shouldn't be at the

NOTE Confidence: 0.8461969

00:58:52.590 --> 00:58:54.756 top because you guys can have as

NOTE Confidence: 0.8461969

00:58:54.756 --> 00:58:56.570 much healthy spices as you want.

NOTE Confidence: 0.8461969

00:58:56.570 --> 00:58:59.378 As long as you're adding it to your food.

NOTE Confidence: 0.8461969

00:58:59.380 --> 00:59:01.360 So load up on the spices.

NOTE Confidence: 0.8461969

00:59:01.360 --> 00:59:02.995 Choose organic foods when possible

NOTE Confidence: 0.8461969

00:59:02.995 --> 00:59:05.119 and wash your produce to really

NOTE Confidence: 0.8461969

00:59:05.119 --> 00:59:06.847 minimize the pesticide exposure.

NOTE Confidence: 0.8461969

00:59:06.850 --> 00:59:08.690 Increased fiber intake limit red

NOTE Confidence: 0.8461969

00:59:08.690 --> 00:59:11.581 meat and then try to get fish into

NOTE Confidence: 0.8461969

00:59:11.581 --> 00:59:13.863 your diet and so let's talk about

NOTE Confidence: 0.8461969

00:59:13.938 --> 00:59:16.272 fat because there's a claim that

NOTE Confidence: 0.8461969

00:59:16.272 --> 00:59:18.756 fat is inflammatory can be bad.

NOTE Confidence: 0.8461969

00:59:18.756 --> 00:59:21.997 We heard about fat free diets and.

NOTE Confidence: 0.8461969  
00:59:22.000 --> 00:59:23.430 We have essential facts that  
NOTE Confidence: 0.8461969  
00:59:23.430 --> 00:59:25.904 we need to get in our diet that  
NOTE Confidence: 0.8461969  
00:59:25.904 --> 00:59:27.534 we can't make for ourselves.  
NOTE Confidence: 0.8461969  
00:59:27.540 --> 00:59:28.102 And we,  
NOTE Confidence: 0.8461969  
00:59:28.102 --> 00:59:30.750 the ones that we think of about the most,  
NOTE Confidence: 0.8461969  
00:59:30.750 --> 00:59:31.626 or making six,  
NOTE Confidence: 0.8461969  
00:59:31.626 --> 00:59:32.210 you know,  
NOTE Confidence: 0.8461969  
00:59:32.210 --> 00:59:34.191 make it 3 and it's really about  
NOTE Confidence: 0.8461969  
00:59:34.191 --> 00:59:35.420 maintaining a healthy ratio.  
NOTE Confidence: 0.8461969  
00:59:35.420 --> 00:59:37.532 So the healthy goal and what's  
NOTE Confidence: 0.8461969  
00:59:37.532 --> 00:59:39.648 been shown to decrease cancer risk  
NOTE Confidence: 0.8461969  
00:59:39.648 --> 00:59:41.881 is an Omega 6 to omega-3 ratio  
NOTE Confidence: 0.8461969  
00:59:41.881 --> 00:59:43.930 about 2:00 to 1:00 or even one.  
NOTE Confidence: 0.8461969  
00:59:43.930 --> 00:59:45.358 The Standard American diet,  
NOTE Confidence: 0.8461969  
00:59:45.358 --> 00:59:46.786 which we shortened too.  
NOTE Confidence: 0.8461969

00:59:46.790 --> 00:59:47.504 Sad appropriately.  
NOTE Confidence: 0.8461969

00:59:47.504 --> 00:59:49.289 It's about 14 to one,  
NOTE Confidence: 0.8461969

00:59:49.290 --> 00:59:50.698 so we're completely off,  
NOTE Confidence: 0.8461969

00:59:50.698 --> 00:59:53.236 so it's no wonder that we have  
NOTE Confidence: 0.8461969

00:59:53.236 --> 00:59:55.348 increased cancer in our in in,  
NOTE Confidence: 0.8461969

00:59:55.350 --> 00:59:56.738 in, in United States,  
NOTE Confidence: 0.8461969

00:59:56.738 --> 01:00:00.175 and So what I like to see my patients  
NOTE Confidence: 0.8461969

01:00:00.175 --> 01:00:02.707 do is eating more omega-3 fats.  
NOTE Confidence: 0.8461969

01:00:02.710 --> 01:00:05.338 Things like wild caught fish so  
NOTE Confidence: 0.8461969

01:00:05.338 --> 01:00:07.582 sardines or tuna, or herring,  
NOTE Confidence: 0.8461969

01:00:07.582 --> 01:00:09.887 and wild caught salmon's or  
NOTE Confidence: 0.8461969

01:00:09.887 --> 01:00:12.370 avocados and olives or tree nuts.  
NOTE Confidence: 0.8461969

01:00:12.370 --> 01:00:14.498 We love tree nuts.  
NOTE Confidence: 0.8461969

01:00:14.498 --> 01:00:15.030 Uh,  
NOTE Confidence: 0.8461969

01:00:15.030 --> 01:00:16.008 and then really,  
NOTE Confidence: 0.8461969

01:00:16.008 --> 01:00:17.964 you know there's there's a lot

NOTE Confidence: 0.8461969

01:00:17.964 --> 01:00:19.280 of talk about me,

NOTE Confidence: 0.8461969

01:00:19.280 --> 01:00:21.314 but certain grass fed meat actually

NOTE Confidence: 0.8461969

01:00:21.314 --> 01:00:23.335 has higher omega-3 ratio in that

NOTE Confidence: 0.8461969

01:00:23.335 --> 01:00:25.153 supposed to to factory farmed meat,

NOTE Confidence: 0.8461969

01:00:25.160 --> 01:00:27.776 which which has a higher Omega 6 ratio.

NOTE Confidence: 0.8133884

01:00:27.780 --> 01:00:29.088 Other things like fried

NOTE Confidence: 0.8133884

01:00:29.088 --> 01:00:30.396 foods contain Omega sixes,

NOTE Confidence: 0.8133884

01:00:30.400 --> 01:00:32.344 so it's really easy to Omega

NOTE Confidence: 0.8133884

01:00:32.344 --> 01:00:33.990 sixes 'cause you're enjoying them.

NOTE Confidence: 0.8133884

01:00:33.990 --> 01:00:36.188 Those are the foods that you know

NOTE Confidence: 0.8133884

01:00:36.188 --> 01:00:38.568 we're built to love for some reason,

NOTE Confidence: 0.8133884

01:00:38.570 --> 01:00:39.710 but I want to.

NOTE Confidence: 0.8133884

01:00:39.710 --> 01:00:42.225 I want to see my patients shift over

NOTE Confidence: 0.8133884

01:00:42.225 --> 01:00:44.773 to more Omega threes in their diet.

NOTE Confidence: 0.8577367

01:00:47.120 --> 01:00:49.016 So myth is this a myth.

NOTE Confidence: 0.8577367

01:00:49.020 --> 01:00:51.239 I don't know if it's a myth,  
NOTE Confidence: 0.8577367

01:00:51.240 --> 01:00:53.648 and I think we're still discovering it and  
NOTE Confidence: 0.8577367

01:00:53.648 --> 01:00:55.997 trying to understand it in the science,  
NOTE Confidence: 0.8577367

01:00:56.000 --> 01:00:58.528 but the myth is that cancer loves sugar.  
NOTE Confidence: 0.8577367

01:00:58.530 --> 01:01:00.276 Again, I don't know if the  
NOTE Confidence: 0.8577367

01:01:00.276 --> 01:01:01.849 claim is that cancer consumes  
NOTE Confidence: 0.8577367

01:01:01.849 --> 01:01:03.919 sugar quickly to help it grow,  
NOTE Confidence: 0.8577367

01:01:03.920 --> 01:01:05.906 and what I really recommend for  
NOTE Confidence: 0.8577367

01:01:05.906 --> 01:01:08.451 people is that you consider the type  
NOTE Confidence: 0.8577367

01:01:08.451 --> 01:01:10.749 of sugar that you're consuming OK?  
NOTE Confidence: 0.8577367

01:01:10.750 --> 01:01:12.300 If this is added sugar.  
NOTE Confidence: 0.8577367

01:01:12.300 --> 01:01:15.546 If this is highly refined sugar.  
NOTE Confidence: 0.8577367

01:01:15.550 --> 01:01:16.898 Versus sugar that's coming  
NOTE Confidence: 0.8577367

01:01:16.898 --> 01:01:18.246 from fruits and vegetables.  
NOTE Confidence: 0.8577367

01:01:18.250 --> 01:01:20.954 I say stick to the fruits and vegetables.  
NOTE Confidence: 0.8577367

01:01:20.960 --> 01:01:23.368 I just don't want you to be see

NOTE Confidence: 0.8577367

01:01:23.368 --> 01:01:25.816 deceived when you see cane sugar on

NOTE Confidence: 0.8577367

01:01:25.816 --> 01:01:28.060 something that's still an added sugar.

NOTE Confidence: 0.8577367

01:01:28.060 --> 01:01:29.384 That's still refined sugar.

NOTE Confidence: 0.8577367

01:01:29.384 --> 01:01:32.109 Even though it sounds like it's plant based.

NOTE Confidence: 0.8577367

01:01:32.110 --> 01:01:34.132 So keep the fruits and vegetables

NOTE Confidence: 0.8577367

01:01:34.132 --> 01:01:35.143 in your diet.

NOTE Confidence: 0.8577367

01:01:35.150 --> 01:01:37.088 But really try to remove those

NOTE Confidence: 0.8577367

01:01:37.088 --> 01:01:39.209 processed foods with the added sugars.

NOTE Confidence: 0.8577367

01:01:39.210 --> 01:01:41.738 The other thing I want you to always

NOTE Confidence: 0.8577367

01:01:41.738 --> 01:01:44.276 consider is the glycemic index of foods.

NOTE Confidence: 0.8577367

01:01:44.280 --> 01:01:46.136 So certain foods are.

NOTE Confidence: 0.8577367

01:01:46.136 --> 01:01:48.920 Absorbed differently in the body so.

NOTE Confidence: 0.8577367

01:01:48.920 --> 01:01:50.256 White potatoes, for example,

NOTE Confidence: 0.8577367

01:01:50.256 --> 01:01:52.260 have a very high glycemic index.

NOTE Confidence: 0.8577367

01:01:52.260 --> 01:01:55.200 Our body absorbs that sugar very quickly.

NOTE Confidence: 0.8577367

01:01:55.200 --> 01:01:56.364 Sweet potatoes surprisingly  
NOTE Confidence: 0.8577367

01:01:56.364 --> 01:01:58.692 actually have a low glycemic index,  
NOTE Confidence: 0.8577367

01:01:58.700 --> 01:02:01.268 meaning that the body absorbs it  
NOTE Confidence: 0.8577367

01:02:01.268 --> 01:02:04.259 slowly and can handle it differently.  
NOTE Confidence: 0.8577367

01:02:04.260 --> 01:02:06.618 I'm not going to dive too deep into it,  
NOTE Confidence: 0.8577367

01:02:06.620 --> 01:02:07.930 but it's worth looking into  
NOTE Confidence: 0.8577367

01:02:07.930 --> 01:02:09.240 the glycemic index of foods.  
NOTE Confidence: 0.877630972727273

01:02:11.760 --> 01:02:13.024 So the next man.  
NOTE Confidence: 0.877630972727273

01:02:13.024 --> 01:02:15.570 If it says it's healthy and natural,  
NOTE Confidence: 0.877630972727273

01:02:15.570 --> 01:02:17.424 it's good for you, and that's  
NOTE Confidence: 0.877630972727273

01:02:17.424 --> 01:02:19.010 just not necessarily the case.  
NOTE Confidence: 0.877630972727273

01:02:19.010 --> 01:02:20.690 You know Doctor Boyd did such a  
NOTE Confidence: 0.877630972727273

01:02:20.690 --> 01:02:22.750 good job of describing supplements,  
NOTE Confidence: 0.877630972727273

01:02:22.750 --> 01:02:24.622 and how they seem like they're  
NOTE Confidence: 0.877630972727273

01:02:24.622 --> 01:02:26.180 natural and good for you,  
NOTE Confidence: 0.877630972727273

01:02:26.180 --> 01:02:28.428 but how dangerous they can be and the

NOTE Confidence: 0.877630972727273  
01:02:28.428 --> 01:02:30.994 two foods that I always see patients show  
NOTE Confidence: 0.877630972727273  
01:02:30.994 --> 01:02:33.668 up with saying they're eating a healthy diet,  
NOTE Confidence: 0.877630972727273  
01:02:33.670 --> 01:02:34.918 or granola and oatmeal.  
NOTE Confidence: 0.877630972727273  
01:02:34.918 --> 01:02:36.166 And so I just.  
NOTE Confidence: 0.877630972727273  
01:02:36.170 --> 01:02:37.730 This is an average granola,  
NOTE Confidence: 0.877630972727273  
01:02:37.730 --> 01:02:38.354 nutritional facts,  
NOTE Confidence: 0.877630972727273  
01:02:38.354 --> 01:02:39.290 pretty representative of  
NOTE Confidence: 0.877630972727273  
01:02:39.290 --> 01:02:40.850 most of what's out there,  
NOTE Confidence: 0.877630972727273  
01:02:40.850 --> 01:02:43.786 and if you can see, I know it's small.  
NOTE Confidence: 0.877630972727273  
01:02:43.786 --> 01:02:46.619 But this girl has 17 grams of sugar,  
NOTE Confidence: 0.877630972727273  
01:02:46.620 --> 01:02:50.170 so in this 2/3 of cup you're eating 1/3 of  
NOTE Confidence: 0.877630972727273  
01:02:50.257 --> 01:02:53.806 your recommended sugar intake for the day.  
NOTE Confidence: 0.877630972727273  
01:02:53.810 --> 01:02:55.490 Oatmeal flavored oatmeal packets.  
NOTE Confidence: 0.877630972727273  
01:02:55.490 --> 01:02:58.010 We think we're eating healthy because  
NOTE Confidence: 0.877630972727273  
01:02:58.073 --> 01:02:59.789 it says Apple flavored on it,  
NOTE Confidence: 0.877630972727273

01:02:59.790 --> 01:03:02.408 but really, look at the nutrition facts.  
NOTE Confidence: 0.877630972727273

01:03:02.410 --> 01:03:04.280 13 grams of sugar 200.  
NOTE Confidence: 0.877630972727273

01:03:04.280 --> 01:03:07.248 I can't even see that 260 milligrams of  
NOTE Confidence: 0.877630972727273

01:03:07.248 --> 01:03:10.267 sodium so high in sodium high in sugar.  
NOTE Confidence: 0.877630972727273

01:03:10.270 --> 01:03:13.254 So even though it sounds natural and healthy,  
NOTE Confidence: 0.877630972727273

01:03:13.260 --> 01:03:15.521 you really want to get into the  
NOTE Confidence: 0.877630972727273

01:03:15.521 --> 01:03:17.370 habit of reading ingredients.  
NOTE Confidence: 0.863377

01:03:20.360 --> 01:03:22.292 Myth I need to get my  
NOTE Confidence: 0.863377

01:03:22.292 --> 01:03:23.580 vitamins from my supplements.  
NOTE Confidence: 0.863377

01:03:23.580 --> 01:03:25.421 We just had two speakers do such  
NOTE Confidence: 0.863377

01:03:25.421 --> 01:03:27.292 a wonderful job of describing and  
NOTE Confidence: 0.863377

01:03:27.292 --> 01:03:28.992 explaining why this isn't necessary  
NOTE Confidence: 0.863377

01:03:28.992 --> 01:03:31.503 and that myself and and more Harrigan  
NOTE Confidence: 0.863377

01:03:31.503 --> 01:03:32.919 who's a registered dietitian,  
NOTE Confidence: 0.863377

01:03:32.920 --> 01:03:35.524 wrote an article about the nine most  
NOTE Confidence: 0.863377

01:03:35.524 --> 01:03:37.483 essential vitamins need in your diet

NOTE Confidence: 0.863377

01:03:37.483 --> 01:03:39.680 and how to get them into your diet,

NOTE Confidence: 0.863377

01:03:39.680 --> 01:03:41.927 how to find them in your food,

NOTE Confidence: 0.863377

01:03:41.930 --> 01:03:44.804 and so look up the article

NOTE Confidence: 0.863377

01:03:44.804 --> 01:03:47.440 and give it a read.

NOTE Confidence: 0.863377

01:03:47.440 --> 01:03:50.485 But I know we're going to disagree.

NOTE Confidence: 0.863377

01:03:50.490 --> 01:03:52.290 I know certain patients are going

NOTE Confidence: 0.863377

01:03:52.290 --> 01:03:54.163 to feel strongly about taking their

NOTE Confidence: 0.863377

01:03:54.163 --> 01:03:55.693 vitamins and and every patient

NOTE Confidence: 0.863377

01:03:55.693 --> 01:03:57.422 should have a right to manage

NOTE Confidence: 0.863377

01:03:57.422 --> 01:03:59.186 their own care with the best of

NOTE Confidence: 0.863377

01:03:59.190 --> 01:04:00.930 advice that we can give them.

NOTE Confidence: 0.863377

01:04:00.930 --> 01:04:02.820 And So what in that and I have is

NOTE Confidence: 0.863377

01:04:02.820 --> 01:04:04.299 we've created a supplements clinic

NOTE Confidence: 0.863377

01:04:04.299 --> 01:04:06.862 for patients to come in and really ask

NOTE Confidence: 0.863377

01:04:06.862 --> 01:04:08.932 about the vitamins and the supplements

NOTE Confidence: 0.863377

01:04:08.932 --> 01:04:11.080 they're taking so we can deep dive.  
NOTE Confidence: 0.863377

01:04:11.080 --> 01:04:13.110 We want to make sure they're safe.  
NOTE Confidence: 0.863377

01:04:13.110 --> 01:04:14.972 We want to make sure they're not  
NOTE Confidence: 0.863377

01:04:14.972 --> 01:04:16.444 interacting with your medications and  
NOTE Confidence: 0.863377

01:04:16.444 --> 01:04:18.304 that you're getting the correct dosing  
NOTE Confidence: 0.863377

01:04:18.304 --> 01:04:20.556 and that you're using a reputable source.  
NOTE Confidence: 0.863377

01:04:20.560 --> 01:04:22.582 And we want you to consider  
NOTE Confidence: 0.863377

01:04:22.582 --> 01:04:23.930 dietary sources for them,  
NOTE Confidence: 0.863377

01:04:23.930 --> 01:04:26.946 because I think we all believe that that's  
NOTE Confidence: 0.863377

01:04:26.946 --> 01:04:29.848 the best way to get your supplements.  
NOTE Confidence: 0.863377

01:04:29.850 --> 01:04:32.405 I'll just add this caveat because most  
NOTE Confidence: 0.863377

01:04:32.405 --> 01:04:34.879 patients who come to see me hear this.  
NOTE Confidence: 0.863377

01:04:34.880 --> 01:04:37.280 Most supplements are derived from diet.  
NOTE Confidence: 0.863377

01:04:37.280 --> 01:04:40.017 At no point in this thousands of  
NOTE Confidence: 0.863377

01:04:40.017 --> 01:04:42.471 years of tradition that made healthy  
NOTE Confidence: 0.863377

01:04:42.471 --> 01:04:44.865 diets was this ever intended to

NOTE Confidence: 0.863377

01:04:44.865 --> 01:04:46.880 be in a veggie capsule?

NOTE Confidence: 0.863377

01:04:46.880 --> 01:04:49.800 So I really want you to think about

NOTE Confidence: 0.863377

01:04:49.800 --> 01:04:52.477 getting these supplements in your food.

NOTE Confidence: 0.881689

01:04:55.360 --> 01:04:57.960 Here's another myth that might surprise you.

NOTE Confidence: 0.881689

01:04:57.960 --> 01:04:59.810 Everything needs to be organic.

NOTE Confidence: 0.881689

01:04:59.810 --> 01:05:02.036 Yes, organics really good for you.

NOTE Confidence: 0.881689

01:05:02.040 --> 01:05:05.190 And there was a study in France of 70,000

NOTE Confidence: 0.881689

01:05:05.190 --> 01:05:08.424 people and it seemed that those who are

NOTE Confidence: 0.881689

01:05:08.424 --> 01:05:11.309 consuming organic food had a much lower risk.

NOTE Confidence: 0.881689

01:05:11.310 --> 01:05:13.907 Even 25% lower risk of developing cancer.

NOTE Confidence: 0.881689

01:05:13.910 --> 01:05:16.022 Now that being said, the way

NOTE Confidence: 0.881689

01:05:16.022 --> 01:05:18.359 marketing is designed in this country,

NOTE Confidence: 0.881689

01:05:18.360 --> 01:05:20.215 you have to consider what

NOTE Confidence: 0.881689

01:05:20.215 --> 01:05:21.328 organic really means.

NOTE Confidence: 0.881689

01:05:21.330 --> 01:05:23.628 And organic doesn't always mean healthy.

NOTE Confidence: 0.881689

01:05:23.630 --> 01:05:26.017 And I put Kraft macaroni cheese up  
NOTE Confidence: 0.881689

01:05:26.017 --> 01:05:28.278 here because it might be organic,  
NOTE Confidence: 0.881689

01:05:28.280 --> 01:05:30.428 but that's not what I want.  
NOTE Confidence: 0.881689

01:05:30.430 --> 01:05:32.220 You eating in your diet.  
NOTE Confidence: 0.881689

01:05:32.220 --> 01:05:34.368 I'd rather you eat a conventionally  
NOTE Confidence: 0.881689

01:05:34.368 --> 01:05:35.800 grown apple than organic.  
NOTE Confidence: 0.881689

01:05:35.800 --> 01:05:37.268 Kraft macaroni and cheese.  
NOTE Confidence: 0.881689

01:05:37.268 --> 01:05:40.220 But try to buy organic when you can  
NOTE Confidence: 0.881689

01:05:40.220 --> 01:05:42.600 and buy local buy seasonal buy fresh.  
NOTE Confidence: 0.881689

01:05:42.600 --> 01:05:44.496 Keep in mind that getting the  
NOTE Confidence: 0.881689

01:05:44.496 --> 01:05:46.251 organic label is really quite  
NOTE Confidence: 0.881689

01:05:46.251 --> 01:05:47.967 expensive for certain farmers,  
NOTE Confidence: 0.881689

01:05:47.970 --> 01:05:50.118 and they may be practicing organic,  
NOTE Confidence: 0.881689

01:05:50.120 --> 01:05:52.570 but they may not be able to  
NOTE Confidence: 0.881689

01:05:52.570 --> 01:05:54.170 afford the actual label.  
NOTE Confidence: 0.881689

01:05:54.170 --> 01:05:55.360 So talk to your farmers.

NOTE Confidence: 0.881689  
01:05:55.360 --> 01:05:56.540 Go to your farmers markets  
NOTE Confidence: 0.881689  
01:05:56.540 --> 01:05:57.484 and interact with them.  
NOTE Confidence: 0.85203516  
01:06:00.600 --> 01:06:03.272 The next myth is alkaline water or even  
NOTE Confidence: 0.85203516  
01:06:03.272 --> 01:06:05.580 alkaline food will help prevent cancer,  
NOTE Confidence: 0.85203516  
01:06:05.580 --> 01:06:07.788 and so the claim is that cancer thrives  
NOTE Confidence: 0.85203516  
01:06:07.788 --> 01:06:10.120 in more acidic environments and drinking  
NOTE Confidence: 0.85203516  
01:06:10.120 --> 01:06:12.694 alkaline water or eating alkaline foods.  
NOTE Confidence: 0.85203516  
01:06:12.700 --> 01:06:14.836 Foods will help prevent that right.  
NOTE Confidence: 0.85203516  
01:06:14.840 --> 01:06:16.620 Keeping that acid base balance,  
NOTE Confidence: 0.85203516  
01:06:16.620 --> 01:06:19.105 there's really no evidence to support that.  
NOTE Confidence: 0.85203516  
01:06:19.110 --> 01:06:21.138 The use of alkaline water foods  
NOTE Confidence: 0.85203516  
01:06:21.138 --> 01:06:23.030 is going to prevent cancer,  
NOTE Confidence: 0.85203516  
01:06:23.030 --> 01:06:25.438 and most of the research claims that  
NOTE Confidence: 0.85203516  
01:06:25.438 --> 01:06:27.621 are quoted really happened in a  
NOTE Confidence: 0.85203516  
01:06:27.621 --> 01:06:29.787 laboratory setting and not in humans.  
NOTE Confidence: 0.85203516

01:06:29.790 --> 01:06:31.690 So in Petri dishes, or.  
NOTE Confidence: 0.85203516

01:06:31.690 --> 01:06:34.266 Even maybe in animals, but never in humans.  
NOTE Confidence: 0.85203516

01:06:34.270 --> 01:06:35.922 It's never been shown.  
NOTE Confidence: 0.85203516

01:06:35.922 --> 01:06:38.400 The fact of the matter is,  
NOTE Confidence: 0.85203516

01:06:38.400 --> 01:06:40.030 is that our human Physiology,  
NOTE Confidence: 0.85203516

01:06:40.030 --> 01:06:41.980 our liver or kidneys, or lungs,  
NOTE Confidence: 0.85203516

01:06:41.980 --> 01:06:43.610 are really good at maintaining  
NOTE Confidence: 0.85203516

01:06:43.610 --> 01:06:44.914 an acid base balance,  
NOTE Confidence: 0.85203516

01:06:44.920 --> 01:06:47.202 and so by the time you absorb  
NOTE Confidence: 0.85203516

01:06:47.202 --> 01:06:48.180 that alkaline water,  
NOTE Confidence: 0.85203516

01:06:48.180 --> 01:06:50.880 your body is already readjusted.  
NOTE Confidence: 0.85203516

01:06:50.880 --> 01:06:53.169 It's important to also know that excessive  
NOTE Confidence: 0.85203516

01:06:53.169 --> 01:06:55.818 intake of it can have some side effects,  
NOTE Confidence: 0.85203516

01:06:55.820 --> 01:06:57.656 so alkaline likes to leach calcium  
NOTE Confidence: 0.85203516

01:06:57.656 --> 01:07:00.333 and it can do so from the bone  
NOTE Confidence: 0.85203516

01:07:00.333 --> 01:07:02.068 and possibly create bone issues.

NOTE Confidence: 0.8916819

01:07:05.190 --> 01:07:08.349 OK, so this is the worst news of all.

NOTE Confidence: 0.8916819

01:07:08.350 --> 01:07:11.455 Is the myth that drinking wine is is good

NOTE Confidence: 0.8916819

01:07:11.455 --> 01:07:15.018 for me and the truth is it's it's really not.

NOTE Confidence: 0.8916819

01:07:15.020 --> 01:07:17.379 The thought is that red wine contains

NOTE Confidence: 0.8916819

01:07:17.379 --> 01:07:19.542 high levels of resveratrol which is

NOTE Confidence: 0.8916819

01:07:19.542 --> 01:07:22.040 good for the body, and that's true

NOTE Confidence: 0.8916819

01:07:22.040 --> 01:07:23.790 with respect to cardiovascular health,

NOTE Confidence: 0.8916819

01:07:23.790 --> 01:07:25.545 but hasn't really been shown

NOTE Confidence: 0.8916819

01:07:25.545 --> 01:07:26.598 for cancer outcomes.

NOTE Confidence: 0.8916819

01:07:26.600 --> 01:07:29.120 In fact, can't alcohol intake may

NOTE Confidence: 0.8916819

01:07:29.120 --> 01:07:31.400 increase your risk for cancer?

NOTE Confidence: 0.8916819

01:07:31.400 --> 01:07:33.152 So if you're interested

NOTE Confidence: 0.8916819

01:07:33.152 --> 01:07:34.466 in getting resveratrol.

NOTE Confidence: 0.8916819

01:07:34.470 --> 01:07:36.210 There's other great sources for

NOTE Confidence: 0.8916819

01:07:36.210 --> 01:07:38.359 grapes in their natural form before

NOTE Confidence: 0.8916819

01:07:38.359 --> 01:07:40.099 they were allowed to ferment.  
NOTE Confidence: 0.8916819

01:07:40.100 --> 01:07:40.436 Blueberries,  
NOTE Confidence: 0.8916819

01:07:40.436 --> 01:07:42.788 and even Coco now is drinking because  
NOTE Confidence: 0.8916819

01:07:42.788 --> 01:07:44.609 it's really tough to completely  
NOTE Confidence: 0.8916819

01:07:44.609 --> 01:07:46.434 eliminate drinking from your diet.  
NOTE Confidence: 0.8916819

01:07:46.440 --> 01:07:48.275 The recommendations that I would  
NOTE Confidence: 0.8916819

01:07:48.275 --> 01:07:50.474 make our thinking about drinking red  
NOTE Confidence: 0.8916819

01:07:50.474 --> 01:07:52.304 wine over white wine because red  
NOTE Confidence: 0.8916819

01:07:52.304 --> 01:07:54.180 wine does contain more espirtual.  
NOTE Confidence: 0.8916819

01:07:54.180 --> 01:07:56.292 Be mindful of of the vineyard  
NOTE Confidence: 0.8916819

01:07:56.292 --> 01:07:57.700 that you're buying from,  
NOTE Confidence: 0.8916819

01:07:57.700 --> 01:08:00.455 so think about the practices  
NOTE Confidence: 0.8916819

01:08:00.455 --> 01:08:03.210 and the location of vineyard.  
NOTE Confidence: 0.8916819

01:08:03.210 --> 01:08:04.992 And then really try to limit  
NOTE Confidence: 0.8916819

01:08:04.992 --> 01:08:06.790 your intake to about 5 ounces.  
NOTE Confidence: 0.795402

01:08:11.070 --> 01:08:15.649 So another myth is that soy is bad for you.

NOTE Confidence: 0.795402  
01:08:15.650 --> 01:08:16.922 And the theory is,  
NOTE Confidence: 0.795402  
01:08:16.922 --> 01:08:18.512 and this is particularly with  
NOTE Confidence: 0.795402  
01:08:18.512 --> 01:08:19.899 estrogen sensitive cancers.  
NOTE Confidence: 0.795402  
01:08:19.900 --> 01:08:22.724 Is that soy may mimic or block estrogens.  
NOTE Confidence: 0.795402  
01:08:22.730 --> 01:08:24.884 But in large population studies where  
NOTE Confidence: 0.795402  
01:08:24.884 --> 01:08:26.979 they take large groups of people,  
NOTE Confidence: 0.795402  
01:08:26.980 --> 01:08:29.144 they've actually shown no  
NOTE Confidence: 0.795402  
01:08:29.144 --> 01:08:31.849 increased risk and potential for.  
NOTE Confidence: 0.795402  
01:08:31.850 --> 01:08:36.150 Differential potential for greater survival.  
NOTE Confidence: 0.795402  
01:08:36.150 --> 01:08:38.298 It's a great source of fiber.  
NOTE Confidence: 0.795402  
01:08:38.300 --> 01:08:40.460 It's a great source of protein,  
NOTE Confidence: 0.795402  
01:08:40.460 --> 01:08:42.956 and it's a great source of what we  
NOTE Confidence: 0.795402  
01:08:42.956 --> 01:08:44.826 call phyto chemicals or chemicals  
NOTE Confidence: 0.795402  
01:08:44.826 --> 01:08:47.160 that come from plants back to  
NOTE Confidence: 0.795402  
01:08:47.160 --> 01:08:49.427 the point I was making before.  
NOTE Confidence: 0.795402

01:08:49.430 --> 01:08:49.941 Isoflavones,  
NOTE Confidence: 0.795402

01:08:49.941 --> 01:08:53.518 which are really one of the most  
NOTE Confidence: 0.795402

01:08:53.518 --> 01:08:55.285 wonderful phytochemical and soy  
NOTE Confidence: 0.795402

01:08:55.285 --> 01:08:57.283 contain or have present more in  
NOTE Confidence: 0.795402

01:08:57.283 --> 01:08:59.659 me so than they are in tofu.  
NOTE Confidence: 0.795402

01:08:59.660 --> 01:09:02.148 And so if I didn't give you reassurance,  
NOTE Confidence: 0.795402

01:09:02.150 --> 01:09:03.885 the American Institute of Cancer  
NOTE Confidence: 0.795402

01:09:03.885 --> 01:09:06.223 Research as a whole list of foods  
NOTE Confidence: 0.795402

01:09:06.223 --> 01:09:08.367 that fight cancer and soy is on it.  
NOTE Confidence: 0.795402

01:09:08.370 --> 01:09:10.644 So modern amount of whole soy  
NOTE Confidence: 0.795402

01:09:10.644 --> 01:09:13.220 foods wanted two servings a days is  
NOTE Confidence: 0.795402

01:09:13.220 --> 01:09:15.194 safe and it's likely helpful too.  
NOTE Confidence: 0.795402

01:09:15.200 --> 01:09:15.600 Again,  
NOTE Confidence: 0.795402

01:09:15.600 --> 01:09:18.400 thinking about where you're getting your soy,  
NOTE Confidence: 0.795402

01:09:18.400 --> 01:09:19.600 not soy patties.  
NOTE Confidence: 0.8262261

01:09:22.640 --> 01:09:24.020 So there's a thought that

NOTE Confidence: 0.8262261  
01:09:24.020 --> 01:09:25.400 raw food might be better,  
NOTE Confidence: 0.8262261  
01:09:25.400 --> 01:09:27.272 and the claim is that cooking  
NOTE Confidence: 0.8262261  
01:09:27.272 --> 01:09:29.050 destroys in these vital enzymes.  
NOTE Confidence: 0.8262261  
01:09:29.050 --> 01:09:31.325 And the truth is, is that some  
NOTE Confidence: 0.8262261  
01:09:31.325 --> 01:09:32.860 food actually requires cooking?  
NOTE Confidence: 0.8262261  
01:09:32.860 --> 01:09:35.100 Therese Vital chemicals, so one of the  
NOTE Confidence: 0.8262261  
01:09:35.100 --> 01:09:37.349 best examples is lycopene in tomatoes.  
NOTE Confidence: 0.8262261  
01:09:37.350 --> 01:09:39.772 Cooking your tomatoes is going to release  
NOTE Confidence: 0.8262261  
01:09:39.772 --> 01:09:41.504 lycopene, which has been associated  
NOTE Confidence: 0.8262261  
01:09:41.504 --> 01:09:42.888 with decreased prostate cancer,  
NOTE Confidence: 0.8262261  
01:09:42.890 --> 01:09:43.898 carotenoids, and carrots.  
NOTE Confidence: 0.8262261  
01:09:43.898 --> 01:09:45.914 You need to cook the carrots  
NOTE Confidence: 0.8262261  
01:09:45.914 --> 01:09:47.729 to get the carotenoids out.  
NOTE Confidence: 0.8262261  
01:09:47.730 --> 01:09:49.460 Some food also has toxins.  
NOTE Confidence: 0.8262261  
01:09:49.460 --> 01:09:50.558 If uncooked now,  
NOTE Confidence: 0.8262261

01:09:50.558 --> 01:09:52.388 I've never really recommend button  
NOTE Confidence: 0.8262261

01:09:52.388 --> 01:09:54.696 mushrooms to my patients because I don't  
NOTE Confidence: 0.8262261

01:09:54.696 --> 01:09:56.730 think they have that much benefit.  
NOTE Confidence: 0.8262261

01:09:56.730 --> 01:09:58.162 But all mushrooms have  
NOTE Confidence: 0.8262261

01:09:58.162 --> 01:10:00.310 carcinogens in them if they are.  
NOTE Confidence: 0.8262261

01:10:00.310 --> 01:10:02.417 Uncooked so look out for the mitaki.  
NOTE Confidence: 0.8262261

01:10:02.420 --> 01:10:03.950 This should Taki those cooked  
NOTE Confidence: 0.8262261

01:10:03.950 --> 01:10:05.818 Asian mushrooms was have a lot  
NOTE Confidence: 0.8262261

01:10:05.818 --> 01:10:07.228 of great properties to him,  
NOTE Confidence: 0.8262261

01:10:07.230 --> 01:10:08.946 a lot of great benefits to  
NOTE Confidence: 0.8262261

01:10:08.946 --> 01:10:10.783 them and and start cooking them  
NOTE Confidence: 0.8262261

01:10:10.783 --> 01:10:12.643 in stews and in your diet.  
NOTE Confidence: 0.84284997

01:10:15.370 --> 01:10:18.530 The next myth is that you can't cook,  
NOTE Confidence: 0.84284997

01:10:18.530 --> 01:10:20.636 and so these are some really  
NOTE Confidence: 0.84284997

01:10:20.636 --> 01:10:22.880 nice books that I recommend.  
NOTE Confidence: 0.84284997

01:10:22.880 --> 01:10:24.496 The anti inflammatory Family

NOTE Confidence: 0.84284997

01:10:24.496 --> 01:10:26.516 Cookbook is really focused on

NOTE Confidence: 0.84284997

01:10:26.516 --> 01:10:28.010 children and family dyett,

NOTE Confidence: 0.84284997

01:10:28.010 --> 01:10:30.775 the one pot vegetarian. I really like.

NOTE Confidence: 0.84284997

01:10:30.780 --> 01:10:32.216 It's plant based cookbook.

NOTE Confidence: 0.84284997

01:10:32.216 --> 01:10:35.910 It has a lot of very easy basic recipes.

NOTE Confidence: 0.84284997

01:10:35.910 --> 01:10:38.280 Anything by Rebecca Katz over here.

NOTE Confidence: 0.84284997

01:10:38.280 --> 01:10:41.080 She's written a number of really good books

NOTE Confidence: 0.84284997

01:10:41.080 --> 01:10:44.287 and I think the cancer fighting kitchen.

NOTE Confidence: 0.84284997

01:10:44.290 --> 01:10:47.678 This is one of the best ones.

NOTE Confidence: 0.84284997

01:10:47.680 --> 01:10:49.738 And then fast food good food by

NOTE Confidence: 0.84284997

01:10:49.738 --> 01:10:51.767 Andrew Weil who's one of my mentors?

NOTE Confidence: 0.9217448

01:10:54.240 --> 01:10:55.932 Now we're getting to the end

NOTE Confidence: 0.9217448

01:10:55.932 --> 01:10:58.248 and I want you to remember that.

NOTE Confidence: 0.9217448

01:10:58.250 --> 01:10:59.420 Diet isn't everything.

NOTE Confidence: 0.9217448

01:10:59.420 --> 01:11:02.150 OK, there's so much more to your

NOTE Confidence: 0.9217448

01:11:02.223 --> 01:11:04.989 survivorship that you need to consider,  
NOTE Confidence: 0.9217448

01:11:04.990 --> 01:11:08.122 and you need to nurture and take care of.  
NOTE Confidence: 0.9217448

01:11:08.130 --> 01:11:10.559 You have to think about physical activity,  
NOTE Confidence: 0.9217448

01:11:10.560 --> 01:11:11.601 your psychological health,  
NOTE Confidence: 0.9217448

01:11:11.601 --> 01:11:13.683 and well being your spiritual health.  
NOTE Confidence: 0.9217448

01:11:13.690 --> 01:11:15.778 We don't talk about this enough,  
NOTE Confidence: 0.9217448

01:11:15.780 --> 01:11:17.915 and medicine is the need for spiritual  
NOTE Confidence: 0.9217448

01:11:17.915 --> 01:11:19.960 fulfillment in the survivorship period.  
NOTE Confidence: 0.9217448

01:11:19.960 --> 01:11:21.370 Mind, body activities,  
NOTE Confidence: 0.9217448

01:11:21.370 --> 01:11:23.720 and then just remembering things  
NOTE Confidence: 0.9217448

01:11:23.720 --> 01:11:26.129 are well beyond our control.  
NOTE Confidence: 0.9217448

01:11:26.130 --> 01:11:27.990 And the final myth is that  
NOTE Confidence: 0.9217448

01:11:27.990 --> 01:11:30.100 you should go at this alone.  
NOTE Confidence: 0.9217448

01:11:30.100 --> 01:11:32.732 We have a number of really good resources  
NOTE Confidence: 0.9217448

01:11:32.732 --> 01:11:34.244 through survivorship and through  
NOTE Confidence: 0.9217448

01:11:34.244 --> 01:11:35.836 the integrative medicine program,

NOTE Confidence: 0.9217448

01:11:35.840 --> 01:11:39.080 and we're here to support you and help you.

NOTE Confidence: 0.9217448

01:11:39.080 --> 01:11:41.624 An no question is too small and anything

NOTE Confidence: 0.9217448

01:11:41.624 --> 01:11:43.740 that you're curious about deserves.

NOTE Confidence: 0.9217448

01:11:43.740 --> 01:11:44.456 You know,

NOTE Confidence: 0.9217448

01:11:44.456 --> 01:11:46.962 respect and the thoughtfulness to answer it.

NOTE Confidence: 0.9217448

01:11:46.970 --> 01:11:48.770 So thank you so much.

NOTE Confidence: 0.9217448

01:11:48.770 --> 01:11:51.786 It was an honor to get to speak

NOTE Confidence: 0.9217448

01:11:51.786 --> 01:11:53.971 with Doctor Boyden with Annette

NOTE Confidence: 0.9217448

01:11:53.971 --> 01:11:56.659 and I look forward to any.

NOTE Confidence: 0.9217448

01:11:56.660 --> 01:11:57.880 Questions you guys have.

NOTE Confidence: 0.88137466

01:12:00.200 --> 01:12:02.092 Thank you Doctor Software that

NOTE Confidence: 0.88137466

01:12:02.092 --> 01:12:04.360 was wonderful and your your talk

NOTE Confidence: 0.88137466

01:12:04.427 --> 01:12:06.611 actually answered quite a few questions

NOTE Confidence: 0.88137466

01:12:06.611 --> 01:12:09.270 that came up in our chat already,

NOTE Confidence: 0.88137466

01:12:09.270 --> 01:12:11.916 so but I will go through them.

NOTE Confidence: 0.88137466

01:12:11.920 --> 01:12:13.432 We have a few.  
NOTE Confidence: 0.88137466

01:12:13.432 --> 01:12:15.700 Thank you everybody for sticking around.  
NOTE Confidence: 0.88137466

01:12:15.700 --> 01:12:19.576 I know we're moving along here.  
NOTE Confidence: 0.88137466

01:12:19.580 --> 01:12:22.990 So let's start out with.  
NOTE Confidence: 0.88137466

01:12:22.990 --> 01:12:24.774 Somebody was wondering about  
NOTE Confidence: 0.88137466

01:12:24.774 --> 01:12:27.004 the use of essential oils for  
NOTE Confidence: 0.88137466

01:12:27.004 --> 01:12:29.258 side effects of chemotherapy.  
NOTE Confidence: 0.88137466

01:12:29.260 --> 01:12:31.180 Any knowledge on that?  
NOTE Confidence: 0.88137466

01:12:31.180 --> 01:12:32.140 Anybody on  
NOTE Confidence: 0.85145545

01:12:32.140 --> 01:12:33.580 this panel? There  
NOTE Confidence: 0.87701765625

01:12:33.580 --> 01:12:36.924 is one. And I think it's a really  
NOTE Confidence: 0.87701765625

01:12:36.924 --> 01:12:39.930 important example of the law of  
NOTE Confidence: 0.87701765625

01:12:39.930 --> 01:12:41.746 unintended consequences, and I've  
NOTE Confidence: 0.87701765625

01:12:41.746 --> 01:12:44.074 talked about other things about this.  
NOTE Confidence: 0.87701765625

01:12:44.080 --> 01:12:47.755 A group of researchers from the Netherlands.  
NOTE Confidence: 0.87701765625

01:12:47.760 --> 01:12:50.802 Looked at the use of high

NOTE Confidence: 0.87701765625

01:12:50.802 --> 01:12:53.560 levels of omega-3 fatty acids.

NOTE Confidence: 0.87701765625

01:12:53.560 --> 01:12:56.176 In the presence of certain chemotherapy,

NOTE Confidence: 0.87701765625

01:12:56.180 --> 01:12:57.924 particularly platinum based chemotherapy.

NOTE Confidence: 0.87701765625

01:12:57.924 --> 01:13:00.540 Now when you consume omega-3 fats,

NOTE Confidence: 0.87701765625

01:13:00.540 --> 01:13:02.118 they get incorporated.

NOTE Confidence: 0.87701765625

01:13:02.118 --> 01:13:04.222 These oils get incorporated

NOTE Confidence: 0.87701765625

01:13:04.222 --> 01:13:05.800 into basement membranes.

NOTE Confidence: 0.87701765625

01:13:05.800 --> 01:13:07.590 And what they found was

NOTE Confidence: 0.87701765625

01:13:07.590 --> 01:13:09.380 not only in the tumor,

NOTE Confidence: 0.87701765625

01:13:09.380 --> 01:13:11.345 but in the tumor microenvironment

NOTE Confidence: 0.87701765625

01:13:11.345 --> 01:13:13.310 cells and what they found

NOTE Confidence: 0.87701765625

01:13:13.378 --> 01:13:15.106 was that when you do that,

NOTE Confidence: 0.87701765625

01:13:15.110 --> 01:13:16.895 and you treat with platinum

NOTE Confidence: 0.87701765625

01:13:16.895 --> 01:13:17.609 based chemotherapy,

NOTE Confidence: 0.87701765625

01:13:17.610 --> 01:13:19.308 it cleaves a molecule from the

NOTE Confidence: 0.87701765625

01:13:19.308 --> 01:13:21.449 omega-3 in the in themselves in  
NOTE Confidence: 0.87701765625

01:13:21.449 --> 01:13:23.337 the environment micro environment,  
NOTE Confidence: 0.87701765625

01:13:23.340 --> 01:13:24.772 and it inhibits chemotherapy.  
NOTE Confidence: 0.87701765625

01:13:24.772 --> 01:13:26.204 Response is pretty consistent,  
NOTE Confidence: 0.87701765625

01:13:26.210 --> 01:13:29.066 and then they analyze the levels of omega-3,  
NOTE Confidence: 0.87701765625

01:13:29.070 --> 01:13:31.870 so they caution this was in JAMA Oncology  
NOTE Confidence: 0.87701765625

01:13:31.870 --> 01:13:34.536 two years ago and there were several  
NOTE Confidence: 0.87701765625

01:13:34.536 --> 01:13:36.840 articles that have looked at this.  
NOTE Confidence: 0.87701765625

01:13:36.840 --> 01:13:38.116 And the argument being,  
NOTE Confidence: 0.87701765625

01:13:38.116 --> 01:13:40.880 if you're on a platinum based chemotherapy,  
NOTE Confidence: 0.87701765625

01:13:40.880 --> 01:13:42.715 be careful about high levels  
NOTE Confidence: 0.87701765625

01:13:42.715 --> 01:13:44.550 of omega-3 around that time.  
NOTE Confidence: 0.87701765625

01:13:44.550 --> 01:13:46.210 Everybody raises their eyebrows  
NOTE Confidence: 0.87701765625

01:13:46.210 --> 01:13:47.870 because everybody assumes that  
NOTE Confidence: 0.87701765625

01:13:47.870 --> 01:13:49.690 will make it for you safe.  
NOTE Confidence: 0.87701765625

01:13:49.690 --> 01:13:51.520 But this is another example.

NOTE Confidence: 0.87701765625

01:13:51.520 --> 01:13:53.518 There's more than we realize in

NOTE Confidence: 0.87701765625

01:13:53.518 --> 01:13:55.560 the biology of these nutrients.

NOTE Confidence: 0.87701765625

01:13:55.560 --> 01:13:57.390 When you take high levels,

NOTE Confidence: 0.87701765625

01:13:57.390 --> 01:13:59.525 you're incorporating those into the

NOTE Confidence: 0.87701765625

01:13:59.525 --> 01:14:02.103 cells and remember the vital study

NOTE Confidence: 0.87701765625

01:14:02.103 --> 01:14:04.341 showed no benefit for omega-3 and

NOTE Confidence: 0.87701765625

01:14:04.341 --> 01:14:06.469 either cancer or heart disease.

NOTE Confidence: 0.87701765625

01:14:06.470 --> 01:14:09.430 Right, so this is still a huge assumption.

NOTE Confidence: 0.87701765625

01:14:09.430 --> 01:14:11.280 Even survivorship and use of

NOTE Confidence: 0.87701765625

01:14:11.280 --> 01:14:13.130 Omega threes to prevent cancer.

NOTE Confidence: 0.87701765625

01:14:13.130 --> 01:14:15.770 Weight loss has not been proven

NOTE Confidence: 0.87701765625

01:14:15.770 --> 01:14:17.936 to be correct. It is a.

NOTE Confidence: 0.87701765625

01:14:17.936 --> 01:14:19.910 It is one of those foods that

NOTE Confidence: 0.87701765625

01:14:19.992 --> 01:14:22.667 everybody assumes is really healthy.

NOTE Confidence: 0.87701765625

01:14:22.670 --> 01:14:24.998 Sorry I'm looking.

NOTE Confidence: 0.87701765625

01:14:25.000 --> 01:14:26.438 Yet we the the evidence.  
NOTE Confidence: 0.87701765625

01:14:26.438 --> 01:14:29.278 I think you just I tell my patients if  
NOTE Confidence: 0.87701765625

01:14:29.278 --> 01:14:31.504 they're on a platinum based chemotherapy  
NOTE Confidence: 0.87701765625

01:14:31.504 --> 01:14:33.960 for around the week that they're on.  
NOTE Confidence: 0.87701765625

01:14:33.960 --> 01:14:36.284 It don't have high levels of omega-3.  
NOTE Confidence: 0.87701765625

01:14:36.290 --> 01:14:38.607 I mean 'cause we need to understand.  
NOTE Confidence: 0.87701765625

01:14:38.610 --> 01:14:40.046 They are very adamant.  
NOTE Confidence: 0.87701765625

01:14:40.046 --> 01:14:42.640 They recommended in the in the JAMA  
NOTE Confidence: 0.87701765625

01:14:42.640 --> 01:14:44.872 article to be very careful about  
NOTE Confidence: 0.87701765625

01:14:44.872 --> 01:14:47.483 taking it because we never recognize  
NOTE Confidence: 0.87701765625

01:14:47.483 --> 01:14:49.379 this potential adverse effect.  
NOTE Confidence: 0.87701765625

01:14:49.380 --> 01:14:50.917 Never mind bleeding and the  
NOTE Confidence: 0.87701765625

01:14:50.917 --> 01:14:52.891 other risks it can happen with  
NOTE Confidence: 0.87701765625

01:14:52.891 --> 01:14:54.929 high doses of omega-3 fish oil.  
NOTE Confidence: 0.87701765625

01:14:54.930 --> 01:14:56.654 Any other agents Gary?  
NOTE Confidence: 0.87701765625

01:14:56.654 --> 01:14:57.516 I don't

NOTE Confidence: 0.74584717

01:14:57.520 --> 01:15:02.640 know if I. I so I wanna just distinguish

NOTE Confidence: 0.74584717

01:15:02.640 --> 01:15:05.792 'cause I'm not sure if the individual

NOTE Confidence: 0.74584717

01:15:05.792 --> 01:15:08.672 is asking about essential fatty acids

NOTE Confidence: 0.74584717

01:15:08.672 --> 01:15:11.789 or essential oils right now, right?

NOTE Confidence: 0.74584717

01:15:11.790 --> 01:15:15.486 And so if we're talking about essential oils,

NOTE Confidence: 0.74584717

01:15:15.490 --> 01:15:18.880 I think essential oils are generally

NOTE Confidence: 0.74584717

01:15:18.880 --> 01:15:23.059 safe if taken as as an inhalation.

NOTE Confidence: 0.74584717

01:15:23.060 --> 01:15:25.028 Certain ones like camp for Eucalyptus,

NOTE Confidence: 0.74584717

01:15:25.030 --> 01:15:26.680 can actually lower seizure thresholds,

NOTE Confidence: 0.74584717

01:15:26.680 --> 01:15:29.768 so I'm I'm pretty careful with any of

NOTE Confidence: 0.74584717

01:15:29.768 --> 01:15:32.830 my patients who have a risk for seizure.

NOTE Confidence: 0.74584717

01:15:32.830 --> 01:15:34.210 And recommending them.

NOTE Confidence: 0.74584717

01:15:34.210 --> 01:15:35.590 But besides that,

NOTE Confidence: 0.74584717

01:15:35.590 --> 01:15:39.270 things like lavender used as an inhalant too,

NOTE Confidence: 0.74584717

01:15:39.270 --> 01:15:42.030 can be quite safe and relaxing.

NOTE Confidence: 0.85215247

01:15:43.490 --> 01:15:47.228 Great thank you. Is magnesium safe?  
NOTE Confidence: 0.863965

01:15:52.650 --> 01:15:55.290 I would say if taken at the recommended  
NOTE Confidence: 0.863965

01:15:55.290 --> 01:15:57.028 daily values as we discussed,  
NOTE Confidence: 0.863965

01:15:57.030 --> 01:15:59.046 some patients may be magnesium deficient,  
NOTE Confidence: 0.863965

01:15:59.050 --> 01:16:01.072 so definitely they should be taking  
NOTE Confidence: 0.863965

01:16:01.072 --> 01:16:02.760 a magnesium supplement as well.  
NOTE Confidence: 0.6525712

01:16:04.600 --> 01:16:07.204 About actually induced  
NOTE Confidence: 0.6525712

01:16:07.204 --> 01:16:09.600 magnesium loss. And that  
NOTE Confidence: 0.8465663

01:16:09.600 --> 01:16:11.841 can lead to issues of vitamin D, efficacy,  
NOTE Confidence: 0.8465663

01:16:11.841 --> 01:16:13.808 etc. So you know generally we probably  
NOTE Confidence: 0.8465663

01:16:13.808 --> 01:16:15.758 if you look at national got data,  
NOTE Confidence: 0.8465663

01:16:15.760 --> 01:16:17.160 magnesium deficiency is far more  
NOTE Confidence: 0.8465663

01:16:17.160 --> 01:16:19.120 common than we realize, but you don't  
NOTE Confidence: 0.8465663

01:16:19.120 --> 01:16:21.080 want a lot like everything you know.  
NOTE Confidence: 0.8465663

01:16:21.080 --> 01:16:22.760 You know if you need it,  
NOTE Confidence: 0.8465663

01:16:22.760 --> 01:16:24.552 you should find out where it is to

NOTE Confidence: 0.8465663

01:16:24.552 --> 01:16:25.840 have adequate supplementations.

NOTE Confidence: 0.8465663

01:16:25.840 --> 01:16:26.960 If you need it.

NOTE Confidence: 0.85647684

01:16:28.580 --> 01:16:31.271 So I use. I use some doses of my

NOTE Confidence: 0.85647684

01:16:31.271 --> 01:16:33.640 magnesium to help patients with sleep.

NOTE Confidence: 0.85647684

01:16:33.640 --> 01:16:36.439 I find it helpful in those cases and also

NOTE Confidence: 0.85647684

01:16:36.439 --> 01:16:39.027 use it for for Constipation as well,

NOTE Confidence: 0.85647684

01:16:39.030 --> 01:16:41.389 'cause that can be a side effect.

NOTE Confidence: 0.85647684

01:16:41.390 --> 01:16:43.966 So yes, if taken in the right doses

NOTE Confidence: 0.85647684

01:16:43.966 --> 01:16:46.099 while discussing it with your physician,

NOTE Confidence: 0.85647684

01:16:46.100 --> 01:16:49.150 it can certainly be safe.

NOTE Confidence: 0.85647684

01:16:49.150 --> 01:16:50.778 Right and then also keeping

NOTE Confidence: 0.85647684

01:16:50.778 --> 01:16:52.398 in my magnesium rich foods.

NOTE Confidence: 0.85647684

01:16:52.400 --> 01:16:54.507 OK, so foods like black beans have

NOTE Confidence: 0.85647684

01:16:54.507 --> 01:16:56.628 have lots of magnesium in them,

NOTE Confidence: 0.85647684

01:16:56.630 --> 01:16:58.975 so getting those leggings into your diet

NOTE Confidence: 0.85647684

01:16:58.975 --> 01:17:01.179 and thinking about getting it that way.

NOTE Confidence: 0.83624

01:17:03.270 --> 01:17:05.070 Good point, we have a

NOTE Confidence: 0.83624

01:17:05.070 --> 01:17:06.510 couple of questions about.

NOTE Confidence: 0.83624

01:17:06.510 --> 01:17:08.790 Are there any books about cancer

NOTE Confidence: 0.83624

01:17:08.790 --> 01:17:10.697 and nutrition which you nicely

NOTE Confidence: 0.83624

01:17:10.697 --> 01:17:12.605 had a great slide with many

NOTE Confidence: 0.83624

01:17:12.605 --> 01:17:14.788 of many book options on there.

NOTE Confidence: 0.83624

01:17:14.790 --> 01:17:17.378 We will also again.

NOTE Confidence: 0.83624

01:17:17.380 --> 01:17:20.439 You know we have some resources after

NOTE Confidence: 0.83624

01:17:20.439 --> 01:17:25.217 that will be available to you on our

NOTE Confidence: 0.83624

01:17:25.217 --> 01:17:26.565 [cancercenter.org/survivorship](http://cancercenter.org/survivorship) website

NOTE Confidence: 0.83624

01:17:26.565 --> 01:17:30.428 which will post that at the end too.

NOTE Confidence: 0.8200472

01:17:32.690 --> 01:17:34.556 But see how about we answered

NOTE Confidence: 0.8200472

01:17:34.556 --> 01:17:36.226 a sugar question that was

NOTE Confidence: 0.8200472

01:17:36.226 --> 01:17:37.686 answered in their lecture.

NOTE Confidence: 0.8200472

01:17:37.690 --> 01:17:38.686 What nutrients doctor?

NOTE Confidence: 0.8200472

01:17:38.686 --> 01:17:40.020 Saffer? Yeah, yeah, 'cause

NOTE Confidence: 0.8200472

01:17:40.020 --> 01:17:42.006 I think you know when I

NOTE Confidence: 0.8200472

01:17:42.010 --> 01:17:44.008 gave this talk 2 weeks ago.

NOTE Confidence: 0.8200472

01:17:44.010 --> 01:17:46.334 Yeah, one of the things we're learning,

NOTE Confidence: 0.8200472

01:17:46.340 --> 01:17:48.190 and Walter Willett is described

NOTE Confidence: 0.8200472

01:17:48.190 --> 01:17:50.760 as he called the 4th Paradigm.

NOTE Confidence: 0.8200472

01:17:50.760 --> 01:17:53.478 Vegetables and fruits.

NOTE Confidence: 0.8200472

01:17:53.478 --> 01:17:55.290 Dietary carcinogens.

NOTE Confidence: 0.8200472

01:17:55.290 --> 01:17:56.139 Even dietary vegetables.

NOTE Confidence: 0.8200472

01:17:56.139 --> 01:17:58.120 If you look at across the board.

NOTE Confidence: 0.8200472

01:17:58.120 --> 01:17:59.910 The link with cancer is

NOTE Confidence: 0.8200472

01:17:59.910 --> 01:18:01.700 far less than we realized.

NOTE Confidence: 0.8200472

01:18:01.700 --> 01:18:03.570 Having a healthy plant based

NOTE Confidence: 0.8200472

01:18:03.570 --> 01:18:05.440 diet is clearly the best,

NOTE Confidence: 0.8200472

01:18:05.440 --> 01:18:07.164 but within populations levels

NOTE Confidence: 0.8200472

01:18:07.164 --> 01:18:09.319 of fruits and vegetables the  
NOTE Confidence: 0.8200472

01:18:09.319 --> 01:18:11.393 Eskimos had low cancer risk until  
NOTE Confidence: 0.8200472

01:18:11.393 --> 01:18:13.290 they moved to a sketch one.  
NOTE Confidence: 0.8200472

01:18:13.290 --> 01:18:15.546 But what I was going to get at  
NOTE Confidence: 0.8200472

01:18:15.546 --> 01:18:17.348 is metabolism and your metabolic  
NOTE Confidence: 0.8200472

01:18:17.348 --> 01:18:19.694 status and weight determine how you  
NOTE Confidence: 0.8200472

01:18:19.694 --> 01:18:21.458 handle complex could concentrated  
NOTE Confidence: 0.8200472

01:18:21.458 --> 01:18:23.638 carbohydrates and so for some  
NOTE Confidence: 0.8200472

01:18:23.638 --> 01:18:26.254 people high levels of sugars and  
NOTE Confidence: 0.8200472

01:18:26.254 --> 01:18:27.998 concentrated carbohydrates are really  
NOTE Confidence: 0.8200472

01:18:27.998 --> 01:18:30.224 dangerous and Harvard just came out  
NOTE Confidence: 0.8200472

01:18:30.224 --> 01:18:32.460 with a fascinating study is not yet.  
NOTE Confidence: 0.8200472

01:18:32.460 --> 01:18:34.268 Published where they looked  
NOTE Confidence: 0.8200472

01:18:34.268 --> 01:18:36.528 at the use of quote,  
NOTE Confidence: 0.8200472

01:18:36.530 --> 01:18:38.338 diabetic type dietze and  
NOTE Confidence: 0.8200472

01:18:38.338 --> 01:18:40.598 not not not for diabetes,

NOTE Confidence: 0.8200472

01:18:40.600 --> 01:18:42.860 but people were following diocese.

NOTE Confidence: 0.8200472

01:18:42.860 --> 01:18:45.512 You would use high fruits and

NOTE Confidence: 0.8200472

01:18:45.512 --> 01:18:47.280 vegetables avoiding high concentrated

NOTE Confidence: 0.8200472

01:18:47.348 --> 01:18:49.618 carbohydrates and high levels of

NOTE Confidence: 0.8200472

01:18:49.618 --> 01:18:51.434 of sugar sweetened beverages.

NOTE Confidence: 0.8200472

01:18:51.440 --> 01:18:53.176 Coffee which is beneficial.

NOTE Confidence: 0.8200472

01:18:53.176 --> 01:18:56.420 High levels of nuts and not intake.

NOTE Confidence: 0.8200472

01:18:56.420 --> 01:18:59.730 Reduced levels of saturated fat.

NOTE Confidence: 0.8200472

01:18:59.730 --> 01:19:01.950 And avoiding high glycemic foods,

NOTE Confidence: 0.8200472

01:19:01.950 --> 01:19:04.614 all the things we talked about

NOTE Confidence: 0.8200472

01:19:04.614 --> 01:19:07.588 showed a 25% reduction in cancer

NOTE Confidence: 0.8200472

01:19:07.588 --> 01:19:10.318 progression in women being followed.

NOTE Confidence: 0.8200472

01:19:10.320 --> 01:19:11.636 With with breast cancer,

NOTE Confidence: 0.8200472

01:19:11.636 --> 01:19:14.270 so it seemed to be potentially and again,

NOTE Confidence: 0.8200472

01:19:14.270 --> 01:19:15.254 it's an observation.

NOTE Confidence: 0.8200472

01:19:15.254 --> 01:19:15.910 ULL study,  
NOTE Confidence: 0.8200472

01:19:15.910 --> 01:19:18.862 but they were very careful to look at this,  
NOTE Confidence: 0.8200472

01:19:18.870 --> 01:19:21.012 and it argues about diets that are  
NOTE Confidence: 0.8200472

01:19:21.012 --> 01:19:22.819 designed to lower insulin level,  
NOTE Confidence: 0.8200472

01:19:22.820 --> 01:19:24.364 which is my thing.  
NOTE Confidence: 0.8200472

01:19:24.364 --> 01:19:25.522 Insulin resistance which  
NOTE Confidence: 0.8200472

01:19:25.522 --> 01:19:26.680 activates tumor growth.  
NOTE Confidence: 0.8200472

01:19:26.680 --> 01:19:28.577 And it does sort of contain kind  
NOTE Confidence: 0.8200472

01:19:28.577 --> 01:19:30.366 of Nuggets of truth about all  
NOTE Confidence: 0.8200472

01:19:30.366 --> 01:19:32.202 of these components of diet that  
NOTE Confidence: 0.8200472

01:19:32.202 --> 01:19:34.190 may actually benefit long term  
NOTE Confidence: 0.8200472

01:19:34.190 --> 01:19:35.810 survival in cancer patients.  
NOTE Confidence: 0.8190896

01:19:40.590 --> 01:19:43.299 A minute, what vitamins give you energy?  
NOTE Confidence: 0.8025393

01:19:46.490 --> 01:19:47.490 That you can get from.  
NOTE Confidence: 0.8432154

01:19:49.340 --> 01:19:51.132 So I love. I love recommending  
NOTE Confidence: 0.8432154

01:19:51.132 --> 01:19:52.890 green tea and the reason I

NOTE Confidence: 0.843215399999999

01:19:52.948 --> 01:19:54.940 love recommending routine and you shouldn't

NOTE Confidence: 0.843215399999999

01:19:54.940 --> 01:19:57.226 take it in mass quantities but but

NOTE Confidence: 0.843215399999999

01:19:57.226 --> 01:19:59.643 not only green tea has caffeine in it,

NOTE Confidence: 0.843215399999999

01:19:59.643 --> 01:20:01.904 but it also has certain phyto chemicals

NOTE Confidence: 0.843215399999999

01:20:01.904 --> 01:20:04.625 that that ease and calm the nerves as well.

NOTE Confidence: 0.843215399999999

01:20:04.630 --> 01:20:06.821 So it creates a really nice balance

NOTE Confidence: 0.843215399999999

01:20:06.821 --> 01:20:09.049 between an energetic boost and not getting

NOTE Confidence: 0.843215399999999

01:20:09.049 --> 01:20:11.180 the shakes that coffee might give you.

NOTE Confidence: 0.6437177

01:20:12.560 --> 01:20:15.000 About biotin is biotin safe?

NOTE Confidence: 0.8638762

01:20:20.380 --> 01:20:22.400 Believe it or not, in moderate

NOTE Confidence: 0.8638762

01:20:22.400 --> 01:20:24.520 doses it appears to be safe.

NOTE Confidence: 0.8638762

01:20:24.520 --> 01:20:25.675 You know? Unfortunately,

NOTE Confidence: 0.8638762

01:20:25.675 --> 01:20:28.370 it's one of those nutrients that people

NOTE Confidence: 0.8638762

01:20:28.439 --> 01:20:30.727 love to take for their hair and nails,

NOTE Confidence: 0.8638762

01:20:30.730 --> 01:20:33.145 and clearly it does maybe help to

NOTE Confidence: 0.8638762

01:20:33.145 --> 01:20:35.565 some degree, but I think over using  
NOTE Confidence: 0.8638762

01:20:35.565 --> 01:20:38.325 it is again a nutrient, but it isn't.  
NOTE Confidence: 0.8638762

01:20:38.325 --> 01:20:41.080 It doesn't share the same features of B12,  
NOTE Confidence: 0.8638762

01:20:41.080 --> 01:20:42.750 for instance, which is necessary  
NOTE Confidence: 0.8638762

01:20:42.750 --> 01:20:44.880 for DNA synthesis and cell growth.  
NOTE Confidence: 0.8638762

01:20:44.880 --> 01:20:47.640 You know it doesn't have those same features,  
NOTE Confidence: 0.8638762

01:20:47.640 --> 01:20:49.710 but again, don't take too much.  
NOTE Confidence: 0.86914206

01:20:52.770 --> 01:20:55.620 And what's an ideal amount of  
NOTE Confidence: 0.86914206

01:20:55.620 --> 01:20:57.930 daily protein consumption for men?  
NOTE Confidence: 0.82926434

01:21:03.220 --> 01:21:04.340 Depends on your age.  
NOTE Confidence: 0.85994583

01:21:06.350 --> 01:21:08.730 You know .8 grams per kilo there.  
NOTE Confidence: 0.85994583

01:21:08.730 --> 01:21:09.750 There's some calculations,  
NOTE Confidence: 0.85994583

01:21:09.750 --> 01:21:11.450 but if you're over 65,  
NOTE Confidence: 0.85994583

01:21:11.450 --> 01:21:14.006 the level of protein intake is needs to be  
NOTE Confidence: 0.85994583

01:21:14.006 --> 01:21:16.548 higher to maintain adequate muscle synthesis.  
NOTE Confidence: 0.85994583

01:21:16.550 --> 01:21:19.021 They've shown that we become less efficient

NOTE Confidence: 0.85994583

01:21:19.021 --> 01:21:21.648 at muscle protein synthesis as we get older,

NOTE Confidence: 0.85994583

01:21:21.650 --> 01:21:23.435 and so they've been guidelines

NOTE Confidence: 0.85994583

01:21:23.435 --> 01:21:25.729 that say we need to go up.

NOTE Confidence: 0.85994583

01:21:25.730 --> 01:21:28.110 And also if people are chronically ill,

NOTE Confidence: 0.85994583

01:21:28.110 --> 01:21:30.700 we need to maintain adequate levels of

NOTE Confidence: 0.85994583

01:21:30.700 --> 01:21:33.472 protein because one of the worst things that

NOTE Confidence: 0.85994583

01:21:33.472 --> 01:21:36.090 can happen is weight loss and sarcopenia.

NOTE Confidence: 0.85994583

01:21:36.090 --> 01:21:38.529 That is, loss of muscle mass is a major

NOTE Confidence: 0.85994583

01:21:38.529 --> 01:21:40.907 cause of toxicity and impaired survival,

NOTE Confidence: 0.85994583

01:21:40.910 --> 01:21:42.830 and in poor quality of life.

NOTE Confidence: 0.85994583

01:21:42.830 --> 01:21:45.133 So dietary protein is important in those

NOTE Confidence: 0.85994583

01:21:45.133 --> 01:21:46.998 populations in patients who have cancer,

NOTE Confidence: 0.85994583

01:21:47.000 --> 01:21:48.284 but if you're older,

NOTE Confidence: 0.85994583

01:21:48.284 --> 01:21:49.247 you're less deficient,

NOTE Confidence: 0.85994583

01:21:49.250 --> 01:21:50.860 so you may need less.

NOTE Confidence: 0.85994583

01:21:50.860 --> 01:21:53.422 And by the way, we probably get  
NOTE Confidence: 0.85994583

01:21:53.422 --> 01:21:55.898 too much protein when we're young.  
NOTE Confidence: 0.85994583

01:21:55.900 --> 01:21:58.420 You know we were really enriched in protein,  
NOTE Confidence: 0.85994583

01:21:58.420 --> 01:22:00.268 and they've shown that in babies  
NOTE Confidence: 0.85994583

01:22:00.268 --> 01:22:02.515 who have twice as much protein in  
NOTE Confidence: 0.85994583

01:22:02.515 --> 01:22:04.720 formula as they do in mothers milk,  
NOTE Confidence: 0.85994583

01:22:04.720 --> 01:22:06.592 they have a higher incidence of  
NOTE Confidence: 0.85994583

01:22:06.592 --> 01:22:08.484 obesity and they actually lower the  
NOTE Confidence: 0.85994583

01:22:08.484 --> 01:22:10.254 protein level in the formula and  
NOTE Confidence: 0.85994583

01:22:10.254 --> 01:22:12.217 they reduce the obesity in children  
NOTE Confidence: 0.85994583

01:22:12.217 --> 01:22:13.857 in multiple centers in Europe.  
NOTE Confidence: 0.85994583

01:22:13.860 --> 01:22:14.802 So you know,  
NOTE Confidence: 0.85994583

01:22:14.802 --> 01:22:16.058 we load up protein,  
NOTE Confidence: 0.85994583

01:22:16.060 --> 01:22:17.950 but you don't need that much.  
NOTE Confidence: 0.8360593

01:22:20.220 --> 01:22:21.740 There any thoughts about that?  
NOTE Confidence: 0.8584235

01:22:24.040 --> 01:22:25.905 No, I think I think you

NOTE Confidence: 0.8584235

01:22:25.905 --> 01:22:26.838 covered it beautifully,

NOTE Confidence: 0.8584235

01:22:26.840 --> 01:22:27.770 but plant based

NOTE Confidence: 0.8584235

01:22:27.770 --> 01:22:29.014 protein is healthier than

NOTE Confidence: 0.8584235

01:22:29.014 --> 01:22:29.947 animal based protein.

NOTE Confidence: 0.8584235

01:22:29.950 --> 01:22:32.480 A number of studies have shown that.

NOTE Confidence: 0.8584235

01:22:32.480 --> 01:22:34.532 I am a base protein,

NOTE Confidence: 0.8584235

01:22:34.532 --> 01:22:36.272 higher mortality in low carb

NOTE Confidence: 0.8584235

01:22:36.272 --> 01:22:37.880 diets with high protein,

NOTE Confidence: 0.8584235

01:22:37.880 --> 01:22:39.705 higher plant based protein with

NOTE Confidence: 0.8584235

01:22:39.705 --> 01:22:41.686 low carb diets, less mortality,

NOTE Confidence: 0.8584235

01:22:41.686 --> 01:22:45.230 so plant based still is the best within

NOTE Confidence: 0.8584235

01:22:45.317 --> 01:22:48.059 the balance of my macro nutrients.

NOTE Confidence: 0.8584235

01:22:48.060 --> 01:22:51.650 Great. Uhm? We

NOTE Confidence: 0.9400712

01:22:51.650 --> 01:22:53.678 have a question about.

NOTE Confidence: 0.7748551

01:22:57.210 --> 01:22:59.666 Moss said on this scrolling here Doctor

NOTE Confidence: 0.7748551

01:22:59.666 --> 01:23:02.054 Sopher, what nutrients do you find to  
NOTE Confidence: 0.7748551

01:23:02.054 --> 01:23:04.930 be the hardest to get from diet alone?  
NOTE Confidence: 0.8906989

01:23:06.190 --> 01:23:07.694 I would say vitamin D is  
NOTE Confidence: 0.8906989

01:23:07.694 --> 01:23:09.200 probably the toughest to get to  
NOTE Confidence: 0.8906989

01:23:09.256 --> 01:23:10.456 get in your diet alone.  
NOTE Confidence: 0.8593497

01:23:13.820 --> 01:23:15.885 And are there yeah easy there  
NOTE Confidence: 0.8593497

01:23:15.885 --> 01:23:17.590 any good and reliable websites  
NOTE Confidence: 0.8593497

01:23:17.658 --> 01:23:19.835 to find out about the benefits and  
NOTE Confidence: 0.8593497

01:23:19.835 --> 01:23:21.989 risks of various Chinese medicine's?  
NOTE Confidence: 0.8593497

01:23:21.990 --> 01:23:24.328 I lived in China for 20 plus  
NOTE Confidence: 0.8593497

01:23:24.328 --> 01:23:26.960 years and my wife is from there.  
NOTE Confidence: 0.8593497

01:23:26.960 --> 01:23:29.270 She often encourages me to eat sea  
NOTE Confidence: 0.8593497

01:23:29.270 --> 01:23:31.454 cucumbers and Caterpillar fungus which are  
NOTE Confidence: 0.8593497

01:23:31.454 --> 01:23:33.344 supposedly good for preventing cancer.  
NOTE Confidence: 0.8593497

01:23:33.350 --> 01:23:35.120 But after hearing tonight's presentations,  
NOTE Confidence: 0.8593497

01:23:35.120 --> 01:23:37.991 I wonder if there are any true in clinically

NOTE Confidence: 0.8593497

01:23:37.991 --> 01:23:40.195 proven benefits or potential risks in

NOTE Confidence: 0.8593497

01:23:40.195 --> 01:23:42.580 eating these foods in large amounts.

NOTE Confidence: 0.8549893

01:23:43.720 --> 01:23:46.736 So I think what we find with with

NOTE Confidence: 0.8549893

01:23:46.736 --> 01:23:49.278 herbs from China, unfortunately is as

NOTE Confidence: 0.8549893

01:23:49.278 --> 01:23:51.258 poorly regulated supplements are here.

NOTE Confidence: 0.8549893

01:23:51.260 --> 01:23:53.642 They are, they're quite poorly regulated

NOTE Confidence: 0.8549893

01:23:53.642 --> 01:23:56.029 over there time and time again.

NOTE Confidence: 0.8549893

01:23:56.030 --> 01:23:58.412 Studies have shown that they've been

NOTE Confidence: 0.8549893

01:23:58.412 --> 01:24:00.000 adulterated with other products.

NOTE Confidence: 0.8549893

01:24:00.000 --> 01:24:02.910 You know, the most famous and

NOTE Confidence: 0.8549893

01:24:02.910 --> 01:24:05.900 probably the most humorous is is mail.

NOTE Confidence: 0.8549893

01:24:05.900 --> 01:24:09.029 Male Chinese herbs coming over and turning

NOTE Confidence: 0.8549893

01:24:09.029 --> 01:24:13.300 out to be just adulterated with Niagara so.

NOTE Confidence: 0.8549893

01:24:13.300 --> 01:24:15.370 Yeah, I think I think I would

NOTE Confidence: 0.8549893

01:24:15.370 --> 01:24:17.260 use a lot of caution.

NOTE Confidence: 0.8549893

01:24:17.260 --> 01:24:18.223 That being said,  
NOTE Confidence: 0.8549893

01:24:18.223 --> 01:24:20.890 there's a lot of promise with Chinese herbs,  
NOTE Confidence: 0.8549893

01:24:20.890 --> 01:24:23.860 and there's a lot of research going into it,  
NOTE Confidence: 0.8549893

01:24:23.860 --> 01:24:26.160 but I would say the best one is one of  
NOTE Confidence: 0.8549893

01:24:26.221 --> 01:24:28.336 my favorite resources that's that's  
NOTE Confidence: 0.8549893

01:24:28.336 --> 01:24:30.451 freely available for everybody is.  
NOTE Confidence: 0.8549893

01:24:30.460 --> 01:24:32.602 Memorial Sloan Kettering has a website  
NOTE Confidence: 0.8549893

01:24:32.602 --> 01:24:34.908 called about herbs that that is a  
NOTE Confidence: 0.8549893

01:24:34.908 --> 01:24:36.534 great resource and covers a huge  
NOTE Confidence: 0.8549893

01:24:36.534 --> 01:24:38.709 huge amount of herbs and supplements,  
NOTE Confidence: 0.8549893

01:24:38.710 --> 01:24:42.406 and discusses their safety and risks.  
NOTE Confidence: 0.8549893

01:24:42.410 --> 01:24:42.970 Great.  
NOTE Confidence: 0.8554707

01:24:44.590 --> 01:24:46.270 Here's one about the green tea  
NOTE Confidence: 0.8554707

01:24:46.270 --> 01:24:47.981 that you mentioned is that amount  
NOTE Confidence: 0.8554707

01:24:47.981 --> 01:24:49.829 of caffeine OK on a daily basis?  
NOTE Confidence: 0.8554707

01:24:49.830 --> 01:24:51.587 A couple of day I was told

NOTE Confidence: 0.8554707

01:24:51.587 --> 01:24:52.870 no caffeine post surgery,

NOTE Confidence: 0.8554707

01:24:52.870 --> 01:24:54.526 but I missed the green tea.

NOTE Confidence: 0.8538702

01:24:56.160 --> 01:24:57.400 Everybody metabolizes caffeine differently.

NOTE Confidence: 0.8538702

01:24:57.400 --> 01:24:59.370 You know, I. So I think you

NOTE Confidence: 0.8538702

01:24:59.370 --> 01:25:01.430 have to use your own judgment.

NOTE Confidence: 0.8538702

01:25:01.430 --> 01:25:03.579 I wouldn't go past a couple for

NOTE Confidence: 0.8538702

01:25:03.579 --> 01:25:05.770 you during the day, but but it,

NOTE Confidence: 0.8538702

01:25:05.770 --> 01:25:07.630 but it should be generally safe.

NOTE Confidence: 0.8538702

01:25:07.630 --> 01:25:10.110 I would talk to your physician about it,

NOTE Confidence: 0.8538702

01:25:10.110 --> 01:25:11.790 'cause I don't know your individual

NOTE Confidence: 0.8538702

01:25:11.790 --> 01:25:13.296 circumstance and and I would

NOTE Confidence: 0.8538702

01:25:13.296 --> 01:25:14.986 trust your physician and an

NOTE Confidence: 0.8538702

01:25:14.986 --> 01:25:16.000 their recommendations though.

NOTE Confidence: 0.8354432

01:25:17.200 --> 01:25:19.270 Great also wanted to mention there's

NOTE Confidence: 0.8354432

01:25:19.270 --> 01:25:21.370 a lot of green tea supplements

NOTE Confidence: 0.8354432

01:25:21.434 --> 01:25:22.558 out there as well.  
NOTE Confidence: 0.8354432

01:25:22.560 --> 01:25:25.024 I would probably try to stick with the  
NOTE Confidence: 0.8354432

01:25:25.024 --> 01:25:27.589 green just actually the green tea itself,  
NOTE Confidence: 0.8354432

01:25:27.590 --> 01:25:29.265 not a concentrated like green  
NOTE Confidence: 0.8354432

01:25:29.265 --> 01:25:30.940 tea supplement or EG CG.  
NOTE Confidence: 0.8354432

01:25:30.940 --> 01:25:31.945 Something like that.  
NOTE Confidence: 0.8354432

01:25:31.945 --> 01:25:33.620 The green tea itself is  
NOTE Confidence: 0.8354432

01:25:33.620 --> 01:25:35.630 in small amounts would be OK.  
NOTE Confidence: 0.8354432

01:25:35.630 --> 01:25:37.018 Absolutely those supplements can  
NOTE Confidence: 0.8354432

01:25:37.018 --> 01:25:39.310 cause liver damage and we've seen it.  
NOTE Confidence: 0.8354432

01:25:39.310 --> 01:25:40.650 It's it's not theoretical,  
NOTE Confidence: 0.8354432

01:25:40.650 --> 01:25:42.325 so it's a great point.  
NOTE Confidence: 0.59949416

01:25:46.660 --> 01:25:47.860 Heather, you're muted.  
NOTE Confidence: 0.806646

01:25:50.030 --> 01:25:52.016 We have one here about CBD.  
NOTE Confidence: 0.806646

01:25:52.020 --> 01:25:54.748 I have frequent issues with waking in the  
NOTE Confidence: 0.806646

01:25:54.748 --> 01:25:57.308 middle of the night and up for hours.

NOTE Confidence: 0.806646

01:25:57.310 --> 01:25:59.390 Very tired the next day

NOTE Confidence: 0.806646

01:25:59.390 --> 01:26:01.054 due to interrupted sleep.

NOTE Confidence: 0.806646

01:26:01.060 --> 01:26:03.298 Took a trial dose of CBD,

NOTE Confidence: 0.806646

01:26:03.300 --> 01:26:05.909 30 milligrams, maybe it was too low.

NOTE Confidence: 0.806646

01:26:05.910 --> 01:26:06.710 Wasn't helpful.

NOTE Confidence: 0.806646

01:26:06.710 --> 01:26:08.710 Any suggestions regarding the dose

NOTE Confidence: 0.806646

01:26:08.710 --> 01:26:10.759 or other supplements to help sleep?

NOTE Confidence: 0.88175315

01:26:12.400 --> 01:26:14.260 So my first suggestion here is

NOTE Confidence: 0.88175315

01:26:14.260 --> 01:26:15.822 is always making patients aware

NOTE Confidence: 0.88175315

01:26:15.822 --> 01:26:17.642 that waking up in the middle of

NOTE Confidence: 0.88175315

01:26:17.642 --> 01:26:19.389 the night is completely normal.

NOTE Confidence: 0.88175315

01:26:19.390 --> 01:26:20.910 It happens to everybody and

NOTE Confidence: 0.88175315

01:26:20.910 --> 01:26:22.430 some people don't realize it.

NOTE Confidence: 0.88175315

01:26:22.430 --> 01:26:24.176 But they're waking up with everybody

NOTE Confidence: 0.88175315

01:26:24.176 --> 01:26:26.650 wakes up and I have to tell you

NOTE Confidence: 0.88175315

01:26:26.650 --> 01:26:28.205 from my own personal experience,  
NOTE Confidence: 0.88175315

01:26:28.210 --> 01:26:30.247 I was somebody who would wake up  
NOTE Confidence: 0.88175315

01:26:30.247 --> 01:26:32.427 in the middle of the night and  
NOTE Confidence: 0.88175315

01:26:32.427 --> 01:26:34.287 my mind would just start racing,  
NOTE Confidence: 0.88175315

01:26:34.290 --> 01:26:34.896 racing, racing.  
NOTE Confidence: 0.88175315

01:26:34.896 --> 01:26:36.714 I'm never going to fall asleep.  
NOTE Confidence: 0.88175315

01:26:36.720 --> 01:26:38.848 I'm gonna be tired in the morning.  
NOTE Confidence: 0.88175315

01:26:38.850 --> 01:26:41.577 This is gonna ruin my day yadda yadda yadda.  
NOTE Confidence: 0.88175315

01:26:41.580 --> 01:26:43.925 Just somebody telling me that fact alone.  
NOTE Confidence: 0.88175315

01:26:43.930 --> 01:26:47.926 Allowed me to go to sleep much more easily.  
NOTE Confidence: 0.88175315

01:26:47.930 --> 01:26:50.114 Now, if it's still an issue for you  
NOTE Confidence: 0.88175315

01:26:50.114 --> 01:26:52.327 after you know that the thing that  
NOTE Confidence: 0.88175315

01:26:52.327 --> 01:26:54.437 I've actually found the most useful  
NOTE Confidence: 0.88175315

01:26:54.437 --> 01:26:56.622 for patients having difficulty falling  
NOTE Confidence: 0.88175315

01:26:56.622 --> 01:26:59.066 asleep is something called sleep stories.  
NOTE Confidence: 0.88175315

01:26:59.066 --> 01:27:00.458 It's it's an app,

NOTE Confidence: 0.88175315

01:27:00.460 --> 01:27:02.200 it's on the com app.

NOTE Confidence: 0.88175315

01:27:02.200 --> 01:27:04.288 It's a 7 day free trial,

NOTE Confidence: 0.88175315

01:27:04.290 --> 01:27:06.719 so you can give it a shot.

NOTE Confidence: 0.88175315

01:27:06.720 --> 01:27:08.460 They're really, really boring stories,

NOTE Confidence: 0.88175315

01:27:08.460 --> 01:27:11.127 and I've used it myself and it's

NOTE Confidence: 0.88175315

01:27:11.127 --> 01:27:13.260 really helpful to fall asleep.

NOTE Confidence: 0.88175315

01:27:13.260 --> 01:27:15.676 Give that a shot first before anything else.

NOTE Confidence: 0.84710073

01:27:16.670 --> 01:27:18.670 I love that I'm going to try it

NOTE Confidence: 0.84710073

01:27:18.670 --> 01:27:19.670 myself. Yeah, try it.

NOTE Confidence: 0.8192039

01:27:20.730 --> 01:27:22.710 Can you share your thoughts

NOTE Confidence: 0.8192039

01:27:22.710 --> 01:27:24.294 on the Gerson therapy?

NOTE Confidence: 0.8192039

01:27:24.300 --> 01:27:25.928 Anybody familiar with that?

NOTE Confidence: 0.84734315

01:27:29.760 --> 01:27:30.588 After boy do you

NOTE Confidence: 0.84734315

01:27:30.590 --> 01:27:32.254 want to take this one I? I suspect

NOTE Confidence: 0.84734315

01:27:32.254 --> 01:27:33.703 you've seen this more than I have,

NOTE Confidence: 0.84734315

01:27:33.710 --> 01:27:37.420 but I'm happy to talk about it too. I  
NOTE Confidence: 0.8288954

01:27:37.420 --> 01:27:39.772 have a lot of patients who use many  
NOTE Confidence: 0.8288954

01:27:39.772 --> 01:27:42.368 of these alternative dietary programs.  
NOTE Confidence: 0.8288954

01:27:42.370 --> 01:27:44.656 They are promoted and they're very,  
NOTE Confidence: 0.8288954

01:27:44.660 --> 01:27:46.946 very in what they, you know,  
NOTE Confidence: 0.8288954

01:27:46.950 --> 01:27:48.470 natural supplements, natural foods,  
NOTE Confidence: 0.8288954

01:27:48.470 --> 01:27:50.040 high juices, you know,  
NOTE Confidence: 0.8288954

01:27:50.040 --> 01:27:52.875 in the Gerson is of multiple dietary  
NOTE Confidence: 0.8288954

01:27:52.875 --> 01:27:55.706 approach and a lot of people follow that,  
NOTE Confidence: 0.8288954

01:27:55.710 --> 01:27:57.615 but they they the dilemma  
NOTE Confidence: 0.8288954

01:27:57.615 --> 01:27:59.520 with this is number one.  
NOTE Confidence: 0.8288954

01:27:59.520 --> 01:28:01.806 People will often use it in  
NOTE Confidence: 0.8288954

01:28:01.806 --> 01:28:03.330 lieu of conventional therapy,  
NOTE Confidence: 0.8288954

01:28:03.330 --> 01:28:05.230 which is dangerous and #2.  
NOTE Confidence: 0.8288954

01:28:05.230 --> 01:28:06.846 There's really no evidence  
NOTE Confidence: 0.8288954

01:28:06.846 --> 01:28:08.866 that any of these have.

NOTE Confidence: 0.8288954

01:28:08.870 --> 01:28:09.562 Substantial benefit,

NOTE Confidence: 0.8288954

01:28:09.562 --> 01:28:12.330 I mean we see this all the time.

NOTE Confidence: 0.8288954

01:28:12.330 --> 01:28:14.553 This is a very big dilemma in the world

NOTE Confidence: 0.8288954

01:28:14.553 --> 01:28:17.168 of conventional and alternative therapies.

NOTE Confidence: 0.8288954

01:28:17.170 --> 01:28:18.169 So I mean,

NOTE Confidence: 0.8288954

01:28:18.169 --> 01:28:20.980 that's one of many different diets out there.

NOTE Confidence: 0.8288954

01:28:20.980 --> 01:28:22.710 Gary mentioned the alkaline diet,

NOTE Confidence: 0.8288954

01:28:22.710 --> 01:28:23.400 you know,

NOTE Confidence: 0.8288954

01:28:23.400 --> 01:28:25.125 and that's again very common.

NOTE Confidence: 0.85518044

01:28:27.940 --> 01:28:29.999 I mean, as a as a popular approach

NOTE Confidence: 0.85518044

01:28:29.999 --> 01:28:31.808 that has not been shown to be,

NOTE Confidence: 0.85518044

01:28:31.810 --> 01:28:33.100 you pee out the alkali.

NOTE Confidence: 0.85518044

01:28:33.100 --> 01:28:35.156 That's why it shows up in the urine.

NOTE Confidence: 0.85518044

01:28:35.160 --> 01:28:36.966 That's the body's way of controlling pH.

NOTE Confidence: 0.844649268666667

01:28:39.270 --> 01:28:42.735 OK. So I will see the American Cancer Society

NOTE Confidence: 0.844649268666667

01:28:42.735 --> 01:28:45.467 recommends strongly against the Gerson diet.  
NOTE Confidence: 0.844649268666667

01:28:45.470 --> 01:28:47.365 It can cause actual nutritional  
NOTE Confidence: 0.844649268666667

01:28:47.365 --> 01:28:49.650 deficiencies because because of what it is,  
NOTE Confidence: 0.844649268666667

01:28:49.650 --> 01:28:52.352 I don't like juicing because you're taking  
NOTE Confidence: 0.844649268666667

01:28:52.352 --> 01:28:55.439 away so much of the fiber and so much  
NOTE Confidence: 0.844649268666667

01:28:55.439 --> 01:28:58.095 of what makes fruit good for you that  
NOTE Confidence: 0.844649268666667

01:28:58.095 --> 01:29:01.146 you're really missing out on a lot of it.  
NOTE Confidence: 0.844649268666667

01:29:01.146 --> 01:29:03.960 There's also a component in the Gerson diet,  
NOTE Confidence: 0.844649268666667

01:29:03.960 --> 01:29:05.710 which I strongly recommend against,  
NOTE Confidence: 0.844649268666667

01:29:05.710 --> 01:29:07.278 which is coffee enemas.  
NOTE Confidence: 0.844649268666667

01:29:07.278 --> 01:29:08.846 These coffee enemas have  
NOTE Confidence: 0.844649268666667

01:29:08.846 --> 01:29:10.587 really caused a lot of harm,  
NOTE Confidence: 0.844649268666667

01:29:10.590 --> 01:29:12.340 with patients really quite dangerous.  
NOTE Confidence: 0.8985877

01:29:14.510 --> 01:29:15.858 Great information, so we're going  
NOTE Confidence: 0.8985877

01:29:15.858 --> 01:29:17.650 to go through two more of our  
NOTE Confidence: 0.8985877

01:29:17.708 --> 01:29:20.025 questions and then we will answer some

NOTE Confidence: 0.8985877

01:29:20.025 --> 01:29:22.151 of these questions offline after I don't

NOTE Confidence: 0.8985877

01:29:22.151 --> 01:29:24.825 want to take up too much more time here,

NOTE Confidence: 0.8985877

01:29:24.825 --> 01:29:27.310 but we've got a few more left.

NOTE Confidence: 0.8985877

01:29:27.310 --> 01:29:30.289 And then will lagaf and will have to have

NOTE Confidence: 0.8985877

01:29:30.289 --> 01:29:32.762 another Part 2 of this series because

NOTE Confidence: 0.8985877

01:29:32.762 --> 01:29:35.140 the questions and the information just

NOTE Confidence: 0.8985877

01:29:35.140 --> 01:29:37.930 keep coming and it's really wonderful.

NOTE Confidence: 0.8985877

01:29:37.930 --> 01:29:40.240 So would it be beneficial to cancer

NOTE Confidence: 0.8985877

01:29:40.240 --> 01:29:42.122 patients and survivors to have periodic

NOTE Confidence: 0.8985877

01:29:42.122 --> 01:29:44.451 blood work to look at the levels of

NOTE Confidence: 0.8985877

01:29:44.451 --> 01:29:46.677 minerals or vitamins to see if supplements

NOTE Confidence: 0.8985877

01:29:46.677 --> 01:29:48.568 are needed or should be illuminated?

NOTE Confidence: 0.84763545

01:29:55.280 --> 01:29:57.758 So for us as doctors lab tests,

NOTE Confidence: 0.84763545

01:29:57.760 --> 01:30:00.077 it's very important that they are validated

NOTE Confidence: 0.84763545

01:30:00.077 --> 01:30:02.523 and their uses validated and so healthy

NOTE Confidence: 0.84763545

01:30:02.523 --> 01:30:04.611 person should really maintain a good  
NOTE Confidence: 0.84763545

01:30:04.674 --> 01:30:06.960 amount of nutrients and nutrient levels.  
NOTE Confidence: 0.84763545

01:30:06.960 --> 01:30:08.904 A lot of the labs that get sent by  
NOTE Confidence: 0.84763545

01:30:08.904 --> 01:30:11.184 by other practitioners by alternative  
NOTE Confidence: 0.84763545

01:30:11.184 --> 01:30:13.684 practitioners are not invalidated studies,  
NOTE Confidence: 0.84763545

01:30:13.690 --> 01:30:16.418 meaning that I might go in on Monday  
NOTE Confidence: 0.84763545

01:30:16.418 --> 01:30:19.345 at 1:00 PM and my levels might show.  
NOTE Confidence: 0.84763545

01:30:19.350 --> 01:30:22.644 One thing I might go in at 3:00 PM.  
NOTE Confidence: 0.84763545

01:30:22.650 --> 01:30:24.820 My levels might show another thing I've  
NOTE Confidence: 0.84763545

01:30:24.820 --> 01:30:27.198 actually seen that quite a bit with patients,  
NOTE Confidence: 0.84763545

01:30:27.200 --> 01:30:29.139 so it's important that you know any  
NOTE Confidence: 0.84763545

01:30:29.139 --> 01:30:31.439 labs that are being sent are validated.  
NOTE Confidence: 0.84763545

01:30:31.440 --> 01:30:33.736 I think checking vitamin D is can be  
NOTE Confidence: 0.84763545

01:30:33.736 --> 01:30:35.976 a really helpful thing to look at,  
NOTE Confidence: 0.84763545

01:30:35.980 --> 01:30:37.606 but beyond what your oncologist is  
NOTE Confidence: 0.84763545

01:30:37.606 --> 01:30:39.620 sending sending out a standard baseline,

NOTE Confidence: 0.84763545

01:30:39.620 --> 01:30:43.436 I don't think you need much beyond that.

NOTE Confidence: 0.84763545

01:30:43.440 --> 01:30:43.790 Yeah,

NOTE Confidence: 0.88995004

01:30:43.790 --> 01:30:45.032 I would agree.

NOTE Confidence: 0.88995004

01:30:45.032 --> 01:30:47.930 I sometimes in patients using high doses.

NOTE Confidence: 0.88995004

01:30:47.930 --> 01:30:49.660 Will not found this repeatedly.

NOTE Confidence: 0.88995004

01:30:49.660 --> 01:30:52.082 People taking those very high dose B12

NOTE Confidence: 0.88995004

01:30:52.082 --> 01:30:54.826 will have levels that are 1002 thousand UG.

NOTE Confidence: 0.88995004

01:30:54.830 --> 01:30:56.774 You know above what they want

NOTE Confidence: 0.88995004

01:30:56.774 --> 01:30:59.235 and so it shows them that it's

NOTE Confidence: 0.88995004

01:30:59.235 --> 01:31:01.040 too much vitamin D again,

NOTE Confidence: 0.88995004

01:31:01.040 --> 01:31:02.770 but not all the time,

NOTE Confidence: 0.88995004

01:31:02.770 --> 01:31:05.154 and I often will do it seasonally if

NOTE Confidence: 0.88995004

01:31:05.154 --> 01:31:07.290 they're on supplements and most of

NOTE Confidence: 0.88995004

01:31:07.290 --> 01:31:09.498 my patients will take between 1002

NOTE Confidence: 0.88995004

01:31:09.564 --> 01:31:11.694 thousand today because of the data

NOTE Confidence: 0.88995004

01:31:11.694 --> 01:31:14.086 on survival and Gary, I agree 100%.  
NOTE Confidence: 0.88995004

01:31:14.086 --> 01:31:16.340 One of the biggest problems is patients  
NOTE Confidence: 0.88995004

01:31:16.407 --> 01:31:18.717 go to many many different specialists.  
NOTE Confidence: 0.88995004

01:31:18.720 --> 01:31:19.452 In nutrition,  
NOTE Confidence: 0.88995004

01:31:19.452 --> 01:31:21.648 who are using non validated tests,  
NOTE Confidence: 0.88995004

01:31:21.650 --> 01:31:24.205 often linked to the use of supplements?  
NOTE Confidence: 0.88995004

01:31:24.210 --> 01:31:26.040 It's away in the supplements,  
NOTE Confidence: 0.88995004

01:31:26.040 --> 01:31:28.077 of course are sold at profit and  
NOTE Confidence: 0.88995004

01:31:28.077 --> 01:31:30.752 so it's a way of getting them into  
NOTE Confidence: 0.88995004

01:31:30.752 --> 01:31:33.013 a system and the patients feel  
NOTE Confidence: 0.88995004

01:31:33.013 --> 01:31:34.829 like they're getting nutrition  
NOTE Confidence: 0.88995004

01:31:34.829 --> 01:31:36.645 advice that the doctor,  
NOTE Confidence: 0.88995004

01:31:36.650 --> 01:31:39.470 the oncologists are not giving them.  
NOTE Confidence: 0.88995004

01:31:39.470 --> 01:31:41.510 And so that's why it's important for all  
NOTE Confidence: 0.88995004

01:31:41.510 --> 01:31:44.278 of us to provide that in a reasonable  
NOTE Confidence: 0.88995004

01:31:44.278 --> 01:31:45.742 and scientifically based approach,

NOTE Confidence: 0.88995004

01:31:45.750 --> 01:31:47.320 so that they're not going

NOTE Confidence: 0.88995004

01:31:47.320 --> 01:31:48.890 to people who provide these.

NOTE Confidence: 0.88995004

01:31:48.890 --> 01:31:49.498 You know,

NOTE Confidence: 0.88995004

01:31:49.498 --> 01:31:51.018 non valid tests and inappropriate

NOTE Confidence: 0.88995004

01:31:51.018 --> 01:31:52.659 levels of nutrients and nutrition.

NOTE Confidence: 0.88995004

01:31:52.660 --> 01:31:54.858 They often don't even talk about nutrition,

NOTE Confidence: 0.88995004

01:31:54.860 --> 01:31:56.738 they took more about the supplements.

NOTE Confidence: 0.79540306

01:31:57.990 --> 01:31:59.710 Absolutely, and that we

NOTE Confidence: 0.79540306

01:31:59.710 --> 01:32:01.860 have a question for you.

NOTE Confidence: 0.79540306

01:32:01.860 --> 01:32:05.680 Is adrena tone safe? I

NOTE Confidence: 0.7684925

01:32:05.680 --> 01:32:07.997 actually have not heard of adrena tone.

NOTE Confidence: 0.7684925

01:32:08.000 --> 01:32:09.983 If it's type of adrenaline or

NOTE Confidence: 0.7684925

01:32:09.983 --> 01:32:12.300 federa or some type, I'm not sure,

NOTE Confidence: 0.7684925

01:32:12.300 --> 01:32:15.117 but if that is the case then I would

NOTE Confidence: 0.7684925

01:32:15.117 --> 01:32:17.266 probably avoid those types of supplements.

NOTE Confidence: 0.7684925

01:32:17.266 --> 01:32:19.250 There's a lot of cardiac concerns  
NOTE Confidence: 0.7684925

01:32:19.250 --> 01:32:20.910 with those types of supplements.  
NOTE Confidence: 0.8084226

01:32:21.960 --> 01:32:23.348 OK, the other the  
NOTE Confidence: 0.8084226

01:32:23.350 --> 01:32:25.426 other thing I'll add is Anan.  
NOTE Confidence: 0.8084226

01:32:25.430 --> 01:32:27.245 There's so many supplements with  
NOTE Confidence: 0.8084226

01:32:27.245 --> 01:32:29.440 so many funny names Ann and  
NOTE Confidence: 0.8084226

01:32:29.440 --> 01:32:31.324 they're hard to keep track of.  
NOTE Confidence: 0.8084226

01:32:31.330 --> 01:32:33.297 Some of the ones with the dreaded  
NOTE Confidence: 0.8084226

01:32:33.297 --> 01:32:35.618 nut in it can actually have  
NOTE Confidence: 0.8084226

01:32:35.618 --> 01:32:37.736 steroids in it and cause adrenal  
NOTE Confidence: 0.8084226

01:32:37.801 --> 01:32:40.345 suppression so I've seen it clinically.  
NOTE Confidence: 0.8084226

01:32:40.350 --> 01:32:42.954 I've seen it in practice so be  
NOTE Confidence: 0.8084226

01:32:42.954 --> 01:32:45.194 very very careful with supplements  
NOTE Confidence: 0.8084226

01:32:45.194 --> 01:32:46.700 like that. And  
NOTE Confidence: 0.88584983

01:32:46.700 --> 01:32:51.005 we have a final final two questions.  
NOTE Confidence: 0.88584983

01:32:51.010 --> 01:32:53.920 Any thoughts about low dosing melatonin?

NOTE Confidence: 0.82669955

01:32:57.110 --> 01:32:59.161 So I think melatonin can be helpful

NOTE Confidence: 0.82669955

01:32:59.161 --> 01:33:01.289 for the for certain situations,

NOTE Confidence: 0.82669955

01:33:01.290 --> 01:33:03.719 and I think it's it's probably safe.

NOTE Confidence: 0.82669955

01:33:03.720 --> 01:33:07.860 I think it is safe. I'll say that.

NOTE Confidence: 0.82669955

01:33:07.860 --> 01:33:10.023 The only thing that people make the

NOTE Confidence: 0.82669955

01:33:10.023 --> 01:33:11.963 greatest mistake of is they take

NOTE Confidence: 0.82669955

01:33:11.963 --> 01:33:13.543 melatonin when they can't sleep.

NOTE Confidence: 0.82669955

01:33:13.550 --> 01:33:15.536 You really need to take melatonin

NOTE Confidence: 0.82669955

01:33:15.536 --> 01:33:17.513 a few hours before hand to

NOTE Confidence: 0.82669955

01:33:17.513 --> 01:33:19.543 really get the full effect and to

NOTE Confidence: 0.8426187

01:33:19.550 --> 01:33:22.078 put you in so sleep. That's great advice.

NOTE Confidence: 0.8426187

01:33:22.080 --> 01:33:24.605 How about set your clock

NOTE Confidence: 0.8426187

01:33:24.605 --> 01:33:26.120 when you've traveled?

NOTE Confidence: 0.8426187

01:33:26.120 --> 01:33:28.824 Those who stop working right and interesting.

NOTE Confidence: 0.8426187

01:33:28.824 --> 01:33:30.815 Lee, there's a group in Italy

NOTE Confidence: 0.8426187

01:33:30.815 --> 01:33:32.913 with Sony and others have shown  
NOTE Confidence: 0.8426187

01:33:32.913 --> 01:33:35.033 they synergy between melatonin and  
NOTE Confidence: 0.8426187

01:33:35.033 --> 01:33:37.310 some oxygen and endocrine therapy,  
NOTE Confidence: 0.8426187

01:33:37.310 --> 01:33:39.240 but not in big trials.  
NOTE Confidence: 0.8426187

01:33:39.240 --> 01:33:43.770 But it's sort of been intriguing about. And  
NOTE Confidence: 0.8592131

01:33:43.770 --> 01:33:45.920 a quick opinion on intermittent  
NOTE Confidence: 0.8592131

01:33:45.920 --> 01:33:47.640 fasting during chemo treatments.  
NOTE Confidence: 0.7630021

01:33:52.260 --> 01:33:53.109 I can so  
NOTE Confidence: 0.7630021

01:33:53.110 --> 01:33:54.520 caution I. I do a  
NOTE Confidence: 0.7630021

01:33:54.520 --> 01:33:55.558 lot of this.  
NOTE Confidence: 0.7630021

01:33:55.558 --> 01:33:58.390 This is what I deal with every day.  
NOTE Confidence: 0.7630021

01:33:58.390 --> 01:33:59.860 People need to be careful.  
NOTE Confidence: 0.7630021

01:33:59.860 --> 01:34:02.196 I have patients who want to do this.  
NOTE Confidence: 0.7630021

01:34:02.200 --> 01:34:04.552 They don't know that this is Valter Longo  
NOTE Confidence: 0.7630021

01:34:04.552 --> 01:34:06.886 and his work at USC who's looked at.  
NOTE Confidence: 0.7630021

01:34:06.890 --> 01:34:09.123 You know, it seems to suppress the

NOTE Confidence: 0.7630021

01:34:09.123 --> 01:34:11.050 chemo side effects normal tissues.

NOTE Confidence: 0.7630021

01:34:11.050 --> 01:34:12.968 There has been a concern that it

NOTE Confidence: 0.7630021

01:34:12.968 --> 01:34:14.782 may also suppress the efficacy of

NOTE Confidence: 0.7630021

01:34:14.782 --> 01:34:16.966 chemotherapy in one of his animal models.

NOTE Confidence: 0.7630021

01:34:16.970 --> 01:34:18.450 It showed that the animals

NOTE Confidence: 0.7630021

01:34:18.450 --> 01:34:19.930 that didn't die from chemo,

NOTE Confidence: 0.7630021

01:34:19.930 --> 01:34:21.925 who were on Internet on a low

NOTE Confidence: 0.7630021

01:34:21.925 --> 01:34:23.190 dose fasting before chemo.

NOTE Confidence: 0.7630021

01:34:23.190 --> 01:34:24.670 They actually survived the chemo,

NOTE Confidence: 0.7630021

01:34:24.670 --> 01:34:26.735 but they died faster than the others.

NOTE Confidence: 0.7630021

01:34:26.740 --> 01:34:28.220 That didn't get the fasting.

NOTE Confidence: 0.7630021

01:34:28.220 --> 01:34:29.990 So we have to be careful.

NOTE Confidence: 0.7630021

01:34:29.990 --> 01:34:31.470 It's really and you don't

NOTE Confidence: 0.7630021

01:34:31.470 --> 01:34:32.654 want to lose weight.

NOTE Confidence: 0.7630021

01:34:32.660 --> 01:34:35.355 That's one of the dilemmas with us.

NOTE Confidence: 0.7630021

01:34:35.360 --> 01:34:36.401 And become hypoglycemic,  
NOTE Confidence: 0.7630021

01:34:36.401 --> 01:34:38.830 so it's it's a work in progress.  
NOTE Confidence: 0.7630021

01:34:38.830 --> 01:34:40.190 I wouldn't recommend it.  
NOTE Confidence: 0.7630021

01:34:40.190 --> 01:34:42.989 These are things that need to be studied.  
NOTE Confidence: 0.7630021

01:34:42.990 --> 01:34:44.730 Not promoted without good research.  
NOTE Confidence: 0.7630021

01:34:44.730 --> 01:34:46.460 If he gets also important  
NOTE Confidence: 0.8487576

01:34:46.460 --> 01:34:48.380 to point out that you know  
NOTE Confidence: 0.8487576

01:34:48.380 --> 01:34:50.280 we use the term cancer,  
NOTE Confidence: 0.8487576

01:34:50.280 --> 01:34:52.114 but every cancer is different and so  
NOTE Confidence: 0.8487576

01:34:52.114 --> 01:34:53.880 when we were researching supplements  
NOTE Confidence: 0.8487576

01:34:53.880 --> 01:34:56.175 or receive searching certain things,  
NOTE Confidence: 0.8487576

01:34:56.180 --> 01:34:58.532 we're looking at specific types of cancers  
NOTE Confidence: 0.8487576

01:34:58.532 --> 01:35:01.386 and so you really have to get granular.  
NOTE Confidence: 0.8487576

01:35:01.390 --> 01:35:04.015 You have to get nuanced about this  
NOTE Confidence: 0.8487576

01:35:04.015 --> 01:35:06.590 and you can't look at it so probably.  
NOTE Confidence: 0.87348324

01:35:07.710 --> 01:35:09.942 Yeah, I as an example of that I've

NOTE Confidence: 0.87348324

01:35:09.942 --> 01:35:12.032 been looking at the use of very high

NOTE Confidence: 0.87348324

01:35:12.032 --> 01:35:14.140 dose vitamin C in pancreatic cancer.

NOTE Confidence: 0.87348324

01:35:14.140 --> 01:35:15.420 There are subtypes of

NOTE Confidence: 0.87348324

01:35:15.420 --> 01:35:17.020 pancreatic cancer who can lead.

NOTE Confidence: 0.87348324

01:35:17.020 --> 01:35:19.281 Cornell is shown us that have certain

NOTE Confidence: 0.87348324

01:35:19.281 --> 01:35:21.236 mutations that seemed to have efficacy

NOTE Confidence: 0.87348324

01:35:21.236 --> 01:35:23.096 and he's still interested in this,

NOTE Confidence: 0.87348324

01:35:23.100 --> 01:35:25.340 but many cancers that are slow growing,

NOTE Confidence: 0.87348324

01:35:25.340 --> 01:35:27.260 it has no effect at all.

NOTE Confidence: 0.89120054

01:35:30.190 --> 01:35:32.128 OK, so for our last question,

NOTE Confidence: 0.89120054

01:35:32.130 --> 01:35:34.080 should you take a daily multivitamin?

NOTE Confidence: 0.89120054

01:35:34.080 --> 01:35:36.568 If you're on a plant based diet and

NOTE Confidence: 0.89120054

01:35:36.568 --> 01:35:38.940 currently in good health as a survivor?

NOTE Confidence: 0.8534973

01:35:42.730 --> 01:35:45.114 You know, I would say it's not unsafe

NOTE Confidence: 0.8534973

01:35:45.114 --> 01:35:47.297 to take a daily multivitamin if

NOTE Confidence: 0.8534973

01:35:47.297 --> 01:35:49.565 you are getting an adequate diet.  
NOTE Confidence: 0.8534973

01:35:49.570 --> 01:35:51.616 Maybe you don't even need it,  
NOTE Confidence: 0.8534973

01:35:51.620 --> 01:35:55.040 but it's not unsafe, so it would be OK to  
NOTE Confidence: 0.8534973

01:35:55.040 --> 01:35:56.750 take. Yeah, and I will  
NOTE Confidence: 0.8534973

01:35:56.750 --> 01:35:59.144 tell you that all of the studies,  
NOTE Confidence: 0.8534973

01:35:59.150 --> 01:36:00.514 including Women's Health initiative  
NOTE Confidence: 0.8534973

01:36:00.514 --> 01:36:02.566 in cancer survivors, have shown I  
NOTE Confidence: 0.8534973

01:36:02.566 --> 01:36:04.960 mentioned that in the Dell CAP study,  
NOTE Confidence: 0.8534973

01:36:04.960 --> 01:36:07.576 but it turns out that in the Women's  
NOTE Confidence: 0.8534973

01:36:07.576 --> 01:36:09.747 Health Initiative and Roman ship blasting,  
NOTE Confidence: 0.8534973

01:36:09.750 --> 01:36:11.948 all the studies show there seems to  
NOTE Confidence: 0.8534973

01:36:11.948 --> 01:36:14.589 be a potential benefit by taking a  
NOTE Confidence: 0.8534973

01:36:14.589 --> 01:36:16.778 daily multivitamin. But not a lot.  
NOTE Confidence: 0.8534973

01:36:16.778 --> 01:36:19.500 However, you don't want to be taking iron,  
NOTE Confidence: 0.8534973

01:36:19.500 --> 01:36:21.210 Big deal, and I will.  
NOTE Confidence: 0.8534973

01:36:21.210 --> 01:36:23.225 Woman study was increased mortality

NOTE Confidence: 0.8534973

01:36:23.225 --> 01:36:25.240 in women taking supplemental iron.

NOTE Confidence: 0.8534973

01:36:25.240 --> 01:36:26.110 It's enhanced mortality,

NOTE Confidence: 0.8534973

01:36:26.110 --> 01:36:28.140 and of course they didn't need it,

NOTE Confidence: 0.8534973

01:36:28.140 --> 01:36:30.460 but they were still on it after menopause.

NOTE Confidence: 0.8534973

01:36:30.460 --> 01:36:32.660 So you have to be really careful about

NOTE Confidence: 0.8534973

01:36:32.660 --> 01:36:34.520 what you're taking, but it's healthy.

NOTE Confidence: 0.8534973

01:36:34.520 --> 01:36:37.420 You may not need it, but if you're not sure,

NOTE Confidence: 0.8534973

01:36:37.420 --> 01:36:39.740 it's not probably going to have any risk,

NOTE Confidence: 0.8534973

01:36:39.740 --> 01:36:41.770 but you don't want to have this

NOTE Confidence: 0.8534973

01:36:41.770 --> 01:36:42.640 high potency multivitamin.

NOTE Confidence: 0.8534973

01:36:42.640 --> 01:36:43.510 That's the risk.

NOTE Confidence: 0.87518954

01:36:46.110 --> 01:36:49.600 OK, so I think we're going to wrap it up for

NOTE Confidence: 0.87518954

01:36:49.680 --> 01:36:51.328 this evening we have.

NOTE Confidence: 0.87518954

01:36:51.330 --> 01:36:53.298 I've had so many great great

NOTE Confidence: 0.87518954

01:36:53.298 --> 01:36:55.445 questions and we will respond back

NOTE Confidence: 0.87518954

01:36:55.445 --> 01:36:57.350 to anybody's questions that we  
NOTE Confidence: 0.87518954

01:36:57.350 --> 01:36:59.678 hadn't did not get to via email.  
NOTE Confidence: 0.87518954

01:36:59.680 --> 01:37:02.440 We also encourage you to email  
NOTE Confidence: 0.87518954

01:37:02.440 --> 01:37:04.723 us anymore questions that you  
NOTE Confidence: 0.87518954

01:37:04.723 --> 01:37:07.236 have and we will get the right.  
NOTE Confidence: 0.87518954

01:37:07.240 --> 01:37:09.120 Person to answer your email  
NOTE Confidence: 0.87518954

01:37:09.120 --> 01:37:11.549 so the email address to answer  
NOTE Confidence: 0.87518954

01:37:11.549 --> 01:37:13.909 us anymore questions would be  
NOTE Confidence: 0.87518954

01:37:13.909 --> 01:37:15.797 cancer answers at yale.edu.  
NOTE Confidence: 0.87518954

01:37:15.800 --> 01:37:18.722 So it's cancer answer pleural cancer  
NOTE Confidence: 0.87518954

01:37:18.722 --> 01:37:22.071 answers at yale.edu and I just want  
NOTE Confidence: 0.87518954

01:37:22.071 --> 01:37:24.261 to thank our presenters tonight  
NOTE Confidence: 0.87518954

01:37:24.261 --> 01:37:27.273 for taking the time to be with us  
NOTE Confidence: 0.87518954

01:37:27.273 --> 01:37:30.122 and really give all of your expert  
NOTE Confidence: 0.87518954

01:37:30.122 --> 01:37:32.098 expert opinions and information  
NOTE Confidence: 0.87518954

01:37:32.098 --> 01:37:34.832 expert expertise in this and really

NOTE Confidence: 0.87518954

01:37:34.832 --> 01:37:37.178 just sharing your time with us.

NOTE Confidence: 0.87518954

01:37:37.180 --> 01:37:39.268 Tonight and for everybody who stuck

NOTE Confidence: 0.87518954

01:37:39.268 --> 01:37:41.390 around and stayed with us tonight.

NOTE Confidence: 0.87518954

01:37:41.390 --> 01:37:42.443 It was great.

NOTE Confidence: 0.87518954

01:37:42.443 --> 01:37:44.549 This was such such great information,

NOTE Confidence: 0.87518954

01:37:44.550 --> 01:37:46.094 such a great success.

NOTE Confidence: 0.87518954

01:37:46.094 --> 01:37:49.357 It's so much fun and great to be able

NOTE Confidence: 0.87518954

01:37:49.357 --> 01:37:52.270 to have a part to when we have time.

NOTE Confidence: 0.87518954

01:37:52.270 --> 01:37:54.025 So thank you everyone and

NOTE Confidence: 0.87518954

01:37:54.025 --> 01:37:55.429 stay tuned next week.

NOTE Confidence: 0.87518954

01:37:55.430 --> 01:37:57.190 Same time, same zoo station,

NOTE Confidence: 0.87518954

01:37:57.190 --> 01:37:58.394 zoom at 7:00 o'clock.

NOTE Confidence: 0.87518954

01:37:58.394 --> 01:38:00.200 Next Tuesday we will be talking

NOTE Confidence: 0.87518954

01:38:00.265 --> 01:38:01.885 about holistic coping strategies

NOTE Confidence: 0.87518954

01:38:01.885 --> 01:38:03.505 for our cancer survivor.

NOTE Confidence: 0.87518954

01:38:03.510 --> 01:38:05.820 So I wish you all a good

NOTE Confidence: 0.87518954

01:38:05.820 --> 01:38:07.719 night and thank you again.

NOTE Confidence: 0.85417664

01:38:08.650 --> 01:38:09.820 Thanks for having

NOTE Confidence: 0.85417664

01:38:09.820 --> 01:38:10.978 us. Thank you

NOTE Confidence: 0.85417664

01:38:10.980 --> 01:38:12.540 so much mate everybody.

NOTE Confidence: 0.76811385

01:38:14.770 --> 01:38:17.344 Thanks Emily.