

HOW TO SURVIVE AND MAYBE EVEN THRIVE WHILE UNDERGOING CHEMOTHERAPY OR OTHER CANCER TREATMENTS

SUBTITLE: WHAT YOU CAN DO TO TRY AND PREVENT CANCER. BEFORE OR AFTER YOU'VE BEEN DIAGNOSED WITH CANCER

La Rita Mason, M.S., CCC-SP¹-Amarillo, TX, irmason@arn.net

This document is an outgrowth of professional advice, research and intuition. You need to constantly study each blood report after each blood draw and address the issues, diet wise for your "low scores" and to move to the following week's "place you need to be." In staying with the following program, I NEVER experienced nausea, vomiting, constipation or diarrhea due to the chemotherapy treatments and never got an infection or illness and never had a delay in the next scheduled treatment. I only have to have one blood infusion, after my LAST chemotherapy infusion. I was able to continue my basic schedule of computer work. I was able to deal with the potential "side effects" as they were trying to occur and to generally keep them at bay. Thanks to the support of the medical professionals, family and friends through the personal listserv I developed where I kept everyone apprised of my status, I enjoyed a quality of life with connectedness to the outside world, even with my extended periods of "self imposed house arrest." I hope this document will help you achieve the same positive results, where you, too, are declared to be "Cancer Free!!!!"

Are you Determined and Disciplined and Dedicated? **YOUR BEHAVIORS** will determine much of what **YOU** can do to get through your treatments easier and more successfully and to prevent permanent damage to your other organs. As much as they would like to be able to, no family member or friend can do this work for you. It is up to **YOU!** You have the **CHOICES** of being (1) **PRO-ACTIVE** or just (2) **MUDDLING THROUGH** and "hoping for the best."

The first thing you will notice in this document is that there is a **LOT** of redundancy. That is correct. It is because when you're undergoing cancer treatments, you must do many of the same things, day after day,

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and hour after hour, for as many cycles as you are scheduled. You have to stay **FOCUSED** to remind yourself **WHAT** it is you need to be doing and also **WHY** it is that you're doing it. I have repeated many of the same things, sometimes in the same wording and sometimes different, so that the fact you see if **OFTEN** will help to emphasize its **IMPORTANCE!** Yes, it gets monotonous.

The purpose of your day's work is to **CURE YOUR CANCER. YOU** want to be in **CONTROL** of the **75%** part of your life that you **CAN BE**. Actual medical treatment only involves, at the most, **25%** of your life. When people ask you how you are, answer in the strong **AFFIRMATIVE, "I AM WELL!!!"**

The most important aspects are to be **PRO-ACTIVE** in regards to drinking water, having a juicing a day, and resting, actually **RECLINING** in bed, each morning or / and afternoon, whether you feel sleepy or not. Make yourself get **UP**, too, though because you don't want to get your days and nights reversed!

After the infusion, the goals are to start **PUSHING** those chemotherapy chemicals through the body as quickly as you can. This means it has to go out through urine or stool so the "Pee and Poop Patrol." So, immediately for **EVERY** hour of Chemotherapy infusion, you need to drink 16-20 Ozs. of **ICE WATER**. So if you have a 5-hour infusion, as I did, that means you have to drink 5 of those glasses of water after you get home from your treatment, before you go to bed that night! Yes, I **DID** that!!! After every single one of my 6 cycles!!! **IF** you don't drink enough water on this first day, and subsequently throughout your other chemotherapy cycle, you are risking such things as **PERMANENT DAMAGE** to your kidneys, throwing a blood clot to your lungs, etc. If these were to happen, it is not due to a side-effect of your chemotherapy treatments as much as it is **YOU** not doing what you need to do for the chance of the most successful result from your chemotherapy treatment. So, **STOP YOUR WHINING**, get over it, put ice in your water, (to have quick access to ice in case you feel a mouth or tongue sore trying to "pop") get flavored waters that are

more palatable to you, but **STAY HYDRATED!!!!**

You will have to be **PRO-ACTIVE** on your blood draw days. On any blood draw day, you need to be sure that the draws include everything you need. For example, if you are needing to have a preparation done for a new crown for your tooth, you need to have your Neutrophils Absolute and Platelet Count within normal limits, so you aren't as susceptible to infection or won't bleed to death with the procedure. A CBC blood draw wouldn't include those. You have to **ASK** for a Differential. If you have been low for Potassium, you need to follow **THAT** to see if drinking one or two Taste Nirvana Coconut Waters are bringing that up enough, along with potassium enriched foods. If the specific blood test has not been ordered, you won't have the answer to that question. If the complete tests have not been ordered, **ASK** the draw nurse to call the doctor's office so that those tests will be ordered on a **STAT** basis. Otherwise, you would have to come back at another time to have these needed tests done, expending unnecessary time and energy.

After your blood has been drawn, **WAIT** to get a printout of the results. You need to compare your print out with the last one you had done in your current Cycle and also compare it to the **SAME DAY** of the previous Cycles you've had. Analysis of these will let you see what foods and drinks you need to be consuming to be "improved" for your next scheduled blood draw a week away.

It is important that you make yourself known to your medical team as an **INDIVIDUAL**. Don't be afraid to stand out! You want them to take notice when a test or report comes through with your name on it. They look at tons of documents every day and you want them to be able to put a **FACE** with your **NAME** when they get something.

Remember the Winston Churchill quote, **"I am an optimist. It does not seem too much use in being anything else."**

There is much preparation you should undergo before beginning chemotherapy or other types of cancer treatments. This is geared a lot toward chemotherapy, but many of the comments apply to say fatigue, associated with radiation and low blood counts from treatments. With radiation treatments, it is my understanding that fatigue is a major issue, even if you just radiated your little pinky.

ENVIRONMENT

You want to create a positive, living environment for yourself while you are undergoing cancer treatments. Place all of your medicines and the logging of such in one area. Don't look at them all day long. **Take your morning medicine BEFORE 8 AM, (so that the prednisone won't keep you awake at night)** and get your logging out of the way. File your various paper work regarding scheduling, blood draw reports, bills and doctors' reports in another place. Look over potential side effects information sheets for the chemotherapy treatments so that you will have a **GENERAL** idea of what could happen, but don't dwell on them. You don't want the "power of suggestion" to cause you to have side effects. You need to **KNOWYOUR OWN BODY**. For example, a possible chemotherapy side effect is a "cough." Well, I had a dry cough before I began chemotherapy, had one during the chemotherapy infusion, and had one after the chemotherapy infusion and will probably have it after the whole course of treatments is finished. So, I'm **not** going to attribute that as a side effect of chemotherapy treatment, just because I'm having treatments. Likewise, any time I eat or drink anything, I get a "runny nose." So, just because I'm having chemotherapy treatments, I'm **not** now going to say that that is a side effect of the chemotherapy treatments.

Throw out all general, non-specific cancer information you received. If you don't have brain cancer, get rid of that information.

Place family photographs and colorful art work around. Sign up for Netflix for DVDs and for streamed movies, XM, Pandora for even

surprisingly cheerful music as the old Lawrence Welk Channel, C-Span has some unique segments at times that are both educational and interesting. NPR has "The Moth" has recorded stories to boost your autoimmune system: <http://themoth.org/stories>. Stock up on inspirational and casual reading materials and candles and **FRESH FLOWER** arrangements in your main living area and in your bedroom area. You want to **CREATE A LIVING, POSITIVE environment for yourself**. Don't live in a "Cancer Cell."

Don't **HIDE** the fact that you've been diagnosed with cancer. You will need as large a support mechanism as you can garner. People **WANT** to reach out to you, so let them!!! You need people to "[Stand by You](http://vimeo.com/moogaloop.swf?clip_id=2539741)" (http://vimeo.com/moogaloop.swf?clip_id=2539741)

However, you **DO NEED TO SET BOUNDARIES**. It is helpful to set up a Group E-mail List in your Contacts where you can place the e-mail addresses of all those who want to "know how you're doing." As you will see from the intense schedule you will need to maintain to stay as healthy as possible and because of vocal hoarseness and fatigue elements, you are best not to try and talk on the telephone to a large group of people. Also, if you tell everyone that you will keep them apprised by e-mail of what is going on, you won't have to stress yourself by trying to remember whom you've told what to, and you won't have family or friends saying, "Well, how come **YOU** know more about what is going on than **WE** do?"

An alternative method is to create a Caring Bridge site to share your updates and to receive messages. <http://www.caringbridge.org>. Personally, I prefer the privacy aspects of an individual listserv. Also, Caringbridge bombards participants with donation soliticitations.

Along this same line, tell people that there will be times you will need to get some sleep, be it a "catnap" or a two to three hour nap. When you do lie down, **TURN OFF YOUR TELEPHONES**. Let people leave you a voice mail then you can return their calls when you feel like talking, aren't too tired or aren't too hoarse.

A big need during treatment will be for you to conserve your energy and get a lot of rest, meaning **ACTUAL TIME RECLINING IN BED**, either sleeping or at the very least, resting. I would recommend buying a wardrobe of street acceptable lounging pajama sets so that you can put clothes on that you can comfortably sleep in and be decent in if you want or need to go out in public or to have people come in your house to check to see if you're ok. It is a waste of energy to "change clothes" all of the time. So, make the clothes aspect of things easier on yourself.

Now is the time to go ahead and make yourself some Bath Salts utilizing Epsom Salt. A whirlpool bath with **Epsom salt** will do wonders for muscle cramps or bone pain from treatment. (**NO**, bubble bath **LIQUIDS** won't do the job!) Here is a recipe for Homemade Bath Salts:

Recipe Name: Homemade Bath Salts-La Rita Mason

Category: Miscellaneous Non-Foods

Cuisine: American

Food Group: Combined Groups

Serving Size: 12 Cups

8 Cups Epsom Salts

(found at grocery store,)

4 Cups Kosher Salt

3/4 Cup Baking Soda (keep dry in jar)

8 Tbsps. Sweet Almond Oil , optional (NOW)

40 Drops Essential Oils

(from local craft or natural food store)

6-8 Tbsps. Dried Herbs **OR** Crushed Flowers

1 Drop Food Coloring (Optional: I would **DISCOURAGE** using coloring. That can cause a bathtub to be permanently stained!)

OIL/COLOR COMBINATIONS

Lavender/Peppermint-50/50

Use far more red than blue color

Mandarin Orange

Orange food color
Sandalwood, Eucalyptus, Jasmine
Blue food color, or half with white
to make a "By the Sea" batch
Patchouli, add sparingly!
Green food color
Add glycerin, 1-2 tsps. per batch,
for a skin moisturizer

Directions:

Put both salts and baking powder into the 1 Qt. sized Freezer grade resealable plastic bags.

Add one drop of food coloring, close the bag and shake to distribute the color. Repeat this process until the desired color is achieved throughout the salt. **It is important to add only 1 drop of food coloring at a time, because multiple drops may begin to melt the salt.**

Add a couple of drops of essential oil to the bag, seal and shake to distribute the scent. Repeat this process until the desired scent is achieved, **about 5-10 drops, at a time.** Probably a total of at least 40 drops for this amount of salts. Essential oils like lavender or eucalyptus can be purchased at your local craft or natural food store. ie NOW brand. Or use lemon, vanilla or mint extract that might be in your kitchen!

The Sweet Almond Oil is optional, but it adds moisture to the bath salts. You can get it a natural food store ie NOW brand. Alternatively, 4 Tbsps. glycerin might be used for this amount of salts.

Dried herbs or crushed flower petals choices include: rose, thyme, lavender, rosemary, mint, lemon balm and calendula. (If you don't fancy the idea of bathing in the presence of flowers or herbs, then leave them out.)

Spread out the salts on a wax paper-lined baking sheet and allow them to dry for 1-2 hours to reduce clumping.

Carefully pour the salts into a glass jar, using a funnel, then screw the lid tightly to preserve the scent.

Use about 1/4 to 1/2 cup of salts under hot water while running the bath. The salts can also be dissolved in hot water for a soothing foot soak. (Keep salts mixture "dry" as you store it, as baking soda reacting to moisture inside the jar may cause the glass jar to explode!)

Comments:

Recipe from La Rita Mason (Dec. 13, 1947-), Amarillo, TX. This recipe was a lifesaver for muscle and bone pain relief while undergoing chemotherapy for Non-Hodgkin's Lymphoma, Diffuse Large B Cell Lymphoma Extra-Nodal (Pancreatic Cancer) in 2013.

You will see me referring to **ICE** water often. That is because ice in your water will make it easier to drink large volumes. Then, mouth or tongue sores can be side effects of treatments and if you put a piece of

ICE on them, the second you feel them start to swell up in your mouth, you may be able to stop them from “popping,” so having ice water will give you a quick access to the ice you need.

INTEGRATIVE HEALTH COMPONENTS YOU NEED TO BECOME FAMILIAR WITH

Health is comprised of physical, emotional, mental, spiritual and community aspects.

The Integrative Health Physician described a person as being made up of 5 parts:

1. The first is the **PHYSICAL**, the diagnostic-treatment paradigm that has been the basis of all Western Medicine for centuries. Find out what is wrong with you and treat it. This is what Mayo's, or any other medical institution, has done best. Your Medical Team **CONTROLS** this. They tell you what to do and you just do it.

THE OTHER 4 PARTS ARE COMPLETELY UNDER THE CONTROL OF THE INDIVIDUAL: Emotional, Mental, Spiritual and Community Aspects which include Stress reduction, Nutrition and Exercise!!! So more is controlled by **YOU** than the medical institution.

2. The second part is the **EMOTIONAL/STESS** part. The body is designed to go into a Fight or Flight mode, so what do we **CHOOSE?** This is mind over body control. It can involve any of a variety of factors you want it to: Mindfulness, Prayer, Meditation, Yoga, Tai Chi, Breathing, Biofeedback, Hobbies and Exercise.

Mindfulness is being totally absorbed **IN THE MOMENT**, such as how 2 or 3 year old babies or dogs are. He recommends **OBSERVATION: 5 minutes per day, describing something you see, ie. a painting of flowers, as a way of practicing MINDFULNESS.**

BREATHING is the key. The Integrative Health Physician recommended Dr. Andrew Weil's CD "**Breathing: The Master Key to Self Healing ordered from Amazon**, if interested in learning specific breathing techniques. He said you use it enough until you get it down, and you can just put your brain into that mode. This he recommends to replace a person having to use Valium.

One technique you can use is **Paced Breathing for 30 minutes per day** that will lower the blood pressure of a person with High Blood Pressure. A technique is to repeat a phrase, ie, "I am at peace, as you deep breath **IN** for 5 seconds, then **OUT** for 5 seconds, for **6 breaths a minute**. Additionally, Mayo's in Rochester has developed an **I-Phone App, Mayo Clinic Meditation, that is 15 minutes long that you get from Apple Tunes that the integrated health physician recommends doing for 2 times a day for two weeks, then re-evaluating.**

He said that studies have shown **30 minutes of exercise a day**, just simple walking even, is enough. 30 minutes of walking has been shown to prevent the re-occurrence of breast cancer as well as the taking Tomoxifen did!

3. Consider the **MENTAL**, the third part. With acute illness (you broke a leg) or chronic illness (fibromyalgia) you assess physical symptoms with relation to pain and anxiety and monitor for clinical depression: do you feel hope, are you able to sleep, do you have a good appetite, are you able to concentrate, do you have energy, do you have sex drive? Anxiety is often an overlay. Medications can help but it is better to learn how to cope by your own life choices and with techniques offered by the field of Cognitive Behavior where your **CHOICES** are made based on facts and not just emotion.

4. The fourth part is the **SPIRITUAL** part.

5. We must have a sense of **COMMUNITY**. What gives your life meaning: faith, friends, family, work, pets, volunteer work? Why do I

get out of bed each day? The most important aspect has been to learn to develop a **RESILIENCY** to life's happenings of chronic illness, retirement, empty nest syndrome or whatever.

Involved in all of this is getting to know **YOURSELF**, are you a perfectionist, people pleaser, responsible, do you have a need for complete control due to sexual abuse or a dysfunctional family growing up, were you lacking trust? He emphasized that we have to learn how to **PASS STUFF OFF TO SOMEONE ELSE** to do at times in our lives, particularly if we are facing illness.

A Mindbloom Quote that I think spoke to this issue and puts things in perspective is

“There is always something left to love.”

– Gabriel Garcí-a Márquez, One Hundred Years of Solitude

NUTRITION

The biggest area to probably make changes in is **NUTRITION**. The Integrative Health Physician says that **cancer is spread by inflammation**. Hence diet wise, the best Anti-inflammatory Diet to date is The Mediterranean Diet. Types of water one drinks weren't the issue. The points I've included in the **NUTRITION SECTION** apply to trying to **PREVENT CANCER** as well as trying to **CURE CANCER**. This will take more study but some specifics he or other reputable sources emphasized were:

1. Get Omega 3 from seafood, wild or ocean, 3 x a week (I didn't know that **WHERE** the fish comes from is as important as to what the fish is, so **ALL SALMON** is not created equal for example. A pocket guides for fish is

http://www.edf.org/sites/default/files/1980_pocket_seafood_selector.pdf

Alternatively, take fish pills **FROZEN**, for less "fish burps" such as Nordic Naturals brand liquid fruit flavors.

2. A new program for losing weight and reversing insulin resistance by Dr. Rob Thompson is the Glycemic-Load Diet.

3. Calcium-recommended milk, Swiss cheese, Activia **ACTIVE CULTURES** Yogurt, American cheese, ice cream, Cottage cheese, Parmesan cheese, sardines in oil (with bones), canned salmon (with bones), broccoli, soybean curd (tofu), turnip greens, kale, corn bread, egg, and calcium fortified bread, cereals and fruit juices.

Further notes on yogurt: Greek yogurt is a thicker texture which some people like, others want less texture with kefir, at the other end of the spectrum, which is nearly like milk. Get organic if you can afford it. Read the label, some have additives like high fructose corn syrup. It should have active cultures.

Honey should be local, raw, if you can get it.

4. Fiber. If fiber makes you more constipated, the problem generally is from not getting enough fluids in the diet. Drink lots of water!

5. The Integrative Health Physician said some **EXTRA VIRGIN OLIVE OIL** should be eaten **EVERY DAY**. You may have to use Canola oil to tolerate higher cooking heat.

6. Whole grains should be eaten every day, where the seed germ is still present, so steel-cut oats, coarse breads, multigrain and sourdough.

7. Soy should be from the bean, not just protein, so 8 oz. soy milk per day, **OR** 3 oz per day of tofu, **OR** soy nuts **OR** edamame.

8. Nuts should be eaten every day with this order of the best to worse: pistachios, walnuts, pumpkin seeds, sunflower seeds, pecans, almonds with peanuts and cashews not as acceptable. Chewing a few almonds 40 times before swallowing will suppress appetite an hour or two. Use them when you are dieting to keep from cheating!

9. Fresh fruits: Blueberries, Black Berries, Purple Grapes
EVERYONE SHOULD EAT 1 fresh apple a day to reduce colon cancer risk by 50%!!!!!!

10. Vegetables: Don't use all green. Use many brightly colored vegetables. Frozen veggies are at least as good as fresh. **Vegetables should be at least 1/2 of your food each day!!!!** Steamed vegetables retain the most nutrients.

A New England Journal of Medicine study found that at-risk individuals who adopted a Mediterranean diet cut their risk of cardiovascular problems, including heart attack and stroke, by 30%!

Dr. Oz's Column, *Arizona Republic*, 2013

Dr. Oz's Column said: As a general rule we should get five times more potassium into our diets than sodium. We should feast on leafy greens more often, actually every day. Good ones are Swiss chard spinach, kale cabbage, beets, mustard and turnip greens.

Stock up on bags of convenient no-waste **FROZEN** chopped kale collards, mustard greens and spinach (Plain without added sauces or sodium.) Then you won't find wilted slimy, "oops-I-forgot-about-those- greens" languishing in the back of the fridge!

Dried beans are another super source of potassium. No time to cook beans from scratch? Stockpile sodium-free canned beans in your pantry. Toss them into soups and stews or microwave with a handful of frozen greens for a quick and healthy lunch.

Dive into spinach or romaine salad topped with potassium rich tomatoes, carrots, cucumbers, celery and bell pepper. Dress your salad with oil and vinegar, rather than a salty bottled dressing. This is the ideal, eating these potassium enriched vegetables raw, because even just blanching spinach for a few minutes drops the potassium levels 56%!

Enjoy an old-fashioned baked potato, but skip the butter or sour cream and try topping it with a dollop of Greek yogurt or use a splash of flavorful balsamic vinegar with a generous sprinkle of black pepper. At a restaurant, order a baked potato instead of fries or mashed.

Spice things up with ginger and tumeric-both contain potassium. How about a fruit salad made with potassium-rich strawberries, bananas and dried apricots, topped with yogurt and a sprinkle of freshly grated ginger?

11. Green / White tea lowers heart disease risk by 50% in patients. You **CAN'T** do Green Tea while on chemotherapy though!

12. **Everyone should have 1/4 tsp. to 1 tsp. each day of DRY GINGER.** It is for indigestion, constipation and anti-nausea, too. Speaking of nausea, I had to laugh, with what I told him I thought was one of his best quotes, "If you're having nausea, **DO NOT EAT** your favorite foods...have nausea with things you hate and you'll never be able to eat your favorite foods again!"

13. He recommended using Tumeric each day. Source Natural has it combined with Black Pepper 350 mg/ 2 x a day.

14. Other things: Resveratrol (500 mg / day), EGCG (green tea) 500 mg / day 75 mg / cup, Indole-3-Carbinol (broccoli) 400 mg / day, and Vitamin D (level 50-60) 1000 ius / day.

**FOOD FIGHT: What you eat for breakfast lunch and dinner
can help prevent cancer**

Arizona Republic, April 26, 2013

The American Cancer Society research has shown that 1 / 3 of the 550,000 cancer deaths in the U.S. each year are a result of unhealthy diet and lack of physical activity.

So what constitutes a cancer-prevention diet? The American Institute for Cancer Research recommends loading 2/3 of your plate with vegetable, fruits, whole grains and beans to help protect against cancer. The diet also calls for cutting down on fatty foods and saturated fats, which have been linked to an increased risk of cancer. A diet high in processed foods leaves little room for more healthful cancer-preventive foods.

The anti-cancer diet sounds familiar to those prescribed for heart health and to prevent diabetes, strokes and obesity because it basically is the same. All subscribe to the Mediterranean philosophy of eating whole, unprocessed foods and plenty of fruits, vegetable and healthy oils. It offers medicinal benefits without tasting like medicine.

There are so many wonderful flavors foods to select from. If you don't like blueberries, eat strawberries. Find the whole foods you like the best and work them into your daily diet.

Stephanie Green-chef registered dietitian and breast-cancer survivor-co-author of *The Complete Idiot's Guide to the Mediterranean Diet* suggests: Try gradually and incrementally changing from the "bad" to "good" foods over a six month period of time. Those who try to change abruptly have trouble sticking with the diet. You want to reach the point that you really want and like to eat the foods that will help you live cancer free. Experiment with different ways to prepare the cancer fighting foods. All too often, the reason people think they do not like Brussels sprouts or quinoa is that they've only eaten the foods poorly prepared. The more variety the better the protection. They work best in conjunction with each other. It is the synergy between all of the whole, nutritious foods that offers protection.

TIPS

Get your crunch by eating nuts and seeds instead of chips and crackers.

Stock the pantry with a wide variety of canned beans to toss into salads and soups and to serve as quick and healthful side dishes. Opt

for low-salt varieties or wash well to rinse off salt before serving.

If cooking fresh beans or lentils, double the recipe and freeze half for later.

Commit to a clove of garlic a day. Routinely add fresh garlic to salad dressings, sautéed vegetables or marinades.

Satisfy a sweet tooth with a small handful of dark-chocolate chips.

Be whole-grain smart. It can be difficult to tell the difference between whole grains and look-alikes, those packaged and colored to look like the healthier, whole grains. Read labels carefully to learn which breads, pastas and cereals are whole grains. Look for the telltale yellow sticker for whole-grain products endorsed by the Whole Grains Council of Boston.

Bake, instead of deep-fry French fries:

Heat oven to 400° F. Cut potatoes into thin strips, lightly coat with olive oil and place on a large baking sheet. *Make sure there's space between each fry to prevent them from steaming.*

Bake 400° F **20 minutes**, then turn and bake an additional **10-15 minutes**. Season with salt, pepper and other seasonings, if desired, and serve.

Toss frozen berries into smoothies and fresh ones into salads.

EAT THIS, NOT THAT

There's no single food powerful enough to prevent cancer, and no one food guaranteed to cause the disease. The key to a cancer-prevention diet is filling 80% of your diet with the "good" cancer-fighting foods and limiting the "bad" to 20% or less.

GOOD

Cruciferous Vegetables: Cabbage, broccoli, Brussels sprouts, cauliflower and kale are loaded with chemicals shown to protect against cancer.

Berries: These colorful, high-fiber fruits contain antioxidants to protect the body against cancer and the effects of aging. Eat a wide variety for the most protection.

Allium Family: Eat a daily dose of garlic, onions, leeks and chives. Garlic especially, contains compounds that have shown the ability to slow or stop the growth of tumors in the prostate, bladder, colon and stomach.

Legumes: Loaded with fiber these tidbit of complex carbs and proteins contain enough fiber to potentially lower the risk of colon cancer. Studies also show that the phytochemicals in beans and lentils help in prevention. [La Rita's hint: When cooking dry beans, add ¼ tsp. Baking Soda to the cooking water for them to be more "gas free."]

Dark Chocolate: Opt for chocolate with at least 70% cocoa content for the greatest benefit. The rich, dark cacao bean contains polyphenols that research shows may lower cancer risks.

Green Tea: Whether hot or cold it is packed with a powerful antioxidant that has been shown to slow cancer growth.

Tomatoes: This fruit's signature red color comes from a phytochemical called lycopene, which research suggest protects aainst prostate and other cancers. Cooked tomatoes release **MORE** of this cancer-fighting compound.

Honey: Honey should be local, raw, if you can get it.

BAD

Processed Meats: Favorites including sausage, hot dogs and bacon contain a preservative called *sodium nitrate*. When eaten, nitrates convert to a chemical that has been linked to increased incidence of cancer.

Red Meat: Studies suggest that those who eat red meat daily increased their risk of developing cancer.

Charred Meat: When beef pork poultry and fish are cooked at high temperatures, they develop substances that research suggests increase cancer risks. No more well done steaks!

Fried Foods: Foods fried at high temperatures contain a substance linked to several types of cancer. Potato chips and French fries are among the worst offenders.

Sugar: Studies show that women with high-sugar diets were more likely to develop cancer. Research suggests that cancer cells use sugar to grow efficiently.

Alcohol: While modest intake of alcohol may protect against heart disease, research shows that excessive alcohol increases the risk of developing cancer, most specifically liver, colorectal and mouth.

Experts recommend no more than 1 alcoholic beverage per day for women and 2 for men.

Salt: Too much salt damages the lining of the stomach and may increase the risk for cancers specifically stomach cancer. Diets high in process foods---canned soups frozen dinners and snack foods - dramatically increase the risks.

Dr. Andrew Weil, "Hippocratic Oats," *Phoenix Magazine*, April 2013

INFLAMMATORY NO-NOs

Inflammatory No-No's: Foods high in quick-digesting sugars and flour spike blood sugar and increase inflammation. Saturated fats raise cholesterol and can lead to obesity, both of which contribute to the inflammation. To reduce inflammation, the following foods should be avoided:

Cookies, cakes, candies, pastries and other forms of refined sugars

Crackers, chips and other manufactured foods

Animal fats, especially those in industrialized red meat

Corn oil, margarine and other hydrogenated and trans-fats
Sugary drinks, such as soda, sports drinks and alcohol, particularly liquers

ANTI-INFLAMMATORY SUPERFOODS

These foods have earned prominent spots on Dr. Andrew Weil's Anti-inflammatory Food Pyramid:

Olive oil

Kale (sautéed with almonds, maybe some roasted beets and a little salt)

Other leafy greens

Tumeric (contains curcumin, which blocks inflammation through 9 biological processes, including blocking the buildup of beta-amyloid plaque, which can lead to the development of Alzheimer's), add it to Egg Beaters and spinach for breakfast every day

Ginger (inhibits inflammation by blocking lipoygenase, an enzyme that increases production of inflammatory compounds. It also contains Kaempferol, an antioxidant that block another inflammatory agent, the Cox02 enzyme)

Garlic (a great source of sulfur and selenium, which promote a healthy immune system by helping produce a powerful antioxidant and an enzyme that aids in the breakdown of toxins.)

Astragalus root (common in Chinese medicine and cuisine, which boosts immunity and blocks the release of inflammatory histamines)

Sea buckthorn (a sour berry high in Vitamin C and antioxidants that inhibits histamines, allowing healing to occur at a normal and healthy rate.)

Many spices burst with brain-health benefits, which is why they're also a hallmark of the Alzheimer's prevention diet: Dr. Marwan Sabbagh, a geriatric neurologist, dementia specialist and director of the Banner-Sun Health Research Institute in Sun City, partnered with Beau Mac Millan, chef at Elements at Sanctuary Resort, to create *The Alzheimer's Prevention Cookbook*, Ten Speed Press, based on a particularly brain-boosting version of the anti-inflammatory diet)

Cinnamon, at least 1 tsp. to coffee each morning

Herbs

Whole grains
Beans
Sweet potatoes
Winter squashes
Cool-climate fruits: berries, cherries apples and pears
Salmon and other fish high in omega-e fatty acids
Splurges: red wine, dark chocolate and tea (white, green or oolong)

TUMERIC

Tumeric is the sleeping giant of American spice racks, poised for a break-through in 2013. The ginger-related plant grows throughout southern Asia and is harvested, dried and crushed into a dusty goldenrod powder. Weil calls it “the most potent anti-inflammatory agent” and **recommends adding a level tablespoon to soups, stews and bean dishes.** Dr. Marwan Sabbagh, a geriatric neurologist and dementia specialist at Bann-Sun Health ‘research Institute, says Indian cuisine has led the way with tumeric in curries, marinades, chutneys and vegetable dishes. “The subcontinent of India has the lowest incidence of Alzheimer’s disease which doctors attribute to three factors---their BMIs (Body mass indices) are lower, their saturated fat is lower and type consume more amounts of turmeric than anywhere in the world.” Add turmeric to your favorite recipes for a twist of flavor. “I lot it in broth and stews, “MacMillan says, echoing Weil, “I’ll even plop some into my tea. ”

KALE

Kale is a true American rags-to-riches story. “Growing up in New England, the closest thing I got to eating kale was baked stuffed scrod with some kale plopped on the side,” said chef Beau MacMillan of Elements at Sanctuary Camelback Mountain. At its best, it was a throwaway garnish; at its worst, it was reviled as boring bitter and just plain icky by Americans who associated leafy greens with tasteless health food. “Now it’s an “in” ingredient in so many kitchens, and it tastes phenomenal,” MacMillan says. “It’s very versatile and very tasty. Kale, a member of the cabbage family and a superhero source of beta carotene, vitamin K, vitamin C, calcium, antioxidants and organosulfur

compounds that reduce the risk of cancer, can be steamed, sautéed, baked into crunchy chips or served raw, as in the legendary True Food Kitchen kale salad. Dr. Andrew Weil of True Food and the University of Arizona likes it **stir-fried in live oil with onion, garlic and red pepper flakes or wilted into a pasta dish with capers and Parmigiano-Reggiano**. There are many varieties of kale, but most Arizona markets have Scotch kale, black kale and Tuscan/dinosaur/lacinato kale readily available.

Anti Alzheimer's Prevention Diet

B-complex vitamins, especially B₆ chicken, fish, potatoes, bananas, and avocados, B₉ and B₁₂ lean meat, fish, poultry and cereals with vitamin B₁₂ added, are crucial in the prevention of Alzheimer's and other forms of cognitive delay and dementia. B vitamins are found in chicken, beef, fish, shellfish, liver, mushrooms, legumes, avocado, leafy greens, nuts, eggs, corn, potatoes, peppers, whole grains, nutritional yeast and brewer's yeast. B₁ (niacin) is pivotal for glucose metabolism and can lower cholesterol and increase blood flow. B₅ helps produce acetylcholine, a neurotransmitter that assists in learning and memory and is obliterated by Alzheimer's. B₆ plays a role in balancing chemicals, such as sodium and potassium, and produces the neurotransmitters dopamine, serotonin, adrenaline and noradrenaline and helps the body break down proteins and make antibodies to fight disease. B₉ increases cognitive function in the elderly. B₁₂ plays perhaps the most important role in brain health by helping build myelin sheaths, the coating around nerve cells and keeps nerves and red blood cells healthy.

A high intake of omega-3 fatty acids is essential for both natural cognitive development and normal brain functioning, so eat more fatty fish.

EVERY DAY you have to be engaged in and participate in your health, with exercise and a healthy diet! The first step is to eliminate refined, processed and manufactured foods from your diet.

"A SWEET POTATOES IMPORTANT INFORMATION" CHAIN E-

MAIL THAT BEGAN IN 1987-Author Unknown
This gives a VISUAL way to focus on more healthy foods.

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are **best & more powerful when eaten raw**. We're such slow learners...

God left us a great clue as to what foods help what part of our body!
God's Pharmacy! Amazing!

A sliced **CARROT** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A **TOMATO** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

GRAPES hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A **WALNUT** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

KIDNEY BEANS actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

CELERY, BOK CHOY, RHUBARB and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

AVOCADOES, EGGPLANT AND PEARS target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

FIGS are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

SWEET POTATOES look like the pancreas and actually balance the glycemic index of diabetics.

OLIVES assist the health and function of the ovaries.

ORANGES , GRAPEFRUITS, AND OTHER CITRUS FRUITS look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

ONIONS look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **GARLIC**, also helps eliminate waste materials and dangerous free radicals from the body.

If you must resort to supplements instead of getting this stuff from a regular diet, the Integrative Health Physician recommended Align or Culturelle for Probiotic Pills or Costco's Kirkland Vitamins or those by GNC, Thorne, Source Naturals, Pure Encapsulation or Jarrow. If doing

the Red Yeast Rice (don't do while on chemotherapy) he recommended combining it with the Kirkland brand CoQ10.

The bottom line, I think, is that we can all make some **EASY** changes in our diets to try and get closer to an anti-inflammatory diet. Start with **SOMETHING**. The Integrative Health Physician's final comment to me was to remember that any Medical entity was only 1 part of your life and that the rest, the majority, was all under **YOUR** control. He said, "**Do not let cancer control your life. YOU control your life.**" **AMEN!**

When you are asked how you are, answer in the strong **AFFIRMATIVE "I AM WELL!"** Never say, "I am **FINE**...that acronym stands for "f*(#)*^, Insane, Neurotic Emotional" which is not the same as being in control of your life!!!

All of the above nutrition information was from articles or the Integrative Health Physician information taken from my notes when I **MET** with him.

ACTUAL INTEGRATIVE HEALTH PHSICIAN REPORT EXCERPTS

Now, I will give you excerpts from the **REPORT** that was written by The Integrative Health Physician, that may give you some clarifications.

1. Nutrition

I went over the Mediterranean Diet, explaining it is also known as the anti-inflammatory diet. [La Rita's note: this is the same diet that studies came out about saying that this diet resulted in a 30% reduction in heart related problems.] The emphasis in on food first and to use supplements to fill in where the diet is inadequate or for specific indications. I gave her several handouts on it. It involves fish, fish oil, fiber, whole grains, low glycemic index foods, soy nuts, fruit, vegetables, olive oil, nuts: **avoiding** partially hydrogenated oils, high-

fructose corn syrup as much as possible, to eat red meat once a month or less. Supplements which she may find helpful are Vitamin D to maintain a Vitamin D level between 50 to 60. I gave her a chart of calcium content of common foods with a goal of trying to consume 1200 mg of elemental calcium, and if not through foods, then through a supplement such as calcium carbonate. Fish oil should supply a combined amount of EPA plus DHA of at least 1000 mg per day.

Supplements which may have some additional effect on malignancies include tumeric 1000 mg twice a day or curcumin 350 mg twice a day, EGCG 500 mg daily, Indole3-carbinol 400 mg daily, and Resveratrol 500 mg daily. These are antioxidants, and there is some concern they may decrease the effectiveness of chemotherapy, although this has not been shown in studies. There are some studies suggesting individuals who take them do better tolerating full courses of chemo, full courses of radiation, but she will need to discuss this with her oncologist. If he would prefer she not to use them during chemo, she could start them after the chemo courses have been completed.

2. Exercise

Exercise had additional benefits in cancer treatments. The goal is about 30 minutes a day in some type of aerobic activity as walking, swimming, riding a bike.

3. Stress Reduction

Her stress has improved since the first day she was told about the malignancy. She has a very good attitude not letting this news bring her down. Her parents owned funeral homes, and she was raised to be independent. We discussed mind-body therapies as ways of decreasing the physical effects of stress. These include prayer, meditation, yoga, tai chi, breathing exercises, biofeedback and exercise itself. Went over mindfulness activities such as observation, and demonstrated the "Mayo Clinic Meditation" app which may be downloaded from the I-tunes store to the I-Phone or I-Pad, which uses paced breathing meditation. I suggested that if she gave it a try she should use it twice a day for about two weeks.

4. Integrated Medicine

Health is comprised of physical, emotional, mental, spiritual and community aspects. Physical health referring to conventional medicine evaluations based on measurement, blood tests, x-rays, examinations, etc. are a smaller part in overall health than most people realize. Not all health problems are explained by conventional testing.

Emotional health refers to the effect of stress on health through the sympathetic nervous system. Mind-body therapies may be helpful to decrease the effect of stress.

Mental health is from the effect of neurotransmitters manifested in target symptom of depression or anxiety. She has no symptoms to suggest that she has a problem with depression or anxiety.

Spiritual health refers to what gives her life a sense of meaning and purpose. We discussed how life and health changes can affect these activities. The goal is always to have a robust sense of meaning to one's life despite these changes.

Wellness as an individual comes about by working within each of these areas in an integrated manner in conjunction with exercise and nutrition. I answered several other questions for the patient. I would be happy to see her again in the future if she has additional questions for me.

PREPARATION FOR HAIR LOSS

If you've been told your chemotherapy infusions will cause hair loss, **SHAVE YOUR HEAD** before your first treatment. Again, **YOU** want to be in **CONTROL**, not the cancer. It will be demoralizing to see large clumps of hair on your pillow or in your shower. The faster growing hair is lost first, like the top of the head, usually in the first three chemotherapy infusions. With the fourth infusion, slower growing hair is lost, ie. eyebrows.

You should get yourself a prayer shawl or a long, muffler scarf to wear during the parts of the chemotherapy cycle when you will feel very cold, to prevent actually catching a cold. Conversely, you will need a sunhat to prevent sun burning your baldhead.

PREPARATION FOR HYDRATION AND FOOD

Get yourself a couple of 25 Ozs. Plastic glasses. Tervis makes wonderful, non-sweating ones in a variety of fun designs.

Order a case of Taste Nirvana Coconut Water from Amazon.com. It can be ordered up on a subscription basis or as need basis and shipped to your location without you having to go to the store to get it. This is the **ONLY** brand of coconut water to get. It tastes good throughout the course of the chemotherapy fusions, not being affected by changes in the taste buds or chemicals from the chemicals being ingested with treatments, and is filled with needed daily requirements of nutrients: Potassium 20%, Chloride 20%, Vitamin C 10%, Dietary Fiber 10%, Calcium 8%, Magnesium 4% and Sodium 4%. There are 120 calories per 16 Ozs. And none are from fat. The ingredients are just Coconut water and Coconut pulp, no added sugars of any sort. People in the jungle lived on it and during World War II, coconut water was for saline to help people survive.

Get a NutriBullet Magic Bullet juicer. You can order it online from Bed Bath and Beyond.

Make arrangements for “juicings” preparation, grilling of lots of fresh vegetables and liver or red meats cooking. Odors may make you ill. Have a family member, friend, or chef at a local restaurant agree to help you have the foods you need to eat. Remember, it is better to get your needed nutrients from food, rather than supplements! If you can’t get a whole juicing down, get as much as you can. **ANY** is better than none at all.

Berry Blast

4 Raspberries
4 Strawberries
1 Apple
½ Banana
Handful Spring Greens
5 Blackberries (Optional)
5 Blueberries (Optional)
½ Handful Natural Unsalted Pistachios (Optional)
¼ Cup Water

Carrot Blast

1 ½ Carrots
1 Orange
½ Apple
½ Mango
Splash of fresh lemon juice
Handful Springs Greens (Optional)
½ Handful Natural Unsalted Pistachios (Optional)
¼ Cup Water

Get yourself a variety of **FRESH** vegetables and **FRESH** fruits and unsalted pistachio or walnuts that you can have blended up for at least one juicing a day. As a “juicing” they are more readily absorbed into the intestinal track and jump start the rebuilding of the immune system, the immediate system “destroyed” by the chemotherapy infusions, and the re-starting of the normal peristalsis of the intestinal track to prevent constipation. In other words, you are also detoxifying your system. For your juicings, you may want to add fresh ginger or powdered ginger to help alleviate nausea. If you can’t get a whole juicing down, get as much as you can. **ANY** is better than none at all.

Have a variety of nuts: pistachio, walnuts, pumpkin seeds, sunflower seeds, pecans, almonds (peanuts and cashews not as acceptable) and dried fruits and dark chocolate that you can readily access.

In your refrigerator, have a variety of fresh fruits, fresh vegetables, “soft” protein and calcium sources such as yogurt, cottage cheese, deviled eggs, hummus that you can access easily.

Rebecca Katz is the chef and founder of Inner Cook, a San Francisco-based culinary practice that helps cancer patients meet their nutritional needs. “Teaching cancer patients and their families how to get to the ‘yum’ can spell the difference between keeping the appetite engaged and losing interest in eating.” For some recipes, try:

<http://spryliving.com/articles/recipes-for-fighting-cancer>

You want to try and be **PRO-ACTIVE** on your nutrition needs. It is better to get your nutrition from “real food” rather than supplements, if at all possible. The **MINIMUM** liquids you need are 64 OZS. Options are water, juice, soup, Power Aid, Gatorade, milkshake, Pedialyte, Ensure, or Instant Carnation Breakfast. If you drink coffee, tea or soft drinks, for the amounts that you drink, you need to off-set them with water, because you need to **HYDRATE** your body, not dehydrate it.

PREPARATION FOR MEDITATION, SLEEP AND PAIN RELIEF

From the I-Tunes Store, order up Mayo Clinic Meditation for your I-Phone.

Order up Terry Woodford’s Adult Therapy CD to help you if you have trouble going to sleep: <http://www.adultlullabytherapy.com> Originally, the lullabies, produced with a natural heartbeat bass, were used in neonatal intensive care units around the world. Then they were used to calm Alzheimer’s patients and now the government buys them to treat Post Traumatic Stress Syndrome patients. Some DVDs

with inspiration quotes are being developed which would be helpful to view and listen to while receiving chemotherapy infusions.

FATIGUE is the most common side effect of cancer and its treatment. It can be more persistent than regular fatigue and may not be relieved by rest. Coping with it involves **REST** (Some say that too much sleep is just as harmful as not enough sleep; so 20-30 minutes power naps may help the most.), **ACTIVITY** (Mild exercise, such as walking, increases energy) and **GOOD NUTRITION**. For **FATIGUE AND ENERGY MANAGEMENT**, you want to prioritize, pace yourself, plan for contingencies and keep your perspective. For **ENERGY RESTORATION**, do activities you enjoy!

ACUPRESSURE

Accupressure, an alternative therapy based on Chinese acupuncture, may give you some pain relief:

1. For Nausea: Press on the middle of your forearm, about 3 finger widths up your arm from your wrist crease. (This is the point motion-sickness bracelets press as well.)
2. For Headache: Pinch the web of flesh between your thumb and forefinger.
3. For Heartburn/Indigestion: Press down in the middle of your torso about six finger widths above your belly button and two below the bottom of your rib cage.
4. For Menstrual Cramps and Period Bloat: Press on the inside of your leg, just below and slightly behind the knee joint.
5. For neck Pain: With your thumbs, press the hollows at the back base of your skull.
6. For Gas or Constipation: Rub your abdomen clockwise, 150 to 300 times.

7. For Insomnia: Press down on the crease between the palm and wrist, in line with the pinky finger-daily, for best results.

8. For All-Over Water Retention: Press on the inside of your leg, about a hand's width up from the ankle bone, just behind the tibia.

Get a prescription for Emla cream, Hi-Tech Pharmacal's Lidocaine 2.5% and Prilocaine 2.0% cream, 30 grams, to apply to the Power Port, 1 hour before any chemotherapy infusion or blood draw. It deadens the area so that the needle stick won't hurt. You put a big "glob" of it over your Power Point an hour before an anticipated stick. Then cover it with Press and Seal cling wrap, as you go to your appointment.

A product to prevent mouth and tongue sores is called MuGard (Mucoadhesive Oral Wound Rinse) made by Access Pharmaceuticals Inc. The company will provide it for free to those who can't afford it. It is a mouth wash that is to be used 4 times a day. You may not need this if you put ice on the sores before they "pop" but keep this for reference information.

Get your teeth cleaned before you do your first chemotherapy infusion. You don't want to risk getting an infection during treatments, nor do you want to have grimy teeth for several months. You might want to consider brushing with water and baking soda each time you eat if you get mouth sores. If you get symptoms of a "dry mouth," you might try Biotene Oral Rinse.

Before the first day of **ANY** chemotherapy infusion, one needs to get a manicure and pedicure. You can't risk getting a "nick" which would result in a possible infection while receiving the infusion or going through the "low" period of the first 10 days.

Get a tub of Bag Balm to moisturize the dry skin on your heels and feet. It's "messy" to put on, but just wipe off the excess with a paper towel. It is well worth the effort.

I'd recommend having Mayo's Clinic's Vanicream Moisturizing Skin Cream, formulated without dyes, lanolin, fragrance, masking fragrance parabens, or formaldehyde. This is a non-greasy, long-lasting moisturizing cream for the general body, which comes as a sunscreen, too, and is available by tubs with pump or tubes. You can purchase it at Safeway, Walgreens, CVS or Target.

www.psico.com.

Have a heating pad to help with muscle or bone pain or when you feel "chilly."

DAY 1: PREPARATION FOR CHEMOTHERAPY INFUSION

When going to for a Chemotherapy infusion, remember to take your meditation/relaxation materials/reading materials via I-Pad or laptop. Have a long muffler or prayer shawl to keep your head and neck warm. You don't want to take a chance on getting the "sniffles," hence developing an infection. If going to the hospital, put a mask on yourself at the door. Take your cellphone with you, in case you need to call your oncologist with your **OWN** questions or concerns as the infusion is proceeding. Ask for 2 heated blankets at all times, during the treatments so you won't get "chilled." (One to be actually "warm" and the other one to help hold the heat from the first "warm" blanket in longer;)

My personal chemotherapy regime was R2-CHOP. Rituximab, Cytoxan, Vincristine, Sicor, Prednisone and Lenalidomide. However, the **PRINCIPLES** in this document can help with many forms of cancer treatment. So, use what will help you and ignore the rest. In case your oncology nurse does not tell you, after you have the main R infusion, Rituximab, ask for a cup of ice chips and eat solid ice chips while the chemotherapy nurse is **HAND PUSHING** the other chemicals. Your clues for the need for this are (1) the oncology nurse **HAND** Pushing the chemotherapy chemicals, rather than giving them to you by an IV Drip and (2) if the chemicals being **HAND** pushed are

COLD! Don't be shy about **ASKING** a lot of questions. **YOU** have to be **AWARE** of what is happening. Don't just blindly go with "They are supposed to know more than me..." Ask for a supervisor, if you're not happy with the answers your getting from the chemotherapy nurse. If you don't like the answers you're getting from the supervisor, use your cell phone and call your oncologist or your oncologist's nurse. If you don't like ice chips, take in a popsicle. The ice can **PREVENT** mouth or tongue sores from forming. Common chemicals that can cause the mouth sores are Cytosan, Vincristine and Adriamycin. Some cancers that these chemicals are used for are: Diffuse Large B Cell Lymphoma, some forms of Breast Cancer and Colon Rectal Cancer. The cells in the colon and mouth are of a similar type and normally slough off every 7 days. Hence, the need to keep **ICE** in your water that your drinking so that you have a piece you can quickly access if you start feeling a "sore" in your mouth or tongue trying to "pop," will take that "sore" down in just a matter of seconds to just a few minutes. Keep it iced until it goes down!

The **DAY 1** of your Chemotherapy infusion: Eat a breakfast of egg and toast to have something on your stomach but not something that is too heavy.

A chemotherapy infusion cannot be considered successfully completely completed until one reaches the day before the NEXT scheduled chemotherapy infusion to assess the blood counts and see if they are "acceptable" to proceed on to the next chemotherapy infusion, so NOT for a MINIMUM of 21 days! If they are not "good enough" the infusion has to be postponed, usually at least a week. The whole goal is to try and stay on schedule!!! You can't get an infection or become too tired if you want to stay on schedule.

Day 1 is the Main Chemotherapy Day. The minute you get home from getting this infusion, you need to take a shower from head-to-toe to "decontaminate" yourself from any containment from the hospital. Also, both my chemotherapy nurses and my blood draw nurses said to

immediately wash everything you wore to the hospital in **HOT** water. Your purpose is to **kill germs**, not worry about clothes “fading” or conserving hot water usage! You always want to be clean and be able to have clean and clean sheets when you need to sleep!

After the infusion, the goals are to start **PUSHING** those chemotherapy chemicals through the body as quickly as you can. This means it has to go out through urine or stool so the "Pee and Poop Patrol." **So, immediately for EVERY hour of Chemotherapy infusion, you need to drink 16-20 Ozs. of ICE WATER.** So if you have a 5-hour infusion, that means you have to drink 5 of those glasses of water before you go to bed that night! **IF** you don't drink enough water on this first day, and subsequently throughout your other chemotherapy cycle, you are risking such things as **PERMANENT DAMAGE** to your kidneys, throwing a blood clot to your lungs, etc. If these were to happen, it is not due to a side-effect of your chemotherapy treatments as much as it is **YOU** not doing what you need to do for the chance of the most successful result from your chemotherapy treatment. So, **STOP YOUR WHINING**, get over it, put ice in your water, get flavored waters that are more palatable to you, but **STAY HYDRATED!!!!**

The second goal on that first day is to get the normal peristalsis of the digestive tract/intestines to re-start. Chemotherapy kills it. To do it, you need to have one juicing. The juicing serves two purposes, it is easily absorbed directly into the digestive tract to restart the peristalsis and prevent constipation, and it is a start to begin rebuilding the immune system, the first thing the chemotherapy infusion tears down to nothing. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

To stay on schedule specific things have to be done **EACH DAY**, practically **EACH HOUR**, to be successful. Again, this is why you cannot take numerous telephone calls. You will be hoarse when on the prednisone tablets and for some days afterwards. You have to be able to do the pill taking on schedule, eat whatever foods you can tolerate

whenever you feel like you can eat, the juicing on schedule, the hydration by water or coconut water and **SLEEP** on whatever schedule your body tells you when you need to rest.

You have to get up by about 6 am to do the pill regime, which has to be completed by 8 AM each day. It consists of:

Drinking a 16-20 Ozs. glass of **ICE** water. You want to get **LOTS** of water and some food down there so that all of the pills won't just hit and start assaulting the lining of your stomach, potentially causing an ulcer or other gastrointestinal irritation! Also, I emphasize the word, **WATER!** If you choose to drink coffee, tea or soft drinks, for every cup of them, you will need to **MATCH** it with the same amount of water.

Arranging for solid food bites to take between the pills, this time bites of your egg with toast. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

9 Prednisone tablets, an anti-inflammatory, (have I mentioned how **AWFUL** they are...**BITTER, BITTER, BITTER**). They have to be taken for the first 5 days of each cycle, from chemotherapy infusion day on and have to **BE TAKEN BY 8 AM so as to not interfere with that night's sleep as much.**

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 18 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then I have a **THIRD** 16-20 Ozs. of **ICE** water by me to drink when I feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration. As soon as that 16-20 Ozs. of **ICE** water is empty, I fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, I'm **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

The goals for the 48-60 hours from point of chemotherapy infusion are to **FLUSH** those chemicals out of the body as quickly as you can, which means they can only go by urine or stool. The chemotherapy infusion immediately starts shutting down the colon **AND** depleting the WBC, immune system of the body. So that is the purpose of having a "juicing" a day of **FRESH**, ground up fruits vegetables and nuts and greens such as kale, spinach, spring greens. In a juicing the intestine is better able to absorb the nutrients and process them through the system to get the peristalsis of the intestinal track restarted to prevent constipation and to start re-building the immune system before the lowest point blood draw which will occur on the week's date after the chemotherapy infusion. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

Each day, a "juicing" has to be made:

1. One Immune Booster we developed has greens/broccoli, 1/2 banana. 1 orange, peeled, 1/2 a ring of pineapple, a handful of dried cranberries, blueberries and cherries, 1/4 cup of unsalted pistachios and 3/4 cut water. Fresh ginger can help with nausea. This is ground up in the Magic Bullet Nutribullet.

2. Another was a Boosted Juice Smoothies of Blueberries, Pistachios, 1/4 Apple, 1/2 banana, greens and water. Fresh ginger can help with nausea.

An alternate drink is Taste Nirvana Coconut Water. I'd recommend one or two of those per day, to increase the potassium level. Potassium needs to be monitored on your blood draws for that affects your electrolytes and does a lot to help you "feel better."

The expected side effects one is trying to avoid in the first 48 hours of a chemotherapy infusion are nausea/vomiting and constipation. Try and head off nausea **BEFORE** it has a chance to happen. Along with lots of liquids, primarily water, one needs to eat something "small" every two hours to keep something on the stomach. To do this, you have to have foods of fruits, nuts and proteins and soups that are easy to "graze" and to allow for what sounds good to my body. Taste **CHANGES** with the various pills and the stages one is in of the chemotherapy process, so what sounds and tastes good one hour or day, doesn't the next hour or day. So, food is bought and eaten in the smallest quantities possible to allow for these variations.

You want to drink a 16-20 Ozs. amount of **ICE** water every two hours and eat a "small" something every two hours to keep something on your stomach. These will help reduce your chance of developing nausea or, worse, vomiting. Remember, it is easier to prevent nausea and nausea is easier to stop than vomiting. The variety of fruits, nuts and proteins will help you be able to "graze" and to eat what sounds good to your body.

Remember the admonition that is you think you're going to have nausea or vomiting, it is better to do it on foods that aren't your favorites for if you throw up your favorite foods, you'll never be able to eat them again! If you feel "queasy" and lying down doesn't make the sensation go away soon, then take your Anti-Nausea Prescribed Medication: Compazine/Prochlorperazine, 10 mg, every 8 hours **AS NEEDED**, or Ativan/Lorazepam, 0.5 mg, every 4 hours as needed for nausea and to help you get to sleep. Relaxation techniques may help with nausea. Eating raw ginger or dry ginger, perhaps including them in our "juicings" may help alleviate symptoms. Umebashi Plums

available from a store like Whole Foods may help relieve nausea. Some studies say that smelling rubbing alcohol can instantly relieve nausea. Pineapple juice or pineapple chunks may help take bad taste out of your mouth.

For constipation, try moist prunes, buttered even. Or you might try a **Homemade Laxative Recipe**

Mix 2 Cups bran, the kind sold in health food stores, with 2 Cups applesauce and 1 Cup of unsweetened prune juice. Refrigerate the mixture and take 2 or 3 Tbsps. twice a day. Feel free to add other ingredients that strike your fancy for tasty additions.

For diarrhea, try bananas, rice, applesauce and toast and Gatorade after each evacuation.

At the end of Day 1, you take the following pills, again:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 5 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

DAY 2-

Day 2-Friday, The day after a chemotherapy infusion, a Nulasta shot is taken.. This is to start the bone marrow to churn up new White Blood Cells. The minute you get home from getting this shot, you need to

take a shower from head-to-toe to “decontaminate” yourself from any containment from the hospital. Also, “both my chemotherapy nurses and my blood draw nurses said to immediately wash everything you wore to the hospital in **HOT** water. Your purpose is **to kill germs**, not worry about clothes “fading” or conserving hot water usage! You always want to be clean and be able to have clean and clean sheets when you need to sleep!

With the start of the chemotherapy infusion, your immune system will be suppressed. So along with keeping hydrated to “flush” the chemotherapy toxins from the body with the “Pee and Poop Patrol,” you will want to be working that first week on building back up the immune system. You need to eat **LOTS** of fresh fruits and fresh vegetables with your meal(s). And you will want to do a fresh vegetables and fruits “juicing” per day.

With this first week, the body starts feeling “cold” all of the time. So, you have to stay wrapped up in whatever works to help you stay warm, indoors or out (drop your ego at the door, wrap your head and neck and wear a ski jacket even if it is 90° F out...don’t let our self get “chilled,” particularly when going into air conditioned places), sleep with a heating pad, etc. You've got to keep stuff flushing through to try and prevent damage to the kidneys.

In later cycles you may be dealing with carry-over peripheral neural neuropathy or, more rarely, peripheral motor neuropathy.

Each day, a “juicing” has to be made and drunk.

An alternate drink is Taste Nirvana Coconut Water. I’d recommend two of those per day, to increase the potassium level.

During this first week, the blood counts are going down, down, down to their lowest point, 8 days after the chemotherapy infusion. So you have to be especially carefully of not coming into contact with “germs.” When going into the hospital for a blood draw, put a mask on at the

door. As my main draw nurse told me, it's a **HOSPITAL**, which means people are in there with all kinds of bad things you want to keep out of your system so you don't get sick.

Unless necessary from **YOUR** standpoints, you don't need people coming to visit who have flown on an airplane, because they will be contaminated with plane "germs" which wouldn't affect you under normal circumstances but could be deadly, too, to you with a compromised immune system. If a person does come off a plane, ask them to shower head-to-toe and change their clothing.

At the beginning of Day 2,

You have to get up by about 6 am to do the pill regime, which has to be completed by 8 AM each day. It consists of:

Drinking a 16-20 Ozs. glass of **ICE** water. You want to get **LOTS** of water and some food down there so that all of the pills won't just hit and start assaulting the lining of your stomach, potentially causing an ulcer or other gastrointestinal irritation!

Arranging for solid food bites to take between the pills, this time pinto beans and cheese enchiladas. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

9 Prednisone tablets, an anti-inflammatory, (have I mentioned how **AWFUL** they are...**BITTER, BITTER, BITTER**). They have to be taken for the first 5 days of each cycle, from chemotherapy infusion day on and have to **BE TAKEN BY 8 AM so as to not interfere with that night's sleep as much.**

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 18 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then you have a **THIRD** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

If you feel strong enough to try and go get a lunch with friends, everyone has to open the doors for you, hold the menu for you, salt and pepper your food for you, pay your credit card for you, etc. **IOW**, you try **NOT** to touch **ANYTHING, ANYWHERE**. Simultaneously, you can feel yourself losing energy. You can feel slightly out of breath just walking about a half block. If you squat down to pick up something, you may not have the strength to pick yourself back up again and will land on your butt (Yep, voice of experience speaking here!). So have a plan for grabbing something sturdy to get back up again or turn over and crawl to something safe for support. Your voice may start to be periodically "hoarse."

If you feel like your insides are crawling with "bugs," that is a Prednisone effect. In later cycles you may have more feet, ankle, leg

swelling. You may have a problem with tingling sensation in your finger tips or toes or loss of motor strength in them. Pednisone again. So, push the water to get the chemicals out of the body quicker.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

An alternate drink is Taste Nirvana Coconut Water. I'd recommend two of those per day, to increase the potassium level.

At the end of Day 2, you take the following pills, again:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 5 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

In the middle of the night, you may try and have your first bowel movement. If you feel like you might be trying to be constipated, go drink another juicing. If you start to pass gas, that is a good thing, the intestines are trying to work again.

DAY 3

At the beginning of Day 3- Saturday

You have to get up by about 6 am to do the pill regime, which has to

be completed by 8 AM each day. It consists of:

Drinking a 16-20 Ozs. glass of **ICE** water. You want to get **LOTS** of water and some food down there so that all of the pills won't just hit and start assaulting the lining of your stomach, potentially causing an ulcer or other gastrointestinal irritation!

Arranging for solid food bites to take between the pills, this time with some ham. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

9 Prednisone tablets, an anti-inflammatory, (have I mentioned how **AWFUL** they are...**BITTER, BITTER, BITTER**). They have to be taken for the first 5 days of each cycle, from chemotherapy infusion day on and have to **BE TAKEN BY 8 AM so as to not interfere with that night's sleep as much.**

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 18 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then you have a **THIRD** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

So, As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the

whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Day 3, you may start feeling some joint pain from the Neulasta shot and tingling of the finger tips and the feeling that you might get tongue or mouth sores to "pop out." So, you still have to keep drinking the 16-20 Ozs. of **ICE** water, so that you can throw an ice cube on the sores that want to pop out. You want to start "massaging" any tingling to keep the nerves stimulated. An eyelid may start to "droop." You will start sneezing and losing energy as your immune system starts dropping. You will feel like you're getting a cold, with sniffles and the start of hoarse, dry cough, so react like you **NORMALLY** would if you were getting a cold...stay warm, stay away from people, get extra sleep or at least extra bed rest. This may alternate with feeling "hot." It is better to err on keeping your body warm enough. Your body has taken a major assault from the chemotherapy infusion, so it needs help to repair, replenish itself.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all. Hopefully you are starting to pass some gas and stool, to indicate the intestinal tract is trying to work normally.

An alternate drink is Taste Nirvana Coconut Water. I'd recommend two of those per day, to increase the potassium level.

At the end of Day 3, you take the following pills, again:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 5 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

DAY 4

Day 4-Sunday, if you've survived the first 3 days with no nausea and no constipation, give yourself an A+!!!

At the beginning of Day 4-Sunday

You have to get up by about 6 am to do the pill regime, which has to be completed by 8 AM each day. It consists of:

Drinking a 16-20 Ozs. glass of **ICE** water. You want to get **LOTS** of water and some food down there so that all of the pills won't just hit and start assaulting the lining of your stomach, potentially causing an ulcer or other gastrointestinal irritation!

Arranging for solid food bites to take between the pills, this time toast and jelly. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

9 Prednisone tablets, an anti-inflammatory, (have I mentioned how **AWFUL** they are...**BITTER, BITTER, BITTER**). They have to be taken for the first 5 days of each cycle, from chemotherapy infusion day on and have to **be taken by 8am** so as to not interfere with that night's

sleep as much.

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 18 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then you have a **THIRD** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

The main purpose of Day 4 is to start **PUSHING** all of the Prednisone out of your body. Prednisone, as a friend told me who had this same treatment regime, can have a cumulative effect and may make "Your head get the size of a basketball and you will feel agitated, at best." He recommended eating what your body is screaming for and to try to be healthy. He added that it could be helpful to have a small project to do that isn't crucial in your life, doesn't require much thought and with small achievable goals, like cleaning out a flowerbed or a closet, that you can work on periodically, even if it takes you a month to get it done."

There is a concept called “Chemobrain” which says you may not be thinking clearly, correctly or coherently for from months to a couple of years. So, be sure and have someone looking over your shoulder when you’re doing any real business activities, just to be on the safe side!

Now, you will be getting more fatigued, have a “runny” nose, have a “cough,” basically symptoms like you have a “cold.” So, protect yourself from exposure to other people, allergies, and pet dander. Pace your activities. Do your daily, minimally, every two hours, of drinking **ICE** water, using an **ICE CUBE** if you feel like mouth or tongue sores are trying to “pop” out, and Taste Nirvana Coconut water drinking, “juicing,” and eating of lots of **FRESH** fruits and vegetables. If you’re having mouth sores, look into a product to prevent mouth and tongue sores called MuGard (Mucoadhesive Oral Wound Rinse) made by Access Pharmaceuticals Inc. The company will provide it for free to those who can’t afford it. It is a mouthwash that is to be used 4 times a day.

Along with your immune system, the white blood cells, your platelet levels will be damaged or destroyed, due to the chemotherapy infusion. So take extra care that you don’t cut your self with a sharp knife or nail clippers or glass shards!

You may feel like you are going to “drool, “ although you don’t actually. Your eyelid may start twitching. If you try and talk, you will be very hoarse. You may alternate between being “cold” and “hot,” so err on the “hot” side, to try to keep from getting sick. Your first muscle cramping “Charlie Horse’s” may begin. When you lie down, you may have a dry, hacking cough.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

An alternate drink is Taste Nirvana Coconut Water. I’d recommend one or two of those per day, to increase the potassium level.

At the end of Day 4, you take the following pills, again:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 5 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

DAY 5

Beginning of Day 5-Monday

You have to get up by about 6 am to do the pill regime, which has to be completed by 8 AM each day. It consists of:

Drinking a 16-20 Ozs. glass of ICE water. You want to get LOTS of water and some food down there so that all of the pills won't just hit and start assaulting the lining of your stomach, potentially causing an ulcer or other gastrointestinal irritation!

Arranging for solid food bites to take between the pills, this time mashed potatoes with gravy. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)
9 Prednisone tablets, an anti-inflammatory, (have I mentioned how **AWFUL** they are...**BITTER, BITTER, BITTER**). They have to be taken for the first 5 days of each cycle, from chemotherapy infusion day on and have to **be taken by 8am** so as to not interfere with that night's sleep as much.
1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)
1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag
2 HPF Cholestene Red Yeast Rice capsules
So in taking these 18 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

If you have made it through this set of pills, **CONGRATULATIONS**, because you will have gotten the 45, count them, Prednisone tablets into your gut for Cycle 4!!! Today, you want to keep pushing the Prednisone out of your body by consuming **LOTS** of liquids, a juicing, two cans of coconut water and fresh fruits and vegetables.

Then you have a **THIRD** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of

the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

An alternate drink is Taste Nirvana Coconut Water. I'd recommend two of those per day, to increase the potassium level.

If you try and talk, you will be very hoarse, so **DON'T TALK**. You may "think" you're going to get a headache, but you won't. Your gums may "ache" a little bit. At night, you may feel like your whole insides have "little bugs" creeping through you...welcome to the world of Prednisone!

At the end of Day 5, you take the following pills, again:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 5 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of ICE water.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

DAY 6

At the beginning of Day 6-Tuesday

Arranging for solid food bites to take between the pills, this time macaroni salad. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Allopurinol (only had to take with Cycle 1)
0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)
1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules
So in taking these 8 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then you have a **THIRD** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

At Day 6, you have important decisions to make, how **SELF-DICSIPLINED** do you want to be to try and (1) keep from developing an infection that could set you back on your whole chemotherapy

schedule and (2) how “good” do you want to try and feel and be during the lowest point of your chemotherapy cycle? This next 3-5 day period may be the most crucial to better tolerate treatment. This is when you need to become **PRO-ACTIVE** about infection prevention **AND** energy conservation.

Now is when you leave your pride and “image” at the door, if you want to try and get “healthy.” This is the period when your blood levels will be at their lowest. So, **IF**, you go out, wear a mask...not to protect others from you, but **YOU** from others. You will sometimes feel “hot” and sometimes “cold” so take a prayer shawl or long scarf that you can wear around your bald head and neck to keep from getting “chilled.”

Have some Clorax Wipes in your car and wipe down your car keys, steering wheel, door handles, side of the door...anywhere you might touch. Germs will have accumulated so you want to get them off for this low period in your treatment cycle. Likewise, you want to wipe down the handles and sides of any grocery cart you’re using.

At the 6th Day, you will have a more persistent cough and runny nose. So, act like you normally would when you have a “cold” and put yourself to bed for at least 2 hours. And I **DO MEAN**, put yourself to bed...literally go lie down and don’t get up! If you can’t actually go to sleep, that is ok, just at least lie there. If you’re bored, now is the time to bring your Netflix DVDs or your music into play. Watch or listen to them but **STAY STLL IN BED**.

You need to be **PRO-ACTIVE** about rest and not be re-active at this time. In other words, don’t wait until you “feel tired” to rest, because then you will have over-done it and will “pay” for not having taken better care of yourself.

So, this is where your self-discipline will be challenged. Be over-protective of yourself in terms of trying to avoid any exposure to anything that might cause you an infection and **FORCE YOURSELF**

TO LITERALLY LIE DOWN for extended periods of time, whether you think you need to or not.

During the course of Day 6 you need to get your juicing in and 2 cans of the Taste Nirvana Coconut Water for the extra potassium. You need to continue consuming fresh fruits and vegetables to build up your immune system **AND** begin consuming vegetables, liver, steak or pot roast to start re-building your red blood cells.

If you have been drinking enough water and eating enough **FRESH** vegetables and fruits by **BOTH JUICING** and **REAL FOOD** up to now, today you should have a **MAJOR** intestinal evacuation. I don't mean diarrhea, I'm talking about a large, well formed stool about 12" to 18" long! This is a good sign. It means that your intestinal track is now back up and functioning normally now. Along with this, you will notice an **ODOR**. There will be an odor to your urine, stool and coming out of your skin. This is because with the chemotherapy chemicals and other drugs you were taking, your body is basically a **TOXIC WASTE DUMP** that you now have the responsibility to **GET IT CLEANED UP!** Now, it **THIS** idea doesn't get you motivated to get to **PUSHING** those chemicals out of your body by **WATER and Taste Nirvana Coconut Water**, I don't know what will! Remember, the "Pee and Poop Patrol" is what is is all about!

At the end of Day 6, you take the following pills, again:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 5 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of ICE water.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

At the 6th and 7th day, simultaneously with getting to the white blood counts level, the Nulasta shot which was taken on the 2nd day starts kicking in. That means that the large bones start hurting as the bone marrow is being "churned." If it is happening in the sternum, it literally feels like I'm having a major heart attack!!! When it really starts churning, try and eat a lot of "soft protein" such as cottage cheese, deviled eggs, yogurt, Swiss cheese, whatever. You feel if the bone marrow is working that hard, that it needs some fuel. You sometimes have to get up at 2 AM to "feed" the system.

Within 48 hours after you finish the 5 days of 9 Prednisone tablets, you will experience a "crash" and won't be able to get out of bed except to grab something easy to eat and go to the bathroom. This will probably coincide with the Neulasta shot kicking in to get your bone marrow to start replacing the depleted white blood cells from the chemotherapy infusion. This will cause bone pain. If in the sternum, the first time it happens you'll be sure that you're having a heart attack. Go eat some soft protein, like your yogurt or cottage cheese, then just surrender to your bed and try and sleep it off. Take some extra Slow Mag for additional calcium and magnesium support to help with the leg cramps and do the trick of putting a bar of soap between the sheets, too, in case that will help.

Leg cramps really hurt and imagine if you're sleeping and you get a leg cramp so bad that it wakes you out of a sound sleep. Horrible, excruciating pain that keeps you awake until it goes away. Sometimes, just lying **VERY STILL** in bed, without moving a muscle, will let you get some **SLEEP** or at least **REST**. Other times, even when lying still, the muscle writhing will occur. Again, **STAY IN BED**, and at least **REST**, even if you can't **SLEEP**. If you're already lying in bed, then at times you **WILL** be able to fall asleep for awhile, so put yourself in a position to be able to enjoy those moments through these few days.

Here is a home remedy to get rid of and prevent leg cramps: "Soap under the sheets. There is no scientific explanation why this works but many readers of the book, *Best Choices from the People's Pharmacy*, have said that this home remedy works well for them. Basically what you do is take a bar of soap, any bar of soap will do except Dove and Dial, unwrap it and stick it under the bottom, fitted sheet where your calves would be. Make sure to replace the bar every month or six weeks and make sure to check every night before going to bed that the soap didn't fall out.

Apparently, the cheaper the soap, the better. I know this remedy sounds unusual but a lot of people have tried it and say it works great for them. Try it! You have nothing to lose but leg cramps."

The 6th day after the infusion, which is the first day of going off the 9 Prednisone tablets per day "cold turkey," not being tapered off, you start feeling "creep crawlies" throughout your body. Also, there is some "tingling" of the fingertips, so you have to massage your muscles and fingertips to keep the nerves stimulated and to try and ward off neuropathy setting in. This goes all throughout the day and night. If a limb is "numb" at night, you have to be sure you weren't just sleeping on it wrong. But no matter the source, you have to stimulate those nerves and muscles.

At the end of the 6th day and into the 7th day, the Neulasta starts churning the bone marrow. To relieve this bone pain, you get into the whirlpool bathtub and put the motor on high speed to pound a half cup of Epsom salt filled water onto the bones major pelvis, chest and knee bones for at least 30 minutes. Start doing this the second you start feeling bone pain. So, for example, do a whirlpool at 5 PM, then again at 4 AM, then again at 10 PM. Eat lunch at 2:30 PM, supper at 8PM then a meal at 3 AM.

Into the 6th day, you begin eating a meal with red meat of pot roast or steak to go ahead and start building up the red blood cells, to reduce the feeling of faintness or weakness. However, it **IS** necessary to rest or

sleep in bed for some time. If you hold completely still, it helps keep the muscles from cramping and the bones from hurting so much.

Within 48 hours after you finish the 5 days of 9 Prednisone tables, the 7th day, you experience a "crash" and won't be able to get out of bed except to grab something easy to eat and go to the bathroom. This will coincide with the Neulasta shot kicking in to get the bone marrow to start replacing the depleted white blood cells from the chemotherapy infusion. Even if not sleeping, you can only just rest on that day. You cannot try and do computer work. You feel too weak to talk on the telephone and will be hoarse.

The 7th to 10 days, one is trying to ward off nausea, fatigue, and hair loss and mouth sores. You can't control the hair loss but you **CAN** do things to ward off those other side effects.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Neulasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

My only friend that I knew of that had gone through all of this, has

expressed concern and warned me about expecting progressive physical and behavioral side effects of Prednisone and extreme accumulation of progressive fatigue through the remaining chemotherapy infusions and the loss of correct and coherent thinking skills for many months.

DAY 7

Beginning of Day 7-Wed.

Arranging for solid food bites to take between the pills, this time pancakes. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-YEAH!!!)

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 8 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20

Ozs. glass of ICE water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

So, again, you have to just stay on your "regime" and try and get your "2nd Wind" and get through the rest of the days of treatment (**IF** you don't have to have any missed treatment days.) As you are tolerating treatment, be encouraged, but you can't get too confident or start taking chances by over exposure to people and places or over extending yourself in what you can do day-to-day. **DO NOT** plan to have a relapse in the next several days/months!!!!

A sensation of drooling and bad taste in mouth are common. This Day 7 is common for the "Prednisone Drop." With that, you may feel so weak or light headed that you won't want to be out of bed, except to get something to eat or to go to the bathroom. Also, bone pain may occur. It may be so severe with the large bones that if the white blood cells are being churned out of the sternum, chest, you may literally feel like you are having a heart attack!!! To relieve the symptoms it is helpful to take a whirlpool bath, with Epsom salts in the water. Hopefully you've made up your Bath Salts ahead of time, before you actually need them!

You will notice that your urine, stool and skin **STINK**. If that is not motivation for you to keep the **WATER** and **JUICING** going to get the chemicals out of your body, I don't know what will be!

When you go to bed at night, you may have a hacking, dry cough.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 8

Beginning of Day 8-Thurs.

Arranging for solid food bites to take between the pills, this time ham salad with tomatoes. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-YEAH!!!)

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 8 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

You will have to be **PRO-ACTIVE** on your blood draw days. Put on a **MASK** and wear it through the whole time you are in the building getting your blood drawn. The purpose is to protect you from **OTHERS**, not you from the public.

On any blood draw day, you need to be sure that the draws include everything you need. For example, if you are needing to have a preparation done for a new crown for your tooth, you need to have your Neutrophils Absolute and Platelet Count within normal limits, so you aren't as susceptible to infection or won't bleed to death with the procedure. A CBC blood draw wouldn't include those. You have to **ASK** for a Differential. If you have been low for Potassium, you need to follow **THAT** to see if drinking one or two Taste Nirvana Coconut Waters are bringing that up enough, along with potassium enriched foods. If the specific blood test has not been ordered, you won't have the answer to that question. If the complete tests have not been ordered, **ASK** the draw nurse to call the doctor's office so that those tests will be ordered on a **STAT** basis. Otherwise, you would have to

come back at another time to have these needed tests done, expending unnecessary time and energy.

After your blood has been drawn, **WAIT** to get a printout of the results. You need to compare your print out with the last one you had done in your current Cycle and also compare it to the **SAME DAY** of the previous Cycles you've had. Analysis of these will let you see what foods and drinks you need to be consuming to be "improved" for your next scheduled blood draw a week away.

The minute you get home from getting this **Blood Draw** you need to shower from head-to-toe to "decontaminate" yourself from any containment from the hospital. Also, both my chemotherapy nurses and my blood draw nurses said to immediately wash everything you wore to the hospital in **HOT** water. Your purpose is to **kill germs**, not worry about clothes "fading" or conserving hot water usage! You always want to be clean and be able to have clean and clean sheets when you need to sleep!

The 8th day you go for a blood draw that will be the "lowest" White Blood Cell Count one. This is when the immunity is at it lowest and when you are most susceptible to catching a "bug." Travel time, blood draw, and waiting for the results takes a minimum of three hours. If the blood is too low and a blood transfusion is also required that day, then many more hours would need to be added to that day's "schedule."

When going to for a blood draw, remember to take your long muffler or prayer shawl to keep your head and neck warm. You don't want to take a chance on getting the "sniffles," hence developing an infection. If going to the hospital, put a mask on yourself at the door. Take your cellphone with you, in case you need to call your oncologist to get the ordered blood draw updated or make a change in your appointments.

On any blood draw day, you need to be sure that the draws include

everything you need. For example, if you are needing to have a preparation done for a new crown for your tooth, you need to have your Neutrophils Absolute and Platelet Count within normal limits, so you aren't as susceptible to infection or won't bleed to death with the procedure. A CBC blood draw wouldn't include those. You have to **ASK** for a Differential. If you have been low for Potassium, you need to follow **THAT** to see if drinking two Taste Nirvana Coconut Waters are bringing that up enough, along with potassium enriched foods. If the specific blood test has not been ordered, you won't have the answer to that question. If the complete tests have not been ordered, **ASK** the draw nurse to call the doctor's office so that those tests will be ordered on a **STAT** basis. Otherwise, you would have to come back at another time to have these needed tests done.

After your blood has been drawn, **WAIT** to get a printout of the results. You need to compare your print out with the last one you had done in your current Cycle and also compare it to the **SAME DAY** of the previous Cycles you've had. Analysis of these will let you see what foods and drinks you need to be consuming to be "improved" for your next scheduled blood draw a week away.

Having the lowest blood counts of any draw during the chemotherapy session, you may note various symptoms: transient light headedness, muscles may start cramping, Intermittantly, the outer two digits of hands and feet may cramp and wither / atrophy, handwriting may become more unintelligible, weakness of grip. You have to be careful that you won't drop dishes, fall, or get any cuts due to the low platelet counts. Your lips may become completely chapped from the dryness of the medications. The skin texture may look very wrinkled. You may want to try Vanicreme to relieve your symptoms. A plus if chemotherapy infusions is that you lose all skin keratosis, skin tags and "age spots." You may alternate between feeling kind of chilly and warm. Resting with a heating pad will make you more comfortable, temperature wise, and can relieve some of the muscle and joint pain. You may have a dry cough.

A juicing and one or two cans of coconut water need to be consumed during the day. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

So, in view of your low resistance, you might want to consider putting yourself on voluntary “house confinement” for the next week. You need to be pro-active for rest and to try and avoid any infections so that you can try and stay on schedule for the chemotherapy infusions. For rest, this means literally lying in bed. If you don’t go to sleep, at least physically rest in a fully reclining position. This is the time to get your Cable with C-SPAN channel, Netflix movies, CDs, Pandora, and Sirius XM stations active to help you pass the time while you are reclining in bed. The importance of being **PRO-ACTIVE** for rest cannot be over emphasized! It is better to rest and allow your body to try and recuperate from the assault on all of the blood counts, conserve your energy and not get over-tired.

The acrid smell coming from your urine, stool and skin should still remind you to drink lots of water and have a juicing to keep purging your system of the chemicals.

When you go to bed at night, you may still have a dry cough.

Every single night, there is the nightly pills regime:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
- 1 Citracal Maximum + D3
- 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
- 2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you

may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 9

Beginning of Day 9-Fri.

Arranging for solid food bites to take between the pills, this time ground roast beef sandwiches. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (**FINISHED** for **THIS** Chemotherapy Cycle-**YEAH!!!**)

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 8 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then you have a **THIRD** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which is almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration.

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass

AGAIN with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, water wise, is to keep flushing any leftover Prednisone out of the body, as well as the oral chemotherapy clinical trial drug, Lanalidomide. You will be reminded to do this with the odor of your urine, stool and coming from your skin. Your voice will be hoarse. Food wise, it is good to drink 1 or 2 cans of Taste Nirvana Coconut water, a juicing and have fresh vegetables and fruits and beef to start re-building all the different types of blood cells. Behaviorally, the business is to stay **AWAY** from people and **GO TO BED** for enforced bed rest, even if you don't feel like you need to. You may have a dry cough.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may

sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 10

Beginning of Day 10-Sat.

Arranging for solid food bites to take between the pills, this time “Milk Toast.” You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)

1 Lenalidomide (the oral chemotherapy clinical trial study drug I'm on)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 8 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

If you have gotten all of these pills down, congratulate yourself for you have finished all of the chemotherapy drugs for this cycle!!! This means, too, that by this afternoon, you **MAY** actually start to feel “normal” which will hopefully be the start of a really good next 10 days!!!

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, water wise, is to keep flushing any leftover Prednisone out of the body, as well as the oral chemotherapy clinical trial drug, Lanalidomide. Food wise, it is to drink 1 or 2 cans of Taste Nirvana Coconut water, a juicing and have fresh vegetables and fruits and beef to start re-building all the different types of blood cells. Behaviorally, the business is to stay **AWAY** from people and **GO TO BED** for enforced bed rest, even if you don't feel like you need to. You may have a dry cough.

Again, the bright news is that by the afternoon, you may start to feel more like "your old self again"-**YEA!!!!** The hoarseness will start to go away for the first time.

If you **DO** go out, wear a mask, wipe down your door handles, steering wheel, car keys, grocery cart on all sides, gas pump, **ANYTHING** that you might touch with anti-bacterial wipes. Your **MAIN GOAL** is to not get sick with any kind of infection for the next week, so that you can get your blood built back up and be able to stay "on schedule" for your next chemotherapy infusion.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 11

Beginning of Day 11-Sun.

Arranging for solid food bites to take between the pills, this time buttermilk pancakes. Toast. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Allopurinol (only had to take with Cycle 1)
0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...doesn't** have to be taken from Day 11 through Day 21!!!)
1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules

So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, water wise, is to keep flushing any leftover Prednisone out of the body, as well as the oral chemotherapy clinical trial drug, Lanalidomide. If you have been drinking enough water and eating enough **FRESH** vegetables and fruits by **BOTH JUICINGS** and **SOLID FOOD** up to now, today you should have a **MAJOR** intestinal evacuation. I don't mean diarrhea, I'm talking about a large, well formed stool about 12" to 18" long! This is a good sign. It means that your intestinal track is now back up and functioning more normally now. Along with this, you will notice an **ODOR**. There will be an odor to your urine, stool and coming out of your skin. This is because with the chemotherapy chemicals and other drugs you were taking, your body is basically a **TOXIC WASTE DUMP** that you now have the responsibility to **GET IT CLEANED UP!** Now, it **THIS** idea doesn't get you motivated to get to **PUSHING** those chemicals out of your body by **WATER** and **Taste Nirvana Coconut Water**, I don't know what will! Remember, the "Pee and Poop Patrol" is what it **IS** all about!

Food wise, it is to drink 1 or 2 cans of Taste Nirvana Coconut water, a juicing and have fresh vegetables and fruits and beef to start rebuilding all the different types of blood cells. Behaviorally, the business is to stay **AWAY** from people and **GO TO BED** for enforced bed rest, even if you don't feel like you need to. Lie down. If you fall asleep, then sleep. However, **DO** make yourself get up. You don't want to get your days and nights backwards! You may start losing your hoarse voice now that you're getting further away from the Prednisone and chemotherapy drugs.

Beware of weakened grip, so you might drop dishes. Not a good idea to risk getting cuts! You may feel like you have a "snotty nose." Do what you would always have done if you thought you were getting a cold, "**GO TO BED!**" Your body has been completely beaten down and needs a chance to recover itself.

If you haven't already, with today, begin having a serving of beef pot roast or steak, along with vegetables high in iron, to start building up the red blood cells.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or

listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 12

Beginning of Day 12-Mon.

Arranging for solid food bites to take between the pills, this time beef pot roast. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)

0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...**doesn't have to be taken from Day 11 through Day 21!!!)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel

"thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is "Peat and Repeat" **MORE OF THE SAME!** Water wise, it is to keep flushing any leftover Prednisone out of the body, as well as the oral chemotherapy clinical trial drug, Lanalidomide.

Food wise, it is to drink 1 or 2 cans of Taste Nirvana Coconut water, a juicing and have fresh vegetables and fruits and beef to start rebuilding all the different types of blood cells. Behaviorally, the business is to stay **AWAY** from people and **GO TO BED** for enforced bed rest, even if you don't feel like you need to. Lie down. If you fall asleep, then sleep. However, **DO** make yourself get up. You don't want to get your days and nights backwards! You may start losing your hoarse voice now that you're getting further away from the Prednisone and chemotherapy drugs.

"Symptoms" or "Side Effects" you experience from now until Day 21 will be variable and unpredictable but more fleeting. You will just need to treat them as they occur. For example, you may experience leg cramps in the middle of the night so bad that they will wake you up and force you to jump out of bed to take a few steps to relieve them. (Also, take Slow Mag to help with that.) If your urine and stool smell, it should be a reminder that you need to be drinking more water to flush the chemicals out of you, earlier, and to try and prevent kidney damage from the chemicals. If mouth sores are rising and trying to "pop," hit them directly with ice chips or ice cubes. (This is why **ICE** water helps to keep drinking, too.) At that point, you may decide to go ahead and get up and eat "breakfast," including the morning pills, and then go back to bed again. As always, you have to stay flexible with your schedule and do what your body tells you that you need to do at

the time. However, just because **YOU** need to be on a weird schedule doesn't mean that you have to force your loved ones to be on the same schedule. **YOU** take care of yourself, but don't unnecessarily inflict yourself on others. **DON'T GET INTO A HABIT OF "LEARNED HELPLESSNESS!"**

Every single night, there is the nightly pills regime:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
- 1 Citracal Maximum + D3
- 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
- 2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 13

Beginning of Day 13-Tues.

Arranging for solid food bites to take between the pills, this time baked potatoes. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
- 1 Allopurinol (only had to take with Cycle 1)
- 0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
- 0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...doesn't have to be taken from Day 11 through Day 21!!!**)
- 1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules
So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with "symptoms" as they occur. Chapped lips, dry skin indicates you need more fluid intake. Light headedness may mean you need more deep breathing and/or bed rest, a minimum of 1 hour during daytime hours. Severe leg or muscle pain or outer digits withering or "atrophying" mean be sure you're taking Slow Mag, using whirlpool tub baths with Epsom Salt or resting with a heating pad to relieve symptoms. The "sniffles" mean get some rest, a minimum of lying down an hour a day! Food will start to taste better. Eat foods rich in iron.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 14

Beginning of Day 14-Wed.

Arranging for solid food bites to take between the pills, this time baked potatoes. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Allopurinol (only had to take with Cycle 1)
0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...**doesn't have to be taken from Day 11 through Day 21!!!)
1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules

So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with "symptoms" as they occur. If you feel "chilly," dress warmly and sleep with a heating pad. If you have mouth or tongue sores that are trying to "pop," hold an ice cube on them until they recede. Continue to recline in bed to rest or sleep, a minimum of 1 hour per day. If having muscle cramps, try a hot tub bath with Epsom salts.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may

not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile.

DAY 15

Beginning of Day 15-Thurs.

Arranging for solid food bites to take between the pills, this time Country Choice Organic Multi-Grain rye, barley, oats and wheat cereal from Trader Joe's. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-YEAH!!!)

0 Lenalidomide (the oral chemotherapy clinical trial study drug-YEAH...doesn't have to be taken from Day 11 through Day 21!!!)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole

DAY as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

When going to for a blood draw, remember to take your long muffler or prayer shawl to keep your head and neck warm. You don't want to take a chance on getting the "sniffles," hence developing an infection. If going to the hospital, put a mask on yourself at the door. Take your cellphone with you, in case you need to call your oncologist to get the ordered blood draw updated or make a change in your appointments.

The 15th day, you go for a blood draw, which should be the beginning of the red blood cells starting to build up and when you should start to feel more "normal." Travel time, blood draw, and waiting for the results takes a minimum of three hours. If the blood is too low and a blood transfusion is also required that day, then many more hours would need to be added to that day's "schedule."

On any blood draw day, you need to be sure that the draws include everything you need. For example, if you are needing to have a preparation done for a new crown for your tooth, you need to have your Neutrophils Absolute and Platelet Count within normal limits, so you aren't as susceptible to infection or won't bleed to death with the procedure. A CBC blood draw wouldn't include those. You have to **ASK** for a Differential. If you have been low for Potassium, you need to follow **THAT** to see if drinking two Taste Nirvana Coconut Waters are bringing that up enough, along with potassium enriched foods. If the specific blood test has not been ordered, you won't have the answer to that question. If the complete tests have not been ordered, **ASK** the draw nurse to call the doctor's office so that those tests will be

ordered on a STAT basis. Otherwise, you would have to come back at another time to have these needed tests done.

After your blood has been drawn, **WAIT** to get a printout of the results. You need to compare your print out with the last one you had done in your current Cycle and also compare it to the **SAME DAY** of the previous Cycles you've had. Analysis of these will let you see what foods and drinks you need to be consuming to be "improved" for your next scheduled blood draw a week away.

The minute you get home from getting this blood draw, you need to take a shower from head-to-toe to "decontaminate" yourself from any containment from the hospital. Also, both my chemotherapy nurses and my blood draw nurses said to immediately wash everything you wore to the hospital in **HOT** water. Your purpose is to **kill germs**, not worry about clothes "fading" or conserving hot water usage! You always want to be clean and be able to have clean and clean sheets when you need to sleep!

The main business of the day, is dealing with "symptoms" as they occur. When a tongue sore is trying to "pop," put an ice cube on it. When you get major Charlie Horses, work it out. With a numbing and weakened thumb and index finger grip, massage it and be extra careful when lifting things that you don't drop them. Any symptoms you have now will be fleeting but they **DO** need to be dealt with, as they occur. The good news about today is that for the first time, foods will start to taste **REALLY** "normal" again, as you get all of the foreign chemicals out of your body. Don't slack off of the water. If your urine or stools still smell, then it means you have chemicals that still need to come out of the body. "Keep the Pee and Poop Patrol" working!

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

- 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
- 2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

DAY 16

Beginning of Day 16-Fri.

Arranging for solid food bites to take between the pills, this time Country Choice Organic Multi-Grain rye, barley, oats and wheat cereal from Trader Joe's. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
 - 1 Allopurinol (only had to take with Cycle 1)
 - 0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
 - 0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...doesn't** have to be taken from Day 11 through Day 21!!!)
 - 1 Baby Aspirin

 - 1 Apex Women's Multi-Vitamin
 - 1 Citracal Maximum + D3
 - 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
 - 2 HPF Cholestene Red Yeast Rice capsules
- So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with "symptoms" as they occur. When a tongue sore is trying to "pop," put an ice cube on it. When you get "Charlie Horses," get up and walk them out. If they persist or are particularly severe, take a hot bath with your Epsom Salt bath salts you've made up. When you get major bone and joint pain, use massage or a heating pad. If your skin is very dry and withered looking, use the Vanicreme for general coverage of skin and Bag Balm for skin of feet. Don't forget to force yourself to lie down in bed for at least an hour a day. Some days you will just rest for the hour with the accompaniment of your music from your I-Phone, Pandora or Sirius XM and other days you will be surprised to find that you have actually fallen asleep and my nap for a couple or three hours. Remember, sleep is healing for your body.

Every single night, there is the nightly pills regime:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
- 1 Citracal Maximum + D3
- 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

DAY 17

Beginning of Day 17-Sat.

Arranging for solid food bites to take between the pills, this time a cheeseburger. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)

0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...doesn't** have to be taken from Day 11 through Day 21!!!)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of ICE water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of ICE water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of ICE water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with "symptoms" as they occur. Tingling and weakness with the thumb and index finger, massage them and practice "snapping your fingers." When you get contractions in all of the back ribs, use massage or a heating pad. If your skin is looking more and more like an "old person's," use the Vanicreme.

Every single night, there is the nightly pills regime:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
- 1 Citracal Maximum + D3
- 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
- 2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

DAY 18

Beginning of Day 18-Sun.

Arranging for solid food bites to take between the pills, this time a cheeseburger. You want to be able to "coat" your tongue with food to try and lessen the effects of the tastes of the medications. I took:

- 1 Prevacid, to protect the stomach lining from the assault of all of the pills
- 1 Allopurinol (only had to take with Cycle 1)
- 0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
- 0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...**doesn't have to be taken from Day 11 through Day 21!!!)
- 1 Baby Aspirin

- 1 Apex Women's Multi-Vitamin
 - 1 Citracal Maximum + D3
 - 1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
 - 2 HPF Cholestene Red Yeast Rice capsules
- So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of

the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with “symptoms” as they occur. Continued fleeting muscle cramps and joint discomfort and dry, chapped lips. There should be markedly less odor of urine and stool, signaling the fact the cancer treatment medications should be exiting to give your body a few days “reprieve.”

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

DAY 19

Beginning of Day 19-Mon.

Arranging for solid food bites to take between the pills, this time a cheese enchiladas. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
0 Lenalidomide (the oral chemotherapy clinical trial study drug-
YEAH...doesn't have to be taken from Day 11 through Day 21!!!)
1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules
So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE** water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with "symptoms" as they occur. Chapped lips need more water. Thumb and index finger strength need frequent massage and usage. Calf and feet cramps have to be worked out. You need to build up iron and red blood cells with dark greens, red meat, or liver (if you can stand it!).

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

DAY 20

Beginning of Day 20-Tues.

Arranging for solid food bites to take between the pills, this time a cheeseburger. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills
1 Allopurinol (only had to take with Cycle 1)
0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-**YEAH!!!**)
0 Lenalidomide (the oral chemotherapy clinical trial study drug-**YEAH...doesn't** have to be taken from Day 11 through Day 21!!!)
1 Baby Aspirin

1 Apex Women's Multi-Vitamin
1 Citracal Maximum + D3
1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)
2 HPF Cholestene Red Yeast Rice capsules
So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of **ICE**

water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20 Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

The main business of the day, is dealing with "symptoms" as they occur. Weakness in thumb and index finger grip, needs massage and usage. Twitching eyelid just **IS**. Foot cramps while driving, pull to side of road and work it out. Swollen limbs; drink more water. Leg cramps, walk a few steps to get it out.

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may

sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

DAY 21

Beginning of Day 21-Wed.

Arranging for solid food bites to take between the pills, this time a cheeseburger. You want to be able to “coat” your tongue with food to try and lessen the effects of the tastes of the medications. I took:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Allopurinol (only had to take with Cycle 1)

0 Prednisone tablets (finished for **THIS** Chemotherapy Cycle-YEAH!!!)

0 Lenalidomide (the oral chemotherapy clinical trial study drug-YEAH...doesn't have to be taken from Day 11 through Day 21!!!)

1 Baby Aspirin

1 Apex Women's Multi-Vitamin

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So in taking these 7 pills, I drink **ANOTHER** 2nd 16-20 Ozs. of ICE water, as I take food bites between pill sets.

Then have **ANOTHER** 16-20 Ozs. of **ICE** water by you to drink when you feel thirsty, which will be almost immediately. Remember, if you feel thirsty, you've already **PASSED** the point of dehydration

As soon as that 16-20 Ozs. of **ICE** water is empty, you fill up the glass **AGAIN** with 16-20 Ozs. of **ICE** water, etc. etc. throughout the whole **DAY** as well as **NIGHT**. So, you're **CONSTANTLY** "nursing" a 16-20

Ozs. glass of **ICE** water, day and night. The second you take a drink the lips start being dried out with the skin peeling and you feel "thirsty." So then, you **CONSTANTLY**, day and night, have to go to the bathroom often.

Each day, a "juicing" has to be made and drunk. Drink/eat as much of the juicing as you can tolerate. **ANY** you get down is way better than not having anything of down at all.

When going to for a blood draw, remember to take your long muffler or prayer shawl to keep your head and neck warm. You don't want to take a chance on getting the "sniffles," hence developing an infection. If going to the hospital, put a mask on yourself at the door. Take your cellphone with you, in case you need to call your oncologist to get the ordered blood draw updated or make a change in your appointments.

The 21st day, you go for a blood draw, which is to see that **ALL** the blood levels are up enough to allow you to go on the the next scheduled chemotherapy infusion, scheduled for the following morning. If your blood counts are too low, you won't be postponed just a day but probably for a whole **WEEK!** If you are scheduled for your next day's chemotherapy session, **CONGRATULATE** yourself! You are **NOW** officially finished with that current Chemotherapy Cycle!!!!

When going to for a blood draw, remember to take your long muffler or prayer shawl to keep your head and neck warm. You don't want to take a chance on getting the "sniffles," hence developing an infection. If going to the hospital, put a mask on yourself at the door. Take your cellphone with you, in case you need to call your oncologist to get the ordered blood draw updated or make a change in your appointments.

The minute you get home from getting this **Blood Draw** you need to shower from head-to-toe to "decontaminate" yourself from any containment from the hospital. Also, both my chemotherapy nurses and my blood draw nurses said to immediately wash everything you

wore to the hospital in **HOT** water. Your purpose is **to kill germs**, not worry about clothes “fading” or conserving hot water usage! You always want to be clean and be able to have clean and clean sheets when you need to sleep!

Every single night, there is the nightly pills regime:

1 Prevacid, to protect the stomach lining from the assault of all of the pills

1 Citracal Maximum + D3

1 Slow-Mag (helps relieve bone, joint or muscle pain after Nuelasta shot)

2 HPF Cholestene Red Yeast Rice capsules

So a total of 5 more pills. Then you often go to bed by 6 PM. You may not actually go to sleep until 10 PM. Depending upon the cycle, you may have to get up and eat a full course meal say at 2 AM. Or you may sleep until 4 AM, then are wide awake, so may get up and read or listen to music or do computer work until 6 AM, when you then might begin the morning pill regime, after which you may go back to bed for awhile

Amongst these different day's events and appointments will be day surgeries. With travel time, preparation for the procedure time, the surgical procedure itself, the time in the recovery room and the travel time back home again, one has to allow for a full 8 hour day of time commitment.

Dr. Oz's column, *Arizona Republic*, May 3, 2013, says that after you have been declared a cancer survivor, you must develop a “game plan” to protect yourself from a reoccurrence of your cancer, the development of a second type of cancer, and to avoid the health problems that can come in the after-math of effective anti-cancer treatment ie radiation treatments increase the risk for heat attacks in breast-cancer survivors, so those people living each day in a way that reduces that risk an make a big difference!

1. JourneyForward.org, from the National Coalition for Cancer Survivorship and the University of California-Los Angeles Cancer Survivorship Center, can help you develop a plan.
2. The foundation of the plan is a healthy lifestyle. Quitting smoking, making smart choices at mealtime and getting regular physical activity could lower your risk for recurrence of many types of cancer. Your goal is to avoid eating anything that increases bodywide inflammation, like added sugar and sugar syrups, saturated-fat-laden red meats or any grain but 100% whole grains.

For activity, aim to walk 10,000 steps a day; after month two, add 30 minutes of resistance exercise, after month three, add 20 minutes of cardio three times a week. Added benefit: Smart Living (and maintaining a healthy weight) can lower your risk for heart disease, stroke, high blood pressure, diabetes, brittle bones and arthritis.

3. Get the facts about the type of cancer you've survived, have the details about your treatments and their potential health consequences, and about the follow-ups you need. Ask about symptom you should watch for and whom you should contact if you notice any.
4. Reducing stress protects your future. Stress pumps up adrenal hormones such as cortisol; when levels are chronically high, you increase your risk for everything from heart disease to depression---and the newest insights suggest that stress also may increase your risk for cancer recurrence.

Joining a support group can do a lot to dispel anxiety about what you've been through and where you're heading. Also, learning soothing relaxation techniques, like mindfulness meditation or progressive muscle relaxation, can help ease stress.

5. Get experts on your team in this new field of health care. You can find one through the National Coalition for Cancer Survivorship (www.Canceradvocacy.org). At Dr. Mike's Cleveland Clinic, the High-Five Cancer Survivor's Clinic serves the survivors of childhood and young-adult cancers. It's called that because we think every survivor deserves a high-five and the chance to thrive.

Stand up to Cancer, *Arizona Republic*, May 9, 2012

Medical experts have long preached that the lack of exercise contributes to certain cancers, heart disease and diabetes. Now they point to prolonged sitting as a villain, too.

Office workers spend 75% or more of their day seated, then go home to sit in front of the TV for about four hours. Such sedentary behavior raises their risk for cancer, independent of their weight and exercise level, said researcher Neville Owen of the Baker IDI Heart and Diabetes Institute in Australia.

American Cancer Society researchers discovered a similar association between sitting and higher all-cause death rates, regardless of subjects' levels of physical activity at other times. Lead researcher Alpa Patel said in a 2010 study that prolonged sitting may affect cholesterol, glucose, blood pressure and other factors associated with chronic disease.

Looking at a single but common sedentary behavior, it was found that **more than 2 hours of television viewing per day increased the risk of type 2 diabetes and cardiovascular diseases and that more than 3 hours increased the risk of premature death**, according to a Harvard School of public Health analysis of studies published from 1970 to 2011.

But there is hopeful news: For a study published in the *European Heart Journal*, Owen and his colleagues found that even 1 minutes breaks in sitting time and lower health risks.

Exercise reduces inflammation , a biological indicator of cancer risk and heart disease to increase inflammation. Insulin sensitivity also may be involved, and exercise makes that better, too. When insulin sensitivity is normal, the body is able to maintain normal levels of blood glucose.

Making time for a brisk 3 minutes walks or other exercise every day helps regulate such risk factor, but they represent only a sliver of our day, said Alice Bender, for the American Institute for cancer Research. This new research on break time suggest there are small things we can do in the other 15 hours and 30 minutes we spend awake that also make a big difference. The prescription-more exercise and less sitting-is worth following, no matter what your health goals.

A sedentary lifestyle can be as dangerous to your health as smoking.
What you can do:

1. **Get up from your chair.** An immediate bonus: Standing and doing nothing burns about 2 calories per minutes, compared with 1 calorie fro sitting an doing nothing.
2. **Set a timer.** It an remind you to step away from your desk for ` or 2 minutes each hour. Fill your water bottle or walk around the perimeter of the office.
3. **Minimize e-mail and instant messages.** Instead of e-mailing, walk to a co-worker's desk to discuss a project, face to face Or ask co-workers to joint you for a waking meeting.
4. **Change your work environment.** If a treadmill with an attached computer is out of the question, consider getting an adjustable height worktable that allows you to stand now and then or a corner for Nerf basketball or a resistance band on your desk

5. **Exercise in place.** Use your cubicle wall for simple stretches, leg lifts and other movements.
6. **Stand up when you answer the phone.** It's good if your able to pace while handling phone calls. A headset, especially the wireless kind, will make it easier to do so.
7. **Find excuses to walk.** Keep snacks and coffee out of your work cubicle so you have to walk to get them. Stock only a few office supplies in your work area. At home, get rid of the remote controls. Get up to let the dog out. Go to your yard or park to read, and take strolling breaks between chapters.
8. **"Active" TV watching.** Stand while watching your favorite TV shows. Stand, stretch, lift hand weights and do other exercises during commercials. Stand while folding clothes and reading e-mail during breaks, and put the clothes away, one room at a time.

*This document is an outgrowth of professional advice, research and intuition. You need to constantly study each blood report after each blood draw and address the issues, diet wise for your "low scores" and to move to the following week's "place you need to be." In staying with the following program, I **NEVER** experienced nausea, vomiting, constipation or diarrhea due to the chemotherapy treatments and never got an infection or illness and never had a delay in the next scheduled treatment. I was able to continue my basic schedule of computer work. I was able to deal with the potential "side effects" as they were trying to occur and to generally keep them at bay. Thanks to the support of the medical professionals, family and friends through the personal listserv I developed where I kept everyone apprised of my status, I enjoyed a quality of life with connectedness to the outside world, even with my extended periods of "self imposed house arrest." I hope this document has helped you achieve the same positive results, where you, too, are declared to be "Cancer Free!!!!"*