



## Intermittent Fasting During Chemotherapy

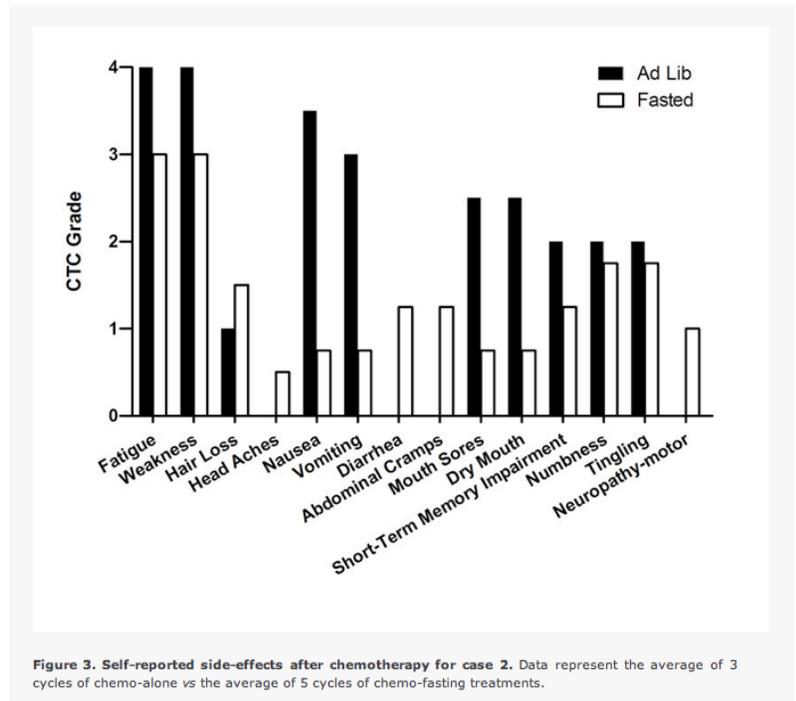
*Nutrition Therapy is not intended as a diagnosis, treatment, prescription or cure for any disease, mental or physical, and is not intended as a substitute for regular medical care.*

### Benefits:

1. May reduce side effects
2. Potentially increases the efficacy of certain chemotherapy agents
3. Can increase cancer cells vulnerability to chemo drugs

### How:

1. 24-72 hours before chemo consume nothing except tons of clean water and/or herbal/green tea (ginger tea is good if you get nauseous). You might start with 24 hours the first time, then increase as you feel comfortable.
2. If you have blood sugar issues/diabetes/are really crashing then you can sip on plain chicken or fish bone broths (no vegetables), unsweetened full fat canned coconut milk, electrolyte drinks, or bulletproof coffee/tea (RECIPE BELOW). (the idea is 0 carbs/sugar)
3. Consume nothing on the day of chemo aside from tons and tons of water, or the above foods/drinks if needed.
4. Resume breakfast the next morning after with a fat/protein ONLY meal (i.e. wild fish and avocado) and then low glycemic starches can come back on board starting at lunch (i.e. greens).



## **Bulletproof Coffee/Tea**

- Make 1-cup organic coffee/green/herbal tea using organic, high altitude beans (i.e. Guatemalan coffee) or Bulletproof coffee brand, or matcha green, ginger or other herbal tea
- Add 1 tbsp MCT oil (increasing overtime to 2 tbsp)
- Add 1 tablespoon vanilla ghee, olive oil, MCT oil or exogenous ketones
- Mix in a blender for at least 20 seconds

## **Electrolyte Drink**

This can help with hydration, especially while transitioning to a ketogenic diet.  
Serves 1: 4 calories, 0.8g carb

2oz unsweetened aloe vera juice  
¼ - ½ tsp Himalayan sea salt  
1 teaspoon fresh lemon juice  
8 oz mineral water

## **References**

Safdie FM, Dorff T, Quinn D, Fontana L, Wei M, Lee C, Cohen P, Longo VD. Fasting and cancer treatment in humans: A case series report. *Aging* (Albany NY). 2009; 1:988-1007. <https://doi.org/10.18632/aging.100114>

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Johnson, J. B., S. John, and D. R. Laub. "Pretreatment with Alternate Day Modified Fast Will Permit Higher Dose and Frequency of Cancer Chemotherapy and Better Cure Rates." *Medical Hypotheses* 72, no. 4 (April 2009): 381–82. <https://doi.org/10.1016/j.mehy.2008.07.064>.

# Types of Fasting

Intermittent Fasting	Time restricted eating	Alternate day fasting	The 5:2 Diet	Multiday fasting
Cyclic fasts ranging from 12-18 hours per day.	Eating only during 4-8 hour daylight windows, i.e. only eating between 11 am and 3 pm	Employing caloric restriction every other day of the week	Eating a therapeutic diet five days per and water fasting two days per week	Either with water and green tea alone or specific phytonutrient fasts i.e. a three day mushroom and garlic only fast