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).

Figure 3. Self-reported side-effects after chemotherapy for case 2. Data represent the average of 3 cycles of chemo-alone vs the average of 5 cycles of chemo-fasting treatments.
**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**


## Types of Fasting

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