



Clinician Resource: A Letter to a Stage IV Colorectal Cancer Patient with Liver Metastases
Patient and husband are medical doctors

Dear <Patient>,

It is my honor to be a resource and a support to you.

I understand that as medical doctors the idea of taking handfuls of pills is not within your usual framework. You consulted me as a Stage IV patient with liver metastases.

I see my role as one of supporting you in living with cancer as a chronic illness and to create a tumor microenvironment that is not hospitable to, but rather inhibitive of, progression and proliferation.

Towards that end, I have provided you with recommendations for nutraceuticals, botanicals, phytochemicals and functional foods as well as diet and lifestyle interventions.

As a Stage IV patient, it is imperative that you continue to take control of the tumor microenvironment...take control over the remaining resistant cells and the tumor stem cells so that you remain with microscopic not macroscopic progressive disease.

Unlike pharmaceuticals, molecules from nature have significant mass and they cannot be shrunk into a few small compact pills. A molecule of magnesium or curcumin takes up a certain amount of space.

We must achieve therapeutic dose ranges in order to exert control over disease progression.

Your husband states:

*She is having very difficult time taking 35 to 40 supplements caps per your protocol.
Compliance is becoming an issue.*

My question to you is: WHAT IS MORE DIFFICULT...to have active progressive terminal lethal disease, to lose your liver function, to develop obstructive disease, or to take a few handfuls of pills every day?

There is no EASY path as a Stage IV patient...so you will always have something DIFFICULT to face every day. I would rather that the DIFFICULT task is taking your pills and not liver failure, ascites, obstruction, cachexia, etc...

I cannot recommend that you decrease your doses.



It is my experience that the most highly compliant and engaged patients are the ones that remain the outliers and outside the bell curve of expected prognosis. If you are halfway compliant or halfway engaged, you cannot expect those outlier results.

I will tell you personally that I myself take about the same number of supplements I have recommended to you and I have no health issues...rather...I have HEALTH at the age of 65 with no active disease or degenerative issues.

It takes significant work and effort to CAUSE HEALTH, to alter gene expression and function. It does not happen without effort. It takes even more to oppose the virulence of tumor cells, especially metastatic cells. It is work. It not easy. In my opinion, it is very much worth it. But those are my values and my personal choices. It is a very personal choice and decision how you care for yourself and what you choose or do not choose to do to take control of your cancer.

It is a significant shift in paradigm to change from a disease and pathology-focused model to a health focused model. This is especially challenging for medical doctors (generally the least compliant patients!!!! as I am sure you know!).

You can put the supplements that do not taste bitter into your shake. You can have half a shake in the am and half a shake in the pm and mix in your supplements into the shake to have less pills to swallow. I have children who take all of their supplements at the prescribed dosage...surely you can do this if you are so motivated.

However, you do have to spread out your dosing over the day so that we maintain more stable blood levels over 24 hours each daily cycle and you do not simply excrete all of the good nutrients and phytochemicals into your urine. Do not throw all of your pills into the shake. You will then be nauseous and have expensive urine. If you take a few every hour or so, it is often easier to ingest ALL of the pills by the end of each day.

We are exerting epigenetic effects, signaling gene expression...this is why it matters what you eat and that you continue to ingest all of those signaling molecules in your supplements. Integrative cancer care is about a handful of supplements several times each day. You cannot achieve control at lower doses. There is no way around it.

As you know...this is a marathon. It is my wish that you enjoy a good quality of life and that your disease stabilizes and does not progress.

If you would like to discuss, let me know and we can schedule a chat so that I can give you a pep talk or a kick in the gluts or whatever will inspire and encourage and re-engage you in your own self-care and well being. It is useful to reframe your relationship to pills...these are your friends, your allies, your supporters...not pharmaceuticals with adverse effects.

I hope this has addressed your question...if not, do let me know. Keep going!!!!

*Warmest regards,
Dr. NC*



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of Integrative
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