

Integrative Cancer

TREATMENT PROGRAM



The Center for
Advanced
Medicine



TABLE OF CONTENTS

Our Approach	3
Define Integrative	4
Our Treatments	8
Evaluating Your Progress	19
Our Program	20
Your Initial Consultation	23
Our Team	27
Testimonials	28



Our Approach

On December 23, 1971, Richard Nixon signed the National Cancer Act and declared “war on cancer.” Nearly 50 years have passed since then, and billions of dollars have been spent on cancer research. Ribbons have been worn, races have been run, and fundraisers have been held. Some progress has been made, but unfortunately, we have not seen significantly improved outcomes for cancer as a whole.

According to 2005 data from the American Cancer Society, as well as 2010 data from the Centers for Disease Control, the overall death rate for cancer over the past 60 years is virtually unchanged. Epidemiologists predict that cancer will soon overtake heart disease as the #1 killer of Americans. We are clearly losing the war on cancer!

What We Believe

At The Center for Advanced Medicine, we are ushering in what we believe should be the new standard of care for cancer treatment – integrative oncology, combining the best of modern medicine with effective natural therapies, in a way which is personalized for each patient.

Integrative oncology has been defined by the Best Answer for Cancer Foundation as “A systemic, patient-centered, healing-oriented, whole-person, and functional approach to the individualistic causes and treatment of cancer using all appropriate therapies.”

We do not believe in abandoning conventional medicine. We embrace the appropriate use of surgery, chemotherapy, and radiation. However, we also recognize the tremendous potential in science-based natural and alternative therapies. A willingness to utilize treatments from both “sides” of medicine is the essence of integrative oncology.

The Integrative Oncology Toolbox

For the large majority of cancers, we believe that neither a purely conventional approach nor a purely natural approach is optimal. We believe in drawing from all branches of healthcare, using any and all modalities at our disposal, in an effort to achieve a therapeutic outcome in which the whole is greater than the sum of its parts. Some of our treatments include:

- Fractionated (low dose) chemotherapy
- Insulin Potentiation Therapy
- Pulsed Electromagnetic Field (PEMF) Therapy
- IV Vitamin C
- IV CBD
- Mind-body Therapy
- Cancer Nutrition
- Off-label Pharmaceuticals
- IV Mistletoe
- Lymphatic Drainage Therapy

Patient-Centered Care

We believe that you are a unique and powerful individual, and that you are not defined by your diagnosis. Cancer care should focus on each patient’s unique history. Most importantly, the treatments employed should take into consideration each patient’s goals and quality of life. In order to do this, there must be a strong partnership between doctor and patient. We believe that this bond is sacred, built upon a commitment to work closely together for the long term. Our team has many years of combined medical experience, and we have a passion for what we do. To us, our patients are like family.

Treatment Guidelines

- We offer a unique and innovative cancer treatment option to patients who have chosen to seek our expertise
- We only treat adults over the age of 18, with a proven cancer diagnosis (e.g., pathology report demonstrating a cancer finding)
- We always inform patients that choosing treatments which are outside of the standard of care constitutes a risk
- We carefully evaluate each potential patient, and make every effort to only accept patients who we feel are a good fit for our practice and who will benefit from our treatments
- We make no guarantee of cure, remission, or any specific treatment outcome
- We are an out-of-network provider, and thus do not participate in any insurance plans, Medicare, or Medicaid. Our services should be considered strictly out-of-pocket

Defining Integrative Oncology

Integrative Medicine is not Alternative Medicine

The Center for Advanced Medicine provides oncology services to cancer patients looking for more progressive options and better outcomes. We do this by offering highly customized programs focused on individual needs and care. Each program is designed using comprehensive, evidence-based, integrative healthcare strategies to treat the whole person and not just a single disease.

Integrative Medicine

Integrative Medicine (IM) is conventional-centric and healing-oriented medicine that addresses the whole person. Integrative medicine seeks to restore and maintain health and wellness by understanding the patient's unique set of circumstances and addressing physical, emotional, mental, social, spiritual and environmental influences that affect health. Using personalized care, integrative medicine goes beyond the treatment of symptoms to address all the causes of an illness.

Conventional Medicine

Conventional Medicine is often referred to as allopathic medicine. It is a system in which medical doctors and other healthcare professionals treat symptoms and diseases using drugs, radiation, or surgery.

Complementary Medicine

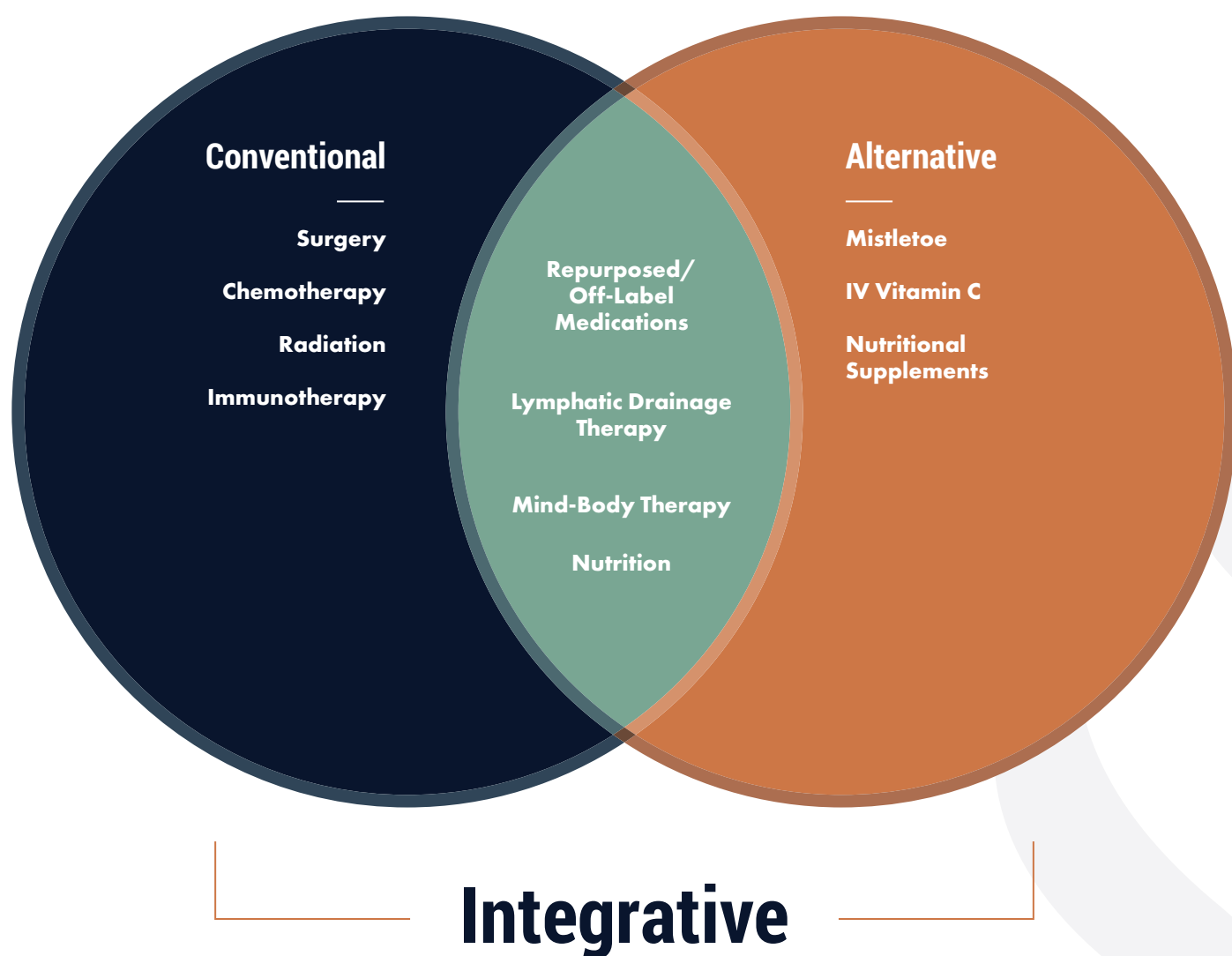
Complementary Medicine (CM) refers to healing modalities that are used to complement allopathic approaches. CM requires less methodological criteria for treatments to be considered when compared to Integrative Medicine.

Oncology

Oncology is the branch of medicine that researches, identifies, and treats cancer.

Why We Use an Integrative Approach

Integrative medicine seeks to treat cancer as proactively and thoroughly as possible by understanding the patient's unique set of circumstances and addressing physical, emotional, mental, social, spiritual and environmental influences that affect health.

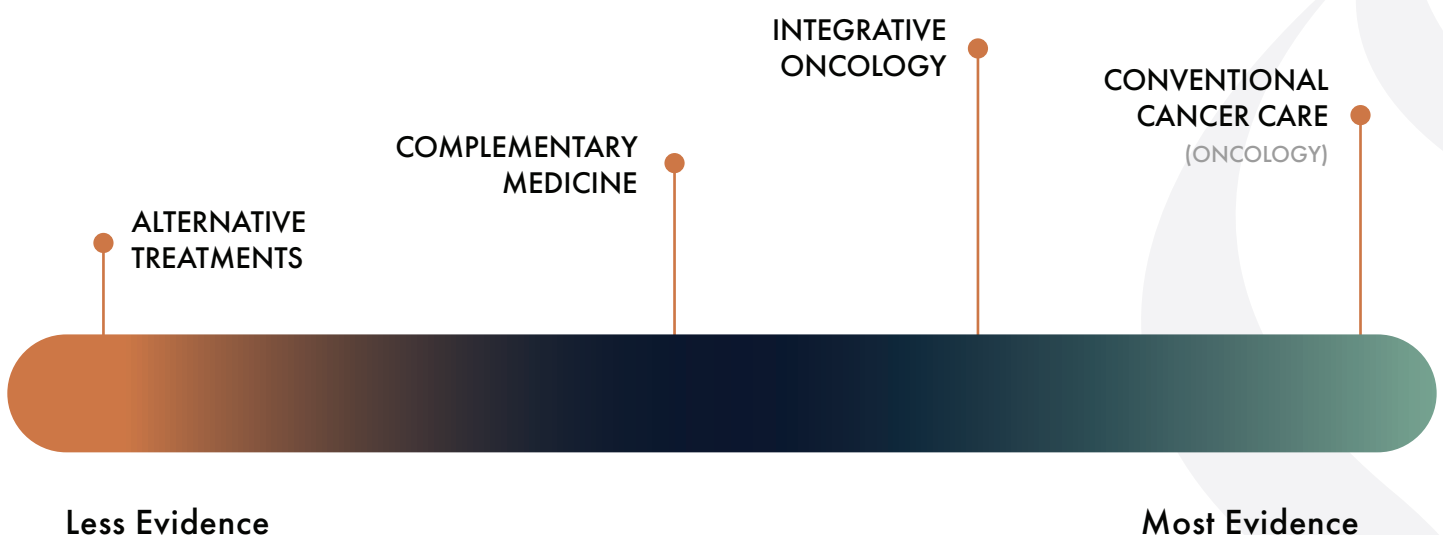


What Are Evidence Based Treatments?

For many patients, there is a great deal of confusion regarding the scientific evidence for (or against) a given treatment. News headlines these days are notorious for using sensationalized words to describe treatments, such as “game changer,” “revolutionary,” and even “cure.” Unfortunately, the internet is filled with misleading and even false claims when it comes to treatments and their supporting evidence. This is true for pharmaceutical drugs as well as for many alternative therapies such as supplements.

When we evaluate the scientific evidence for a given therapy, we must first ask ourselves a few questions:

1. Has scientific research been conducted on this treatment?
2. What is the mechanism for how the treatment works?
3. Do we know if the treatment has any side effects?
4. Are we aware of potential interactions between this treatment and other treatments in the protocol?



What Are Evidence-Based Treatments?

Conventional cancer treatment centers frequently use the term “evidence-based medicine,” but what does this mean? Generally speaking, treatments which are considered “evidence-based” have undergone rigorous testing in the lab and in humans, culminating in a large scale clinical trial showing that the treatment shows a benefit. These treatments constitute the standard of care, and are the treatments which insurance plans and Medicare often cover.

Treatments commonly utilized in conventional medicine include surgery, chemotherapy, radiation therapy, and immunotherapy. Although these treatments are not perfect, they do have the most scientific evidence for their use. In many cases, we have decades of history to fall back on to guide us regarding how they can be used best. However, it is important to note that some of these treatments are more effective than others, and they don’t work in every case. As we all know, these treatments can often have significant side effects as well.

Conventional medicine tends to discard any treatment which is not part of this standard of care, making the assumption that less-than optimal evidence constitutes no evidence. We feel that this is a dangerous assumption. There are many promising treatments which have quality research behind them, with clearly identified mechanisms of action, and with a favorable safety profile. These treatments include, but are not limited to, nutrition, intravenous vitamin C, mistletoe, off-label pharmaceuticals, nutritional supplements, and mind-body therapy. We believe that these treatments should be strongly considered as part of the overall treatment plan, in keeping with the Hippocratic oath of “first, do no harm.” This is the essence of integrative oncology: utilizing both conventional cancer therapies as well as alternative cancer therapies which have a scientific basis for their use. Our integrative approach requires two key foundational principles:

1. We embrace conventional medicine.
2. We also use natural/alternative therapies, provided that they meet our criteria for scientific evidence.

Our integrative oncology toolbox affords us a wide range of treatments, therapies, and interventions from a variety of healing traditions. However, we still maintain certain standards for efficacy and safety. Anecdotal evidence on the internet does not constitute scientific evidence, and unfortunately, those sorts of “treatments” are quite common on the internet.

Our Treatments

We believe that cancer treatment should be both effective and safe, based on high-quality, scientific evidence as well as results seen in clinical practice. To that end, we have found that an integrative approach is optimal. This approach entails integrating (combining) treatments from conventional/ mainstream medicine as well as natural/alternative medicine, in a personalized way tailored to each patient's unique cancer diagnosis and treatment goals.



Treatment Fractionated (Low Dose) Chemotherapy

Chemotherapy was developed as a result of observational studies of mustard gas used during World War II. Following the discovery of nitrogen mustard, Dr. Sidney Farber of Harvard noticed that a compound called aminopterin caused remission in acute leukemia in children. In the following years, much of the research into how to treat cancer would center around finding new chemotherapeutic agents. Aminopterin was a predecessor of methotrexate, a popular cancer drug still used today.

How Does Chemotherapy Work?

Chemotherapy kills rapidly growing cells (i.e., cancer cells). Despite its documented effectiveness, chemotherapy is one of the most feared treatments in modern medicine. This fear is not without reason, as the side effects of chemotherapy are often as unpleasant as the cancer it is being used to fight. However, chemotherapy does not have to be a dirty word. Chemotherapy has mountains of evidence supporting its use, and unbeknownst to many people, a significant number of chemotherapy agents are made from naturally-occurring, plant-based substances. I regularly use chemotherapy in my practice, but the way we use it differs dramatically from conventional oncology.

How Are Chemotherapy Doses Chosen?

Chemotherapy agents are dosed based on a patient's height and weight. The result is what is known as maximum tolerated dose, or MTD, chemotherapy. We often refer to this as full dose chemotherapy. This method came into prominence after childhood acute lymphoblastic leukemia (ALL) was successfully treated this way. Since that time, it has been shown to be a consistently effective approach in a few other cancers, such as testicular cancer and Hodgkin lymphoma. However, these cancers are less complex and have significantly fewer mutations than most other cancers. Cancers such as breast, prostate, and colorectal do not respond nearly as consistently to full dose chemotherapy, and side effects can be significant.

The Value of Lower Dosing

Nearly 20 years ago, several forward-thinking scientists began testing lower doses of chemotherapy, given more frequently than full dose regimens. This lower dosing, which typically uses between 10-30% of the full dose, is known as fractionated chemotherapy, and when we give these lower doses more frequently, we refer to it as metronomic chemotherapy. There are several distinct advantages to this approach of giving smaller doses more often. A strategy which administers lower doses of chemotherapy more frequently has been developed. This is known as metronomic chemotherapy. Because the dosage used each time with metronomic chemotherapy is less—or fractionated—the side effects are greatly mitigated if not non-existent, and the collateral damage to healthy cells is also greatly reduced. Another advantage of lower doses of chemotherapy given in this fashion is an anti-angiogenic effect, meaning that blood supply to the cancer is decreased. Not surprisingly, such an approach has also been found to greatly reduce toxicity. Finally, metronomic chemotherapy has been shown to stimulate the immune system, rather than lowering its function.

Treatment Insulin Potentiation Therapy

Insulin potentiation therapy, or IPT, was first developed in the 1930s in Mexico by Dr. Donato Perez Garcia. He theorized that insulin could improve the cellular uptake of other medications given, since insulin was already known at that time to be required for the uptake of sugar. For the first couple of decades, Dr. Garcia treated several different diseases using IPT, including schizophrenia and syphilis. It was not until later that he began using IPT to treat cancer in conjunction with low dose (or fractionated) chemotherapy. Today, IPT is primarily used for cancer treatment at a select group of cancer treatment clinics, as mainstream cancer treatment centers only administer treatments considered within the standard of care.

Research on Insulin Potentiation Therapy

The challenge with fractionated, metronomic chemotherapy using IPT is that we do not have any large-scale, randomized, placebocontrolled trials. However, there are some studies which shed light on how it works. The current belief is that IPT affects the metabolism of cancer cells, making them more sensitive to chemotherapy agents (thus the reason for using significantly less chemotherapy). It is also believed that the insulin and glucose given in conjunction with chemotherapy better target the chemotherapy to the cancer cells, rather than healthy cells. This is consistent with previous research confirming that cancer cells have significantly more insulin and glucose receptors on their cell surface compared to healthy cells.

IPT makes sense on a biochemical and physiological level

Fractionated chemotherapy administered with IPT makes sense to us on a biochemical and physiological level. Despite it not being the standard of care, we have seen it work well in our practice for a variety of cancer types. While we do not think it is appropriate for everyone, it can be an option for patients who have either failed full dose chemotherapy previously, are not candidates for full dose chemotherapy, or who prefer to try a gentler and safer approach.

Treatment Pulsed Electromagnetic Field Therapy (PEMF)

Although the metabolic component of cancer cells – their use of fuel to produce energy (ATP) – is very important, it is not the only aspect of cancer we must address. We also know that there is an electromagnetic component to our cells as well. Our whole body, in fact, emits its own electromagnetic field. Each individual cell in our body has its own frequency, or resonance, that it needs in order to function properly.

There is a theory that posits when a cell's resonance is thrown off as a result of the myriad of electromagnetic exposures, such as cell phones, WiFi signals, microwaves, or computers, or via toxic exposures in our environment (i.e., chemicals in our food, water, air, etc.), or even emotional stressors, it can trigger abnormal cellular behavior. If this abnormal cellular behavior is allowed to persist, cancer develops.

The Importance of Cellular Resonance in Cancer

Cancer cells have been shown to have an abnormal resonance that differs from normal, healthy cells. Research in the 1930s by Dr. Harold Saxon Burr, an anatomy professor at the Yale University School of Medicine, found that tumors have different electrical properties than normal tissue, and that the appearance of cancer in mice occurred after a measurable change in the organism's electromagnetic field. This supports the metabolic theory of cancer, and how cancer develops as a result of abnormal stressors at the cellular level, and not abnormal genetics per se.

Jerry Tennant, MD, a prominent researcher in the field of electromagnetics and health, states that human cells are designed to function at approximately -20 millivolts (mV). Interestingly, this corresponds to a pH of 7.35-7.4, which we know is within the body's narrow pH range. As this voltage decreases, as a result of various insults to cells, the cell's physiology changes for the worse. When a cell does not function properly, it is not able to take in nutrients, nor is it able to eliminate waste. Continued unchecked, these cells are at significantly increased risk of becoming cancerous.

PEMF and Cancer

Pulsed Electromagnetic Field Therapy, abbreviated PEMF, is a very simple, painless, and non-invasive way to address abnormal resonance in cancer cells. In addition, PEMF has been shown to assist in making cell membranes more permeable. An excellent study reviewed the available evidence for PEMF's effectiveness, and the study authors noted that PEMF is safe and non-invasive, as well as being non-toxic to healthy cells.

While studies on human cancer cells, as well as in animals with cancer, have been encouraging, studies in human patients have been limited. However, we do have some smaller studies which found PEMF to be beneficial for a variety of cancer types.

PEMF in Use

A PEMF treatment involves simply lying down on a therapy pad that is plugged into a piece of equipment that generates steady, rhythmic pulses that the patient rarely feels. The strength and frequency of the pulses can be adjusted, depending on the patient's specific diagnosis. The intent is to bring any abnormal cellular resonance back into balance.

Although more research needs to be done, with PEMF we have a therapy which has scientific backing for its effectiveness, which selectively harms cancer cells and not healthy cells, and does not seem to cause any notable side effects. We use it as part of many of our treatment protocols.

Research on Vitamin C

Research from over 40 years ago uncovered a potential benefit from high dose vitamin C. Because of these encouraging results, a larger-scale trial was performed at the Mayo Clinic. This was a double-blind study of 100 patients with advanced colorectal cancer, none of whom had received chemotherapy. Those receiving vitamin C therapy were not found to have any objective improvement over those who did not. These results were published in the New England Journal of Medicine in 1985. Not surprisingly, this study was used to conclude that vitamin C was not effective against cancer. However, this study used high dose oral vitamin C, and not intravenous vitamin C.

IV vitamin C has been studied in the decades since, but much of that research was not of a high quality. In 2014, a systematic review of the existing research concluded that IV vitamin C appeared to be safe and possibly had some notable anticancer effects, but no conclusions could be drawn based on the relatively limited research. In 2020, a meta-analysis was performed. This is a very powerful type of research since it combines data from previous studies, all of which must meet a certain standard in order to be included. This meta-analysis concluded that intravenous vitamin C showed no consistent survival benefit for cancer patients.

My experience with intravenous vitamin C in my patients was consistent with this. However, some key research published in 2024 changed that for me.

Researchers at the University of Iowa, led by Dr. Joseph Cullen, conducted a phase 2 clinical trial for approximately 5 years, starting in 2018 and concluding in 2023. The study focused on patients with stage IV pancreatic cancer. In other words, these patients had a very aggressive and deadly form of cancer. They divided these patients into two groups, with the goal of making them as equal as possible in terms of age, gender, race, and disease severity. One group received the standard of care chemotherapy for pancreatic cancer. The other group also received the same standard of care chemotherapy, as well as high dose intravenous vitamin C.

The results were eye-opening: the group receiving chemotherapy plus IV vitamin C lived twice as long as the group receiving chemotherapy alone. In addition, those receiving IV vitamin C had fewer side effects from treatment.

So why were these results from the University of Iowa study different? The key to this study was that the intravenous vitamin C was given with chemotherapy, at the same time. Other studies have given the intravenous vitamin C in isolation, away from chemotherapy, typically on a different day. That is exactly how we used to administer it, and is how everyone else administers it as well.

However, this research uncovered a real synergy between chemotherapy and IV vitamin C. In other words, they help each other work better. Based on this research, we now administer IV vitamin C while we administer chemotherapy, with the goal of achieving an even greater anticancer effect. Based on our results, we believe that it does.

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CBD, which stands for cannabidiol, is one of the main components of the Cannabis sativa plant. This plant has been used medicinally for thousands of years by many cultures, but has only recently begun to become more appreciated in western cultures such as the United States for its health-promoting benefits.

It is important to note that CBD and other cannabinoids are considered dietary supplements by the United States Food and Drug Administration (FDA), even if they are administered intravenously.

The intravenous form of CBD we use is the first, and currently only, IV CBD product available. It is derived from industrial hemp grown in the United States, is completely sterile, and is third-party tested for quality and purity. Because it is given intravenously, rather than orally, it offers nearly 100% systemic absorption.

Research suggests that CBD has potential for cancer treatment. In fact, studies have shown that CBD likely addresses many of the key pathways associated with cancer. More specifically, research involving CBD alone and in conjunction with other agents has found that it successfully induces cancer cell death, decreases tumor size, promotes tumor regression, and inhibits the ability of cancer cells to migrate and invade.

In addition, research has shown that CBD supports healthy sleep, eases occasional aches and pains, and helps soothe feelings of anxiety.

Many patients don't feel any immediate effects from CBD administration, but it is possible to have a mild euphoric feeling. When this occurs, it typically subsides within 1-2 hours.

Please note that the intravenous CBD we use contains 0.0% delta-9 THC, and is legal in all 50 states. This is very important to understand, as CBD cannot produce any hallucinogenic effects commonly associated with marijuana. In other words, you cannot get "high" from CBD!

*These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.

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There is a burgeoning field of science which seeks to understand the close, intimate link between the brain and the rest of the body. For years, what went on in the mind was not necessarily thought to influence health and well-being. Today, we know that there is an amazing network of connection between what goes on in the brain—including our thoughts, emotions, and even what we speak—and our body's physical health.

For example, we now know that there is an enormous connection between thoughts and emotions and how our digestive system works. It is no coincidence that people who have anxiety are far more likely to have irritable bowel syndrome (IBS) and other digestive problems. We also know that there is a real connection between our thoughts and emotions and our immune system. But what about cancer?

Cancer and the Mind

The conclusion among many prominent researchers in the field is that there are bio-behavioral pathways that can, and do, influence cancer development and progression. In other words, what goes on in the brain plays a role in the development and progression of cancer. A recent study found that in women who had experienced some sort of significant, negative life event, the risk of breast cancer was increased by 1.5 times. Women who had experienced severely striking life events experienced a risk that was two times greater than women who reported no striking life events. The authors concluded that there was a positive correlation between striking life events and the development of breast cancer.

It turns out that our mental and emotional state can positively or negatively impact cancer treatment outcomes as well. A landmark study published about 20 years ago sought to compare two groups of breast cancer patients. The first group received the standard of care only: surgery, chemotherapy, and radiation. The second group of women were given the standard of care as well, but in addition, they were placed in regular small group sessions. In these sessions, the women were taught stress reduction techniques, such as deep breathing and relaxation. These women were also taught how the immune system works, about how certain immune cells “eat” foreign invaders, such as pathogens or cancer cells. After they were provided information on immune system function, these women were taken through guided imagery, and told to imagine their immune system cells gobbling up the cancer cells, like Pac-Man from the video game.

The results of the study were quite significant. The women in the second group had improved immune system function, less stress, and overall improved quality of life. And they lived longer too.

Using Mind-Body Therapy to Treat Cancer

Harnessing the power of the mind has significant therapeutic implications when fighting cancer. There are a wide variety of tools in our mind-body medicine toolbox, from deep breathing techniques, to prayer and meditation, to Emotional Freedom Technique (EFT), to hypnotherapy. Because each patient has some level of stress, failing to provide at least some mind-body therapies for the treatment of cancer would be suboptimal.

When patients ask about nutrition, many oncologists say the role of nutrition in a cancer treatment plan is insignificant. Their main concern, in relation to diet, is generally making sure their patient does not experience significant weight loss.

There are now many scientific studies that show nutrition does make a difference in cancer treatment and prevention. By practicing integrative oncology, we make room for the importance of nutrition in every cancer treatment plan.

Do you know what's in your food? This is an important question. Being mindful of our food intake is critical to any cancer treatment plan. Often we don't think about what our food actually consists of, and where it comes from. In the west, we have access to an abundance of different foods throughout all seasons of the year which has led to a sense of complacency and a disconnect with our food sources. When we learn about our food — what it is and where it comes from — we can modify our diets to best suit our health needs.

Toxins

Our current environment, more than at any other time in human history, is laden with toxins. While we can't completely eliminate all environmental toxins, we can focus on the toxins we can control, mainly, the toxins in our food. One of the largest contributing forms of toxins is those that end up in our food, either through the environment itself or by being added during commercial preparation.

Food Additives

There are more than 2,500 different additives and an additional 12,000 chemicals that may find their way into our food. Dr. Larry McCleary stated that roughly 80% of the food found on the shelves in our grocery stores did not exist 100 years ago. Processed foods are offered in abundance, touted as "convenience food," and labeled with deceptive marketing points. They contain ingredients we can't even pronounce.

Nutrition and cancer is a confusing topic and you can easily become overwhelmed. There are so many theories out there, and friends and family are all going to have their opinion. That said, my nutritional recommendations for cancer patients are based on the most up-to-date research paired with my clinical experiences with my patients.

If you decide to make these changes, commit to creating a lifestyle rather than merely a diet. A lifestyle is long-term, whereas a diet implies a short-term commitment.

Using medications in repurposed or “off-label” fashion entails prescribing them for a reason other than for their FDA-approved indication. Although all medications are approved to treat a specific condition, research conducted after the drug is released can shed light on additional uses as well. In the case of cancer, there are many drugs which have been initially developed and approved for non-cancer uses, only to be later discovered to have anti-cancer effects. It is important to note that none of these repurposed medications are FDA approved to treat cancer, despite the fact that research supports their anti-cancer activity.

You might be wondering if it is safe to use medications in this fashion. Please know that the use of prescription medications in off-label fashion is an approved practice, left to the discretion of physicians. The use of medications in this way is a common occurrence, although unfortunately not common enough as it relates to cancer treatment today. In our office, we take seriously the recommendation for patients to take prescription medications, carefully weighing the potential benefits with the possible risks. We make every attempt to ensure that any medication we add to the protocol is as safe as possible. This involves thorough research into how each drug works, ensuring that no contraindications with other components of the program exist.

The advantage we have with these repurposed medications is that many of them have been used for years, if not decades, in one form or another. Thus, we have significant knowledge of their actions as well as their possible side effects.

Repurposed medications are a vital component of our integrative cancer treatment approach. They afford us the ability to address pathways cancer cells use to grow and spread – pathways which are not addressed via conventional cancer treatments. Moreover, we have found repurposed medications used in this fashion to be very safe and well-tolerated.

Treatment IV Mistletoe

Most people are familiar with mistletoe as the plant we kiss under during the Christmas holidays, but did you know that mistletoe also has important medicinal properties? Its historical use can be traced back more than 2,000 years. [1] The ancient Greeks and Romans used mistletoe to treat a wide variety of health issues.

Mistletoe is the plant name given to many hemiparasitic plants. The various mistletoe species differ in their therapeutic actions, toxicities, and geographic locations.

There are nearly 100 species of mistletoe, which all fall in the genus *Viscum* and several types of *Viscum* have undergone rigorous scientific testing, which is especially true as it relates to cancer.

Viscum use for cancer is mentioned in the literature starting in the early 1900s. Dr. Ita Wegman around 1920 first developed its use as an injectable agent for cancer. Research has subsequently shown that *Viscum* has several notable effects.

First and foremost, *Viscum* is like an immune system enhancing therapy. It exerts its immune effects through various mechanisms, including:

- Increase in the number of immune system cells [2]
- and activity of immune system cells [3]
- Increase in the activity of various cytokines, including IL-1, IL-2, IL-6, interferon-g, and tumor necrosis factor- α
- Increase in body temperature

Viscum also has a cytotoxic (cancer cell-killing) effect through its inhibition of protein synthesis. [4] By blocking the production of specific proteins, cancer cell death via apoptosis ensues.

Also, *Viscum* has an anti-cancer effect — it inhibits angiogenesis, which is the production of new blood vessels. In the setting of cancer, new blood vessels are used to assist cancer in its growth and spread.

Perhaps as a result of its noted anti-cancer effects, mistletoe has been shown to improve quality of life. [5] Reductions in pain, diarrhea, nausea, vomiting, and insomnia have been seen in mistletoe studies.

Finally, mistletoe has been shown to be compatible with many chemotherapeutic agents, resulting in no negative herb-drug interactions. [6] This compatibility was shown to exist even when chemotherapy and *Viscum* were given simultaneously.

Due to its extensive clinical use worldwide for many years, coupled with solid scientific research supporting its use, we believe that mistletoe is a vital component in most integrative cancer treatment protocols.

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Treatment Lymphatic Drainage Therapy

Lymphatic therapy addresses the body's lymphatic system. The lymphatic system circulates throughout the body, usually in parallel to the body's arteries and veins. The lymphatic system is a network of lymph channels and lymph nodes. The lymphatic system has several very important functions in the body.

First, the lymphatic system plays a very key role in the immune system. Immune system cells are produced in the bone marrow, deep inside bones, and are released into the lymphatic system. When these immune cells arrive in the lymphatic system, they are capable but untrained.

The lymphatic system serves as basic training for immune system cells, during which time they are educated as to what foreign invaders look like as well as what the body's healthy cells look like. Once they have passed this basic training, these immune system cells are able to fight on the front lines and help protect the body against potentially harmful threats.

Second, the lymphatic system is central to the body's detoxification efforts. Due to the many toxins which are present in the world today, the lymphatic system carries a larger burden than ever before. A healthy, properly functioning lymphatic system is essential in helping the body detoxify and eliminate waste products.

Third, the lymphatic system helps repair damaged cells while also delivering nutrients to them. This protects cells from further damage, allowing them to continue their functions in the body.

The lymphatic system can become congested, which basically means that it becomes overwhelmed by a large burden of toxins and stressors. Lymphatic congestion can occur as a result of a wide variety of causes, including poor nutrition, sedentary lifestyle, and environmental exposures. When these causes accumulate in the body over time, diseases such as cancer can develop.

Lymphatic therapy is a non-invasive way to help the lymphatic system, and thus the body, function in a more optimal manner. Lymphatic drainage addresses lymphatic congestion by using a therapeutic device known as the XP2, which utilizes light and sound vibrations to help move lymph where it needs to go. We have found this treatment modality to be enjoyable for patients while also being quite beneficial.

Evaluating Your Progress

At The Center for Advanced Medicine, we believe there is a better way to treat cancer. You have options. You're in control of your treatments. You don't have to be a passive participant in your cancer care.

Cancer is a powerful adversary, and we should have as much information about it as possible if we seek to be victorious over it. This data can take on many forms, including blood testing, imaging, and the often forgotten physical exam.

To effectively treat cancer, we need more than just your health history and a few diagnosis codes. This is where advanced testing comes in. The first step is to obtain an accurate diagnosis, and this is done via a biopsy. After a biopsy confirms the presence of cancer, we must embark on a journey to obtain as much helpful information as possible. The more objective data we have at our disposal, the better.

Lab Testing

Laboratory testing can provide us with a significant amount of information, and ideally is the first place to start after being diagnosed with cancer. Our baseline lab panel, which is performed via blood testing, consists of a very thorough investigation into how the body is working.

We thoroughly evaluate your immune system, iron levels, platelets, kidney function, liver function, blood sugar control, hormone levels, vitamin levels, inflammatory markers, and tumor markers. All of these parameters are important in getting to know you, down to the tiniest details.

We obtain weekly lab testing during your in-office treatment weeks, which is used to monitor your response to treatment while also guiding treatment decisions moving forward. Lab testing is also used to monitor your progress after treatment as well.

Imaging

As the saying goes, "a picture is worth a thousand words." Imaging is crucial in determining the extent of cancer within the body, and is not only helpful for diagnosis, but for monitoring the effectiveness of treatment as well. We utilize conventional imaging modalities such as ultrasound, mammogram, MRI, CT, and PET, as well as alternative imaging such as thermography.

Signatera

We also utilize Signatera testing, which measures what is known as circulating tumor DNA (ctDNA) in the blood. This can be thought of as tiny pieces of cancer genetic material. By measuring ctDNA, we are given valuable information about the cancer burden in the body, as well as the cancer activity.

While we certainly rely on conventional imaging modalities such as PET-CT, CT, and MRI to monitor our patients, these studies are limited by the size threshold for detection. In contrast, measuring ctDNA with Signatera testing allows us to view cancer on a microscopic level, possibly identifying cancer well before it can be detected on imaging.

Signatera testing is based on a tissue sample of your cancer, obtained via biopsy or surgery. Signatera's pathologists analyze that tumor tissue, and identify a series of unique molecular markers which allow them to determine a genetic "signature" which is specific to you and your cancer. This unique pattern can then be detected in a blood sample, with the resulting ctDNA measurement provided.

We use Signatera testing at baseline, prior to starting treatment, and monitor it at regular intervals during and after treatment. This allows us to have a precise measurement of the effectiveness of our treatment, while also providing long-term monitoring of our patients.

Our Program

Our Integrative Cancer Treatment Program Overview:

12 WEEK PROGRAM

Our 12 week integrative cancer treatment program consists of three phases. We believe it took years for your body to develop cancer — and you cannot expect to effectively treat it in just a few weeks.

Phase 1: _____ Phase 2: _____ Phase 3:
Weeks 1-4 are in-office treatments Weeks 5-8 are home-based treatments Weeks 9-12 are in-office treatments

SCHEDULE

Phase 1 (Weeks 1-4): In-office

Treatments take place five days per week (Monday-Friday). Although we do not believe in one-size-fits-all treatments, this a general framework for most of our patients:

- Low-dose chemotherapy, chemotherapy with insulin potentiation therapy (IPT) 2-3 times per week
- Pulsed electromagnetic field (PEMF) therapy 1-2 times per week
- Mind-body therapy once per week
- Lymphatic drainage therapy once per week
- Physician consultation once per week
- Nutrition consultation once per week
- Lab testing once per week
- IV mistletoe 2 times per week
- Subcutaneous mistletoe 2 times per week
- Supportive IV treatments 2-3 times per week

Phase 2 (Weeks 5-8): At home

- Weekly call with our patient coordinator and/or nurse depending on your needs
- One (1) at-home, mind-body therapy sessions (via phone) during Weeks 5 and 7
- One (1) physician consult during Week 6 via phone or in person, if you choose
- Labs and imaging as necessary during this phase, to evaluate progress made during Phase 1 and also provide information regarding treatment planning for Phase 3

Phase 3 (Weeks 9-12): In-office

- Fractionated chemotherapy with insulin potentiation therapy (IPT) 2-3 times per week
- Pulsed electromagnetic field (PEMF) therapy 1-2 times per week
- Mind-body therapy once per week
- Physician consultation once per week
- Lab testing once per week
- Lymphatic drainage therapy once per week
- IV mistletoe 2 times per week
- Subcutaneous mistletoe 2 times per week
- Supportive IV treatments 2-3 times per week

EXPECTATIONS

We must set some ground rules:

- All of the above treatments represent a departure from the established, proven standard of care. Your decision to pursue any or all of the above therapies represents some level of risk on your part.
- With that said, it is important to note that all of the above treatments have evidence supporting their use for the purposes of cancer treatment.
- We offer these therapies as an option for patients who have elected not to pursue the standard of care, for a variety of reasons.
- We absolutely refuse to offer any treatments which are illegal, dangerous, or risky, or which have no scientific evidence supporting their use.
- It is impossible to look into the future and know what treatment outcomes will be. As a result, we cannot promise a cure, remission, absence of side effects, etc. Although it would be nice to predict a “success rate” or “cure rate” for each specific patient, we feel that it would be unfair, if not unethical, to make such predictions for each patient as there are many variables to consider.
- We make our best effort to only accept patients who we feel we can help and frequently refuse care to who are not the right fit for our program.

We encourage you to research all of your treatment options thoroughly before making a final decision. We are very proud of the high quality, forward-thinking integrative cancer care we provide, which is built on a foundation of honesty and integrity. However, we fully realize that this care is not for everyone. If you feel that you are a good candidate for what we do, we look forward to hearing from you!

Costs

Our 12-week, three-phase program cost is \$80,000 USD. This cost includes everything* you will need at our center (tests, labs, treatments, supplements, consults, etc) but does not include external costs such as travel, lodging, and food.

Please contact us at (770) 551-2730 if you have any questions.

*Due to the fact that our patients are traveling to our clinic from all over the world, we cannot include costs for travel, lodging, food.

Please refer to our How to Fund Your Cancer Treatment page at:

<https://tcfam.com/funding>

for suggestions on raising money for our program.



Your Initial Consultation

We realize that the process of investigating all of your treatment options can be overwhelming. Our staff is ready to assist you in answering any questions you might have about the services we offer. We have found that cancer treatments are most effective when organized into a program format over the course of a period of months.

We have several different pathways from which to choose, but all entail combining in-office treatment modalities in a specific combination and sequence.

In our experience, patients who attempt to treat their cancer on their own, or who insist on relying solely or mostly on at-home treatments, do not have good outcomes. Despite what you might read online or via a consult with Dr. Google, successfully treating cancer is not as simple as changing your diet and taking some supplements.

Effective cancer treatment typically requires consistent persistence, with the support of a medical team who is very involved in your care (not just standing on the sidelines cheering you on). As a result, cancer should be viewed as a marathon, not a sprint.

The first step toward becoming a patient in our office is to have your case evaluated by one of our physicians.

This includes:

- A thorough review of your cancer diagnosis, including staging, prognosis, and treatments which have already taken place
- In-depth analysis of lab testing and imaging you have had performed
- Review of the remainder of your medical and surgical history, including other medical issues (e.g., hypertension, diabetes, hypothyroid, etc.)
- Review of your current medications and supplements
- Discussion regarding your treatment goals
- Exchange of ideas regarding potential treatment options

Your Initial Consultation

We will need a copy of your pertinent medical records prior to your visit, as our physicians insist on reviewing your medical history in detail prior to meeting you.

The initial consultation lasts approximately 45 minutes, and is an opportunity for you to learn more about our innovative treatment approaches. It is also an opportunity for us to determine if you are a good candidate for our care. Please note that we do not accept every case.

You are encouraged to have a spouse, family member, or close friend with you for the visit since a lot of information will be covered.



Jonathan Stegall, MD



Dr. Jonathan Stegall has a true passion for providing the best cancer care for his patients. He practices integrative oncology, which involves combining the best of modern medicine with natural therapies.

Dr. Stegall has studied at Clemson, Georgetown, Harvard, the Medical University of South Carolina, and Yale. Dr. Jonathan Stegall also holds membership in several organizations, including the American Society of Clinical Oncology (ASCO), the Society for Integrative Oncology (SIO), and the International Organization of Integrative Cancer Physicians (IOICP).

"My mom's influence is the reason I became a doctor, but also why I placed such a high value on education. I earned my bachelor's degree from Clemson University, graduating with honors.

I then received a master's degree in physiology from Georgetown University, in Washington, D.C. My master's program was followed by a research internship at Harvard Medical School's Osher Center for Integrative Medicine in Boston.

While at Harvard, I conducted research on the doctor-patient relationship. I sought to learn more about the sacred relationship between physician and patient throughout history, with an emphasis on how a robust therapeutic bond can improve treatment outcomes.

Not surprisingly, studies show that patients who have good relationships with their doctors have a better understanding of their diagnoses and their treatments, and also have better clinical outcomes."

- Dr. Stegall

R. Douglas Wichman, MD



Dr. Wichman's keen interest in integrative and alternative approaches to cancer led him to devote himself fully to its study and application over a decade ago. Since that time, he has established himself as a thought leader in the field.

Dr. Wichman has a bachelor's degree in biology from Emory University. He earned his medical degree from the Emory University School of Medicine.

He completed residency training in radiology at Louisiana State University-Charity Hospital in New Orleans, LA, as well as University of Illinois Hospital in Chicago, IL.

He is board certified in radiology. Due to his interest in natural therapies, he went on to earn his degree in naturopathic medicine (NMD).

The Team



Jonathan
Medical Director



Douglas
Research Director



Taneka
Practice Coordinator



Leigh
Clinical Staff



Romona
Clinical Staff



Dafney
Clinical Staff



Courtney
Clinical Staff



Aylissa
Front Desk



Destiny
Clinical Staff

Testimonials

Dr. Stegall and his staff are very knowledgeable in their treatment program and also very caring and supportive of their patients. They utilize your time there efficiently and on schedule.

The personal atmosphere between patients and staff is very positive and uplifting. I feel blessed to have this group helping me on my healing journey.

- BC

My family and I consider it a blessing that we found this center. We really wrestled with our options of traditional versus alternative treatment. Finding out an integrative approach existed, that combined the best of traditional and alternative, really appealed to us.

The fact that the staff is so wonderful and you have regular meetings with Dr. Stegall is a bonus. I felt like a human and not a number. They take serious the DO NO HARM allegiance and cared for me in a very personal way. So grateful!

- JW

I recommend this center for those looking to be healed from this aggressive disease. I went there for treatment and when I got there I was struggling emotionally and physically with this disease and my wife really was having a hard time dealing with this.

The entire Center for Advanced Medicine staff opened their arms, hearts, and professional care up to us and today when we finished our treatment program, we walked out of there with an entire new outlook on getting this cancer behind us.

God's presence and guidance pulled us through and he worked through every member of the staff in all aspects in every way. Five star and no less. Thanks to all!

- RL



Testimonials

When I first walked into this bright, cheery, upbeat office, I knew that I had arrived at the perfect treatment facility for my needs. Dr. Stegall and his wonderful staff looked at me as the whole person that I am and the numerous treatments address my specific individual requirements.

Now that I am leaving after completing treatment, I feel at ease with where I am and look forward to continued progress over the next few months. I am part of this amazing family of medical practitioners that truly care about their patients every day! I am blessed and grateful. Life is so good!

- TH

Too many positive things to say. We just love you, Dr. Stegall. Your staff are a reflection of your beautiful personality.

From front desk to nurses, what a beautiful blend, like a bouquet of flowers with all inner beauty. I am in tears to write this.

18 years of journey with no positivity. We found positive, loving, caring, all in here. May Jehovah God keep blessing you and family.

- GH

I highly recommend Dr. Stegall and TCFAM. Dr. Stegall and Dr. Wichman are brilliant, caring physicians who offer cutting edge treatments using the best of modern medicine and integrative natural therapies.

They use the best of both worlds to tailor the best and most effective treatment to each patient. I was not just a number in an assembly "one-size fits all" treatment line here.

- DB

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