

Fighting the Effects of Cancer Naturally

By Saguaro Sandy (A Rescued Golden)

Edited by Mom, Dr. Mary (a natural physician)

The big "C" word is something that is often whispered by pet owners – especially those that own breeds such as Golden Retrievers who are unfortunately prone to cancer. What can be done?

I'm 10 years old and I have had cancer now for 2 years – the tumor was on the bottom of my little chin – of course I was worried, but I knew I was in good hands as my vet is very good. Except when I asked about the "face lift" part he tended to frown. I figured I would at least ask since I was having surgery. My mom, who is also very involved in rescue, did a lot of research and this is what she related to me.

First of all, diet and nutrition are very important because human studies show that poor nutrition limits the amount of absorption of the chemo drugs used to treat cancer. Although there are not a lot of studies on doggie nutrition, it seems to make sense to my mom that if diet and nutrition is important to people, it should probably be important to us dogs as well.

Several things happen on your insides when you have cancer. First there is increased lactic acid in your body and if you are on a "high carb" diet that only increases the amount of lactic acid. Carbs are pretty high in some doggie treats, so guess what? They are out of the diet! RATS!

Next amino acids (which is a big chain of molecules) decreases and when this happens the immune response decreases and you can get pretty sick.

Often times you lose weight because you just don't want to eat anything, or your body is using all its fat to fight the cancer. Tumor cells unlike normal healthy body cells have a hard time using lipids (fat cells) for energy. So, us canine kids that are fed diets higher in fat and less carbs have a better chance for remission. That's a good thing!

So what can we add to our diets (since you are now taking away my carbs!) to help fight the cancer? Here's a list:

- **Arginine** – This will aid in decreasing the growth and spread of the tumor. Use .467 mg/100 Kcal of food. Base the kcal on what the package states for consumption based on weight.
- **Omega 3 Fatty Acids** (Fish Oil) – You can add salmon or cold-water fish also. Use 1.518 mg/100 kcal of food.
- **Antioxidants** – There are certain vitamins and minerals that reduce oxidation, which is a chemical process that happens in our cells. When "free radical accumulate in the body, it can be very bad. (What can you expect from Radicals?!) If this state exists in the body, excess oxidation occurs and the body's normal antioxidant abilities are overwhelmed. Good fighters of "free radicals" include: Vitamin A, C, E, Selenium, Manganese and Zinc, Coenzyme Q-19, Bilberry and Pyonogenol.

Be sure to consult with your dog's doctor before adding supplements to your dog's diet, especially if he/she is receiving treatment for cancer. As a great cancer preventative, give your pet lots of vegetables like carrots, beans, broccoli, potatoes, and green peppers and fruits like apples, melons, and strawberries. They taste great and make better snacks than those hard dog biscuits!

Here is a recipe from my Mom for some tasty treats called **Cheese & Veggie Bites**.

- 2 ½ cup water
- ¼ cup of celery finely chopped
- ¼ cup of carrots chopped

- 2 cloves garlic
- 1 c of quick cook oats
- 1/3 cup vegetable oil or canola oil
- ½ cup low fat cheddar cheese, shredded
- 1 egg
- ¼ cup of wheat germ
- 3 cup of whole wheat flour

Put water, celery, carrots & garlic in a saucepan and bring to a boil. Then simmer for 5 – 10 minutes to soften. Set aside to cool. Remove your dog from the kitchen – it smells real good.

Mix all other ingredients in a large bowl then add boiled veggies and water to mixture – knead on floured surface till firm. Roll out dough to ½” thick and cut with cookie cutter (in dogs favorite shapes). Bake @ 325 degrees for 50 minutes till cookies are firm – Let cool now let your dog back into the kitchen! Enjoy!