

# NATUROPATHIC SPECIALISTS. LLC

As a naturopathic physician my role in the management of people with cancer regards a comprehensive approach to enhanced survival and quality of life. Naturopathic oncology, at its foundation, is not concerned with direct cell killing, rather management from the perspective of prevention: preventing existing cancers from spreading, prevention of recurrence once a patient is in remission as well as prevention of cancer in the first place. To these ends the naturopathic oncologist must, with their patients, discover where their needs lie. For instance, my approach to the person diagnosed with Merkel Cell Carcinoma would be to first learn of what conventional treatments they are engaged in and create a treatment plan that complements such. Should the patient, for whatever reason, not be engaged in treatment I would then suggest a three-pronged approach: a) restoration and maintenance of good health; b) direct treatment of the immune system as some people with Merkel Cell Carcinoma have a detectable immune deficiency; and (c) addressing the relationship of our environment to health and disease.

## **Restoration and maintenance of good health**

This refers to the general aspects of people's wellness especially after completing treatment for Merkel Cell Carcinoma such as radiation or chemotherapy. Once the treatment is finished, I usually guide my patients through a one-month restoration period where we indulge the diet with proper foods as well as offer nutritional supplements appropriate to their case. What matters most is where the radiation was targeting; if the chest, I would certainly prescribe for people, a program that decreased the risk of scarring in the lung area that also paid special attention to the heart as that may have been affected as well. There are certain foods and natural medicaments that can achieve such. But this holds true for any area of the body that receives radiation. Further, when someone receives radiation there are certain nutrients that began to lack or certain ones that are important to general health but are contraindicated with radiation. So in a post-radiation setting, I would seek to restore one's nutritional capacity of such. With regards to chemotherapy the same general framework is used. However since the therapeutic agent here is not a radiation beam, rather medicines, the approach is just a little different.

Once the initial month is completed (note that some people require less than a month whereas some require a longer time) I then reassess each person and decide the best tact for the case. The notion here is that in that month after treatment, we have been able to give back to the body what it either lost or needed to have to repair itself. Repletion of such is so important as one looks into the future and desires a durable remission. From here we can launch an investigation into the general nutritional and even genetic history of the individual to see if we can spot key areas where there are deficiencies....then seek to resolve those. This is all in the attempt to move one towards optimal health as one needs to be as strong as possible in all aspects to fight off cancer.

## **Neuroendocrine Concept:**

Merkel Cell Carcinoma is a neuroendocrine disease. That means that two different bodily systems can influence the cancer cells: the endocrine system (hormones) and the neurological system (nerve system). Generally, with neuroendocrine disease, much attention is paid to the hormonal part but not necessarily to the neurological part. I usually offer patients a treatment that I believe attends to the neurological part of their disease. There is a growing body of knowledge in the medical literature which references something called, "membrane calming." Such a notion suggests that there is over excitability in the cell membrane, that is, the excitation thus needs to be calmed. In this model it is the excitation, or more appropriately put, the "easy-to-excite membrane" that appears to be the critical factor. It is precisely this excitability that may allow the neuroendocrine cancer cell more chances to



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survive and grow. Thus, by calming the membrane's ability to become excited, the cancer cell gets "stuck" and cannot grow. To achieve this, certain nutritional supplements are prescribed along with dietary intervention strategies to achieve such calming.

## Immune therapy

The immune system is certainly our front line of defense against cancer cells. However once a tumor is established, the immune system has already failed. This breeds the questions: if a tumor is allowed to be established in the body, what happened to the immune system in the first place? Well, it may not even be the "fault" of the immune system, the cancer cells themselves may have found a way to trick the immune system and therefore escape immune surveillance. Nonetheless, once the tumor is successfully treated it is important to "reboot" immune function, to reinforce that front line of protection. First off, the immune system needs to be tested which can be accomplished by a panel of blood tests. After the blood tests are back, results are discussed and a treatment regimen is prescribed. Improvement in immune function does not always need to be complicated. In fact, certain dietary and lifestyle interventions can benefit immune function tremendously. Such interventions are generally combined with specific nutritional supplements and in certain cases, certain intravenous medications. When treating someone's immune system it is very important to make sure that as laboratory values change that the protocol (medicines) change as well. By doing so, one will avoid "overstimulating" the immune system which can actually decrease immune function in the long run.

## Consultation and Contact Information

### Office visits

Daniel Rubin, ND, FABNO, is located at Naturopathic Specialists, LLC, right in the heart of Old Town Scottsdale, Arizona. The office is located right in the heart of the medical campus in Scottsdale Medical Pavilion and there is plenty of parking located in the rear of the building. The office is only about 15 minutes from Phoenix sky Harbor International Airport and Old Town Scottsdale has a wealth of fabulous hotels, shopping and restaurants. Dr. Rubin's office is pleased to offer out-of-town patients concierge services to provide for a smooth stay in Scottsdale.

### Phone visits

In-person visits are always preferred when it comes to medical care. However, Dr. Rubin and the staff at Naturopathic Specialists, LLC, offer phone-only visits for those patients interested in Dr. Rubin's unique treatment approach but who are unable to meet face-to-face. In such cases, the Staff at Naturopathic Specialists, LLC, make hassle-free provisions for paperwork, phone conferencing, laboratory testing, treatment and follow-up phone meetings.

### Contact Information

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