



Nutraceutical: New Trends in Chronic Disease Treatment

Worldwide, over ten million new cancer cases occur annually. The social and economic burden, due to the expense of diagnosis, treatment, and lost years of working life from disability, causes financial hardship for individuals, corporations, and nations. Cancer prevention and control remains one of the most important scientific and public health challenges facing this generation. Increasing awareness of cancer signs and cancer symptoms contributes to detection in more successfully, treatable earlier stages. Advances in technology and medicine positively impact the cancer survival rate with the integration of early detection and effective treatments.

Therefore, the World Health Organization (WHO) identifies cancer as one of the most prominent chronic diseases, and an important part of integrated chronic disease prevention and control. However, incidence and mortality rate of chronic diseases and cancer remain high worldwide.

This means a new way must be found to lower disease risk and prevent recurrence. Dr. Simon Hsia, the Founder and CEO of New Health, has devoted himself to applied nutraceutical research in the prevention and treatment of chronic diseases and cancer for decades. By combining theory and clinical practice with cell, animal, and human clinical trials, his research results extend well beyond the laboratory and prove the important benefit of nutraceutical intervention in disease treatment.



■ Nutraceutical grade supplement superiority to OTC supplements

The term "nutraceutical", coined from "Nutrition" and "Pharmaceutical", can be defined as: "Formulations of superior, quality nutrients extracted from natural foods, based on scientific, clinical, and reproducible results to provide medical and health benefits which include: a) Overall health maintenance, b) Prevention of illness, c) Reduction of dependence on medication, and, d) Prevention of health damage caused by medication side effects. Nutraceutical treatment positively impacts many different diseases ranging from: insomnia, allergy, asthma, and metabolic diseases (such as diabetes, hypertension, and hyperlipidemia); to more difficult to treat autoimmune diseases and cancer. The scientific literature proving the potent, synergistic effects of nutrients on the prevention and improvement of disease grows daily.

The tsunami of advertising grows as well. Electronic and print media fueled by fads, rumors, and pseudo-science overwhelm and confuse. The determination of the best nutritional supplements in this marketing environment becomes more challenging.

Therefore, in order to sift fact from fiction, and choose the best supplements requires understanding the importance of: (1) the quality of each ingredient, (2) the process to ensure the quality of the finished product, (3) the proper formulation to optimize results, and (4) validation by reproducible, proper scientific research on disease-specific conditions, in real-life human clinical treatment. These 4 elements combine to provide the proper foundation for properly assessing and selecting nutraceutical supplementation. Before taking supplements, consult a dietitian with a nutraceutical background who understands the optimal form and role of each nutrient, and possesses the ability to develop a personalized regimen based on specific health conditions.

■ The More Complete the Nutraceutical Formula, the More Effective the Results

Many clinical trials have proven that supplementing patient diets with an adequate dosage of total nutrition (containing high quality proteins, omega-3 polyunsaturated fatty acids, non-toxic and highly, bioavailable minerals, vitamins and phytochemicals) results in an optimal outcome. Benefits include more effective, treatment of disease, fewer drug side effects, and better quality of life. Dr. Hsia emphasizes that the benefits from a combination of the proper nutrients always surpasses the effect of a single nutrient in the prevention and improvement of disease. Natural nutrients always demonstrate superior absorption and bioavailability in humans compared to the synthetic form. Therefore, before choosing any supplement, two major considerations remain the supplement formula and the form of nutrient ingredients.

■ New Hope for Cancer Treatment: Fish Oil and Selenium Yeast Work Synergistically to Kill Cancer Stem Cells

Research shows that the key factor causing metastases and cancer recurrence rests with the cancer stem cells. Conventional cancer treatment such as chemotherapy and radiation therapy both have the ability to shrink tumors, but if the therapies are not killing the cancer stem cells, the tumor will soon grow back with a vexing resistance to the previous therapy. Cancer stem cells also act as a reservoir of cancer cells responsible for relapse even after surgery, radiation or chemotherapy has eliminated all observable signs of a cancer. The latest research from the Taiwan Wan Fan Medical Center indicated natural (TG) form of fish oil with selenium yeast can induce cell suicide (apoptosis) among cancer stem cells. This stunning new discovery means nutraceuticals belong in the front line of the battle for cancer prevention and treatment.

■ American patent organic selenium yeast: non-toxic, safe and anti-carcinoma

The anti-cancer capacity of the trace mineral selenium has been discussed intensely in recent years. Research conducted by Professor Bo-Chung Chen, CEO of the Taiwan Nutraceutical Association, indicated both cell lines and animal models with three different types of breast cancer cells were significantly inhibited after the incorporation of selenium yeast (patented organic form). This proved that selenium plays a critical role as an anti-cancer fighter. Inorganic selenium can inhibit cancer cell growth; unfortunately, its toxicity also damages normal cells. Only the organic selenium form of yeast can inhibit cancer cell growth while remaining harmless to healthy tissue.

■ Only Natural Triglyceride Form Fish Oil Can Inhibit Cancer Cells

A diet that includes unbalanced fatty acid intake remains one of our society's most serious problems. Most people have an inadequate omega-3 fatty acid intake. Omega-3 provides a beneficial, anti-inflammatory effect. Many fish oil and cancer studies revealed that omega-3 fatty acids help prevent muscle wasting and weight loss, and improve cancer survival rates. Further studies found omega-3 fatty acids capable of inducing cancer cell apoptosis, decreasing tumor volume, and inhibiting cancer cell proliferation and metastases. However, only the natural triglyceride (TG) form of fish oil, the form used in the Taiwan Wan Fan Medical Center study, can accomplish all these anti-cancer effects. Hence, scientific, evidence-based supplements always provide the safest and best choice as a treatment modality, whether you are a patient in the fight against cancer or chronic disease, or working to maintain your health and prevent its occurrence.