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# Press Release

## Natural Therapies Combat Complications of Chemotherapy

St. Louis, MO, November 13, 2006: One of the most common side effects in cancer patients is diarrhea. Diarrhea can be due to either chemotherapy or the result of treatment of infections. In either case, diarrhea can be deadly, with mortality as high as 25% in elderly patients.

Unfortunately, physicians today may be missing natural therapies that could prevent these severe infections. Glutamine, a natural amino acid, has been shown in clinical trials to help prevent chemotherapy or radiation-associated diarrhea. Probiotics, a capsule containing normal healthy bowel bacteria, is helpful in preventing or relieving diarrhea associated with antibiotics. In oncology, these therapies are rarely used. Citrine Sun, a company operated by practicing oncologist Robert Avery, M.D., offers useful and natural solutions to such problems.

Diarrhea is becoming a very common complication in cancer patients. The causes of diarrhea in cancer patients include chemotherapy and antibiotics. Severe diarrhea caused by chemotherapy can occur in as many as 56% of patients treated for colon cancer and can lead to hospital admission in approximately 25% of patients.

Common therapies for chemotherapy associated diarrhea include stopping the chemotherapy, intravenous fluids, and Imodium to slow down the bowels. Glutamine, a natural amino acid necessary for bowel health, is a major source of fuel for rapidly growing bowel cells. It is also depleted in patients with cancer undergoing chemotherapy. Glutamine has been shown in clinical studies to prevent diarrhea and also mouth sores in patients receiving chemotherapy or radiation therapy. It also boosts the immune system which helps prevent infections.

Antibiotics are commonly used in cancer patients to treat or prevent severe infections when the immune system is suppressed by chemotherapy. A potentially life-threatening complication of antibiotics is diarrhea related to the bacteria called *Clostridium difficile*. These bacteria grow unchecked in the bowel because antibiotics kill the normal bowel bacteria. Probiotics are capsules filled

with normal bowel bacteria. They replenish the normal bacteria, maintain bowel health and prevent the development of damaging C. diff diarrhea. Probiotics should be taken every time a patient takes antibiotics.

Natural or complementary remedies have been shown to be beneficial in cancer patients. One of these areas is diarrhea where glutamine and probiotics can help prevent and relieve this important, potentially life-threatening complication. Physicians and patients alike should educate themselves about these remedies and take action for better chemotherapy tolerance, prevention of diarrhea, and more rapid return to dietary improvement. More information is available at [www.citrinesun.com/Diarrhea](http://www.citrinesun.com/Diarrhea).

About Citrine Sun LLC. Citrine Sun is a venture of practicing oncologist, Robert Avery MD, FACP. His website focuses on educating and providing the cancer patient with complementary therapies that can help relieve their symptoms. Dr. Avery has a keen interest not only in cancer research but also in palliative medicine, natural therapies and nutrition. Medicine has been focused too much on therapeutic trials while ignoring patient quality of life concerns and prevention strategies through good nutrition.

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