

LOKMANYA
HOLISTIC CANCER CARE
& Research Center of (LMRC)

**Integrated Approach
For Management of
Cancer Patients**





LOKMANYA HOLISTIC CANCER CARE & RESEARCH CENTRE

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Integrated Approach for Management of Cancer Patients



“Cancer is a dreadful word for most of our patients and wrongly taken as 'death sentence’’. It is known as “The Emprorer of Maladies” because it remains unconquered. inspite of continuous research for last 50 years having spent over \$ 200 billion on it in USA alone on conventional treatments. But with the emergence of newer treatments like Immunotherapy, Anti Hormone Therapy and knowledge about alternative managements there is a great hope of overcoming the disease.

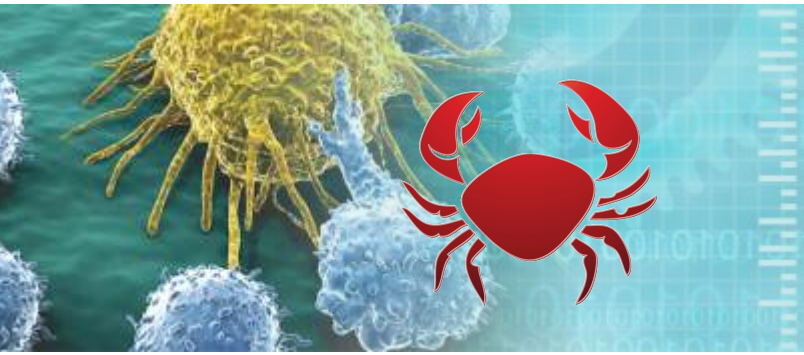
All over the world there is a widespread disappointment about the conventional therapy of Surgery, Radiation and Chemo and resentment about its terrible side effects. In recent studies the 5 year survival in U.S. & Australia where most advanced therapies are available is less than 5%. The increase in survival rates is basically due to early detection in Stage I & II. Opinions are gathering in introducing alternative therapies and methods to cure and control the disease without side effects in India this need of seeking alternative therapies based on our age, old systems is absolute. Beyond some big cities there are no facilities for cancer surgeries or radiation. Chemotherapy is largely unaffordable. It is absolutely necessary to introduce ways and means for management beyond the conventional treatments.



Certain foods, substances have been proved to be very effective anticancer agents like Grape seeds, Curcumin. Dietary formulas have been developed in many countries to increase immunity and kill cancer cells. All these are mentioned for the benefit of patients. Other methods are introduced depending upon the behavior of cancer cells like Ozone therapy, electrical impulse therapy and Accupressure are showing good results. Last, but not the least the Author and his colleagues have developed research products R.V. Caps / ACF (M.G.) which are showing very promising results especially in cases where Radiation and Chemo are not used for various reasons. The side effects of Chemo and Radiation are controlled to a large extent by these. The booklet contains detailed information about these products.

Palliative care has been given due importance at the center by appointment of Palliative Care Specialist Doctors who will guide the patients and relatives up to end of life care.

After resting my active surgical career as well as developing and managing Lokmanya Hospitals for 40 yrs, I have been extensively studying about the various alternative approaches to prevent and treat cancer. The best and most logical way to achieve that is to integrate the knowledge of each approach – conventional and alternative to get the best possible results to relieve the agony of the patients of this dreadful disease. This has also prompted me to produce my own anticancer research product RV Caps.



Hippocrates (460-370 BC) first described the condition and noted the similarity between a crab with its legs and the tumor with attached blood vessels called it as Cancer.

I have also added ACF (MG) prepared by eminent scientist Dr. Manju Ray of Bose Institute Kolkatta, to treat the Cancer Patients. The results are very promising. This booklet and the Holistic Cancer Center is a small beginning to bring into effect this idea for Integrated Cancer Therapy. I hope and pray that it will go a long way to help the patients.

Key Cancer facts



One in four is likely to get cancer.

- Cancers figure among the leading causes of morbidity and mortality worldwide, with approximately 14 million new cases and 8.2 million cancer related deaths in 2012.
- The number of new cases is expected to rise by about 70% over the next 2 decades.
- Among men, the 5 most common sites of cancer diagnosed in 2012 were head & neck lung, prostate, colorectal, stomach, and liver cancer.
- Among women the 5 most common sites diagnosed were breast, ovary, colorectum, lung, cervix, and stomach cancer.
- Around one third of cancer deaths are due to the 5 leading behavioural and dietary risks; high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, alcohol use etc.
- Tobacco use is the most important risk factor for cancer causing around 20% of global cancer deaths and around 70% of global lung cancer deaths.
- Cancer causing viral infections such as HBV/HCV and HPV are responsible for up to 20% of cancer deaths in low- and middle-income countries.
- More than 60% of world's total new annual cases occur in Asia, Africa and Central and South America. These regions account for 70% of the world's cancer deaths.
- It is expected that annual cancer cases will rise from 14 million in 2012 to 22 within the next 2 decades.
- Only 5 to 10% cancers are genetically positive

Let us not be afraid of Cancer. Early detection and suitable, effective treatments are assurance of Cure.



LOKMANYA HOLISTIC CANCER CARE & RESEARCH CENTRE

Lokmanya Holistic Cancer Care Centre combines personalized cancer treatment with leading-edge research to provide you with unparalleled cancer care. Our integrated practice brings together a multispecialty cancer treatment team of experts to ensure you get the best care available.

Lokmanya Holistic Cancer Center is a state-of-the-art integrative treatment model that treats cancer with conventional approaches like Surgery, Radiation, Chemotherapy; while also offering evidence-based alternative to control the side effects as well as directly attack and kill cancer cells.

Salient Features

- Full spectrum of cancer management from prevention, early detection, conventional treatment facilities supported with evidence-based alternative approaches.
- Community Outreach Programme for prevention and early detection of cancer.
- Multi specialty Cancer clinics:
- Advanced Leading-edge diagnostic technologies for early diagnosis.
- The multidisciplinary team approach leading to better care and outcome for cancer patients. Our team includes medical oncologists, surgical oncologists, radiation specialist, radiologists, pathologists, clinical pharmacists, nurses, nutritionists and other healthcare professionals with special training in Ayurveda, Homoeopathy, Ozone Therapy, Yoga for Cancer Care.
- Inclusive cancer patient care plan that assures proper treatment of the symptoms and side effects of cancer through modern and traditional cancer treatment.
- Palliative care throughout the course of treatment, from diagnosis through end of life care.
- Research Facilities in search of optimal management of cancer, to develop prevention tactics & medicine to control / cure the patients.
- Community Health system to train & educate the next generation of healthcare professionals.

Lokmanya Holistic Cancer Center also offers medical professionals the opportunity to refer and follow patients and to access medical education offered by key specialists.

Contact Details:

Holistic Cancer Care Center Chinchwad, 314/B, Telco Road, Near Chinchwad Railway Station, Chinchwad, Pune, Maharashtra, India. 411033. Visit us on www.lmrc.in
For Appointment Contact No: 020- 46606803 \ email: contact@lmrc.in



Multi Speciality Cancer Clinics

Lokmanya Holistic Cancer Centre provides a full spectrum of cancer management. We bring together experts from different specialties on one platform at our Multispecialty Cancer Clinics in search of optimal treatment of cancer. That means a collaborative view on treatment is established for the patient's unique needs.

Breast Cancer Clinic: The clinic caters to Breast conservation surgery, Mastectomy, Oncoplasty reconstructions and Breast cancer screening. Patients displaying symptoms such as a lump during Breast Self Examination, bloody discharge from the nipples/recent retraction of nipples or noticeable swelling in the armpit may visit the clinic.

Gastro Intestinal Cancer Clinic : The clinic caters to various cases of Esophageal cancer, Gastric cancer. Hepatobiliary cancer, Pancreatic cancer, Colo-rectal cancer. Patients displaying symptoms such as difficulty in swallowing solid/liquid food, unexplained vomiting, unexplained jaundice or alterations in bowel habits may visit the clinic. Separate advance Laparoscopic surgery is established.

Gynec Cancer Clinic : The clinic caters to screening of Cervical cancer, Ovarian cancer, cancers of external genitals, Endometrial cancer and Laparoscopic surgery for gynecological cancers. Patients displaying symptoms such as post menopausal spotting/bleeding, unexplained weight loss or unexplained distention of the abdomen may visit the clinic.

Head and Neck Cancer Clinic : The clinic caters to various cases of Oral/ Oropharyngeal cancer, Tongue cancer, Laryngeal cancer, Base of skull cancer, Thyroid cancer, Tumors of salivary gland and Reconstruction surgery. Patients displaying symptoms such as bleeding ulcer/growth in mouth and tongue, white/red patches in cheeks, change in voice or swelling in neck may visit the clinic for consultation with our cancer expert. Latest laser surgery with minimal deformity is being introduced.

Lung Cancer Clinic : The clinic offers comprehensive management of lung cancer cases. Patients displaying symptoms such as cough for more than 3 weeks, coughing of blood in sputum or unexplained difficulties in breathing may visit the clinic.

Hemato - Oncology Clinic: The clinic caters to clinical and diagnostic expertise in Hemato-Oncology under one roof. The clinic provides solution to challenges such as Lymphoma, Multiple Myeloma, unresponsive Anemias

Pediatric Oncology Clinic: The clinic offers comprehensive management of pediatric cancer cases.

Alternative treatment clinics : Ayurveda, Homoeopathy, Acupressure, Ozone therapy
Under eminent, experienced specialists.

APPROACHES TO CANCER CONTROL

The four principal approaches to cancer control are:

Prevention means eliminating or minimizing exposure to the causes of cancer and includes reducing individual susceptibility to the effect of such causes. Though the specific reason for all cancers are not known, the key to prevent most common cancers lie in taking adequate precautions in diet, lifestyle and going for screening or medical examination regularly to help in early detection.

The following recommendations are based on the findings made by the *American Cancer Society*.

- 1. Tobacco:** Tobacco is the leading single cause of cancer worldwide and in the fight against cancer everyone should give highest priority to tobacco control.
- 2. Avoid obesity:** Get to and stay at a healthy weight.
- 3. Get regular checkup:** Maintaining proper genital hygiene, getting treated if there is an infection and getting a Pap smear test done help in prevention and early detection of uterine and cervix cancer among women.
- 4. Self-examination of the breast** and getting screened for breast cancers if there is a family history of cancers will help detect breast cancers at a very early stage for women and a mammogram is advisable for women.
- 5. Limit Alcohol:** Moderating alcohol consumption, if at all consumed, avoiding over-weight and anemia,
- 6. Get Healthy Diet:** Eat healthy food with plenty of fruits and vegetables.
- 7. Avoiding exposure to Carcinogenic Chemicals:** Arsenic exposure, Dioxin, Coal fumes, Asbestos – mesothelioma, Metallic Cobalt, Nickel, Silica.
- 8. Avoiding unnecessary exposure to radiation** such as X-ray in general reduces cancer risks.

CANCER PREVENTION

HELP YOUR LOVED ONES PREVENT CANCER

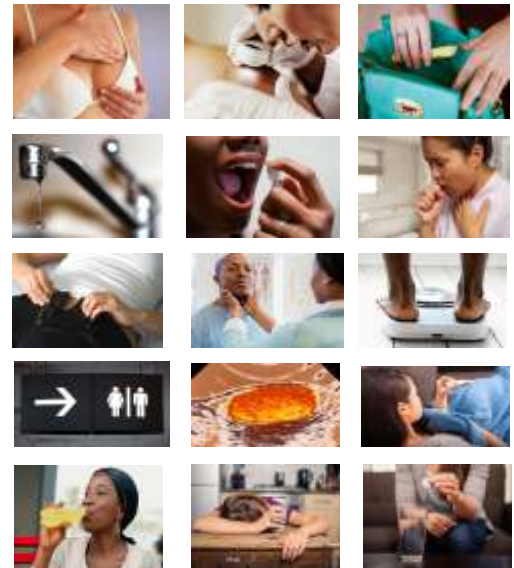
- AVOID SMOKING & DRINKING ALCOHOL**
 - SEEK** support for loved ones with their addiction
 - TALK** about loved ones about the dangers of smoking and drinking
 - PROTECT** loved ones by making a smoke and alcohol free home
 - NO MORE** than two drinks per day for women and one drink per day for men
- HEALTHY DIET**
 - FEED** your loved ones five veggies and fruits per day
 - LIMIT** sugar and salt intake and introduce healthy snacks
 - ENGAGE** children in learning how to cook healthy dishes
- GET YOUR FAMILY MOVING**
 - START** walking as a family, taking bike rides or playing touch football
 - EXERCISE** 5 or more days per week for 30 to 60 minutes
- KNOW YOUR FAMILY HISTORY**
 - UNDERSTAND** the history of cancer in your family to help better understand your own risk
 - TALK** with your family about their, take notes and share the information with your doctor
 - KEEP** a family health history and know your family's cancer risk
- GET ROUTINE CANCER SCREENINGS**
 - WHY?** The earlier a disease is diagnosed through screening, the more likely and effectively it can be treated.
 - OFFER** to schedule a screening for a loved one and take him or her to the appointment
 - ROUTINE** screening can reduce the number of people who die from colorectal cancer by at least 60%

EARLY DETECTION: SCREENING FOR CANCER

Increasing awareness of the signs and symptoms of cancer contributes to early detection of the cancer.

Beware of early signs like:

1. Changes in Your Skin
2. Nagging Cough
3. Breast Changes
4. Bloating
5. Problems When You Pass Urine
6. Swollen Lymph Nodes
7. Blood When You Use the Bathroom
8. Testicle Changes
9. Trouble Swallowing
10. Unusual Vaginal Bleeding
11. Mouth Issues patches, ulcers
12. Weight Loss
13. Fever
14. Heartburn or Indigestion
15. Fatigue



Screening: Screening refers to the use of simple tests across a healthy population in order to identify individuals who have disease, but do not yet have symptoms. Examples include breast cancer screening using mammography and cervical cancer screening using cytology screening methods, including Pap smears. Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure.



Screening tests include the following:

- **Physical exam and history:** An exam of the body to check general signs of health, including checking for signs of disease, such as lumps or anything else that seems unusual. A history of the patient's health habits and past illnesses and treatments will also be taken.
- **Laboratory tests:** Medical procedures that test samples of tissue, blood, urine, or other substances in the body.
- **Imaging procedures:** Procedures that make pictures of areas inside the body.
- **Genetic tests:** Tests that look for certain gene mutations (changes) that are linked to some types of cancer.

SCREENING TESTS FOR CANCER



Recommended cancer screenings			
For men and women			
Age	Check for	What to do	How often
50+	Colon or rectal cancer	Colonoscopy*	Every 10 years
	Lung cancer	If you smoke, ask your doctor about lung cancer risk	At regular check-ups
For women			
Age	Check for	What to do	How often
20-39	Breast cancer	Breast exam by physician	Every 3 years
40+	Breast cancer	Mammogram	Annually
40+	Breast cancer	Breast exam by physician	Annually
21-29	Cervical cancer	Pap smear	Every 3 years
30-65	Cervical cancer	Pap smear and HPV test	Every 5 years
For men			
Age	Check for	What to do	How often
40+	Prostate cancer	Ask your doctor about your risk for prostate cancer	At regular check-ups

Breast Cancer Screening Guidelines <small>OPTIMA</small>				
Organization	Screening	Clinical Exam	SEI	MA
ACOG American College of Obstetricians and Gynecologists	Age 40+ annually	Age 20-39: 1-3 yrs, age 40+, annually	Consider for high-risk patients	Recommended
ACS American Cancer Society	Age 40+ annually	Age 20-39: 1-3 yrs, age 40+, annually	Optional for age 20+	Recommended
NCCN National Comprehensive Cancer Network	Age 40+ annually	Age 20-39: 1-3 yrs, age 40+, annually	Recommended	Recommended
NIH National Cancer Institute	Age 40+ 1-2 yrs	Recommended	Not Recommended	N/A
USPSTF U.S. Preventive Services Task Force	Age 50-74 biennially	Insufficient Evidence	Not Recommended	N/A

- **Breast Cancer:** Self Breast Examination: Yearly mammography after 45 years of age.
- **Colon Ca:** Starting at age 50, both men & women should follow one of these testing plans: Flexible sigmoidoscopy every 5 years, Colonoscopy every 10 years. Yearly guaiac-based fecal occult blood test (gFOBT). The test that can find both early cancer & polyps should be your first choice.
- **Lung Cancer:** due to cigarette smoking. Age 55 to 74 years of age. Smoking for more than 10 cigarette for 10 years. Screen is done with an annual low-dosage CT scan (LDCT) of the chest.
- **Prostate Ca:** PSA blood test with without rectal examination.
- **Women between the ages 21 and 29:** Pap test done every 3 years
- **Women between the ages 30 and 65:** Pap test plus HPV test, done every 5 years.
- **Women uterus, cervix removed (total hysterectomy):** screening and pre cancer investigations.
 - Endometrial (uterine) Cancer: If unusual vaginal bleeding happens Pre / Post Menopause to be undergone investigation (endometrial biopsy)

Early detection is only successful when linked to effective diagnosis and proper treatment.

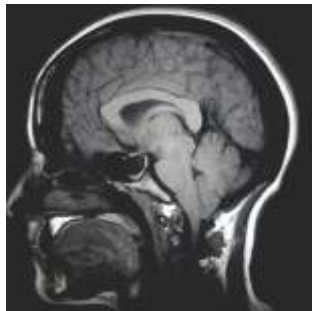
Investigations



Following Diagnostic Facilities already available with
Lokmanya Cancer Center



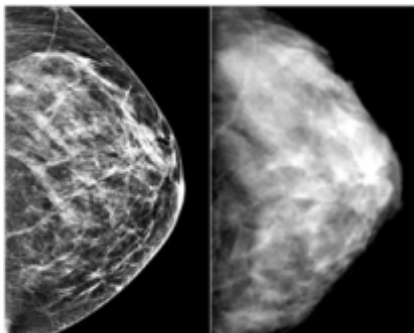
X-RAY



MRI



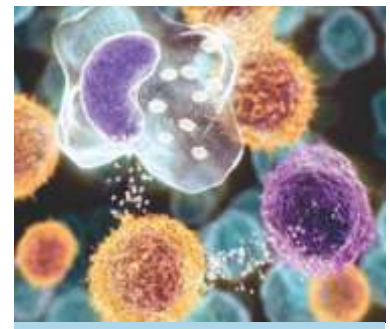
USG



Mammography



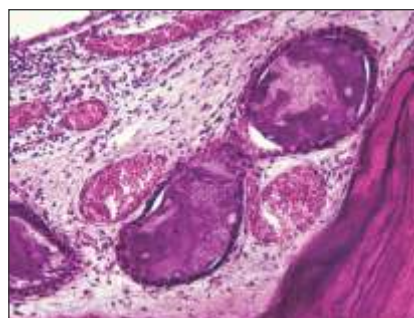
Laboratory / Biochemistry: Pathology



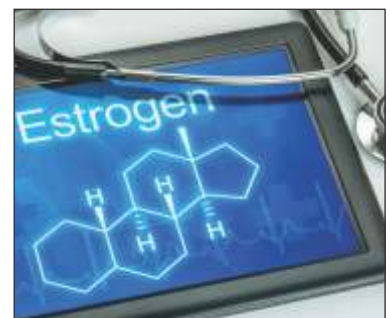
Hematological



Tumour Markers



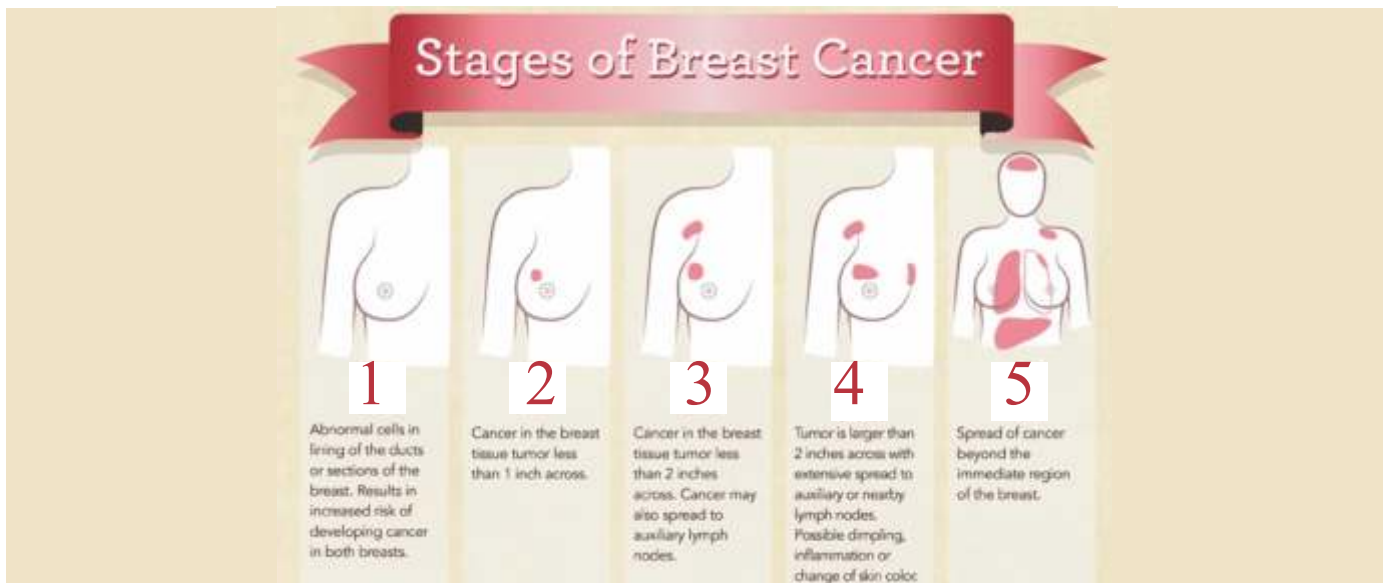
Histopathology



Hormonal Studies ER, PR, HER2

5 STAGES OF CANCER

TNM classification:



Overall Stage Grouping is also referred to as Roman numeral Staging. This system uses numerals I, II, III, and IV (plus the 0) to describe the progression of cancer.

Stage 0: carcinoma in situ. Local Cellular changes

Stage I: cancers are localized to one part of the body. Alternative Treatment may be sufficient, after surgery

Stage II: cancers are locally advanced. Stage II cancer can be treated by combination of Conventional surgery and Alternative Therapy.

Stage III: cancers are also locally advanced. Lymph nodes involved.

Stage IV: cancers have often metastasized or spread to other organs or throughout the body.

Within the TNM system, a cancer may also be designated as recurrent, meaning that it has appeared again after being in remission or after all visible tumor has been eliminated. Recurrence can either be local, meaning that it appears in the same location as the original, or distant, meaning that it appears in a different part of the body.

Treatment



Cancer diagnosis calls for a combination of careful clinical assessment and diagnostic investigations. Once a diagnosis is confirmed, it is necessary to ascertain cancer staging to evaluate the extension of the disease and be able to provide treatment accordingly. Conventional treatment options include Surgery, Radiation, Chemotherapy.

Treatment for cancer depends on the type of cancer and the organ it affects. It also depends on age of the patient, General health of the patient and the stage to which cancer has progressed.

The types of Conventional treatment currently employed are: Surgery, Radiation, Chemotherapy

Surgery:

Surgery as a treatment involves the removal cancerous tumor and the tissue around it containing cancer cells; thereby helps contain the spread of the disease. Surgery was the principal method of treating cancer until recently and is still the most common. Surgery is most effective when the cancer is small, contained to an organ that is removable. Surgery may be the best option for breast cancer, head and neck cancers, and early cancers of the cervix and lung, many skin cancers, soft tissue cancers and gastrointestinal cancers.



We have most modern and well equipped operation theaters and highly qualified and experienced Onco-surgeons dealing with all type of cancer patients with a special laparoscopic surgery section.

Surgery Advantages	Surgery Disadvantages
<ul style="list-style-type: none">• Removal of large volume of tumor (relieves the mass effect)• Relieves the symptoms instantly• Cytoreduction (total mass of cell is reduced) Debulking• Where radiation is not possible OR chemo can't reach (Brain)• Ability to remove all cancer cells in a small area• Ability to look at pathology: Stages and local spread• Convenience of comfort to patient due to quick recovery.	<ul style="list-style-type: none">• Inability to kill micro surgical disease. Leaving positive surgical margins.• Patient has to be safe for anesthesia and surgery.• Damage to nearby tissues.• Causes Complications (Infection / Hemorrhages)• Inability to remove from other parts metastasis• Removal of organ: affecting quality of life. Larynx, Breast, Bladder.• Lot of disabilities with major procedures

RADIOTHERAPY

This is the second most common form of treatment. Radioactive x-rays or gamma rays can penetrate the cell wall and damage the nucleus of the cancer cells and prevents further multiplication of the cells. About half of all cancer patients receive radiotherapy either as the first line of treatment or in combination with other treatment. Some cancers are radiosensitive and can be cured completely by radiotherapy. Radiation can be given before surgery to reduce the size of the tumor, or after surgical removal of a tumor to destroy a small number of cancer cells that could not be surgically removed. There is, however, a limit to the amount of radiation that can be administered since radiation can also produce “radiation sickness”, where some healthy cells are also destroyed along with cancer cells. This is being curtailed by more efficient techniques Brachy therapy or interstitial radiation therapy, which help concentrate radiation on the tumor itself, without affecting the surrounding tissue.

At the cancer center advanced radiation therapy Bhabhatraon II machine is used for patients under the guidance qualified radio therapist, RSO and Physisist



Radiation Advantages	Radiation Disadvantages
<ul style="list-style-type: none">• Death of Cancer cells within tumor.• Death of microscopic disease at the periphery.• Ability to shrink tumors• Relative safety: Painless.• Synergistic effect of chemo to kill more cells• Organ preservation (Larynx, Breast)	<ul style="list-style-type: none">• Damage to surrounding tissue.• Inability to kill tumor cells not included in 3D models, large nodes and metastasis• Inability to kill all cancer cells in a large tumor.• Inability to relieve mass effect in certain parts of body. (Brain)• Poor killing of cancer cells that do not have good supply of oxygen.• Wound complication / Poor healing / Burns• Inconvenience for many months.• Contraindications.• May itself cause cancer.

Chemotherapy :

Chemotherapy is a process where cancer is treated by using chemicals (drugs). These chemicals circulate in the body and are not confined to a single area.

- Chemo therapy is capable of treating cancer that is systemic and not localized.
- Is useful in treating leukemia and lymphoma that are not confined to one part of the body.
- Can be used to relieve the symptoms that may be caused by cancer Palliative.
- Slow down the spread of cancer



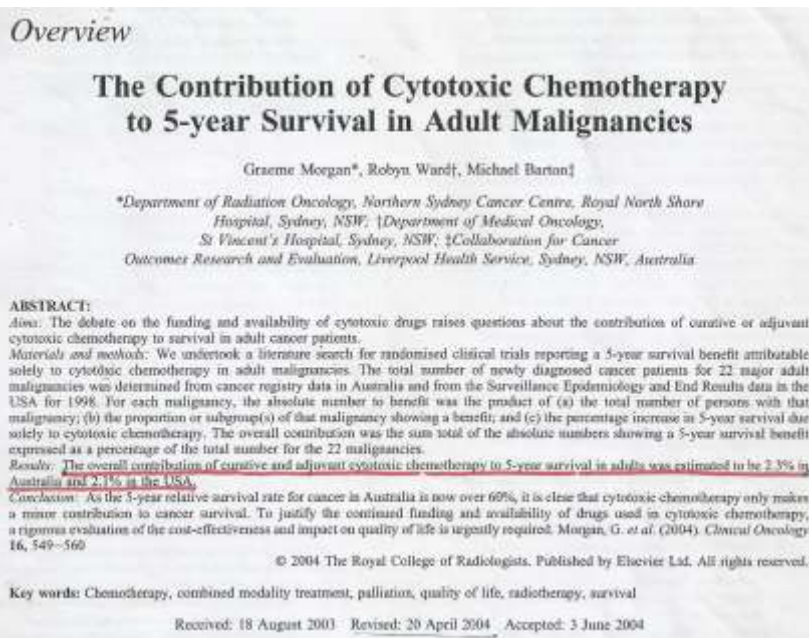
The problem with chemotherapy is that it affects the normal, fast growing body cells such as those in the bone marrow, gastrointestinal tract, reproductive system and hair follicles. This may result in Nausea and vomiting, hair loss, Extreme Fatigue, Vulnerability to infection, Poor clotting of blood, Sores in the mouth and throat, Problems with bowel movement resulting in diarrhea or constipation. Some other organs may also be affected depending on the drugs and the dosage. However there are some cancers that can be cured by chemotherapy that were previously considered fatal. Since, cancer treatment is usually multimodal; chemotherapy is used in combination with other treatment options.

Very well qualified and experienced Onco Physicians are attending for accurate chemo therapeutic treatment.

Well designed Chemo therapy ward is established with all precautionary measures to avoid undue exposures.

Chemotherapy Advantages	Chemotherapy Disadvantages
<p>Ability to kill many cancer cells throughout the body.</p> <p>Synergy with radiation therapy.</p> <p>Ability to kill microscopic disease after surgery.</p> <p>Tailoring of treatment for each patient</p> <p>Organs can be preserved.</p>	<p>Inability to kill all cancer tumor cells.</p> <p>Inability to use in other condition. Heart/ Diabetes.</p> <p>Systematic Toxicities: to Liver, Kidney, Vital Organs</p> <p>Adverse terrible side effects :</p> <p>Inability to penetrate where tumor is located (poor circulation in Scar/Limb/ Brain)</p> <p>No Effect on Cancer causing STEM CELLS:</p> <p>Recurrence / Resistance</p>

DISADVANTAGES OF CONVENTIONAL THERAPY



Discussion

The 5-year relative survival rate for cancer patients diagnosed in Australia between 1992 and 1997 was 63.4% (95% CI, 63.1–63.6) [30]. In this evidence-based analysis, we have estimated that the contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults is 2.3% in Australia and 2.1% in the USA (Tables 1, 2).

Disadvantages of Conventional Therapy:

1. Poor survival rates even after 50 years of research with conventional therapy.
2. Damage to normal Cells
3. Destroying immunity
4. Terrible Side Effects
5. Very Poor Quality of Life
6. Treating Disease rather than body, mind, spirit

All these failures and drawbacks of the orthodox treatments have strongly indicated to the scientific communities and researchers that some alternative must be established / developed to control the terrible menaces of the disease.

With this intension, all over the world a campaign is gaining ground not to follow blindly the conventional treatments & give trial to the alternative treatments or follow the Integrated Treatments.



Alternative Approach to Cancer: Integrative Oncology

Otto Warburg was the first who discovered that the metabolism of normal cells is aerobic depending on Oxygen but in cancer cells the energy is produced in the cells by fermentation of sugar (Wartburg Effect) it is proved that cells start growing crazy for sugar because their mitochondria (energy factories) get so damaged that they cannot use oxygen any more.

This altered metabolism is now known to be one of the hallmarks of the cancer.

Alternative therapies aim at:

1. Selectively destroying the cancer cells without affecting normal cells as they help in apoptosis.
2. Enhancing the antioxidant action as these agents have antioxidant properties.
3. Boosting the immunity there by cancer cells are killed directly (anti neoplastins)
4. Protecting vital organs like liver, kidney GI tract by Detox action.
5. Creating body environment detrimental to cancer cells & preventing mutation (ozone)
6. Make cancer cells to be recognized as foreign cells by T cells, leading to killing the cancer cells.

For the present situation integrative approach would be most beneficial.

Integrative Oncology is a budding branch of medicines that combines natural non toxic and non invasive treatments with main stream Chemo, Radiation and Surgery, treatments.

At its best it takes the whole person body mind spirit and emotions into account.

The aim of treatment is to make the soil inhospitable to the cancer weed to stop it from growing and spreading.

As soon as the diagnosis of cancer is confirmed we start the alternative therapy irrespective of the further treatment advised.

Seven Point Program of Alternative Therapy:

1. Essential number one is "Let Food Be Your Medicine." We know that food has a huge impact on our genetic expression. We know that it can literally turn on specific cancer-protective genes. Advice from Ayurvedic experts.
2. Number two is to Detox, to reduce your toxic exposure. We live in a toxic world, we can't deny that, but there are things that you can do specifically to help support the detoxification pathways in your body and to prevent all the toxins from entering into your body. Help from Ayurvedic / Homoeopathic experts.
3. Number three is to balance your energy. We are energetic beings Chiropractic care, acupuncture, exercise, proper sleep, making sure that your hormones are balanced.
4. Number four is to heal your emotional wounds. Learn to nurture yourself and to love yourself, to forgive yourself and others. Manage your stress better. Let go of the past, because if you keep stuffing those emotions inside you are likely to grow a tumor. You either grow your life or you grow a tumor. So you have to change that emotional component.



5. Number five is Palliative care, it is an essential part of cancer control, both for adults and children. Palliative care is an approach that improves the quality of life of patients and their families who are facing the challenges associated with life-threatening illness. This is achieved through the prevention and relief of suffering, by means of early identification, assessment and treatment of pain and other physical, psychosocial and spiritual distress. We have a very specialized unit under eminent specialist.
6. Number six which is specific herbs and supplements and vitamins that can really reduce your toxic load, that can help heal the cancer, actually kill cancer cells, boost your immune system.
7. Number seven in really practicing true prevention. Traditional treatment, does not really teach prevention and does not know about prevention. There are many ways and different technologies that can detect cancer when it's at the size of a pinhead instead of waiting until it's the size of a lump or a bump that you can detect on an X-ray or on a mammogram.

Boosting Immune System:

Immunity enhancement and Immune modulation: Repair and train Immune system. In case of Cancer patients the disease occurs basically because of reduced immunity. Cancer cells are created in the body all the time but because of the immunity response they are taken care of and destroyed. Enhancing Immunity has many objects:

- Because of enhanced immunity the cells taking part in immune response start recognizing the cancer cells.
- They directly kill the cancer cells just like any foreign substance.
- They increase immune boosting procedures to increase the power of target cells.
- Cancer stem cells are directly killed by NK cells.
- They enhance the apoptosis (natural cell death)
- Changing the environment of body that makes it inhospitable to Cancer.
- Cancer hates O₂ – get more O₂ into body – Ozone / Vit C
- Mental /spiritual /emotional adjustment.
- Nutrition – take out carbo-ketogenic diet.
- Oxygen cleanses – bowel cleansing
- Open bowel and urinary tract.
- Green vegetables – juice therapy
- Organic whole foods / No processed food.

Detox Programs



Detoxification:

If anyone has had chemo and radiation it's extremely important that you cleanse your liver. For everyone who has cancer, who has had cancer and has been through chemo and/or radiation, "You must, must, must cleanse your liver, cleanse your whole body because those things are so toxic. If you don't it's going to stay in your body, and it *could* contribute to cancer coming back along with all the other toxicity that was there and contributed to cancer in the first place." Detoxification procedure will be followed taking the help of all possible ways. For Colon Detox, Liver and Kidney detox. Personal advice will be given for detox procedures. Special Ayurvedic clinics with Panchakarama Procedure is established under eminent Vaidyas.

Diet & Nutrition:

Looking into gene expression and nutrigenomics which is the study of food, we know that we can change our gene expression by what we eat, how we sleep or don't sleep, how we manage or don't manage our stress, the foods that we eat. Something as simple as curcumin can help to really turn on the cancer-protective genes and change those gene expressions. Essential number one is "Let Food Be Your Medicine." We know that food has a huge impact on our genetic expression. Advice will be given regarding which food to avoid and what you should eat and what things to avoid. This will be under guidance of qualified Cancer Dietitian.

Budwig Diet:

The basics of Budwig's diet is providing of oxygen to the tissues and the organs of the body.

Alternative Proven Treatments:

Targeted therapy: Targeted drugs zero in on some of the changes that make cancer cells different. But just as cancer cells can have many different gene changes; these drugs can attack many different targets. This affects which cancers they might be helpful against, as well as which side effects each drug can cause.

Gene Therapy:

Gene therapy is the process of replacing defective or cancerous genes (also called oncogenes) with normal genes. Reprograms the cell to its normal stage, preventing tumor growth and the spread of cancer.

Biological therapies:

- Stop cancer cells from dividing and growing
- Seek out cancer cells and kill them
- Encourage the immune system to attack cancer cells

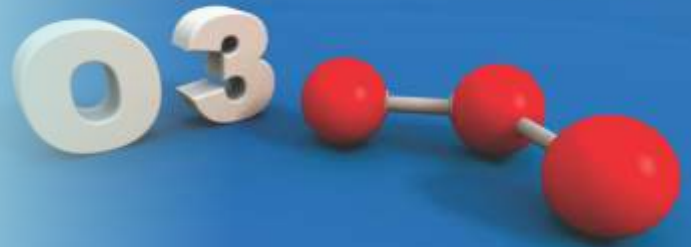
Hormones therapy:

Some cancers use these hormones to grow. Hormone therapy for cancer is the use of medicines to block the effects of hormones. It does not work for all types of cancer. Doctors use hormone therapy for people with cancers that are hormone sensitive or hormone dependent.

Cancers that can be hormone sensitive include:

Breast cancer, Prostate cancer, Ovarian cancer, Womb cancer (also called uterine or endometrial cancer), kidney cancer

OZONE THERAPY



German biochemist Dr. Otto Warburg discovered the cause of cancer in 1923 & received his first Nobel Prize in 1931 for doing so & again in 1944. He demonstrated that when the level of oxygen available to the cell drops below 40% of normal, the cell, in order to survive, begins to ferment the sugar anaerobically. The regulatory mechanisms on cell replication are shut off and the cell begins to make copies of itself wildly. The growth of cancer cells is supported by fermentation which can be initiated only in the relative absence of oxygen.

Ozone therapy has been formally studied and published in medical journals & is also “Evidence Based Medicine” In a 1980 results of study done by the German Medical Society for Ozone Therapy states: “Ozone has proven to be the safest medical therapy ever devised.”

- Ozone stimulates the production of white blood cells, increasing immunity and disease-fighting ability.
- Ozone stimulates the production of Tumor Necrosis Factor. TNF is produced by the body when a tumor is growing and helps kill tumor cells and inhibit the spread of the tumor.
- Ozone stimulates the secretion of Interleukin-2, which helps you produce more and more powerful T-cells, the killer immune cells our body uses to fight the worst disease.
- Ozone kills most bacteria even at low concentrations. Very few types of bacteria can live in the environment composed of more than two percent ozone.
- Ozone is antineoplastic, which means it inhibits the growth of cells that rapidly divide, like cancer cells.





FUTURE EFFECTIVE ADDITIONS TO TREATMENT:

Stem Cell therapy:

Stem cell transplants, including peripheral blood, bone marrow, and cord blood transplants, can be used to treat cancer. Stem cell transplants are most often used for cancers affecting the blood or immune system, such as leukemia, lymphoma, or multiple myeloma. Stem cell transplants are used to replace bone marrow that has been destroyed by cancer or destroyed by the chemo and/or radiation used to treat the cancer.

RIGVIR Therapy:

RIGVIR is the first real cancer therapy where you have an oncolytic virus which also has immunomodulating activity. That's the duel move to action. With RIGVIR virotherapy, we can target those stem cells that chemo and radiation do not and even make more aggressive. As cancer cell bursts, then these viruses that duplicated and replicated inside that cell, will go on and penetrate other cancer cells to kill them.

ENERGY MEDICINE : Sono Photo Dynamic Therapy.

Emotional healing: EFT:

Recall healing is basically a system that has put together different knowledge to the benefit of the patient in emotional healing. The importance of emotion in cancer, is fundamental, is crucial. most cancer patients also need help in this process. We have many techniques like EFT, emotional trauma therapy and others, to help assist people to let go of their emotional pain.

Immunotherapy

Immunotherapy works by getting the body's defense system to recognize cancer cells as alien and fight them as the immune system will fight any infection. Immunotherapy is treatment that uses your body's own immune system to help fight cancer. Cytokine-induced killer (CIK) cells are immune cells that can seek and kill tumor cells. CIK biotherapy, is proved to be the most efficient adopted immunotherapy. It shows good efficacies in treating malignant tumors, such as, leukaemia, melanoma, renal cell ca, lung cancer, liver, breast, ovarian, colon and gastric cancer. This type of treatment is still at a very early experimental stage.

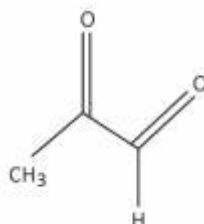


You don't have to be afraid of
CANCER! 
Early Detection & Treatment assurance of
CURE

ANTI CANCER METHYL GLYOXAL



**We are introducing two
Clinically proved anticancer
formulations at the centre**



Indian Scientist Dr. Manju Ray and team from IACS Kolkatta has developed a non-toxic method of chemotherapy. Methyl Glyoxal (MG) is a simple organic chemical found in small quantities in body. It was seen that in cancer patients, levels of MG become very low.

Methylglyoxal: a unique molecule for cancer therapy

Methylglyoxal (MG), a ketoaldehyde, has been known for anti-cancer and growth regulatory properties exclusively in malignant cells without affecting normal cells. In 1960s Szent-Györgyi championed the idea that methylglyoxal might have a role in regulating cellular growth and thus it might act as an anticancer agent.

It was later demonstrated that methylglyoxal acts exclusively by blocking mitochondrial complex I and GAPDH of tumor cells without affecting normal cells. This blocks glycolysis and cellular respiration leading to depletion of ATP and rendering the tumor cells non-viable. Efficacy of methylglyoxal in treating mice bearing Ehrlich ascites carcinoma and chemically induced sarcoma have been studied. Total regression of tumors was observed in almost all the tumor bearing animals. Having found that methylglyoxal is non-toxic and hence potentially safe for human consumption a methylglyoxal-based anticancer formulation was administered orally to diverse groups of cancer patients with the due permission from regulatory authorities, i.e., Drug Controller General of India (DCGI) and Institutional Ethics committee (IEC).

The treatment was found to be especially effective for adenocarcinoma of urinary bladder, breast, uterus, esophageal and gastrointestinal tract cancer. Several vital biochemical, radiological and other parameters were tested in patients who received treatment for a long time to assess the possible long term toxicity of methylglyoxal treatment, if any, and the results implicated no toxicity as per the parameter studied. After the promising outcome of the Phase I clinical trial, at present, the formulation is undergoing Phase II/III clinical trial in one of the reputed cancer hospitals in India.

It can be concluded by the observations that MG can kill cancer cells by blocking ATP (the biological energy coin) of cancer cells and profoundly stimulates the immune system against tumor cells.

The M.G. therapy is made available at the center.

ANTICANCER RV CAPS

RV CAPS: CONTROL AGING- FIGHT CANCER A PROPRIETARY AYURVEDIC MEDICINE



RV Cap is an exclusive product conceived & developed by Dr. V.G Vaidya (M.S.) along with Ayurvedic specialists & produced by, **RV New visions Ltd. Pune**, with honest intention to help cancer patients without causing harmful effects.

- RV caps is specially designed poly herbal formulation.
- All the ingredients in the formulation are extensively researched & stabilized to have the highest pharmaceutical grade.
- Herbal ingredients in RV cap acts synergistically to protect the body from free radicals & carcinogens.
- Anti cancer effect of grape seeds extracts & curcumin are researched & proved to be very effective. The combination of these & other proved antioxidants are under study.

(Photograph on 16th day after inoculation)

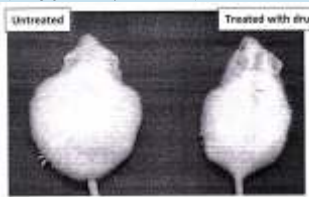


Fig.1.EAC inoculated mice treated orally with drug

Carcinoma

(Photograph on 15th day after inoculation)

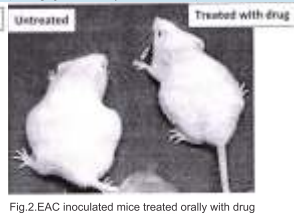


Fig.2.EAC inoculated mice treated orally with drug

Sarcoma

Results

At present more than 200 patients are under treatment for cancers of many types with RV Caps and / or combination of RV Caps with ACF (MG) for more than 1 year. The results are very encouraging; patients are showing lot of improvement without any side effects. When given with radiation and chemo therapy, the side effects are shown to be much reduced and patients experience better Quality of Life!

1. Animal Experiments in renowned BOSE Institute, Kolkata.

Reports from eminent scientist :

“From result presented above it can be concluded that the RV Caps have very good Anti Cancer property.”

2. Antioxident effects of combination are greater than GSE alone. (Tulip Lab.)
3. Metal contents in the formulation are almost Nil (WNL) ASHCONIVLAB.
4. FDA approved product - KD/AYU/003-A/11
5. Patent approved : Number 3543/MUM/2012.
6. Approved by Ethics Committee - LMRC
7. Approved by Clinical Trial Registry Govt. of India

Effects of RV CAPS

- Act as a strong antioxidant.
- Strengthens the immunity & helps body to fight against various diseases.
- Acts as rejuvenator, anti aging & anti carcinogenic agent
- Protects body from premature aging without harmful side effects.
- Causes Cancer cell death (apoptosis)
- Prevent Recurrence of cancer after operation.
- Reduces possibility of metastasis.

LMRC BOARD OF TRUSTEES



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Dr. N. V. Vaidya
MBBS, DNB (ortho),
ATLS,MS (ortho), Mch
Eminent Orthopedic Surgeon.
Director
Lokmanya Hospitals



LOKMANYA MEDICAL RESEARCH CENTRE

Research Activity

Established in 1985 with the help of LMF the centre has taken great strides in Research Activities in the field of Health Care. Recognised Centre as

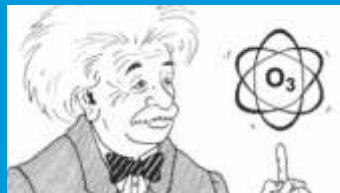
- Scientific & Industrial Research Organisation by Department of Science and Technology, Government of India. SIRO
- NAC Sub center (National Awareness and Preparedness for emergencies at Local Level) National Safety Council Mumbai,
- Recognized by the DG, FASLI – Central Labour Institute to conduct Associated Fellowship in Industrial Health Course for Doctors
- Recognized by Maharashtra University Health Science & National Board of Examination Accredited Institute for PG courses.
- **Registered under Foreign Contribution (Regulation) Act, 1976**
- **Donations made to LMRC are eligible for I. T. Exemption under Section 35 (i) (ii),**

Spirit of Visionary to realize the dream of progress through research!



1. Road safety awareness & EMS: Supported by UPS, USA and India
2. Occupational Health: Industrial Trauma, Hand Injuries Surgery
3. Unorganized sectors survey & recommendations: Govt. Of India
4. Reproductive child health: British High Commission
5. HIV & AIDS: Research in Industries & Strategic interference, Govt. Of India
6. Research & Clinical Trials: Socio Medical & Bio Medical Research
7. Cancer Prevention & Early Detection
8. Research Products Trials.
9. AYUSH Service & Research: Yoga & Ayurvedic Center
10. Academics: Post Graduate & Undergraduates Education.





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