

# Frequently Asked Questions About Dr. Wallace's Nutrition Consulting Services

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## What are your qualifications?

I have been working in the field of nutrition since 1989 and am a nationally certified nutritionist through the Society of Certified Nutritionists (SCN #20022). I hold both a Master's and PhD degrees in human nutrition from American State University in Honolulu, HI (an external degree program). In addition, I have completed 750 hours of classroom instruction at the Institute for Educational Therapy (IET), a California-state licensed nutrition consultant training program considered one of the best in the country. By comparison, most U.S. medical schools require physicians to complete only 2-4 hours instruction in nutrition. I am a member of editorial boards for several peer-reviewed medical journals, including *Integrative Cancer Therapies* and *The International Journal of Integrative Medicine*.

## What health conditions do you specialize in?

My focus is on evidence-based complementary cancer care: educating my clients how to integrate a healthy diet and carefully selected dietary supplements with their medical treatments—surgery, radiation, chemotherapy or immunotherapy—to optimize the body's healing capacity. I specialize in malignant brain tumors, and in 2001, I submitted a "Best Case Series" of 101 Stage IV brain tumor clients to the National Cancer Institute (NCI) National Center for Alternative and Complementary Medicine (NCCAM). I also work with clients healing from breast, ovarian, endometrial, vulvar, colon, pancreatic, and squamous cell head-and-neck cancers (HNSCC), as well as malignant melanoma.

## Have you written any articles or presented at conferences?

Here is a listing of just a few of my recent publications and speaking engagements:

- "Nutritional and botanical modulation of the inflammatory cascade as an adjunct in cancer therapy." *Integrative Cancer Therapies*, Mar 2002;1:6-31.
- Complementing Radiation and Chemotherapy with Appropriate Nutrition, presentation at the *Cancer & Complementary Medicine Symposium*, Cabrillo College, Capitola, CA: May 31, 2000.
- The Healing Power of Nutrition, presentation at the *6th National Brain Tumor Foundation Conference*, Los Angeles, CA: March 31, 2000.
- Nutrition and Cancer, presentation at the *Living with Cancer Series*, sponsored by the American Cancer Society, Healing Journeys, WomenCare, and Dominican Hospital. Sesnon House, Cabrillo College, Capitola, CA: June 2, 1999.
- "Adjunctive nutrition and phytotherapy in primary malignant brain tumors" *International Journal of Integrative Medicine*, Mar/Apr 1999;1(2):28-36.
- "The cancer survivor's eating plan" *WomenCare Newsletter* Spring 1999:2,6.

## How is your approach different than that of a dietician?

There's far more to optimal nutrition than the four food groups, food pyramids, and vaguely defined "balanced diets." My approach fully integrates up-to-date research findings in nutritional biochemistry. For example:

- I don't assume "One Diet Fits All." My diet recommendations are individually tailored for each client.
- I prefer to teach you what constitutes healthy eating rather than drawing up a diet plan for you to follow. This way you can make healthier, informed choices based on your own food preferences.
- My approach also examines your digestive capacity and ability to absorb nutrients, because even the healthiest diet is useless if you cannot digest and assimilate the nutrients it provides.
- Unlike dieticians, who are not trained in the use of supplements, I can teach you how to properly use dietary supplements to support your health—while avoiding harmful drug-nutrient interactions.

## How can a healthy diet and nutritional supplements help me?

Doctors are not trained how to promote health—rather, they learn the use of often invasive (and sometimes heroic!) measures to attack disease or suppress its symptoms. For example, if you break a bone, your doctor

would apply a cast, but it is actually your body's innate healing capacity that knits the fractured bone back together. Similarly, surgery, radiation and chemotherapy are important "tools" that can be utilized to attack cancer cells. But afterward, it's up to your body's immune system and other innate anti-cancer defenses to complete the healing process. Because vitamins and minerals promote the body's normal biochemical activities, nutrient deficiencies become "rate-limiting" factors, impeding the healing process. These biochemical imbalances can be effectively addressed with a healthy diet and nutritional supplements. [Nutrition is medicine's "missing link"!](#) Carefully selected vitamins, minerals, enzymes, amino acids and phytonutrients (herbs) can help you promote health and assist the healing process. Best of all, this approach has an excellent safety record and is rarely associated with side effects.

### **Where do you get your information?**

I sometimes hear doctors dismiss nutritional therapies as "unproven." This criticism is untrue. Rather, doctors are unfamiliar with the large volume of research that supports nutritional therapies. The information I utilize comes from research published in scientific journals, medical textbooks, and trade publications. To keep current in the field, I regularly attend medical conferences, review published research studies, and interview prominent researchers about promising new cancer treatments and clinical trials.

### **Tell me about your research on cancer and natural agents.**

For nearly 10 years, I have been amassing an extensive database of research on natural agents and cancer (containing over 3,000 published studies). This enables me to distill a wide volume of published research into my clients' protocols. My research focus is in two areas: [1] natural agents that complement conventional treatments—like radiation and chemotherapy—by boosting their efficacy and reducing their toxic side effects, and [2] cutting-edge, non-toxic strategies to manipulate the molecular processes that foster tumor growth and invasion. One of these many strategies is *anti-angiogenesis*, the use of nutrients and herbs to slow the growth of blood vessels that "feed" a tumor and promote its spread.

### **What can I expect from our work together?**

To begin our work together, I will ask you to send me detailed information about your health history, diagnosis, treatment plan, your diet and lifestyle, and a list of any medications and supplements you may be taking. Copies of your blood work and medical records are also helpful. Then I'll put together an evidence-based protocol of recommendations for you in a written report (generally 25-35 pages). This report educates you about certain foods, herbs, supplements, and lifestyle changes that can complement your cancer treatments and help you optimize your health. It provides very detailed information about each recommendation, including the correct dose for you and when and how to take the products; information about possible side effects, contraindications or interactions with drugs; and recommendations for products with guaranteed purity and potency. In addition, the report teaches you about optional laboratory testing you may wish to obtain so we can tailor your protocol to your individual needs. Lab testing allows us to discover which nutritional supplements and dietary changes will be most useful for you. Testing can also help us monitor the efficacy of your protocol. For example, if you are taking supplements to boost your immune function, we can use specialized immune testing to make certain the supplements (and doses) we have selected are working.

This report— together with handouts, articles, recipes, menu ideas, product information and references— will be mailed to you prior to your first appointment. You may choose to have your appointment via telephone or you may travel to Utah for an in-office appointment. During our consultation time together, I will review these recommendations with you and answer any questions you may have. In the following weeks and months, I'll monitor your progress, provide ongoing support, and tailor your protocol as needed. With your permission, I'll contact your doctor to provide a summary of your protocol and coordinate your care with him or her.

### **Will my insurance cover nutrition consulting?**

Some insurance companies will cover nutrition consulting for cancer patients if the services are requested by their doctor. However, I do not bill insurance companies, and you will need to pay in advance for my consulting services. Payment can be made via personal check, money order, Visa, Mastercard, American Express or Discover card. You may be able to obtain partial or full reimbursement by submitting to your insurance company a copy of my invoice along with a referral for nutrition consulting from your doctor. A financial assistance program is available for qualifying individuals and families.