

Herbs that Synergize or Reduce Effectiveness of Carboplatin and Cisplatin

Improve effectiveness with quercetin (net gain is up to 30% more apoptosis), zinc, and curcumin. Some practitioners recommend coenzyme Q-10, genistein, selenium, mistletoe, coriolus PSK, shitake lentinan, resveratrol, vitamins A, niacin or a B-complex.

Milk thistle, curcumin, zinc, and selenium can blunt tumor resistance to cisplatin and carboplatin, while increasing efficacy. Milk thistle is also a great liver protectant. Theanine increases drug concentration in a tumor through inhibition of the glutamate transporter via the GS-X pump. Omega 3 fish oil may prevent kidney damage and increase efficacy, but this has become controversial due to a rat study showing reduced Cisplatin efficacy. Whether this applies to humans, or to other platinum drugs is unknown.

Platinum compounds can cause severe nerve damage, hearing loss, severe kidney toxicity, nausea, vomiting, and bone marrow suppression. Reduce toxicity with astragalus, quercetin, magnesium, vitamin D3, selenium, and melatonin. Protect nerves with L-glutamine, Vitamin E 600+ mg mixed tocopherols daily, plus sublingual or shots of vitamin B-12 as methylcobalamin. Venlafaxine (Effexor) at 50 mg 1 hour before infusion, or 37.5 mg extended release twice daily, prevents and heals neuropathy.

Chinese formulas: Ba Zhen Tang - Eight Pearls Decoction - reduces gastro-intestinal GI side-effects, as does Bu Zhong Yi Qi Wan formula.

Carboplatin is less toxic to the kidneys, but more mutagenic and damaging to the bone marrow and blood cell counts than cisplatin. Carboplatin produces electrolyte (blood minerals) imbalances, nausea and vomiting, abnormal liver function, nerve damage, and muscle pain. Consider extra glutamine and milk thistle with carboplatin, and cytokine modulators such as astragalus and Reishi mushroom. DCA is good with carboplatin.

Do not casually mix platinum drugs with Dichloroacetate (DCA), N-acetyl cysteine (NAC), glutathione (GSH), alpha lipoic acid (ALA), *Ginkgo biloba*, squalene, or high dose vitamin B6. Do so as directed by a naturopathic physician trained and skilled in integrative oncology.

Excerpt from: *Naturopathic Oncology* by Dr. Neil McKinney, ND

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Lise Alschuler, Naturopathic oncologist suggests several herbs and nutrients that are synergistic and help increase the anticancer effects: Vitamin A , melatonin, and, quercetin (though quercetin should be taken with caution with chemotherapy because it inhibits the P-glycoprotein pump that pushes chemo out of the cell).

To reduce toxic side effects on nerves and kidneys she recommends Vitamin E, magnesium, Ginkgo biloba (Dr. McKinney advises against except under supervision), Coriolis versicolor (Turkey tail) mushroom and silymarin (milk thistle). She recommends astragalus and spleen polypeptides for immune supports (low blood counts) and ginger for nausea.

Excerpt from: *The Definitive Guide to Cancer, Third Edition.*

Additional Supports:

Bromelain

<https://pubmed.ncbi.nlm.nih.gov/27891174/>

Bromelain, which is a cysteine endopeptidase commonly found in pineapple stems, has been investigated as a potential anti-cancer agent for the treatment of breast cancer. Bromelain in combination with cisplatin synergistically enhanced the induction of apoptosis in MDA-MB-231 cells.

Metformin

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5650413/?fbclid=IwAR3OdrZjYP9uVRLMSy851BE0pUDymBY-y1CLweW_053uHfkptdFviGvY-WQ_aem_AeAcJS5tURtAjaP37abj9gKBYyDMTTpZ8URV48LhYsSI_3pkY2Jjmx3VJM9YBP6Ltl&mibextid=Zxz2cZ

Metformin partially reverses the carboplatin-resistance in NSCLC by inhibiting glucose metabolism

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