

PREVIEW_ Miriam Kalamian - Q&A (San Diego 2017) 1

Questioner man: And I always noticed whenever I refer a patient with cancer over to an oncologist, they'll say... low sugar diet, they start cutting the carbs out. They'll say, "Get away from that." And I'm wondering in your experience what it's been like if people are fasting prior to chemotherapy or if they're in ketosis, if they tolerate chemotherapy better as far as nausea, vomiting side effects...?

Miriam Kalamian: Yes without a doubt. And I think there's a case series and if you email me I'll send it to you, you can look for it. It's a case report, 10 people on short-term fasting, they had all different cancers, all different amounts of fasting that they were doing, all different protocols.

I send that to everybody who is going to chemotherapy and I really push for them to do that and they're afraid to do it because they think they're going to be hungry. But when you're in ketosis and then you get chemotherapy, you're not really very hungry afterwards.

So it reduces the G.I. side effects most definitely, I can attest to that, because people do it with it, or do it without it, and the ones that do it with the fasting are sailing through this a lot better.

What we don't have as clear is if it increases the sensitivity of cancer to the therapy. Does it make cancer cells more sensitive to chemotherapy? It may, but there is really no strong evidence on it yet.

Questioner man: So you think it is the fasting state or is it being in a high-fat diet prior...? Would it be better for people to fast prior, or...?

Miriam Kalamian: The interesting thing on this case report was... I should have said this, thank you for asking. The interesting thing on the case report is that these were not people who were ketogenic.

So they were there fasting, you know, God help them, that must have been a lot more work for them to do because they weren't ketogenic, so they would have the cravings going into it that you wouldn't have with ketogenic.

But no, I don't think it's about ketones, I think it's about you not stressing your GI with food at the time when the chemotherapy is killing those cells. From mouth to anus everything is getting destroyed in there with chemotherapy.