

ICanServe Foundation
Silver Linings 2019
EATING RIGHT BEFORE, DURING, AND AFTER CANCER
PICC Room 6
Speaker: Dr. Elizabeth Limos
Moderator: Mimi Martin

Mimi Martin: We have a very, very super qualified person in Dr. Elizabeth Martinez Limos. RN, 'di ba? You're a PhD and RND. And she specializes in Genetic and Metabolic Clinical Dietetics. She is a Nutritionist and Chief Dietician of PGH, Philippine General Hospital. Let's give a warm welcome to Elizabeth Martinez Limos. (Audience clapping)

Dr. Limos: Magandang hapon po sa inyong lahat. Let me just make myself comfortable. Kumain na po ba kayo?

Audience: Hindi pa.

Dr. Limos: Hindi pa. Ako din po, hindi pa. Pero nag-snacks kayo?

Audience: Yes.

Dr. Limos: Okay. So, kaya pa ng mga one hour? Di, joke. Magandang hapon sa inyong lahat. Thank you for being here in this session. Exciting, 'no? Kasi sa when we're talking about CA or the small C, I call it the small C because it's manageable. Almost every one of us would have had something personal, tama? Sige, show of hands. Sino po sa inyo yung merong immediate member of the family na nagkaroon ng ganitong sakit? Taas ng kamay. Ako din po. Sino po sa inyo yung may kamag-anak - pinsan, tita, lola na nag-diagnose? Ako din po yun. Oo. So, that's family, no, we're talking of genetics and family.

Sino po sa inyo yung may mga kaibigan or kasama sa office na meron din? Di, ako po. So, practically, it is something very common. It happens.

So, as a dietitian, I deal regularly with people minsan tatawag, "Beth, meron ka bang kilalang doktor?" "Bakit?" "Kasi ano 'yun? Bukol?" "Oo." So, siyempre, I'm in PGH ganun. Tapos, some people naman would call me and ask some -- they would get my opinion because like one friend, she was diagnosed with an invasive yung ductal invasive, no, stage 2. Okay sa kanya magpa-opera, ayaw niya magpa-chemo.

Why? Because she used to work in Saudi Arabia, she's a very highly qualified dietitian. And she took care of cancer patients. In fact, may mga royalty sa Saudi na naging pasyente niya. Sabi niya, "Ayokong makita, ayokong mangyari sa akin yung mga nakita ko sa mga pasyente." So, that's another decision.

Now, yung iba naman, nagpa-opera tapos they wanted some form of alternative, they call it alternative, other forms of treatment, ayaw magpa-chemo. So, I'm mentioning this because these are questions that's being confronted by almost everybody.

Now the talk, ginagawa ko kasi ito sabi ko, "Ay, ano 'to, eh, life cycle ito." So, it starts even before conception. Good nutrition starts before conception. So, a woman has to be nutritionally fit before she even decides to have a baby.

Tapos continuum. Ideal metabolic disorders and one of the things that talagang ina-advocate namin yung mga bata sa mga mommy, sa mga lola, at six months of age, the child should start eating complementary foods. Ano yung complementary? Ito yung mga solid foods. Nagbibigay tayo ng rice, cereals, fruits, vegetables. Iba-ibang consistency, iba-ibang amount until the child reaches one year of age. Bakit kailangan ng ganitong pagkain? Kasi

yung by one year old, yung bata ready na for table food. And you teach the child proper eating habits. So that's the key, proper eating habits.

Proper eating habits continues through the different stages so pag naging toddler, naging pre-schooler, naging pre-teens, teenage, adults and even elderly, proper nutrition is still a very vital practice. So we don't stop getting nourished even if before, during or after a disease condition. It's not only breast cancer. We're talking of cancers in general kasi hindi mo naman mapipili kung saan tutubo yung condition na 'yun, di ba? Hindi niya mapipili kung sinong tao yung maapektuhan.

Although madami mang issues, like I was in one booth doon sa dulo. May dala nga akong brochure, eh. Hindi ko 'to ina-advertise but they were talking about genetic screening. Titignan yung genes mo kung merong mga 90-something types of cancer. Eh, sabi ko, "Eh, kung malaman ko kung meron, ano'ng gagawin ko?" Sabing ganun, "Siyempre, you are forewarned." Sabi ko, "So, maraming bagong technology, no?"

And when you Google in the internet, you see hundreds or even thousands of information. Persons with cancer are very vulnerable to misinformation. Why? Because everybody wants to get healed. Cure ang hinahanap natin. Tama. Hindi lang yung control, eh. Parang hypertension, ano? Dapat 120 over 80. Yun ang pang-gamot, control. No, we wanted healing, we wanted to get cured.

But my talk today will not promise you that. My talk today will parang ayusin natin kung ano yung mga bagay na puede nating ayusin para makatulong sa pagbuti ng ating kalusugan in these different stages.

That being said, my talk is actually a continuum. It's before, during, and after because I hope you will remember this statement. As a dietitian, my advocacy is proper eating habits. I always say, "Kakain ka para maging healthy." So, bakit kumakain tayo tapos nagkakaroon tayo ng hypertension, arthritis, di ba? So, there's something wrong. Probably it's our choices. When you eat, when you put something in your mouth, it's always your choice.

So, ngayon, so ang ano ko kumakain ka para maging healthy at ang pagkain isa ding tool para ikaw ay maging healthy, kung hindi ka healthy. Okay, so, in all stages. And even when we were learning diet therapy, yung isang principle doon, even if you modify the diet, pag nag-modify ka, sabihin ng doktor, "O, hindi puede yung may mga asukal, yung mga matatamis at maaalat," di ba? Bawal ang hotdog, ang daming bawal. Ang tanong: Ano ang puede kong kainin?

So, sa diet therapy, you replace. You remove something but you replace it with something else. Ganun po ang pagplano ng proper nutrition. So, pag sinabing, "Ah, ano, dapat yaring meats, no." Bawal yung mga sunog, di ba? Alam niyo yung burnt part, no, bawal yun. That shouldn't be consumed. So, how do you manage that? Sabihin mo, "Okay lang naman ang barbecue, wag mo lang sunugin," di ba? Or sometimes it's those dependent eat less in a month.

So, it's a continuum because you have to be very conscious of proper nutrition every time you put something in your mouth kasi we make hundreds of decisions per day regarding food. Paggising mo sa umaga, di ba automatic, kape. For some of you, you choose something hot, o kaya mag-to-toast ka ng bread. So, it becomes a habit, but remember these are thoughts that you have started when you were young and these were actions that you do regularly and in time, it becomes a habit.

So, a healthy lifestyle is actually a concept. Maraming component ang healthy lifestyle. My orientation is limited to nutrition and related practices. So, doon ko i-papaling yung discussion.

So, when we say, kita niyo walang umpisa walang dulo because it's a continuum. On top of that, you have to get active every day. I'm not going to talk about exercise. I'm going to say physical activity - kilos-kilos lang. Palagi namang may time para dun. So, physical activity is important every day.

And then, water. Bakit mahalaga ang water? Do you know that we are more than 90% water? Pag tinanggal yung tubig sa katawan ko, ilagay mo ako sa isang maliit na posporo, kakalog-kalog pa 'yun. So ganun kalaki yung water. So, water is very important. Now, why water? Because pag sinabing water, yung mga bata ngayon, ang hihingiin juice, tama? May asukal, sugar. Sometimes yung mga juice na 'yun, may mga flavoring tsaka may mga ano pa sila may mga chemicals. They're not natural. So, it's water, tubig. Pero dapat ang tubig natin ay safe. It's safe water. Okay?

So, eat more fruits and vegetables. More, eat more. Our guidelines, I'm going to discuss that later but we have dietary guidelines. We have one for the Philippines. You're familiar with the food guide pyramid? Oo. Alam ninyo kung gaano kadami yung mga recommendations? More or less. Puntahan natin ang prutas at gulay. Gaano kadami ang recommendation natin sa food guide pyramid?

Actually, five yun. Three servings of vegetables and two servings of fruit. Puede mong i-interchange, but I call it the Big 5. So, five servings of fruits and vegetables per day. So, what does it mean? How many times do we eat? Ilang meals po tayo? Three major meals and two snacks. Yung iba naman they eat every hour. Pinoy, eh. Alam niyo nag-ni-nibble, di ba lalo na pag nagtatravel. So, five.

Kung titingnan mo, every time you eat, may prutas at may gulay ka. Puede mo namang kainin sa tanghalian isang gulay, isang prutas sabay dalawa. But you always have to count five. And how much is a serving? One serving is half cup, kalahating tasa. So, sino po sa atin yung nakakalima sa isang araw? Ako din po, guilty, ibaba ko yung kamay ko kasi ako hindi rin ako ganun ka - gaya ngayon, ilan na ba 'ko? Isa pa lang. Breakfast. But I'm sure when you look back at what you have consumed, it's the middle of the day, dapat nakatatlo na tayo by now.

It's something that is consciously included in the diet. Sabihin nila, "Ay, ma'am, kasi mahal ang gulay." Eh, mas mahal po ang magkasakit. Di ba? Experience niyo yan, eh, mauubos yung mga pinaghirapan mo yung minana mo. I have a staff. She is on her second round breast cancer. And she is spending around 300k per chemo session. Ito yung talagang ibang klaseng gamot na 'to mahal na, eh, kasi naka-ano na siya. And then, she has to undergo - ilan pa ba sa kanya - at least dalawa pa yata or tatlo. So sabi niya, "Saan ako maghahanap ng malakilaking pera?" So, mas mahal ang magkasakit kaysa sa tamang pag kain.

So, turn off TV, get active. Mamaya, we're going to see - sino sa inyong nakarinig na ng mga free radicals, yung term na 'free radicals'? You've heard of it? And the anti-oxidants? Oo.

Turning off your gadgets, number one, increases your physical activity, it gets you active. And then, you socialize. Nakaka-depress kasi magtitingin ka sa Facebook, lalagay nila kagagandang picture. Tapos, ikaw, marami kang pinagdadaanan. Di ba nakaka-depress yun? Patayin mo na 'yun. Isang pindot lang naman yun, eh. Get out, socialize, and see the world because it's a beautiful world.

And then eat fewer snacks and select healthier alternatives. Mamaya, what these five things are telling us points to one point that I am going to emphasize today and that is maintaining your desirable weight. Being in a good weight. Medyo controversial din yan sa nutrition ano, kasi one reality is that overweight and obesity is a risk factor for many lifestyle diseases, including cancer. Heart diseases, mga bone diseases and some other stuff.

So, maintaining a healthy lifestyle is very important. So, physical health, napaka-importante nito. Regular physical activity, so movement. The recommended is about 30 minutes of body movement per day. And five

times a week. So, 150 minutes per week minimum. So you can break it down 10 minutes in the morning, 10 minutes ng lunch, wala talaga siya yung 30 ganun.

Merong magandang video sa YouTube. I can mention si Leslie Sansone, narinig niyo na siya? Hindi pa. Meron siyang mga video. Maganda yung videos niya, di ba? Very doable. Ang isang concern ko lang I always say when my friends would ask me, "Talk to your doctor, clear with your doctor kung puede mong gawin yung mga activities na 'yun."

Pero maganda kasi may mga video siya. It's just walking and you can do it in the house. Medyo pang-physical fitness siya. So it might be too fast for some people that can't move as fast. Tsaka pag tumitingin din kayo, merong video galing sa Singapore parang Department of Health of Singapore. May magagandang videos sila on elderly people na sitting down exercises.

So, you can ask a fitness expert. Ang expertise ko sa fitness limited lang ho sa basic. So you can ask a fitness expert or your doctor clear with him kung puede pakita niyo yung video, "Puede ho ba itong ganito?" So, at least, meron kayong expert advice.

And then, good nutrition. We're going to discuss more of the good nutrition. And then, adequate rest. Alam niyo kung ilan dapat oras ang tulog natin? Tulog po ah, yung deep sleep. At least, ilan? Eight, very good. Pag, six, kulang po 'yun. Dapat eight. So, sinasabi ko sa mga itong friends ko, maski na mag-exercise ka, kumain ka ng maayos, kung palagi kang puyat, 'di ka gagaling. Di aayos ang kalusugan mo. So, sleep is mandatory.

Okay. So, what is this? Ano'ng nakikita ninyo? Medyo malabo. Ano'ng nakikita po ninyo? Pagkain. Salad, ano pa? Actually may garlic, may tomato, may corn. In fact, what you see, this is a picture of foods. Tama. So, sa senses natin, sa mata, sa sense of smell, even hearing, mga crunchy foods, this is food, this is pagkain. Pero sa katawan, kilala ba ng katawan natin ang corn? Kilala ba ng katawan natin ang rice? Oo naman. Pero sa ibang form. Itong slide na 'to, ito yung sinasabi kong Basic Nutrition 101. Kasi sa slide na 'to, pinapakita niya kung ano ang pagkain as far as the body is concerned. From food, the substances in food are the nutrients, mga sustansiya.

So, may macro, may micro. Naaral natin 'to sa health nung tayo ay nasa grade school. When we say 'macro', ito yung malaking component ng diet natin. Carbohydrates, proteins, fats and water. Micro - maliliit lang siya, but equally important are the vitamins and minerals. Lahat ito importante. It's important that our body we consume this every day. Kung kunyari, kulang tayo ng vitamin C, kumpleto ba ang nutrition natin? Hindi. Pag kulang tayo ng calcium, kumpleto ang nutrition natin? Hindi. We won't get sick right away. But remember, if this is what you have been eating, ito yung mga kulang sa katawan mo, in the long term, it will have some manifestations on our health.

Ito yung food guide pyramid. Dito natin nakuha yung servings: 3 servings of fruits, 2-3 servings of vegetables. And then, yung nasa top, ito po yung mga kalaban natin, mga kontra, sugars in particular, because these are highly inflammatory foods. And they should be avoided.

Maraming water. Ito yung ating food guide pyramid. 20 to 39, kasi nung hanggang ngayon, 20 to 39 pa din ang may food guide pyramid. Pero, anyway, we can adopt this for older persons.

Sino sa inyo yung familiar sa Pinggang Pinoy? Kayo, ma'am. Sino pa? Dito po. Yun. Di ba? Inaaral 'to sa nutrition. Remember that diet is highly individualized. Pagka speaking in public like this, medyo mahirap din kasi magbigay ng recommendations like yung food guide pyramid because some persons would require of the same age, and the same height, may required more or less of the recommended food.

Normally what we give is we compute, we give individualized diets. However, the Pinggang Pinoy is a very qualitative tool that will tell us kung ano yung proportion ng mga pagkain sa plato. Simply, this is about 66%. So, 33%, ito yung mga cereals like rice, at ito yung gulay. Pansinin ninyo kung gaano kadami yung kanin, ganun din kadami ang gulay. Ganito po ba tayo kumain? Hindi. Kasi ang Pinoy tambak yung kanin, para siyang Mount Fuji. Mount Fuji, tapos nasa ibabaw yung iba pang mga pagkain.

Basically, rice eaters tayo. And I believe that that is a disadvantage to us and that is a habit that needs to be changed or improved. Sabihin mo, "Eh, kasi pagod ako. Gutom ako." Fine. Pero puede ka mag-second serving pero ganito din. Hindi siya ma-co-compute in terms of amount, but in terms of proportion. And this is your grow foods, yung mga ulam. This is your fruit and you have water.

The Pinggang Pinoy is actually a proportion of how food should be placed on the plate. Puede ka mag-second serving pero ganun pa din kadami. Kontra ito sa mga, yung mga buffet, yung mga eat-all-you-can. Modified eat-all-you-can. I-Pinggang Pinoy niyo pa din.

So, ito, sample lang ng itsura ng Pinggang Pinoy sa plato: ito yung gulay, ito yung protein dish, your fruit, and then your water. This is what your plate should look like every time you eat.

Ayan. So, just for review, Go foods gives us energy. Nakita natin yun dun sa slide. So, there are different types of Go foods. Some of them can be healthy, some of them are not. Sugar, kasama yun sa Go foods, nagbibigay ng energy. So it's the choice of food that is important.

One important contribution of the Go foods would be fiber and that is very important in our diet. Grow food, these are the meat and the meat products and they provide the structural framework for our body. Parang ito yung mga building blocks. So, puede siyang ibig sabihin ang tanong yung mga legumes, beans, kasing sustansiya ba siya ng fish? Puede. May mga limiting proteins. But when you balance your food, you eat a balanced diet, you eat variety, ma-ko-cover up mo yung mga deficiency ng isang pagkain with the other food so they are equally, in terms of protein, they can all be good sources of protein.

Okay. So, Glow. Ito yung mga fruits. Fruits and vegetables. Notice the beautiful colors. The more vivid, the darker the color, the more antioxidants it contains.

So, I talked about a healthy range. The things that we discussed earlier are important both in all the stages of people going through, not only breast cancer, but cancer condition in general. So, preventive measure is very important.

Now, healthy weight is very important. Medyo nakaka-offend kung minsan. Pero okay lang kasi kung happy ka naman sa weight mo and you're "healthy," that's good. But if your weight is in between you and a better health, then, something has to be done about it. One precaution lang po, pag medyo nasa adult and senior years na tayo, weight loss may not really be practical. Ang importante nag-me-maintain po tayo ng timbang. Wag na po magdagdag. Kung ma-ko-control natin, that's better.

So, what are the range? So, we have underweight, we have the healthy weight, over, and obese and these are the body mass index cut-off. Sino sa inyo yung familiar sa body mass index? Napakaimportante nun. Dapat po kasi alam natin. So, ang normal range we are ang target natin is somewhere between 18.5 to 23. Eto po yung Asian standard.

Again, this is the form of nutrients that the body recognizes and the body utilizes. Now I'm going to show you the next slide. What do you see?

Audience: (inaudible)

Dr. Limos: Raindrops? Ano pa? Ano yung itim? On purpose po yung kulay. It's an umbrella. Eto, FYI lang. I was listening to a dermatologist and she was telling the group na, "Para ma-protectahan yung skin, to prevent the discoloration tsaka yung dryness, the black umbrella is preferred." Huwag daw yung mga puti o yung mga plastic na ano kasi yung rays ng sun nakaka-damage ng skin. So yung black umbrella sabi niya is good. Anyway, FYI lang yun.

When you have an umbrella, what does it do? It protects. It protects you, it shields you from the environment. Rain is good but it can also be bad. So, free radicals and antioxidants are big issues now in food and health.

When we say "free radicals," ano 'tong mga 'to? These are substances that are formed from the environment from ultraviolet radiation, pollution, stress, and poor nutrition. In the metabolic process, free radicals are developed. Inside the body, meron po tayo nun. However, sa katawan natin, meron tayong mga sweepers or janitors that can pick up and destroy the free radicals in small doses. We have the food, yung mga vitamin C, vitamin A. Merong mga pagkain that can eradicate the free radicals inside the body. Ang dangerous po yung galing sa labas, galing sa pagkain. So yun ang mga dapat nating i-control. The free radicals can cause cancer, ageing, heart attack, some other conditions - dermatitis and others.

If you have read the article from the Department of Health na sinasabi hotdogs nakaka-cancer. Nabasa niyo yun? Totoo yun?

Audience: (inaudible)

Dr. Limos: Totoo. But it's WHO who already declared. Totoo ba 'yun? Siyempre. Pero bakit kumakain pa tayo ng hotdog? Alam naman nating, oo, hindi ba dangerous siya at binibigay pa natin sa mga anak at apo. Yan. Question. Kayo ang makakasagot nun. So, I'm talking of food choices and your eating lifestyle.

We have a lot. We have sugars, we have food colors, artificial colors, artificial flavors. The food that we eat are laced with that. Learn to read labels. Makikita po ninyo. Maski na sabihin nature identical. Well, kasi tinitingnan ko yung products. Yung banana ketchup.

Example. Banana is not red. Banana is white. Ano'ng kulay ang banana ketchup na binibili ninyo? Yung sa Max's, di ba? Red, oo. Saan nanggaling yung red na 'yun? Food coloring. Okay. Thank you for the answer.

Food colors, flavors, a lot of things are added to our food because we are now convenience babies, convenience moms and convenience grandmothers. Dapat bumalik tayo doon sa bibili ka sa palengke, lulutuin mo, ikaw mag-ko-control ng pagkain. Marami pang mga issues na ano na we don't have time to discuss. But convenience foods is not really good for our health. Gi-noogle ko lang naman to, eh. Yung mga iba pinick up ko kasi naniniwala ako at nag-a-agree ako.

Okay. Cancer-causing. Sweetened beverages. Yes, bakit? Sugar. Phosphoric acid, nag-le-leach yung calcium. It leaches the calcium. Why French fries? When you deep fry, you produce a lot of free radicals. Yes, yung oil na paulit-ulit. Although it doesn't taste anything, but they keep repeating that. Burned meats, hotdogs. Bakit doughnuts? Ganun din. Fried. Tsaka yung sugar at saka yung fats.

Now there are antioxidants. Normally we find them in abundance in fresh foods - fruits and vegetables. Pag mas matitingkad ang kulay, natutuwa ako sa pula, sa green, sa pink, sa purple. Ako lang kasi ang neutral.

Audience: (inaudible)

Dr. Limos: Yes. Actually, all colors are important. Purple, the darker, the deeper, the more matinkad, the better. So, hindi naman kailangan berries. Local berries, we have duhat, bignay, pakwan, maraming tayong local. So, that's okay.

Okay, so, antioxidants. Mga imported yan. One difficulty with me is that wala po tayong local analysis. Lahat ng mga analysis na ito galing sa ibang bansa. Siyempre, sila yung alam ko pero I'm sure I'm confident na meron din ito sa mga local foods.

Foods can cause cancer. Foods can also protect us from developing this condition. So, again, as I said earlier, it's a matter of choice. Choice po. Pipiliin niyo lang kung ano yung ilalagay ninyo sa inyong bibig.

Okay. So, another one. Tuwang-tuwa ako dito, eh, yung burned meat. Pero very popular pa din po ito yung mga barbecue, yung mga ihaw-ihaw. Meron po tayong isang mababasa in many posters, even in doctors' clinics. Sabi niya, "Let food be thy medicine and medicine be thy food." Si Hippocrates. Ano'ng era siya nabuhay? Decades ago. Siya ang nagsabi, siya ang Father of Medicine.

Unfortunately, we cannot have more time, but in the interest of time, let me just leave you with these words. The Bible is a very good book. Actually, you can pick up good nutrition principles in the Bible. I, for one, read that for many reasons. And there is a very interesting quote. Sabi niya, "Dear Friend, I hope all is well with you. And that you are as healthy in body as you are strong in spirit."

So, maraming salamat po sa konting oras. Kung meron tayong time, that will be good. Oo. Salamat po.

Mimi: Thank you. We are going to entertain questions from the audience. Meron akong mga phone-in questions dito, Ma'am. Number one, is a lot of cancer patients end up with fatty liver because of the chemotherapy and other medicines they take. What foods can contribute to a healthy liver?

Dr. Limos: What foods can contribute to a healthy liver?

Mimi: Yes, Ma'am.

Dr. Limos: Fatty liver is a complication of the treatment, right?

Mimi: Yes.

Dr. Limos: Ito yung complication ng chemotherapy.

Mimi: Yeah, like I have fatty liver po.

Dr. Limos: Yun. So, to manage fatty liver, fats, you have to reduce fats in your diet. Bawasan po ninyo yung mga mantika.

Mimi: Really? Okay. Including extra virgin olive oil?

Dr. Limos: When you talk of food, there are two components: quantity and quality. Extra virgin olive oil is a good fat because of the profile, unsaturated fats. But even if it's a good oil, if you exceed your intake, it still will have a negative effect.

If you look at our food guide pyramid, ang recommendation natin is about 2-3 teaspoons per day. 2-3 teaspoons include the hidden fat that is added or used in the preparation of food like French fries. Pag kumain ka ng one serving ng fries, may utang ka pa kasi ang daming ina-absorb na fat. Kumain ka ng crackers, if you read the label, meron siya mga 2-3 grams of fat. So, your two servings would be about 6 grams of fat per day.

Meaning you also have to consider that foods have inherent or natural na mantika na fat. So, going back to your question on fatty liver, you have to really choose certain foods. I would advise dapat kasi magpa-advice kayo sa dietitians to controlling your fat too much is also not good. Bakit? Meron tayong fat soluble vitamins: vitamins A, D, E, and K. Kung wala namang fat, hindi ma-a-absorb ng katawan yun, eh, mga antioxidants yun.

So, the balancing of the food is very important. So, kung minsan kasi yung bang sinasabi natin, “Bawal eh. Di na puede.” So, puede naman ang fat but in in recommended amounts.

Mimi: Ma’am, how about mega-dosing of vitamin C? Kasi nauuso po ngayon yung megadosing of vitamin C.

Dr. Limos: Alam ninyo kung sino nagpauso ng mega-dosing? Si Linus Pauling. There’s a Linus Pauling Institute in the US. And when I was a student many decades ago, usung-uso siya. He was very popular. He was still alive, but he passed away. Linus Pauling did a lot of research. And his research focused on mega-dosing of vitamin C. What is megadose? Mega-dose is taking the amount in excess of what your requirements, maybe hundreds or thousand times more than what your requirement is. Yung nasa recommended allowance natin is 60 mgs. for female and 70 mgs. for male. Pag nag-smoke ka, dagdagan mo ng 10 to 20 mgs. It’s a very controversial issue because recommended amounts can vary. So yung recommendation mo at akin, Ma’am, puedeng magkaiba.

This is my personal observation. Because I also have friends na doctors who are moving into some other forms of treatment. And meron nga akong kilala, yung sinasabi kong friend ko nag-chemo, ayaw magpa-chemo, she went into that kind of treatment, yung mega-dosing and it was successful on her part.

I’m sharing you this not to encourage mega-dosing as an alternative. I’m just telling you na it can work for some, but it may not work for everybody. So, pag-isipan po ninyong mabuti, mag-research kayo, makipag-usap kayo sa mga kontra at sa mga pro and then, make your decision.

Mimi: Samakatuwid, neutral po kayo.

Dr. Limos: Oo. Kasi I see both, eh. I see both.

Mimi: Okay. Ma’am, what about when we have chemo, our blood levels go down like WBC goes down and RBC goes down. What kind of food should we eat so it will bring up our blood levels?

Dr. Limos: Yung nutritional level na ‘yun is the effect of chemotherapy. I would always recommend a balanced diet. Kasi kailangan po natin, for example, iron, vitamin C is important for better absorption of calcium, even iron.

Mimi: Vitamin C?

Dr. Limos: Yeah. Kasi it changes the -- nagiging ferrous yung form.

Mimi: What about calcium? You said vitamin C makes us absorb calcium better?

Dr. Limos: Yeah. Kasi it changes the form of calcium into a more absorbable form. So, anyway, so, what I’m saying is may mga nutrients that they work together, they act together for better outcome. So I would still say a balanced diet. I know of some clients when they are on chemo, talagang wala silang ganang kumain. Sabi nga nung isa yung pagkain daw lasang papel. Sabi ko, “Bakit? Ano ba lasa ng papel?” Flat na walang lasa. Pero hindi yung panglasa ang magdi-dictate kung kakain ka o hindi. Ang mag-di-dictate kung ano yung kailangan.

Example when in my younger days, I did a lecture. Papa’no yung nagki-chemo? May mga oras, may mga period kasi na you feel better, di ba, wala yung nausea. So, doon ka kakain. Wag kang kakain pagka yung nasusuka ka

kasi talagang hindi papasok yung food. So, matitimpla po ninyo yun. But your mindset, your mind is very strong. It will tell you, “Ayaw kong kumain.” Your mind will tell you, “Kailangan kong kumain maski na walang lasa, maski na pangit ang lasa.” Ito, gamot kasi iinom kayo ng gamot na pagka sama-sama ng lasa. Tama? Bakit?

Dr. Limos and Mimi: (talking at the same time) Kasi baka gumaling.

Dr. Limos: Bakit hindi ka kakain ng pagkain na alam mong kailangan mo yung sustansiya? So, still a balanced diet, but eat more foods that are high in iron, like yung liver, yung mga green leafy. Even supplements, you can ask your doctor about supplements. It might be important.

Mimi: Ma’am, what about soy? Some of the doctors say soy is bad. Some say soy is good. So, what is the verdict from your point of view?

Dr. Limos: Tinanong ko yan sa isang friend ko na doctor who is practicing both. She told me the issue is on GMO. For as long as the soy that you are using is non-GMO, yun ang ano niya kasi walang masyadong anong study dun, eh. Sabi niya it’s more on the GMO issue. So, sabi ko, “Papa’no mong malalaman locally hindi ganun ka-ganda ang packaging natin?” Yung mga may concerns. But we have institutions that are vegetarians like the Adventists and they go for the good quality soy. I was looking at the products kanina. Go for products that have a good reputation in the market. Wag yung mga hindi masyadong kilalang brands. So, mga institutions na kilala kasi hindi nila sisirain ang pangalan nila, di ba? They will always go for giving good information to the public. So, basically, ang soy yoon yung GMO.

Mimi: Okay. So, ayaw po natin ng Monsanto. Yes, okay.

Dr. Limos: Definitely.

Mimi: May mga questions po tayo sa audience? Ma’am, here. Kailangan kumanta muna bago kayo magtanong.

Audience: This has something to do with the cooking oil that we have to use in our food. Some others say that coconut oil is better. But some other say that’s canola and then olive oil, best. But I observed that when I place the coconut oil in the refrigerator, it becomes solid. While the other brand, no. The same. So, which is better? Which is the best for our health?

Dr. Limos: For our health, di ba na-mention ko yung GMO? Di ko alam kung ang coconut oil po or palm has GMO issues. Palm siguro. So, pinag-discuss -- nagdiskusyon kaming mga colleagues diyan kasi some of us were saying hindi naman nauso ang sakit sa puso at cancer until recently. Di ba? Yan naman yung ginagamit ng mga ninuno natin.

And another thing. Meron pong mga studies na ginawa and it’s coconut versus the other oil producers like soy. So, it becomes a political issue. Yung mga coconut, we have very good scientists who did study on coconut oil. Ang sama loob nila kulang ng funding para ma-prove natin kung ga’no kaganda ang coconut kasi ang like soy, well-funded yan, eh. So it becomes a political issue. So, anyway, going back to your question, Ma’am, ano po, kung ako ang tatanungin ninyo, I would go for coconut oil.

Audience: Kasi during the time of our parents or grandparents, very traditional, coconut is, yes. Kaya nga, I’m confused with the many issues about the oil.

Dr. Limos: At saka because of yung food processing po, marami nang dinadagdag ngayon sa mga processed foods. Like, for example, alam niyo ba na ang coconut meron siyang, di ba galing sa copra yan? Ano’ng itsura ng copra? Dark? Ano ang amoy? Mabaho. Marami siyang ano ba yun? Yung amag? It’s very dirty. But when you

open a coconut oil brand, it's clear, it's clean, it smells good. So, meron siyang mga chemicals na nilagay para tanggalin yung baho, maging i-bleach siya. So, maraming nilalagay at para hindi siya maging manta to preserve.

Dr. Limos: So, maraming mga development in food processing that can or may pose negative effects on our health because they are incorporated in the foods that we consume.

Audience: Aside from that, the coconut oil is cheaper than the other brand, yes.

Dr. Limos: Tsaka tinutulungan natin ang mga farmers natin, kailangan natin silang tulungan din.

Audience: So, it's better to use the coconut oil?

Dr. Limos: Remember I said it's also the amount.

Audience: Thank you.

Dr. Limos: Welcome po.

Mimi: Siguro din, Ma'am, it matters if it's a cold pressed or processed or yeah. Kasi just like olive oil, meron kang super processed olive oil. There's also EVOO, an E-V-O-O and it's super duper virgin that it cost like so much money also.

Dr. Limos: It's very expensive. And besides, yung extra virgin olive oil is not really intended for cooking.

Mimi: Yeah.

Dr. Limos: It is intended to be added as fresh oil to salads.

Mimi: For the bread, for salads, for, yeah. So, yun. Any other questions and those who want to comment, please keep it here or there.

Audience 2: Itatanong ko lang po yung dahon ng guyabano na ginagawang tea. Okay po ba 'yun talaga o hindi? (giggles) Kasi ginagawa ko sa bahay, eh.

Dr. Limos: Oo. Alam niyo, ganito. Kasi I do lectures around and I get those kind of questions. Mababasa ninyo sa internet yan, ano, guyabano. Ngayon ang isang tinitingan ko, ginagawa ba 'yan noong unang panahon?

Audience 2: Ah, hindi ko po alam. (giggling)

Dr. Limos: Yes, they do. Atis, dahon ng atis. Kasi I know, eh.

Audience 2: Mga panggamot nila.

Dr. Limos: Ngayon, kung meron namang history, I don't think there's nothing wrong in doing that. Kasi po kita ninyo, mahal talaga ang chemo drugs, eh. Maraming tao hindi nila kaya. Marami kaming pasyente sa PGH uuwi na lang kasi hindi na nila kayang magpagamot. Kung meron tayong mga options na ganyan, hindi ko nakikitang kasalanan na i-try because one patient said, OB yun ano, bakit vulnerable ang cancer patients? Because they have lost their confidence and hope in conventional medicine kasi they're not getting well. 'di ba? So, what have you got to lose? If it's good, probably.

Ang nakakalungkot lang po hindi pinopondohan yang mga ganyang klaseng study. And a doctor, a geneticist who visited us and gave a talk said, baka ma-assassinate ako dito pag labas ko, (laughing), "The companies will not spend millions of pesos or dollars on substances that they cannot patent." 'Di mo puedeng i-patent ang

guyabano kasi tumutubo yan diyan. But the active substances like vitamin C, hindi mo puedeng i-patent ang vitamin C pero puede mong gawing capsule.

The point is bakit sila magse-spend ng ganung kadaming pera to discover cure if they can control? Like hypertension, 'di ba? Wala namang gamot sa hypertension. Maintenance. Kasi 'pag naka-discover ng gamot sa hypertension, magsasarado na yung mga kumpanya. Pharmaceuticals. I'm not saying that that's bad. What I'm saying is if you after you have done your due diligence, nag-research ka, nagtanong ka, mga experience ng tao, and then you want to try it, nobody can stop you from doing so.

Audience 2: Like in my family, kasi po mga anak ko po puro lalaki, pito. So, pag kakagaling nila galing sa trabaho sabi ko, may isang thermos agad akong guyabano tea. Sabi ko anak, "Inom kayo para yung nawala sa inyong pagod maghapon, bumalik." Ay, nag-i-inoman naman sila. Tapos yung mga manulang ko, nagiging okay daw yung pagdumi nila pag sila'y umiinom. Kaya sabi ko, "Siguro wala naman."

Dr. Limos: Mga antioxidants. Ito lang po isang precaution. If there is a benefit in small doses or in modified doses, there's also a disadvantage in overdosing. Kasi meron akong nabasa yung mga gulay, yung mga halaman, puede din kasing may allergens, it can trigger an allergy to a person with an allergy reaction. So, meron ding mga accumulative effect yan. So, kaya po natin sina-cycle. Halimbawa, papaya. Papaya is healthy pero kumain ka ng papaya sa isang buwan, ano'ng kulay mo?

Audience 2: Maiiba.

Dr. Limos: Kulay papaya ka kasi meron siyang na-accumulate yun. So, i-cycle niyo po. Tanglad. Ang dami, tanglad, pandan. There's really a lot of teas, o turmeric. There's a lot.

Audience 2: Kaya may case nga po. Isang mug lang a day.

Dr. Limos: Pero ang mahal po ng guyabano dahil sa cancer, tumaas ang price ng guyabano at ng dahon.

Audience 2: Ang dami ko pong guyabano sa bahay. Marami pong nagbibigay.

Dr. Limos: I-share niyo po, i-share niyo po.

Audience 2: Ma'am, may isa pa po akong tanong.

Dr. Limos: Sige po, go ahead.

Audience 2: Kasi bumibili ako ng red wine, umiinom ako bago matulog. Pero yung red wine po na may nakasulat na Cabernet Sauvignon. Kasi nabasa ko po maganda yun sa puso at nakaka-ano ng cancer. Totoo po ba 'yun?

Dr. Limos: The polyphenols. Well, yes, it is good, but, you know, it's wine. May alcohol siya. Yung mga polyphenols you can also get it from other food also. Ako lang kasi honestly I will not recommend wine even if it has polyphenols because I always say you can get those substrate from other food.

Audience 2: (laughing) Okay, thank you po.

Mimi: Last question because we have to end. Bilis, bilis, bilis!

Dr. Limos: Alkaline water. What can I say about alkaline water? Basta sa akin po ang water has to be safe. Safe ibig sabihin hindi nagca-cause ng sakit. Kasi alkaline you can get it from fruits and vegetables. You don't get it exclusively from one substrate. Kung mas mahal yung alkaline, kumain ka na lang nung ibang mas kaya mo. Pero ang importante sa water: hydration at saka safety.

Mimi: Tsaka yung alkaline water you can just squeeze one calamansi or something and it makes it alkaline na. I mean, whatever it is.

Dr. Limos: Calamansi, lemon, or some other fruits.

Mimi: Calamansi is cheaper. Lemon is more expensive. P25 per piece.

Dr. Limos: (giggling) Puede niyo pang itanim yun sa garden niyo.

Mimi: Korak. Oo. So, ano pang mga questions natin? Malapit na tayong mag-closing remarks. Okay. Shout it out, please. Yes, ma'am?

Audience 3: Tungkol po sa mga dairy products.

Mimi: Dairy products, is it good? Is it bad?

Dr. Limos: Dairy products. Milk? Puede kasi yung milk 'di ba yung commercial? Kita niyo kung papano ginagawa? Sina-suck yung dede nung cow. Kung minsan po ito ay infected.

Mimi: May pus.

Dr. Limos: May mga pus, sumasama po yun sa gatas. Yun yung mga issue sa quality ng milk. So, gatas is good. Pero kung minsan, yung pag-process at pag whatever goes with it, that is what makes it not so good. Ngayon, bakit ka umiinom ng gatas? Kailangan mo ng calcium. You can get it from dilis and from other food. You can get it from nuts and beans and green leafy vegetables. Depende kasi kung ano yung interest mo. So, kung yun ang reason, you can get calcium from other food items.

Mimi: I think we have to wrap up because we're running out of time, but, I think, to summarize whatever our speaker has said, it's don't eat processed food, avoid fried things, eat lots of vegetables and fruits, go low on your rice, on your sugar, itangkilik ang sariling atin. Walang nakakasama sa pag inom ng tanglad, ng guyabano at turmeric at kung anu-ano pang herbal things. Pero, if I may add, pag meron kayong bukol, wag niyo namang -- wag kang inom lang nang inom ng guyabano, kailangan magpa-opera. (laughing) Yun.

Dr. Limos: Oo. Importante po na pag may bukol, wag kayong matakot maski na takot kayo. Pa-check niyo kaagad and then decide.

Mimi: Para ma-avoid yung very expensive medications.

Dr. Limos: Pero ito po on the side, wag niyong ipapa-ano yun? Ipapa-biopsy kung wala kayong balak pa. Lalo kasi siyang mag-a-act up. You have to have your surgery within a certain period of time. Kunyari within two weeks, depende kung ano yung nakitang bukol. Kung hindi pa kayo handa, hindi pa handa ang kalooban niyo, hindi pa handa ang bulsa ninyo, oo. Yun lang. That's just one side. You can always ask your doctor.

Mimi: Yeah. You can also go to there's a talk in Room 8, I think, on financial assistance - how to get. So, just because you have a bukol, doesn't mean it's cancer, number one. Number two, just because you don't have money doesn't mean that you can't have treatment. And number three, if you have small kids, please, awa ng Diyos, mag-research kayo ng yung may mga 5-year studies na mode of treatment. Kasi kailangan natin mabuhay para sa ating mga babies.

So, on that note, let's give our resource person a wild applause. (clapping). Ma'am, thank you so much, ma'am.

END OF DR. ELIZABETH LIMOS' TALK