

**Protocol for Administering Homeopathic Remedies
in cases of side-effects from chemotherapy and/or radiation therapy**

A.H. L. Holdijk – Holistic Health Consultant

The following guidelines are for anyone administering homeopathic remedies to patients for acute problems resulting from the administration of chemotherapy and/or radiation therapy.

Principles:

- homeopathic remedies are **normally** prescribed by a practitioner who individualizes the prescription according to the state of the patient.
- however, in acute cases, a standard therapeutic prescription may be attempted as clinical experience has shown that many remedies work in over 50% of all cases.
- the remedies are absolutely non-toxic, have no side-effects, do not interact chemically with any other medicines. In an acute case they either work, or do not, but they will not harm.
- as long as a remedy works, it can be prescribed as often as needed, ie the patient will tell you s/he is getting worse and then the remedy can be repeated. If a remedy does not work after 3-4 doses, you may assume it has not worked.
- in severe acute cases remedies can be administered every 5 minutes. If there is no relief of symptoms, switch to another remedy. If there is some relief continue prescribing as needed.
- the normal protocol for prescribing is to give two doses (as described below) before chemo and/or radiation and 3 doses per day for two days after, but if the patient gets worse at any time and needs another dose, by all means give it.

Giving the remedy

- put three drops of the remedy in distilled water (about 5-10 ml - the amount really makes little difference) in a sterile paper cup and have the patient take as much of the liquid as they want to (even wetting the mouth with the liquid is enough for the remedy to be absorbed). This constitutes one dose.
- patients should ideally not have anything in their mouth, ie food or drink (except water) either ten minutes before or after the dose is administered.

Procedure for giving the remedies to a patient before and after chemo or radiation therapy

- give two doses of the remedy (e.g **Cadmium Sulph** 30c) , one at 4 hours and one at 2 hours before the chemo. Give one dose immediately after the chemo and then give one at 2 hours and one at 4 hours after the chemo.
- on the two days following the chemo give 3 doses of the remedy (e.g. **Cadm Sulph** approximately 6 hours apart
- if the remedy chosen shows no effect whatsoever, then the following remedies should be administered in 3 doses every 15 minutes (in acute cases). If there is an effect, the remedy can be administered on demand. If there is no effect, then the sequence of remedies should be continued. The remedy sequence in the chemotherapy section for example, that may be tried after Cadm Sulph 30c should be: Nux Vom, Ipecacuanha, Arsenicum, , Phos. (all in 30c potency)

Remedies for radiation therapy and their indications

Cadmium Sulph

- is the leading remedy indicated for the side-effects of chemotherapy and radiation
- extreme exhaustion and prostration, icy coldness
- nausea and vomiting, anorexia, loss of hair, weight loss

Sol

- hair falling, emaciation
- if Cadmium Sulphuricum doesn't work

Radium Bromatum

- for skin reactions, burning after radiation therapy

X-ray (homoeopathic)

- for skin reactions, burning after radiation therapy

Aloe Vera

- for radiation burns Aloe Vera (*sabbar cactus*) obtained directly from the leaf directly on the wound has been shown to very effective.

Remedies for chemotherapy and their indications

Cadmium Sulph

- is the leading remedy indicated for the side-effects of chemotherapy and radiation
- extreme exhaustion and prostration, icy coldness
- nausea and vomiting, anorexia, loss of hair, weight loss

Ipecacuanha

- **horrible nausea**
- total anorexia, can't eat anything for days after chemo
- **mention or thought of food makes them gag**
- vomiting and diarrhea, purging

Arsenicum album

- diarrhea with extreme weakness
- very cold
- asks for drinks and sips them in small sips

Nux Vomica

- the vomiting is stronger (in Ipecac the nausea is very strong)

Phosphorus

- anemia remedy

- liver poisoning
- tendency to bruise and bleed after vomiting
- **nausea and vomiting which is relieved by cold drinks**, so they ask for cold drinks after chemo

N.B. This is a simplified list so that you can get some clinical feedback on the effect of the remedies. We have a larger range of remedies but these need the supervision of an experienced and trained homeopath to give the maximum effectiveness.