



Oroma Nwanodi
Locum Tenens, USA

Alternate, complementary, and preventive oncologic nutraceuticals


Nutraceutical use may be targeted at any number of health-related goals. Numerous nutraceutical classifications exist. Within each nutraceutical class, are nutraceuticals with oncologic benefits. Therefore, this presentation seeks to illustrate nutraceutical classification with an emphasis on preventive, complementary (additive, synergistic, or adverse effect ameliorating), and alternative (curative) oncologic nutraceuticals. Most nutraceutical categories abound with existing or potential alternative, complementary, and preventive oncologic nutraceuticals. Organic acids may be chemopreventive. Alkaloids are well established as chemopreventive via *Camellia sinensis*, and alternative, via *Taxus* spp. derivatives. Polysaccharides include immune boosting chemopreventive mushrooms and complementary ginseng, which reduces radiation therapy adverse effects. Organosulphurs may inhibit lung cancer and prevent estrogen excess driven

cancers. Docosahexanoic acid has dose-dependent anti prostate cancer activity. Nutraceutical bases for homeopathic remedies retain direct medicinal activity. The breadth and depth of nutraceuticals should result in more than 25% of conventional pharmaceuticals being nutraceutical derived. Bio-pharmacologic engineering harnessing microorganisms to produce phytonutrients reduces the likelihood of supply limitations that have affected *Taxus* spp. derivatives. The future could experience decreased cancer incidence, more tolerable and more effective cancer treatment.

Biography

Oroma Nwanodi graduated from Meharry Medical College of Nashville, Tennessee in USA as a Medical Doctor in 2001. She specialized in Obstetrics and Gynecology at The University of Massachusetts and Maimonides Medical Center. In 2013 and 2014, she obtained specialization in Integrative Holistic Medicine. In 2016, she completed the Doctor of Health Science program at A T Still University, Mesa, Arizona. She has practiced in California, Missouri, Minnesota, and Wyoming. She has published more than 25 papers in reputed journals and serves as an Editorial Board Member for several journals.

o.nwanodi@juno.com

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