



# **NATUROPATHIC NUTRITION GUIDE TO PREVENT & MANAGE CACHEXIA IN CANCER**



**METABOLIC ORIGINS**  
NUTRITIONAL THERAPY

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# WELCOME TO YOUR CANCER STRENGTH GUIDE

Cancer changes everything—including how your body works. You may have noticed weight dropping faster than expected, muscles shrinking despite eating well, or exhaustion that won't lift. These aren't character flaws or laziness. They're signs your metabolism has shifted under cancer's influence.

This eBook exists because you deserve to understand what's happening—and more importantly, what you can do about it.

## **Why This Food and Supplement Guide Matters**

Cancer cachexia (muscle wasting) affects up to 80% of advanced cancer patients, yet most people don't know it's preventable.<sup>[1]</sup><sup>[3]</sup> The difference between catching it early and letting it progress can mean the difference between staying strong through treatment and losing your independence. Research shows that patients who maintain muscle mass tolerate treatment better, recover faster, and live longer.<sup>[1]</sup><sup>[3]</sup>

Here's what makes this different: This guide blends conventional oncology with functional medicine and naturopathic nutrition—the same approach we use at Metabolic Origins to help cancer patients reclaim their strength.

We're not asking you to choose between your oncologist and nutrition; we're showing you how to use both together.



# CONTENTS

|   |   |
|---|---|
| WELCOME   | 3 |
| What you'll learn & disclaimer                      | 4 |
| Cancer Cachexia                                     | 5 |
| Early stages  | 6 |
| Naturopathic Nutrition Protocol to Prevent Cachexia | 7 |
| Your next step                                      | 9 |



# WHAT YOU'LL LEARN

- The truth about cachexia: How it differs from normal weight loss and why "just eating more" doesn't fix it.
- Early warning signs: Simple home tests you can do today to catch muscle loss before it becomes serious.
- Actionable nutrition strategies: Real food, real supplements, real results—grounded in integrative oncology research.
- Your monitoring toolkit: Track what matters, share with your doctor, stay ahead of the problem.
- When to get help: Clear red flags and how to partner with experts.

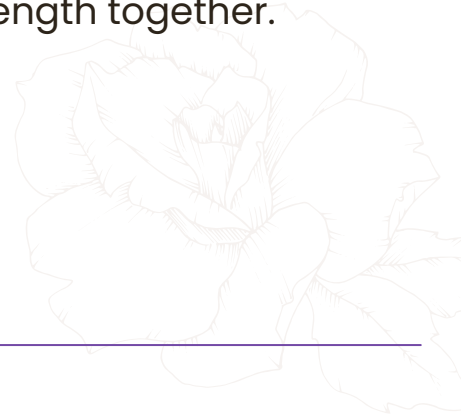
## **A Note on Your Journey & Disclaimer**

You may be reading this during active treatment, in remission, or supporting a loved one. Wherever you are, this guide meets you there. Some sections will resonate more than others—that's okay. Use what serves you.

This is not a substitute to medical advice. Run everything with your doctor as requested by your team.

Most importantly: **This is not medical advice.** Always consult your oncologist before making major dietary or supplement changes. Think of this as your empowerment manual—knowledge to pair with professional care.

Your body is stronger than you think. Let's protect that strength together. Ready? Let's begin.



# CANCER CACHEXIA VS. NORMAL WEIGHT LOSS: A SIMPLE GUIDE FOR CANCER PATIENTS

- Cancer cachexia is serious muscle and weight loss caused by cancer itself—not just from not eating enough. It's different from normal weight loss (like dieting), because your body burns muscle even if you eat well. [1][2] Up to 80% of people with advanced cancer face this, but catching it early can help you stay stronger. [1][5]
- Muscle isn't just strength; it's a metabolic organ. Lean mass maintains insulin sensitivity and mitochondrial density. Cancer therapies and treatment can cause disproportionate loss of skeletal muscle even when total body weight remains stable, meaning people may appear "normal weight" yet harbour hidden muscle loss that weakens metabolic resilience (6,7). The severity of this post-treatment sarcopenia (loss of muscle) strongly predicts fatigue and recurrence risk.
- You're not alone. This guide explains what it is, how to spot it, and simple steps to fight back using nutrition and lifestyle. Let's protect your strength.

## Cancer Cachexia vs. Normal Weight Loss: What's the Difference?

- Normal weight loss mainly drops fat and spares muscle if you eat protein. Cachexia eats away at your muscles first, leaving you weak and tired. [1][2] Cancer changes how your body uses food—like your engine runs too fast, burning your own body for fuel. [3]

|                      | <b>Normal Weight Loss (Diet/Exercise)</b> | <b>Cancer Cachexia</b>                        |
|----------------------|---|---|
| <b>What Happens</b>  |   |   |
| <b>Main Loss</b>     | Mostly fat                                | Muscle + fat [1] [2]                          |
| <b>Why?</b>          | Fewer calories                            | Cancer inflammation + fast metabolism [1] [3] |
| <b>Fix It?</b>       | Eat more                                  | Needs meds + special nutrition [2]            |
| <b>Warning Level</b> | Slow, feels okay                          | Fast, with weakness/fatigue [1]               |

# SIGNS YOU'RE IN THE EARLY STAGE (PRE-CACHEXIA) – ACT FAST!

Cachexia has 3 stages. Pre-cachexia is easiest to stop—less than 5% weight loss + less hunger.[1][2][5] Other signs:

- Losing 5-10% weight in 6 months (or more)
- No appetite, food tastes "off"
- Feeling weak, tired all day
- Muscles shrinking (clothes looser on arms/legs)
- Trouble with daily tasks like dressing[1][3]

Red Flag: >10% weight loss = see your doctor now.[1][3]

## HOW DOCTORS CHECK FOR CACHEXIA

No single test, but they:

- Ask about your weight history
- Measure muscle with scans or tape or grip test
- Check blood for inflammation markers and anemia [1][2]

## EASY WAYS YOU CAN TRACK IT AT HOME

Start today—no fancy tools needed. Share results with your doctor.

- Weigh weekly: Same time, naked. Note >2-5% drop in a month.[1]
- Measure arms/legs: Use tape measure. Shrinking = muscle loss.
- Track strength: How many sit-to-stands in 30 seconds? Fewer = warning.
- Food/mood log: "Did I eat? Energy level 1-10?" Low hunger + low energy = tell doc.
- Clothes test: Pants falling off despite same diet?

Apps like MyFitnessPal help. Early tracking keeps you strong for treatment.[1]

# NATUROPATHIC NUTRITION PROTOCOL TO PREVENT CACHEXIA

**Aim for hyper-nourishing, muscle-sparing intake: 1.5-2g protein/kg body weight (minimum 1.2g protein/kg) anti-inflammatory fats, small frequent meals.[1][2].** Stick with a low Glycaemic load (GL) diet

- 1. High-Protein, Calorie-Dense Meals:** 5-6 small meals/day with 30g protein each (e.g., coconut yoghurt + nuts, bone broth smoothies). Prioritize leucine-rich sources (whey, eggs) to trigger muscle protein synthesis.[2] wild caught or grass fed meat. Wild game meat such as venison, tofu, fish, chicken
- 2. Anti-Inflammatory Foods:** Omega-3s (wild salmon, flaxseeds, chia seeds), turmeric (with black pepper), ginger. Reduce sugar/processed carbs to combat insulin resistance.[3] Polyphenol rich foods. Medicinal mushrooms. We have a separate training on mushrooms in cancer.
- 3. Mitochondrial Support:** CoQ10-rich foods (organ meats), B-vitamins (leafy greens, quinoa, brown basmati rice), adaptogens like medicinal mushrooms (reishi) for energy without stimulants.
- 4. Gut-Healing:** Fermented foods (kefir, sauerkraut), prebiotic and probiotic foods to repair lining and curb inflammation.[4] Note probiotics are to be avoided during chemo, speak to your oncologist to see if they are happy with some food sources.
- 5. Herbal Allies:** Ashwagandha for cortisol balance, medicinal cannabis (if legal) for appetite/muscle preservation per integrative oncology.[4] Other adaptogenic herbal teas like tulsi, moringa, rhodiola, lemon balm.

# NATUROPATHIC NUTRITION PROTOCOL TO PREVENT CACHEXIA


Eicosapentaenoic acid (EPA from fish oil/omega-3s), HMB, BCAAs, and creatine have the strongest evidence for preventing or mitigating cancer cachexia, primarily through reducing inflammation, preserving muscle mass, and countering protein breakdown.[1][2][6][5].

## Top Supplements Ranked by Evidence:

Here's a breakdown of the most supported options from clinical trials and reviews, focusing on muscle preservation, weight stabilization, and anti-inflammatory effects: omega 3 fatty acids, vitamin D3, branched chain amino acids, creatine.

## Supplements (Under Guidance from a practitioner):

1. **Omega-3 EPA/DHA: 2-4g/day**: Reduces cytokines, preserves muscle[3].
2. **Vitamin D3 5,000 IU/day**: Supports immunity, muscle function, take with vitamin k2.
3. **BCAA 10-20g/day (leucine-rich)**: Enhances protein synthesis, reduces proteolysis/anorexia; leucine specifically boosts muscle in cachexia models. Improves amino acid utilization without tumour growth.[8].
4. **Creatine 5-10g/day**: Attenuates weight loss, lowers TNF- $\alpha$ /IL-6 cytokines, prevents atrophy genes (atrogin-1, MuRF-1). Effective in rat cachexia studies.[3][5].
5. **Curcumin 1-2g/day**: Anti-inflammatory powerhouse
6. **HMB (Beta-Hydroxy Beta-Methylbutyrate) 3g/day**: Blocks muscle breakdown (ubiquitin-proteasome inhibition); safe, improves muscle mass/function in cancer patients. Systematic reviews confirm benefits
7. **Probiotic**: Multi-strain: Restores gut barrier (not while neutropenic)
8. **Quercetin**
9. **Polyphenols** - anti-inflammatory



*What lies behind you and what  
lies in front of you pales in  
comparison to what lies inside  
of you.*

– RALPH WALDO EMERSON

# Your Next Steps

You Now Know What to Do. Here's How to Do It.

You've learned the difference between cachexia and normal weight loss from our blog and this book. You understand the warning signs. You have a nutrition roadmap and monitoring tools. The question now is: How do you turn this knowledge into action?

Most cancer patients try to navigate this alone—and struggle. Nutrition is complex. Cancer is personal. Your body's needs are unique. That's where support changes everything.

## **Three Levels of Action you can take today.**

### **Level 1: Start Today (Free)**

- Weigh yourself weekly
- Add 30g protein to each meal (know your daily protein intake goal)
- Log your appetite and energy
- Share trends with your oncologist

These alone slow cachexia progression.

### **Level 2: Optimize Your Foundation (Low Cost)**

- Add anti-inflammatory foods (salmon, turmeric, berries)
- Consider basic supplements: omega-3s, vitamin D
- Gentle movement 2-3x/week
- Sleep 7-8 hours
- Resistance training and exercise

This foundation works for many patients.

### **Level 3: Personalized Metabolic Coaching (Comprehensive)**

- Functional medicine testing (gut health, nutrient deficiencies, inflammation markers)
- Genetic and metabolic assessment
- Custom meal plans and supplement protocols
- Weekly accountability and adjustments
- Direct access to experts

This is where transformation accelerates

# Why Coaching Works

Research shows personalized nutrition + accountability = 80% better adherence. [3],[4]. You're not just getting a diet; you're getting a partner who understands cancer metabolism, tracks your progress, and adjusts as your body changes.

At Metabolic Origins, our cancer coaching combines:

- Functional medicine testing (root-cause analysis)
- Naturopathic nutrition (food-first strategies)
- Metabolic optimization (energy, inflammation, immune support)
- Real-time monitoring (weekly check-ins, data tracking)
- Integrative oncology (partnering with your medical team)

## Remember This..

Cachexia is real. But so is prevention. Thousands of cancer patients have used these strategies to stay strong, finish treatment, and thrive in remission. You can too.

Your metabolism is not your enemy—it's your opportunity. Feed your body right. Monitor it. Optimize it.

Most patients who succeed combine monitoring + professional guidance.

## Book Your Free Strategy Call

Ready to protect your strength? At Metabolic Origins ([www.metabolicorigins.com](http://www.metabolicorigins.com)), we offer a free 20-minute strategy session to:

- Review your current weight/muscle trends
- Identify your biggest cachexia risk
- Create a simple first-week action plan
- Discuss which coaching level fits your needs

YES! I NEED THIS →



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