

Alternative Skin Cancer Treatments To Consider

There's no denying that the mention of skin cancer is a frightening proposition. Everyone is aware of the potential devastation that this disease can cause, and it's a diagnosis that we all fear. But for many, words like 'chemotherapy' and 'radiation', the traditional cancer treatment options, are just as terrifying.

The best way to deal with skin cancer is, undeniably, to avoid it altogether. Taking precautions will help prevent skin cancer occurring but, despite our best efforts, the unthinkable can occur. If you receive a positive diagnosis for skin cancer, there are alternative treatment options available to you.

The most important objective in skin cancer treatment is to eliminate growth of the cells, and then contain the spread of the cancer. Several alternatives may be used, depending on the individual diagnosis. The condition, known as Kaposi's sarcoma, is very serious and can only be treated with chemotherapy. Patients suffering from melanoma are most at risk once it has spread. Once the initial growth has been removed, melanoma is treated in the same manner. In Paget's disease, a mastectomy may be the only alternative.

Alternative treatment methods can also be used to reduce the risk of skin cancer reoccurring. Some people believe that using alternative skin cancer treatments in conjunction with standard medical procedures will produce more positive outcomes. Some medical studies have shown evidence to collaborate this belief.

There is new interest in proper nutrition being a big factor in skin cancer treatment and recovery. Research shows that proteins, antioxidants and folic acid can help patients protect their bodies from further damage by cancer cells. Therefore, a diet rich in fish, carrots and broccoli is suggested. Vitamin C is also believed to be a very useful fighter against the potential spread of skin cancer.

Many people who are faced with the worries associated with skin cancer will choose to seek the advice of those providing alternative treatment options, such as naturopathic doctors. Naturopathy stresses the use of non-medicinal treatments, such as herbal formulas. Some naturopathic healthcare providers will suggest green tea as a healthy drink. Green tea contains strong antioxidants called polyphenols compounds. Research has supported this theory, and studies have shown that polyphenols may not only prevent skin cancer occurring, but can also play an important role in the treatment of diminishing skin growths. Some other, more unusual treatments have been suggested, such as taking coffee enemas several times daily, ingesting castor oil, or restricting calories while eating a diet rich in fruits and vegetables.

There is a certain enzyme called indole that is also considered to be an alternative skin cancer treatment. Indoles are found in many foods including broccoli, cauliflower, celery and cabbage. Lectins, found in beans, can be a powerful weapon against cancer growth when combined with indoles. Although still in the experimental stages of research, the high success rate thus far suggests that there is good reason to hope that eating foods high in these enzymes can be helpful in the fight against cancer.

The first and most important option in treating skin cancer is to do everything you possibly can to prevent it occurring in the first place. That means staying out of the sun when unprotected, using sunscreen with an SPF of no less than fifteen, and being diligent about performing a skin self-examination every two or three months.