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Seacure®

One of the most unusual dietary research projects concerns the use of an extract of the carp fish (*Cyprinus carpio*) to reduce the side effects of chemotherapy. Drs. Y. Kimura and H. Okuda of Ehime University, Japan, have shown that an extract of carp could be used to reduce the blood and GI tract toxicity of mice being treated with the drug 5-FU for sarcoma. (Kimura Y, Okuda H. Prevention by carp extract of myelotoxicity and gastrointestinal toxicity induced by 5-fluorouracil without loss of antitumor activity in mice. *J Ethnopharmacol.* (1999;68:39-45)

Another Japanese study found that carp or tuna oil enhanced the ability of 5-FU to prevent tumor growth in mice, without increasing side effects such as bone marrow toxicity. (Kimura Y, Takaku T, Nakajima S, Okuda H. Effects of carp and tuna oils on 5-fluorouracil-induced antitumor activity and side effects in sarcoma 180-bearing mice. *Lipids.* 2001;36:353-9)

A good choice is a product called Seacure, from Proper Nutrition, Inc. This is a dietary supplement derived from deep ocean un-denatured white fish. The company was founded in 1994 by Donald Snyder, PhD, of Reading, PA. Dr. Snyder had been head of a US Department of the Interior Fisheries Research Laboratory, when he joined a worldwide effort to find an inexpensive source of protein to solve the world hunger problem. As a member of a special committee of the US National Academy of Sciences, he was instrumental in developing an economically feasible method of providing fish protein to the world's hungry. In Uruguay it has been used with success to help premature and malnourished infants, as well as cancer patients. Some of the kinds of cancer treated in Uruguay include breast, rectal, esophageal, prostate and intestinal. The general nutritional status of the patients improved while they were taking Seacure. A remission of pain was also reported by all the patients tested soon after Seacure was begun. This should be further investigated.

For now, it seems logical to take a white fish supplement if you have difficulty obtaining protein or are undergoing chemotherapy or radiation. Bottom Line: Although Dr. Snyder died in 2002, the company continues to make this product available. Seacure seems like an ethical company making a reliable product. Extremely safe side effect profile. The price is reasonable. The company also has a product called Seavive, which contains Seacure plus colostrum, vitamin C and beta-glucan (also found in maitake mushrooms).