

**Case Report**

Copyright © All rights are reserved by Hiromi Wada

# A Case of Stage 4 Lung Cancer with So-Called Spontaneous Regression -Usefulness of Alkalinization Therapy

**Hiromi Wada<sup>1\*</sup>, Toshihiro Okamoto<sup>2</sup>, Masahide Isowa<sup>1</sup>, Ryoko Narui<sup>1</sup>, Hiromasa Morikawa<sup>1</sup> and Reo Hamaguchi<sup>1</sup>**<sup>1</sup>Japanese Society on Inflammation and Metabolism in Cancer, 119 Nishioshikouji-cho, Nakagyo-ku, Kyoto 604-0842, Japan<sup>2</sup>Department of Thoracic and Cardiovascular Surgery, Cleveland Clinic, Cleveland, OH 44195, USA

**\*Corresponding author:** Hiromi Wada, Japanese Society on Inflammation and Metabolism in Cancer, 119 Nishioshikouji-cho, Nakagyo-ku, Kyoto 604-0842, Japan

**Received Date: July 22, 2024****Published Date: August 02, 2024**

## Introduction

We have advocated and reported the results of alkalinization therapy in the cancer body. Can the progression of cancer be stopped by changing the state of the body of a person in whom cancer is present? Can cancer be cured? If cancer progression can be stopped, what is the underlying mechanism? [1, 3]. In particular, the success of alkalinization therapy for extremely refractory cancers, such as stage 4 pancreatic cancer, has attracted worldwide attention. The principle of alkalinization therapy is “a diet that makes the body alkaline” [2]. Although alkalinization therapy is commonly used in combination with so-called standard therapies, it is often experienced to be effective on its own. In this report, we present a case in which a patient with stage 4 lung cancer with bone metastases was cured by “alkalinization therapy” alone [5-10].

## Presentation Of the Case

AA male, born January 1931. He made his first visit to our hospital in November 2019, in his late 80s. The pathological diagnosis was confirmed as lung adenocarcinoma (cT2bN3M1c Stage IVB). Multiple bone metastases were observed. Genotyping showed no

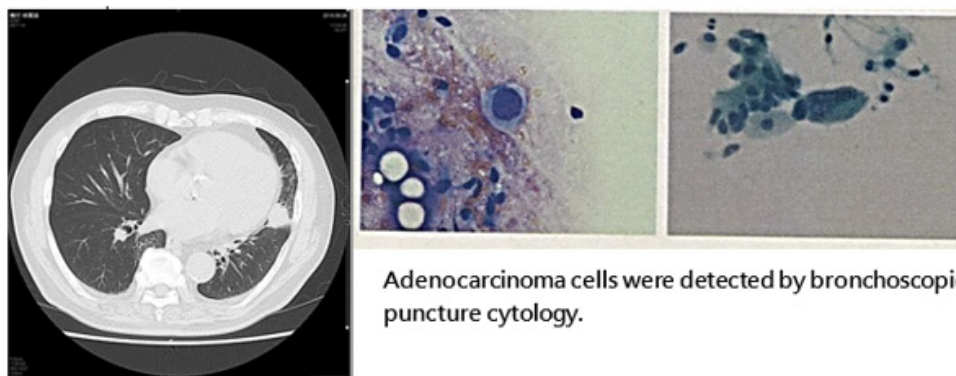
abnormalities of note, including negative for EGFR mutation and negative for ALK fusion gene.

## Clinical course

In October 2018, the patient visited K Hospital after a preoperative X-P for cataract surgery revealed abnormalities and a CT showed a nodule on the left lung tongue.

After the visit, he underwent bronchoscopy and was diagnosed with lung adenocarcinoma. PET-CT showed multiple bone metastases, and he was diagnosed as stage IVb (Figures 1 and 2). Because of his elderly age, the following three treatment options were proposed.

1. BSC and bone-modifying drugs only and palliative therapy.
2. Chemotherapy (single agent).
3. Revisit the patient and suggest genetic testing for driver mutations, PD-L1, etc.



Adenocarcinoma cells were detected by bronchoscopic puncture cytology.

**Figure 1:** AA Male, born January 1931. First visit to our clinic in November 2019 in his late 80s. Adenocarcinoma of the lung (cT2bN3M1c Stage IVB) Pulmonary hilar and mediastinal lymph node metastasis (+), multiple bone metastasis(+)



**Figure 2:** Chest CT image. The main lesion in the lower lobe of the left lung has disappeared.

The hospital physician suggested the following

Chemotherapy (single agent) is not recommended because it decreases good physical condition (performance status PS), and the proposal to perform another test for tissue collection and genetic testing is not recommended because of the patient's elderly age. As a result, the patient selected [1] "BSC, bone-modifying drugs, and palliative therapy only". Before the onset of the disease, his diet consisted of 180 ml of milk daily and cheese daily as dairy products. Beef products were his favorite, and he ate them almost every two days. His vegetable intake was low and he rarely ate sweets, but he drank 2-4 glasses of sake or shochu every day for alcohol. He smoked 15-16 cigarettes a day x 20 years, but quit 30 years ago. He used to walk 6,000 steps every day, but recently he can no longer walk due to leg pain. Sleeps well, goes to bed around 23:00 and sleeps for 6 hours. He is not constipated but has soft stools.

After his first visit to our clinic, he was instructed to eat a diet rich in vegetables and fruits, to discontinue meat consumption, and

to follow an alkalization diet rich in fish and seafood. In addition, 40 ml of 7% concentration sodium bicarbonate (NaHCO<sub>3</sub>) and 25 g of vitamin C were administered intravenously once a week. As a result, the main lesion and mediastinal lymph node metastasis had disappeared on chest CT in March 2019, 4 months after the start of treatment (Figure 3). PET scan in April 2019 also showed FDG uptake in the aortic arch lymph node and right supraclavicular fossa lymph node, but the primary lesion and bone metastasis in the lower lobe of the left lung had all disappeared (Figure 4). As of August 2024, 4 years and 9 months after the start of treatment, he is living a healthy daily life.

### Meaning of the case

Stage 4 lung cancer is extremely difficult to cure even with standard treatment, and it is impossible for so-called "untreated cases" that do not receive standard treatment to go into remission, according to medical common sense. The survival rate of stage 4 lung cancer patients in Japan's group of cancer treatment center

hospitals that provide standard treatment is about 7-8% (reported in 2024). In contrast, the survival rate at the Karasuma Wada Clinic is 39.8%. Japan's group of cancer treatment center hospitals had 2,693 patients, while the Wada Clinic had 271 patients. Most of the stage 4 lung cancer patients at the Karasuma Wada Clinic came

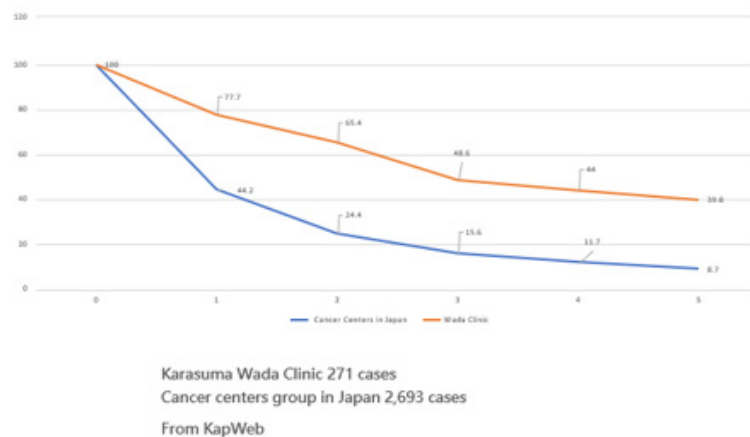
to the clinic because their cancer had not improved after receiving standard treatment, yet the survival rate is about four times that of the Japanese cancer treatment centers group. It is remarkable that such refractory stage 4 lung cancer patients were cured by "alkalinization therapy" alone (Figure 5).



**Figure 3:** There is a 3 cm mass in the lower lobe of the left lung with metastasis in the mediastinal lymph nodes. Numerous bone metastases were observed, including cervical vertebrae, two left iliac bones, and sacrum.



**Figure 4:** Although there is FDG uptake in the aortic arch lymph node and right supraclavicular fossa lymph node, the primary site in the lower lobe of the left lung and all bone metastases have disappeared.



**Figure 5:** Five-year survival rates for stage 4 lung cancer at Karasuma Wada Clinic and cancer centers group in Japan.

How is cancer formed and what are its properties?

The greatest weakness of the current standard cancer treatment is that it treats only the cancer and not the patients themselves. The “Alkalinization Therapy” we recommend is not inconsistent with current cancer treatments, but rather enhances the effectiveness of standard treatments, reduces side effects, and lowers the cost of treatment [11, 12]. We described an inductive approach to reconstructing the limitations and weaknesses of current cancer treatments as science-based medicine, and reported on our vision of a new cancer treatment. One day, a patient came to my outpatient clinic who had overcome advanced cancer. When I asked him what he did to overcome his cancer, he replied, “I changed my diet. It was a low-calorie diet based on vegetables and brown rice. I realized then that cancer cannot be controlled unless the host body is changed. And that can only be accomplished through diet. Kelly Turner’s *How to Live Naturally with Cancer* states, “The first of the nine things people who experience dramatic remission commonly do is change their diet and drinking water. Only about 1% of all cancer patients go into remission with alkalinization therapy alone. However, of that 1%, 70% have stage IV cancer. In other words, out of 4,000 cancer patients, about 40 were cured by this therapy alone, and about 30 of these were stage IV cancer patients.

The basic principle of Alkalinization therapy is to alkalinize the acidic tumor microenvironment. Our bodies are made of “non-equilibrium open system” structures, in other words, “dissipative structures.” [4]. Dissipative structures can decrease the entropy of the system, as if to contradict the second law of thermodynamics. Alkalinization therapy, including diet, work to excrete this entropy (garbage) out of the body. Many cancer patients have a very unbalanced diet even before they are diagnosed with cancer. Male patients have a high meat diet, low fruit and vegetable intake, and a significant history of alcohol consumption. Female patients consume excessive amounts of dairy products. Female patients consume excessive amounts of dairy products and have recently increased their alcohol intake. Female patients also consume dairy-rich sweets after

drinking alcohol. It is easy to predict that such a diet will make the body more acidic. The basic principle of “alkalinization therapy” is to reduce acidity by “giving electrons” to acidic bodies. By “giving electrons” to the acidic body, the rusty body can be restored.

## Conclusion

We report an elderly stage 4 lung cancer patient with multiple bone metastases who was cured and in remission with Alkalinization therapy alone, without receiving any “standard therapy”. He followed a diet rich in fruits and vegetables and stopped eating meat. He simultaneously received sodium bicarbonate (NaHCO<sub>3</sub>) and vitamin C infusions to improve body oxidation.

## References

- Warburg O (1956) On the Origin of Cancer Cells *Science* 123: 309-314.
- Gatenby Ra, Gillies RJ (2004) Why do Cancers Have High Aerobic Glycolysis? *Nature Rev. Can* 4: 891- 899
- Goldblatt H and Cameron G (1953) Induced malignancy in cells from rat myocardium subjected to intermittent anaerobiosis during long propagation in vitro. *J Exp Med* 97: 525-552.
- Prigogine I (1978) *Time, Structure, and Fluctuations* 201: 777-785.
- Hamaguchi R, Wada H (2017-1) Paradigm Shift in Cancer Treatment: Cancer Treatment as a Metabolic Disease Fusion of Eastern and Western Medicine. *J Traditional Chin Med Sci* 4: 322-327.
- Hamaguchi R, Okamoto T, Sato (2017-2) Effects of an Alkaline Diet on EGFR-TKI Therapy in EGFR Mutation-positive NSCLC. *Anticancer Res*: 37: 5141-5145.
- Hamaguchi R, Narui R, Wada H (2019) Effects of an Alkalinization Therapy on Nivolumab in Esophagogastric Junction Adenocarcinoma: A Case Report. *Clinics Oncol* 2(1): 1-4.
- Hamaguchi R, Ito T, Narui R, Morikawa H, Uemoto S, et al. (2020) Effects of Alkalinization Therapy on Chemotherapy Outcomes in Advanced Pancreatic Cancer: A Retrospective Case-Control Study. *In Vivo* 34: 2623-2629.
- Hamaguchi R, Narui R, and Wada H (2020) Effects of Alkalinization Therapy on Chemotherapy Outcomes in Metastatic or Recurrent Pancreatic Cancer. *Anticancer Res* 40: 873-880.

10. Hamaguchi R, Narui R, Morikawa H and Wada H (2021) Improved Chemotherapy Outcomes of Patients with Small-cell Lung Cancer Treated with Combined Alkalization Therapy and Intravenous Vitamin C. *Cancer Diagn Progn*: 1: 157-163.
11. Wada H, Hamaguchi R, Narui R, Barron JP (2018) *What Is Cancer? NHE1 is the Key* WIKOM press.
12. Wada H, Hamaguchi R, Narui R (2022) Meaning and Significance of "Alkalization Therapy for Cancer". *Front Oncol* <https://doi.org/10.3389/fonc.2022.920843>.