

Dr. Engelbert Valstar

E. Valstar is a biologist, biochemist and physician, specialized in nutritional oncology.

Valstar was at the basis of: Van Doorn LG, Valstar E and Poortman J: Metabolic fate of intraperitoneally administered 5-androstene-3beta,17beta-diol, estradiol-17beta and their combination in the immature female rat; The Journal of Steroid Biochemistry 14(7): 657-661 ; 1981. He started in 1986 a private praxis in nutritional oncology (many randomised studies in the therapeutic setting can be found on the websites forementioned: more than 2200!!). The forementioned publication together with Van Doorn and Poortman is on pubmed.

Also on pubmed:

- A. Valstar E, 'Spontaneous regression of cancer; report of 7 cases; Ned Tijdschr Geneesk 137: 373-4; 1993.
- B. Valstar E, Manganese poisoning due to the use of Chien Pu Wan tablets; Ned Tijdschr Geneesk 138; 2517; 1994.
- C. Valstar E, The miraculous growth of the 'quackery funds'; Ned Tijdschr Geneesk 144: 768-70; 2000.
- D. Valstar E, The measures proposed by the Dutch Healthcare Inspectorate after the death of Sylvia Millecam; Ned Tijdschr Geneesk 148:1011; 2004.
- E. Valstar E, Moermantherapy; the balance of 50 years of conflict; Ned Tijdschr Geneesk 136 (14):709-10; 1992.
- F. Valstar E, Nutrition and Cancer: causative, protective, and therapeutic aspects; Ned Tijdschr Geneesk 143: 2077; 1999.

Publications in English not on pubmed:

- G. Valstar E, Regression of A Choriocarcinoma during Dietary Therapy; J Nutr Med 2: 411-4; 1991.
- H. Valstar E, Nutrition and Cancer; A Review of the Preventive and Therapeutic Abilities of Single Nutrients; J Nutr Med 4: 179-98; 1994.
- I. Valstar E, Nutritional Support and Prognosis of Patients with Astrocytoma Grades Three or Four: A Prospective Pilot-Study; Journal of Orthomolecular Medicine 12:50-8; 1997.
- J. Valstar E, Beta-Carotene and Retinol in Relation to Lung Cancer and Cardiac Disease; Zeitschrift fur Onkologie (Journal of Oncology); 30(2):43-7; 1998.
- K. Valstar E, and Trossel RTHK; Statistical Evaluation of 3 Double-Blind Studies of Intravenous EDTA Chelation for Treatment of Intermittent Claudication; Clinical Practice of Alternative Medicine; 1: 243-7; 2000.
- L. Valstar E, Prospective study on terminal colorectal cancer patients; placed in august 2006 on www.kanker-actueel.nl.

Valstar also wrote about 400 articles on nutrition and medicine in Dutch!

Valstar was also author or co-author of 4 books (all in Dutch); three of these were directly related to medicine:

1. Antonczyk A, Valstar E en Wiese J; Retrospectief onderzoek naar de effectiviteit van de Moermantherapie bij kankerpatienten; publisher; SDU, The Hague; 1991; this is a retrospective study on nutritional therapy in cancer patients with 238 references; ISBN: 90 39 90121 X.
2. Honing C, Van 't Veer P and Valstar E: Wegen en afwegen; March 1999; in cooperation with the KWF and published by the KWF (the official Dutch Cancer Fighting Organisation): about nutrition and cancer; also from a therapeutic point of view (with a moderate therapeutic claim).
3. Valstar E, Voedingsinterventie bij kanker (Nutritional Intervention in Cancer; with about 1700 references) publisher Strengtholt, Naarden, The Netherlands; first print in 2002. ISBN 90-5860-192-7.

Recent developments

Together with the Natuurapotheek in 2019 a course on orthomolecular medicine was developed. Protocols based on RCT's concerning 100 diseases are discussed. Interactions of nutrients, medicines and herbs with other herbs, nutrients and medicines are discussed as well. This course will now Corona is over start again shortly.