AN INTEGRATIVE APPROACH TO CANCER: A DISCUSSION OF THE DEFINITIVE GUIDE TO CANCER

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The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment, and Healing

By Lise Alschuler, ND, and Karolyn Gazella

Authors' Vision:
An integrative approach to cancer prevention and treatment can positively transform cancer care.

Authors' Mission:
By educating people with cancer, their loved ones, and their healthcare providers about integrative cancer prevention and treatment, we will reduce the suffering caused by this illness.
Agenda

- Introduction
- What is Integrative Medicine?
- Understanding Cancer
- Preventing Cancer
- Early Detection and Diagnosis
- Conventional Treatment Overview
- Integrative Approach to Cancer Treatment
What is Integrated Medicine for Cancer?

- Science-based holistic approach treats body, mind, spirit
- Use of body’s innate healing power
- Use of natural substances to promote healing
- Herbs, nutrition, supplements, physical therapies, natural drugs, counseling, homeopathy and biofeedback
- Pharmaceutical drugs if needed
- Complementary to and supportive of conventional treatment for cancer
What is Integrated Medicine for Cancer?

- Symptom management during treatment
- Nutritional and metabolic support
- Restoration of health post active treatment
- Provide the tools for proactive survivorship
- Focus on prevention
Integrated Medicine Use by Oncology Patients

Up to 83% of cancer patients use CAM nationally (1)
- Women more likely to use than men
- Breast cancer patients more likely to use CAM therapies

70.2% of cancer patients use CAM in western Washington (2)
- Nutritional, massage, herbs, spiritual, relaxation, imagery, exercise, lifestyle, diet


Understanding Cancer: What is it?

- Uncontrolled growth of abnormal cells
- Virulent perpetuation
- If left unchecked, can overwhelm the body’s resources completely and lose ability to sustain life
- Rapidly growing cancer cells mutate for survival
- Carcinoma, Sarcoma, Myeloma, Leukemia, Lymphoma
Understanding Cancer: What is it?

NORMAL           HYPERPLASIA     MILD DYSPLASIA    CARCINOMA IN SITU    CANCER

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Understanding Cancer: What is it?

http://www.youtube.com/watch?v=LEpTTolebqo

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Understanding Cancer: Causes

- Genetics and family history
- Environmental and occupational influences
- Obesity and dietary factors
- Lifestyle factors
- Confluence of factors working together over a long period of time!
Understanding Cancer: Prevention

- Healthy diet
- Moderate regular exercise
- Quit smoking
- Detoxification pathways and lymphatic support
- Stress management
- Quality sleep
- Immune support

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Understanding Cancer: Early Detection & Diagnosis

- Signs and symptoms
- Screening tests: sensitivity and specificity
- Advanced imaging techniques for diagnosis
- Bloodwork, tissue sampling
Conventional Treatment Overview

- Surgery
- Chemotherapy
- Radiation
- Hormone inhibition
Integrative Treatment Overview

- Diet and nutrition
- Lifestyle factors
- Supportive care during conventional treatment
- Supportive care for key body functions
  - Immune system
  - Inflammation
  - Hormone balance
  - Insulin resistance
  - Digestion, detoxification, elimination

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Integrated Medicine Overview

- During active treatment: emphasize QOL, decrease side effects and disease symptoms, support recovery
- Post active treatment: restore health, manage late effects of treatment, prevent recurrence, reduce risk, emphasize QOL
- Utilize integrated medicine specialists, counselors, nutritionists, physical therapists, fitness trainers, and continue routine screenings and labs
- Turn surviving into THRIVING

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Optimum Nutrition and Metabolism

- Balanced, whole foods diet
- Cancer-fighting foods
- Mediterranean/low glycemic index foods
- Greens drinks
- Green tea
- Limit alcohol
- Improve digestion and elimination
- Identify food sensitivities
- Balance hormones, neurotransmitters, blood sugar
Exercise

- Daily movement
- Calming, restorative movement like yoga, Tai Chi
- Cardiovascular benefits
- Manage excess weight/abdominal fat
- Helps to regulate hormones and neurotransmitters
- Helps with quality sleep
- Combats chronic health issues
- Feels great!
Sleep

- Lifestyle: good sleep hygiene, exercise, healthy diet, limit stimulants, stress management!
- Eight hours nightly
- Herbs: valerian, hops, passion flower, kava, skullcap, chamomile, lavender, lemon balm, oats
- Supplements: calcium, magnesium, inositol
- NT/Hormones: melatonin, 5HTP, GABA
Stress Management

- Stress alters body’s biochemical balance and can alter prognosis
- Stress hormones increase systemic inflammation and influence insulin balance, which are cancer promoters
- Good practices can help whatever phase you’re in!
Benefits of Stress Management

- Immune function
- Mood & emotive capacity
- Pain
- Side effects of chemo
- Anticipatory n/v
- Anxiety
- Faster recovery post op
- Normalize cortisol rhythms
- Better sleep
Integrated Medicine: System Focus

- Immune system: medicinal mushrooms, green tea, antioxidants, vitamin D, vitamin E
- Inflammation: curcumin, boswellia, bromelain, fish oil
- Hormone balance: DIM, black cohosh, hesperidin, methyl chalcone, gamma oryzanol
- Insulin resistance: chromium, momordica charantia
- Digestion/Detoxification/Elimination: milk thistle, alpha lipoic acid, taraxacum, digestive enzymes
Integrated Medicine: Supportive Care

- Manage side effects: n/v, PN, fatigue, hot flashes, cachexia, post-op swelling, mucositis, chemo brain, constipation, diarrhea
- Cancer-fighting natural compounds
  - Curcumin
  - Green Tea
  - Resveratrol
- Protect healthy tissue
Curcumin

- *Curcuma longa*; spice from ginger family used in Eastern cuisines
- Curcuminoids

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Curcumin

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Curcumin

- Anti-tumor, anti-inflammatory, proapoptotic, inhibits tumor cell proliferation, anti-angiogenic
- Inhibits NFkB, EGFR activation, TK activity of HER2/neu receptor, chemokines (IL-8)
- Regulates NFkB gene products COX-2, cyclin D1, adhesion molecules, MMPs, inducible nitric oxide synthetase, Bcl-2, Bcl-XL, and TNF.
- Radiosensitization of cancer cells and radioprotection of normal cells

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Summary

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