The Four Cornerstones of Good Health
Team Survivor Northwest Annual Retreat
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Today’s agenda

• Integrated Medicine Perspective on Cancer
• The Four Cornerstones for Good Health
  • Diet
  • Exercise
  • Sleep
  • Stress Management
• Thriving Beyond Survivorship

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Integrated Medicine for Cancer
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

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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

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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 WA (2)
  • Nutritional, massage, herbs, spiritual, relaxation, imagery, exercise, lifestyle, diet


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Integrated Medicine Approach

• 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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The Four Cornerstones
The Four Cornerstones

• Diet
• Exercise
• Sleep
• Stress Management
Diet

- Balanced, whole foods diet
- Top Ten 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
Balanced Whole Foods Diet
Balanced Whole Foods Diet

• WHEN you eat is as important as WHAT you eat
• Blood sugar regulation
• Six small meals daily of carbohydrate and protein
• Never a carbohydrate alone!
• Fruit is deceiving...Glycemic Index
• Organic meat and dairy
• Organic produce for the things that matter—see “The Dirty Dozen” and “The Clean 15”
• “Top Ten Cancer Fighting Foods”
• Eat a rainbow!
Balanced Whole Foods Diet

- Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- The more veggies—and the greater the variety—the better. Potatoes and french fries don’t count.
- Eat plenty of fruits of all colors.

**Healthy Eating Plate**

![Image of a healthy eating plate diagram]

- **Vegetables**
- **Whole Grains**
- **Healthy Protein**
- **Fruits**
- **Healthy Oils**
- **Water**

- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).
- Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Balanced Whole Foods Diet

- Websites for more information:
  - http://www.hsph.harvard.edu/nutritionsource/
  - http://glutenfreegirl.com/
  - http://www.ewg.org/
  - http://pccnaturalmarkets.com
  - http://wholefoodsmarket.com
  - Tom Malterre at http://wholelifenutrition.net
  - Michael Pollan at http://michaelpollan.com
  - “Forks over Knives” at http://forksoverknives.com
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!

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Exercise

Exercise

• The NIH Obesity Education Initiative Expert Panel: caloric deficit of 500–1000 kcal/day + 45 minutes of moderate-intensity physical activity.
• The Institute of Medicine: 1 hour/day of moderately-intense physical activity + caloric deficit.
• US Department of Agriculture: 1 hour of moderate-to-vigorous intensity exercise on most days of the week, without exceeding caloric intake requirements.
• The US Center for Disease Control: at least 30 min/d of moderate-intensity exercise most days of the week while maintaining sensible portion sizes.
Exercise

- U.S. Department of Health and Human Services Physical Activity Guidelines Committee: exercise up to 60 min/d.
Exercise

- Moderate intensity exercise is 60-70% of maximum heart rate.
- Moderate to vigorous exercise is 70-85% of maximum heart rate.
- Quick and Dirty way to calculate your maximum heart rate:
  - $220 - \text{age} = \text{MHR}$
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

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Sleep


• Decreased Health-Related Quality of Life in Women With Breast Cancer Is Associated With Poor Sleep. Behav Sleep Med. 2012 Mar 16.
STRESS
“Are you under a lot of stress lately or have you always had six separate heartbeats?”
What is Stress?

- Physiological stressors
  - Injury, illness
  - Adolescence, pregnancy, post-partum, menopause
  - Environmental pollutants, pesticides, pollen, climate
  - Medications, substances, other chemicals
  - Exercise, dieting, poor nutrition

- Mental/Emotional stressors
  - Relationship/Family issues
  - Financial/Work issues
  - Personal issues
  - Mental illness
What is Stress?

- Stress activates the SNS, reduces influence of the PNS

- Physiological effects
  - Increased heart rate, blood pressure
  - Constricted blood vessels
  - Decreased digestion
  - Enlarged airways
  - Hormone and Neurotransmitter fluctuation

- Mental/Emotional effects
  - Heightened arousal (vigilance) and clarity
  - Depression, irritability
  - Fatigue, insomnia
  - Confusion and memory loss
Normal Stress

• Healthy response is activation of SNS (fight-or-flight)
• Recovery period with PNS (rest-and-digest) predominance
• Stress + Adequate Recovery = normal life stress
Chronic Stress

- Long-term stress from unresolved issues elicits unhealthy physiological response, which can lead to mental/emotional adaptation
- Over-activation of SNS without PNS recovery
- Can result from one major stressor (i.e., death in family, moving, etc)
- Combination of minor stressors can produce major alarm reaction
Chronic Stress

Alarm Reaction

Threshold at which alarm reaction is triggered

Major Stress

Minor Stress

Minor Stress

Minor Stress
Biochemicals

Neurotransmitters:
- Dopamine
- Acetylcholine
- GABA
- Serotonin

Cytokines:
- IL series
- CRP
- TNF-a

Hormones:
- Cortisol
- Insulin
- Thyroid hormone
- Estrogen
- Progesterone
- Testosterone
- DHEA
- Epinephrine
Biochemicals

- Adrenal Glands sit on top of the kidneys
- Produce hormones: aldosterone, catecholamines, cortisol, sex hormones
- Affected by stress
Adrenal Glands: Healthy Stress

- Balanced output of hormones
- Regeneration time of glands and hormone stores in PNS state
- Hormones available to body when needed
Adrenal Glands: Chronic Stress

- Continued stress reduces adrenal output and impairs sensitivity of cell receptors to hormones
- Body adapts to chronic level of stress, and produces less of an alarm reaction when necessary
- Result of chronic stress is body breakdown and degenerative disease
- Other hormones can be affected
Physiological Effects of Chronic Stress

- Disrupts HPA axis, interferes with sleep, creates cycle of pain and fatigue
- Decreases immunity, is anti-growth, anti-reproductive
- Creates hormone and neurotransmitter imbalance, depression, insomnia, insulin resistance, obesity, systemic inflammation, pain, and brain atrophy
Stress and Cancer

- Stress alters biochemical balance of body and mind, which can alter prognosis
- Stress hormones can increase systemic inflammation and insulin balance, which are cancer promoters
- Good stress management techniques can help during diagnosis, treatment, & recovery, and helps with prevention of secondary cancers!
Stress Management

Essential Tools for Cancer Survival
Healthy Response to Stress

- Change your attitude!
- Get at least 8 hours of sleep nightly
- Rest and relax! Engage PNS, turn off SNS
- Eat a whole foods diet
- Daily exercise
- Take supplements if necessary
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!

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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**

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Supplements for Stress

• B vitamins, especially B5, B6, choline, inositol
• Theanine
• GABA
• Zinc, vitamin C
• Calcium and magnesium
• Omega 3 fatty acids
• Licorice, eleuthrococcus
Biofeedback

- Use of monitoring tools to become aware of unconscious and automatic physiological processes
- Learn to control process
- Generalize control to all areas of life
- Measure temperature, heart rate, respiration, muscle contraction, brain waves
- Proven efficacy for myriad conditions
Uses for Biofeedback

- Stress Management
- Anxiety
- Asthma
- ADHD
- Fatigue
- Hypertension
- Insomnia
- Irritable Bowel Syndrome
- Migraines
- Chronic Pain
- PMS
- Poor Muscle Control
- Raynaud’s Disease
- Optimum Athletic Performance
Benefits of Biofeedback

• Increased awareness of body
• Increased feeling of control over symptoms
• Improved understanding of mind-body relationship
• Reduced stress, pain, and tension
• Safe, non-invasive, effective, cost-efficient therapy
Today’s Exercises

- Diaphragmatic Breathing
- Autogenics Training
- Heart Rate Variability
Heart Rate Variability

[Heart Rate Variability graph]

Average Heart Rate: 69

Coherence Ratios:
- Low: 32%
- Medium: 27%
- High: 41%

The Zone
“You’re getting pretty good at this stress management thing.”
Wellness Concerns for Survivorship

- Manage late effects of treatment
- Prevent secondary recurrence of cancer
- Improve quality of life
- Nutritional and metabolic support
- Physical activity
- Quality sleep
- Stress management
- Survivorship care planning

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Integrated Medicine

Treatment Goals

- Complementary cancer care
- Modulate immune system
- Stress management
- Balance neurotransmitters and hormones
- Rebuild adrenal glands
- Improve sleep
- Daily exercise

- Address depression and mood changes
- Address cardiovascular health and obesity
- Prevent Metabolic Syndrome
- Mediterranean/low GI diet
- Correct digestive problems
Thrivorship

Cancer Survivorship

- Physical Well-being
- Psychological Well-Being
- Social Well-being
- Spiritual Well-being

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WEBSITES

- www.mskcc.org - Memorial Sloan Kettering Cancer Center, select herbs
- www.naturaldatabase.com - Natural Medicine Comprehensive Database
- www.naturalstandard.com - Natural Standard
- www.cancer.gov - National Cancer Institute
- www.breastcancer.org - up to date breast cancer information
- www.integrativeonc.org - SIO
- www.oncanp.org – OncANP
- www.cancer.org – ACS
- www.cancercare.org – Cancer Care
- www.livestrong.org – Lance Armstrong Foundation
- www.komen.org – Susan G. Komen Foundation
- www.lbhc.org – Living Beyond Breast Cancer
- www.thewellnesscommunity.org – The Wellness Community
- www.oncolink.org – Moving Beyond Breast Cancer video
- www.her2support.org – for HER2 positive survivors
- www.nueva-vida.org – for Latinas with cancer

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