Items marked (T) are noted as helpful for wellness during tamoxifen treatment. Therapies protective of cardiac tissue during treatment with Adriamycin/doxorubicin are marked (A) and Herceptin/trastuzumab are marked (H).

7 Healing Practices

- **Eating Well**
  - Low-fat, high-fiber, plant-based diet, such as the Mediterranean diet (T) (A) (H)
  - Cruciferous vegetables (broccoli, kale, cauliflower, Brussels sprouts, cabbage, bok choy)
  - Foods containing omega-3s, especially DHA and EPA (in fish, some seafood, and enhanced eggs and dairy foods)
  - Foods containing carotenoids, such as beta-carotene (in sweet potatoes and carrots) and lycopene (in cooked tomatoes and watermelon)
  - Green tea (T)
  - Whole soy foods (tempeh, miso, edamame, tofu) (T)
  - Flaxseed or flax oil

- **Moving More**
  - At least 10 MET-hours (metabolic equivalents hours) per week, the equivalent of 3 hours of brisk walking (A) (H)
  - A supervised program may lead to higher fitness levels than a self-directed program

- **Managing Stress**
  - Mind-body approaches:
    - Meditation (T) (A)
    - Relaxation techniques (T)
    - Yoga (T) (A)
    - Music therapy
    - Tai Chi (A)
    - Hypnosis
    - Expressive art techniques
    - CBT stress management (A)

- **Creating a Healing Environment**
  - Dark nights
  - Bright mornings
  - Limit chemical and radiation exposures

- **Sleeping Well**
  - Natural products:
    - Melatonin
    - L-theanine (Suntheanin)
    - Valerian
    - 5-HTP (not with antidepressants)
    - Medical cannabis and cannabinoids
  - Mind-body approaches:
    - Cognitive Behavioral Stress Management (CBSM) (A)
    - Cognitive Behavioral Therapy for Insomnia (CBT-I)
    - Mindfulness meditation (T) (A)
    - Tai chi (A)
    - Qigong
    - Stress reduction practices (A)
    - Yoga meditation (A)
    - Yoga (T) (A)
  - Body-Manipulative Therapies
    - Acupuncture (T)

- **Sharing Love and Support**
  - Support groups
  - Supportive-expressive therapy
  - CBT social skills training

**Also see**
- [Taking Care of Your Heart](#) section on the BCCT Breast Cancer summary
- [Wellness during Tamoxifen Treatment](#)
### Natural Products

*Items in bold are in more than one category, and those in green are in all three.*

<table>
<thead>
<tr>
<th>Treating the Cancer</th>
<th>Managing Side Effects and Promoting Wellness</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Vitamin D</strong> (T)</td>
<td>1. Ginger</td>
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<tr>
<td>2. Flaxseed</td>
<td>2. <strong>Vitamin D</strong> (T)</td>
</tr>
<tr>
<td>3. Bromelain</td>
<td>3. <strong>Medicinal mushrooms</strong> (agaricales, reishi, shiitake) (T)</td>
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<tr>
<td>4. <strong>Melatonin</strong> (with caution during surgery) (T)</td>
<td>4. L-glutamine</td>
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<tr>
<td>5. <strong>Medicinal mushrooms</strong> (turkey tail, agaricales, maitake, shiitake) (T)</td>
<td>5. Mistletoe</td>
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<tr>
<td>7. <strong>Vitamin C</strong> (T)</td>
<td>7. <strong>Vitamin E</strong></td>
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<td></td>
<td>8. Medical cannabis and cannabinoids</td>
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<td></td>
<td>9. Black cohosh (T)</td>
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<td>10. Guarana</td>
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<td></td>
<td>11. <strong>Probiotics</strong></td>
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<td></td>
<td>12. <strong>Vitamin C</strong> (T)</td>
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<tr>
<td>Reducing Risk</td>
<td></td>
</tr>
<tr>
<td>1. <strong>Vitamin D</strong> (T)</td>
<td>13. <strong>Curcumin</strong> (noting interactions with chemotherapy and possibly tamoxifen)</td>
</tr>
<tr>
<td>2. Lycopene</td>
<td>14. <strong>Melatonin</strong> (with caution during surgery) (T)</td>
</tr>
<tr>
<td>3. <strong>Omega-3 fatty acids</strong></td>
<td>15. Fish oil or <strong>Omega-3 fatty acids</strong> from fish (noting interactions with chemotherapy) (H)</td>
</tr>
<tr>
<td>4. <strong>Vitamin E</strong></td>
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</table>

### Off-label, Overlooked or Novel Cancer Approaches (ONCAs)

Most of the off-label drugs here require a prescription from a licensed physician, and all require medical supervision and monitoring.

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<tr>
<th>Treating the Cancer</th>
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<tr>
<td>1. <strong>Chronomodulated therapy</strong></td>
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<tr>
<td>2. Metformin</td>
<td>2. <strong>Bisphosphonates</strong></td>
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<tr>
<td>3. Low-dose naltrexone (LDN) (advanced cancer)</td>
<td>3. <strong>Bisphosphonates</strong></td>
</tr>
<tr>
<td>4. Copper chelation with TM</td>
<td>4. <strong>Propranolol</strong></td>
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<tr>
<td>5. <strong>Bisphosphonates</strong></td>
<td>5. Cryotherapy</td>
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<tr>
<td>6. <strong>Propranolol</strong></td>
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<tr>
<td>7. <strong>Statins</strong> (noting cautions)</td>
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</tr>
<tr>
<td>8. <strong>Aspirin and other NSAIDs/COX-2 inhibitors</strong> (noting cautions)</td>
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</tr>
</tbody>
</table>

### Other Approaches

**Body-manipulative therapies** for managing side effects:
- Massage
- Acupuncture  (T)

**Dietary and metabolic approaches** for managing side effects and reducing risk:
- Intermittent fasting

**Energy therapies** for managing side effects:
- Healing Touch
- Qigong
- Reiki
- Therapeutic Touch

**Healthy living** for treating the cancer (promoting survival) and reducing risk:
- Reduce or eliminate alcohol intake
- Maintain normal weight/lose weight if overweight (T)
- Quit smoking tobacco (T)

### Conventional Therapies

Vaginal moisturizers and vaginal rings supplying low-dose estrogen address sexual discomfort and difficulties.

Other conventional therapies for treating the cancer and managing side effects are widely available; ask your doctor for information.

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*See BCCT.ngo for more details about benefits and cautions regarding each therapy.*