



Quick Reference to Integrative Therapies

Top approaches by effectiveness and safety. 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 with 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 from fish and some seafood
- 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

Managing Stress

Mind-body approaches:

- Meditation (T) (A)
- Yoga (T) (A) and/or Tai chi (A)
- Music therapy
- Hypnosis
- Expressive art techniques
- CBT stress management (A)
- Relaxation techniques (T)

Sharing Love and Support

- Support groups
- Supportive-expressive therapy
- CBT social skills training

Creating a Healing Environment

- Dark nights
- Bright mornings
- Limit chemical and radiation exposures

Exploring What Matters Now

- Finding meaning and setting goals
- Allowing and accepting difficult emotions
- Connecting with spirituality

Sleeping Well

Natural products:

- Melatonin
- L-theanine (Suntheanine)
- 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)

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

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

Natural Products *Items in bold are in more than one category.*

Treating the Cancer	Managing Side Effects & Promoting Wellness	Optimizing Your Terrain
<ol style="list-style-type: none"> 1. Flaxseed lignans 2. Melatonin (with caution during surgery) (T) 3. Mistletoe extract 4. Turkey tail mushroom (T) 5. Vitamin D (T) 	<ol style="list-style-type: none"> 1. Astragalus 2. Bromelain 3. CoQ10 (T, A) 4. Ginger 5. Guarana 6. Medical cannabis and cannabinoids 7. Mistletoe extract 8. Vitamin D (T) 	<ol style="list-style-type: none"> 1. Astragalus 2. Curcumin 3. Ginseng 4. Medicinal mushrooms: agaricales, maitake, reishi and shiitake 5. Omega-3 fatty acids

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

Off-label drugs here require a prescription from a licensed physician and medical supervision and monitoring.

Treating the Cancer
<ol style="list-style-type: none"> 1. Bisphosphonates 2. Metformin 3. Propranolol and other beta blockers
Managing Side Effects and Promoting Wellness
<ol style="list-style-type: none"> 1. Bisphosphonates 2. Propranolol and other beta blockers
Reducing Risk
<ol style="list-style-type: none"> 1. Bisphosphonates 2. Metformin 3. Non-steroidal anti-inflammatory drugs (NSAIDs) (noting cautions) 4. Propranolol and other beta blockers 5. Statins (noting cautions)

Other Approaches

Therapies Using Heat, Cold, Sound, Light or Cutting-edge Radiotherapy

- Hyperthermia for enhancing radiotherapy treatment

Body-manipulative therapies for managing side effects:

- Acupuncture (T)
- Massage

Dietary and metabolic approaches for reducing risk:

- Intermittent fasting

Mind-Body Approaches for managing side effects

Energy therapies for managing side effects

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)

Investigational Therapies

These therapies show promise and good safety, but **research does not yet show good evidence of effectiveness:**

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.

Also see

In the BCCT.ngo Breast Cancer handbook:

- Taking Care of Your Heart
- Wellness during Tamoxifen Treatment

Treating the Cancer	Reducing Risk
<ol style="list-style-type: none"> 1. Chronomodulated therapies 2. Ginseng 3. Maitake mushroom 4. Low-dose naltrexone 5. Rapamycin 6. Vitamin C 	<ol style="list-style-type: none"> 1. Agaricales mushrooms 2. Curcumin 3. Flaxseed lignans 4. Green tea extract / EGCG supplements 5. Omega-3 fatty acids 6. Vitamin D supplements (T)
Managing Side Effects & Promoting Wellness	
<ol style="list-style-type: none"> 1. Agaricales mushrooms 2. Aromatherapy 3. Ashwagandha 4. Black cohosh (T) 5. Chronomodulated therapies 6. Cryotherapy (cold treatment) 7. Curcumin 8. Ginseng 9. Inositol hexaphosphate 	<ol style="list-style-type: none"> 10. Low-dose naltrexone 11. Melatonin 12. Omega-3s (caution during chemotherapy) 13. Propranolol and other beta blockers 14. Reishi mushroom 15. Selenium 16. Shiitake mushroom 17. Vitamin C, including Intravenous 18. Vitamin E supplements