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 (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)

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.
**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

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**Natural Products**

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

<table>
<thead>
<tr>
<th>Treating the Cancer</th>
<th>Managing Side Effects &amp; Promoting Wellness</th>
<th>Optimizing Your Terrain</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Flaxseed lignans</td>
<td>1. Astragalus</td>
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</tr>
<tr>
<td>2. Melatonin (with caution during surgery) (T)</td>
<td>2. Bromelain</td>
<td>2. Curcumin</td>
</tr>
<tr>
<td>5. Vitamin D (T)</td>
<td>5. Guarana</td>
<td>5. Omega-3 fatty acids</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Treating the Cancer</th>
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<th>Reducing Risk</th>
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<tbody>
<tr>
<td></td>
<td>4. Propranolol and other beta blockers</td>
<td>(noting cautions)</td>
</tr>
<tr>
<td></td>
<td>5. Statins (noting cautions)</td>
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</tbody>
</table>

**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:

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**Conventional Therapies**

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<thead>
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<th>Treating the Cancer</th>
<th>Reducing Risk</th>
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<tr>
<td>1. Chronomodulated therapies</td>
<td>1. Agaricales mushrooms</td>
</tr>
<tr>
<td>2. Ginseng</td>
<td>2. Curcumin</td>
</tr>
<tr>
<td>3. Maitake mushroom</td>
<td>3. Flaxseed lignans</td>
</tr>
<tr>
<td>4. Low-dose naltrexone</td>
<td>4. Green tea extract / EGCG supplements</td>
</tr>
<tr>
<td>5. Rapamycin</td>
<td>5. Omega-3 fatty acids</td>
</tr>
<tr>
<td>6. Vitamin C</td>
<td>6. Vitamin D supplements (T)</td>
</tr>
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**Managing Side Effects & Promoting Wellness**

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<td>1. Agaricales mushrooms</td>
<td>1. Low-dose naltrexone</td>
</tr>
<tr>
<td>2. Aromatherapy</td>
<td>11. Melatonin</td>
</tr>
<tr>
<td>3. Ashwagandha</td>
<td>12. Omega-3s (caution during chemotherapy)</td>
</tr>
<tr>
<td>4. Black cohosh (T)</td>
<td>13. Propranolol and other beta blockers</td>
</tr>
<tr>
<td>6. Cryotherapy (cold treatment)</td>
<td>15. Selenium</td>
</tr>
<tr>
<td>7. Curcumin</td>
<td>16. Shiitake mushroom</td>
</tr>
<tr>
<td>8. Ginseng</td>
<td>17. Vitamin C, including Intravenous</td>
</tr>
<tr>
<td>9. Inositol hexaphosphate</td>
<td>18. Vitamin E supplements</td>
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