Quick Reference to Integrative Therapies

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 (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.*

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<thead>
<tr>
<th>Treating the Cancer</th>
<th>Managing Side Effects and Promoting Wellness</th>
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<td>1. Vitamin D (T)</td>
<td>1. Ginger</td>
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<td>2. Flaxseed</td>
<td>2. <strong>Vitamin D</strong> (T)</td>
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<tr>
<td>3. Bromelain</td>
<td>3. <strong>Medicinal mushrooms</strong> (agarialeas, reishi, shiitake) (T)</td>
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<td>4. Melatonin (with caution during surgery) (T)</td>
<td>4. L-glutamine</td>
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<td>5. Medicinal mushrooms (turkey tail, agarialeas, maitake, shiitake) (T)</td>
<td>5. Mistletoe</td>
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<td>7. Vitamin C (T)</td>
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<td>8. Medical cannabis and cannabinoids</td>
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<td>9. Black cohosh (T)</td>
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<td>10. Guarana</td>
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<td>11. <strong>Probiotics</strong></td>
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<td>12. <strong>Vitamin C</strong> (T)</td>
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<td></td>
<td>13. <strong>Curcumin</strong> (noting interactions with chemotherapy and possibly tamoxifen)</td>
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<td></td>
<td>14. Melatonin (with caution during surgery) (T)</td>
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<td></td>
<td>15. Fish oil or <strong>Omega-3 fatty acids</strong> from fish (noting interactions with chemotherapy) (H)</td>
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<td>16. Milk thistle (A)</td>
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<td>17. CoQ10 (A)</td>
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<td>18. L-carnitine (A)</td>
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<td>19. Ginkgo (A)</td>
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<td></td>
<td>20. Arginine (A)</td>
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### Treating the Cancer

1. Vitamin D (T)
2. Flaxseed
3. Bromelain
4. Melatonin (with caution during surgery) (T)
5. Medicinal mushrooms (turkey tail, agarialeas, maitake, shiitake) (T)
6. Mistletoe
7. Vitamin C (T)

### Reducing Risk

1. Vitamin D (T)
2. Lycopene
3. Omega-3 fatty acids
4. Vitamin E

### 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.

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