



## 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

### 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

### 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

*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"> <li>1. Flaxseed lignans</li> <li>2. Melatonin (with caution during surgery) (T)</li> <li>3. <b>Mistletoe extract</b></li> <li>4. Turkey tail mushroom (T)</li> <li>5. <b>Vitamin D</b> (T)</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Astragalus</b></li> <li>2. Bromelain</li> <li>3. CoQ10 (T, A)</li> <li>4. Ginger</li> <li>5. Guarana</li> <li>6. Medical cannabis and cannabinoids</li> <li>7. <b>Mistletoe extract</b></li> <li>8. <b>Vitamin D</b> (T)</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Astragalus</b></li> <li>2. Curcumin</li> <li>3. Ginseng</li> <li>4. Medicinal mushrooms: agaricales, maitake, reishi and shiitake</li> <li>5. Omega-3 fatty acids</li> </ol>

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

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