Donald Abrams: A Training for Health Professionals and Cancer Advocates, Part 3

Donald I. Abrams, MD, is chief of the Hematology-Oncology Division at Zuckerberg San Francisco General Hospital; an integrative oncologist at the University of California, San Francisco, Osher Center for Integrative Medicine; and professor of clinical medicine at the University of California, San Francisco. He was one of the original clinician/investigators to recognize many of the early AIDS-related conditions. He conducted numerous clinical trials investigating conventional as well as complementary therapies in patients with HIV. His interest in botanical therapies led him to pursue a two-year fellowship in the Program in Integrative Medicine at the University of Arizona that he completed in December 2004.

1. 00:50 Rational use of natural supplements introduction and select studies
2. 01:57 Vitamin E and selenium
3. 04:55 Folic acid and B₁₂ in Norway
4. 07:05 Vitamin D₃ (cholecalciferol)
5. 09:04 Vitamin D
   a. and colon cancer risk
   b. and mortality in breast cancer
   c. and multivitamins
6. 12:38 Omega 3 and omega 6 fatty acids
7. 14:05 Fats, fatty acids and prostate cancer
8. 15:51 Fish oil in lung cancer
9. 17:09 Medicinal mushrooms
10. 25:20 Turmeric: the anticancer spice
11. 29:48 Treatment interactions with natural supplements and antioxidants
12. 34:57 What does Dr Abrams take?
13. 37:25 Conversation with Michael Lerner and Donald Abrams
   a. review and commentary on supplements, food, vitamins, mushrooms
   b. vitamin C (IV) usage
   c. exercise
   d. meditation and deep relaxation
   e. imagery pre-surgery
   f. summary and closing