

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