Eating Well

- Follow the Mediterranean diet or other plant-based, whole-foods diet:
  - Use cold-pressed (extra-virgin) olive oil, especially to replace butter and other animal fats
  - Eat fish high in omega-3 fatty acids: sardines, wild salmon and anchovies
  - Eat more cruciferous vegetables: broccoli, cabbage, kale, cauliflower, Brussels sprouts, kohlrabi
  - Eat food sources of lycopene: cooked tomatoes, strawberries, watermelon, pink grapefruit, guava and papaya
  - Eat less red meat, cooking it at a low temperature
  - Avoid eating smoked and cured meats
  - Reduce saturated fats, found in dairy foods, meat and lard
  - Avoid whole-milk products (milk, cheese, butter)
- Eat organic soy foods, such as tofu and fermented miso and tempeh
- Drink green tea
- Drink pomegranate juice
- Add freshly ground flaxseed to foods

Moving More

- Engage in vigorous activity causing sweating and increased heart and respiratory rates

Managing Stress

Mind-body approaches:
- Meditation
- Relaxation techniques
- Yoga
- Music therapy
- Tai chi
- Hypnosis
- Expressive art techniques

Creating a Healing Environment

- Increase exposures to green natural areas and sunlight (mindful of skin cancer risks)
- Reduce exposures to chemicals including pesticides, dioxins, PAHs and solvents

Sharing Love and Support

- Draw from or develop a social support network if possible:
  - Support groups
  - Supportive-expressive therapy
  - CBT social skills training

Exploring What Matters Now

- Find your comfort level regarding your involvement in making decisions about treatment
- Draw on spiritual connections if you find comfort and support in them
- Get informational support, involving your partner if you have one

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

<table>
<thead>
<tr>
<th>Managing Side Effects &amp; Promoting Wellness</th>
<th>Reducing Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cranberry juice</td>
<td>• Grape seed extract</td>
</tr>
<tr>
<td>• Medical cannabis and cannabinoids</td>
<td>• Lycopene</td>
</tr>
<tr>
<td></td>
<td>• Quercetin</td>
</tr>
</tbody>
</table>

Items in bold are in more than one category, and those in green are in all three.

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

Most of the off-label drugs here require a prescription from a licensed physician, and all require medical supervision and monitoring.

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

<table>
<thead>
<tr>
<th>Treating the Cancer</th>
<th>Managing Side Effects and Promoting Wellness</th>
<th>Reducing Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Chronomodulated therapy</td>
<td>• Metformin</td>
<td>• Metformin</td>
</tr>
<tr>
<td>• Bisphosphonates</td>
<td></td>
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<tr>
<td>• Metformin</td>
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</tbody>
</table>

Investigational Therapies

These therapies show promise, but research does not yet show good evidence of effectiveness. Items in bold are in more than one category.

<table>
<thead>
<tr>
<th>Treating the Cancer</th>
<th>Managing Side Effects and Promoting Wellness</th>
<th>Reducing Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Green tea extract</td>
<td>• Aged garlic extract</td>
<td>• Green tea extract</td>
</tr>
<tr>
<td>• Isoflavones, including soy supplements and red clover</td>
<td>• Melatonin and circadian activity/sleep cycle integration</td>
<td>• Soy isoflavones</td>
</tr>
<tr>
<td>• Lycopene</td>
<td>• Omega-3 fatty acid supplements containing DHA and EPA</td>
<td></td>
</tr>
<tr>
<td>• Modified citrus pectin</td>
<td>• Pomegranate fruit and extract</td>
<td></td>
</tr>
<tr>
<td>• Omega-3 fatty acid supplements containing DHA and EPA</td>
<td>• Pomi-T</td>
<td></td>
</tr>
<tr>
<td>• Pomegranate fruit and extract</td>
<td>• Zyflamend: mixture of rosemary, turmeric, ginger, holy basil, green tea, hu zhang, chinese goldthread, barberry, oregano, baikal skullcap</td>
<td></td>
</tr>
<tr>
<td>• Pomegranate fruit and extract</td>
<td>• Low-dose naltrexone (LDN)</td>
<td></td>
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<tr>
<td>• Vitamin A (retinol)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Intravenous vitamin C</td>
<td></td>
<td></td>
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<tr>
<td>• Chronomodulated therapy</td>
<td></td>
<td></td>
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<tr>
<td>• Hyperbaric oxygen therapy</td>
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</tbody>
</table>

Other Approaches

Mind-body approaches for managing side effects:
• Qigong/tai chi during radiation
• Yoga

Body-manipulative therapies for managing side effects:
• Acupuncture

Energy therapies for managing side effects:
• Reiki

Bioelectromagnetically based therapies for managing side effects:
• Transcutaneous electrical nerve stimulation (TENS)

Healthy living for treating the cancer (promoting survival) and reducing risk:
• Maintain a healthy body weight or lose weight if overweight
• Quit smoking tobacco

Conventional Therapies

Conventional therapies for treating the cancer and managing side effects are widely available; ask your doctor for information.