



Quick Reference to Integrative Therapies

Top approaches by effectiveness and safety.

7 Healing Practices



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
- CBT stress management

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

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

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

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

Managing Side Effects & Promoting Wellness
<ul style="list-style-type: none"> • Cranberry juice or extract • Medical cannabis and cannabinoids
Reducing Risk
<ul style="list-style-type: none"> • Grape seed extract • Lycopene • Quercetin

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

Off-label drugs require a prescription from a licensed physician and medical supervision and monitoring.

Treating the Cancer
<ul style="list-style-type: none"> • Chronomodulated therapy • Bisphosphonates • Cryotherapy (cold treatment) • Gossypol • Metformin • Nonsteroidal anti-inflammatory drugs • Statins (noting cautions)
Managing Side Effects and Promoting Wellness
<ul style="list-style-type: none"> • Metformin • Chronomodulated therapy
Reducing Risk
<ul style="list-style-type: none"> • Finasteride • Metformin • Nonsteroidal anti-inflammatory drugs • Propranolol • Statins (noting cautions) • Vitamin K antagonists

Other Approaches

For managing side effects:

- **Mind-body approaches**
- **Body-manipulative therapies:** acupuncture
- **Energy therapies**
- **Bioelectromagnetically based therapies:** 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

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

Conventional Therapies

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

Investigational Therapies

These therapies show promise, but **research does not yet show good evidence of effectiveness.**

Treating the Cancer
<ul style="list-style-type: none"> • Apatone® • Cranberry juice or extract • Gamma-delta T-cell immunotherapy • Green tea extract • Isoflavones, including soy supplements and red clover • Itraconazole • Low-dose naltrexone (LDN) • Lycopene • Modified citrus pectin • Omega-3 fatty acid supplements with DHA and EPA • Pomegranate fruit and extract • Pomi-T • Prostate Health Cocktail • Sulforaphane • Vitamin C • Vitamin D₃ • Zyflamend
Managing Side Effects and Promoting Wellness
<ul style="list-style-type: none"> • Aged garlic extract • Chronomodulated therapy • Hyperbaric oxygen therapy • Melatonin and circadian activity/sleep cycle integration • Mistletoe extract • Omega-3 fatty acid supplements (DHA and EPA) • Probiotics • Three sungs decoction • Vitamin A (retinol) • Vitamin C (intravenous) • Hyperbaric oxygen therapy
Reducing Risk
<ul style="list-style-type: none"> • Green tea extract • Soy isoflavones • Vitamin E • Vitamin K