**Tips to be proactive**

- Use the 7 Healing Practices:\(^1\)

![Diagram of the 7 Healing Practices

- Quit smoking.
- Move toward a healthy body weight.
- As one way of eating well, choose a Mediterranean diet\(^2\) to include more olive oil, fruits and vegetables into each day.
- Relaxation, meditation, and yoga can reduce anxiety, support mood and improve quality of life.\(^3\)
- Try acupuncture as a supportive therapy for depression, anxiety, fatigue, pain and hot flashes.\(^4\)
- Create a supportive health care team! Ask your oncology center about integrative medicine services such as massage, acupuncture, naturopathic doctors, counseling, nutritionists, reiki, laughter therapy or others.

See BCCT.ngo for more information.

**References**

Links are clickable in the PDF on bcct.ngo.

19. www.ncbi.nlm.nih.gov/pmc/articles/PMC3587533/
21. www.ncbi.nlm.nih.gov/pmc/articles/PMC3096974/
**Nutrition and tamoxifen**

Include 1 to 2 servings of organic whole soy foods daily (organic soymilk, tofu, edamame, tempeh and miso). Soy intake is associated with reduced mortality from all causes in people taking tamoxifen.5

High vegetable intake is associated with reduced breast cancer recurrence in tamoxifen users.6

Drinking green tea may help prevent recurrence and is safe to combine with tamoxifen.7

**Natural therapies**

Some natural therapies can work well with tamoxifen to improve overall health and quality of life. Connect with a naturopathic physician (oncanp.org) or integrative oncology professional (integrativeonc.org) for guidance. For more information on quality and sources for supplements, see bcct.ngo.

- Melatonin may reduce side effects, such as anxiety and depression, and improve survival.8
- CoQ10 can normalize blood lipid levels, lower inflammation and improve tumor markers.9
- Vitamin C can help lower inflammation and markers of oxidative stress.10
- *Coriolus versicolor/turkey tail*11 and *reishi mushrooms*12 provide immune support and boost energy level.
- Vitamin D3 is safe and supports mood, bone health, energy level and immunity.13
- Black cohosh use is associated with lower risk of breast cancer recurrence.14

**Precautions**

In breast cancer survivors, adding vitamin E to tamoxifen for 5 years did not improve survival.21

Diindolylmethane (DIM) may reduce the effectiveness of tamoxifen.22