

Brian Bouch, MD: Integrative Oncology, Part 3

Brian Bouch, MD, retired several years ago from an integrative medicine practice in Sonoma, California. After he received a difficult cancer diagnosis, he developed a specialty in integrative oncology. Dr. Bouch was the first medical director of Commonweal. In the attached three videos, he talks with Michael Lerner about how he developed his practice, how he worked with people with cancer and the treatments he used.

1. **00:55** Breast cancer
 - a. types of breast cancer, use of genetic testing and biopsy studies
 - b. estrogen is a potential accelerator of the growth of breast cancer in men and women; estrogen blockers have been found to lower the risk of cancer
 - c. current and potential future treatments for breast cancer: broccoli is good!
 - d. radiation in the cancer breast does not prevent metastasis in other areas
 - e. strategies to improve liver detoxification—calcium d glucarate
2. **19:50** Broad sense of direction for breast cancer treatments:
 - a. testing for chemosensitivity
 - b. test can be better at telling you what not to do—which is also very useful.
 - c. determining the likelihood of recurrence of breast cancer
 - d. making decisions on whether radiation is appropriate
3. **37:77** Prostate cancer
 - a. Dean Ornish work with prostate cancer
 - b. prostate cancer—proforma way to be diagnosed and treated
 - c. early stage cancer treatments are effective but with associated risks
 - d. for cancer that has metastasized, the approaches are systemic hormonal therapy, looking at drugs to stop the effects of testosterone to slow cancer growth; immunotherapies, chemotherapies, molecular targeted agents are also considered.
 - e. lifestyle interventions are also important
 - f. natural products for consideration: lycopene, pomegranate extract, nitroglycerin
4. **47:55** How to make chemotherapy work best:
 - a. fasting 24 hours before chemo
 - b. drink lots of water
 - c. use Chinese herb astragalus at the same time of platinum-based chemo
 - d. consider insulated potentiated therapy (IPT) with lower doses of chemo
 - e. take fish oil supplements (EPA/DHA)
 - f. diet: macrobiotic, Midwest macrobiotic, paleo, ketogenic
5. **1:11:11 Q&A**
 - a. Supplements, finding practitioners to guide you, role of cannabis