



Quick Reference to Integrative Therapies

Top approaches by effectiveness and safety.



7 Healing Practices



Eating Well

To **reduce risk** or **promote survival** after diagnosis:

- A plant-based diet with a variety of fruits, vegetables, beans and whole grains can lower risk.
- Eat foods rich in omega-3 fatty acids and anti-inflammatory components such as these:

- Deep orange vegetables
- Fish and fish oil
- Flaxseed oil
- Garlic
- Onions
- Tea
- Turmeric
- Walnuts

- Eat foods high in calcium, folate, and vitamins B₂ and B₁₂, such as broccoli and other brassicas; chickpeas, kidney beans and other legumes; eggs, milk and plain yogurt.

- Eat foods rich in fiber, such as whole grains, many fruits and vegetables and legumes such as chickpeas, black beans or lentils.

- Eat foods rich in vitamin C, such as oranges, black currants, kiwifruit, mangoes, broccoli, spinach, bell peppers and strawberries.

- Limit or eliminate consumption of red and processed meat, especially for colon cancer.

To **reduce side effects and symptoms**:

- Almonds or cashews
- Black beans
- Dark chocolate
- Peanuts
- Pumpkin seeds
- Soy milk
- Spinach
- Whole-wheat foods

- Foods high in magnesium for peripheral neuropathy:

- A balanced diet rich in B vitamins (including B₁, B₁₂ and folic acid, see above) and antioxidants to reduce pain from peripheral neuropathy

Creating a Healing Environment

- Avoid exposures to these agents known to increase colorectal cancer risk:

- 1,1-dichloroethane
- Alachlor
- Aromatic amines
- Chlorination byproducts
- Ionizing radiation
- Night-shift work
- Nitrates in water
- Solvents

Moving More

- Participate in regular physical activity to reduce risk, promote survival and reduce side effects including fatigue and nausea.

Managing Stress

- Follow stress-reducing therapies such as mind-body approaches.

Sleeping Well

- Sleep 7 to 9 hours at night (or more if needed during treatment).
- Sleep at night and not during the day if possible.

Sharing Love and Support

- Establish sources of emotional support and reassurance for yourself if possible.

Exploring What Matters Now

- Making sense of your cancer experience is related to higher quality of life.

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

Natural Products

| | |
|---|--|
| Treating the Cancer <ul style="list-style-type: none"> • Medicinal mushrooms: turkey tail mushrooms or extracts, shiitake mushroom extracts • Vitamin D | |
| Managing Side Effects & Promoting Wellness <ul style="list-style-type: none"> • Astragalus • Curcumin • Ginger • L-glutamine (glutamine) • Medical cannabis and cannabinoids • Melatonin • Omega-3 fatty acids • Probiotics | |
| Reducing Risk <ul style="list-style-type: none"> • Calcium supplements • Magnesium supplements • Vitamin B₂ supplements • Medicinal mushrooms: reishi mushrooms, turkey tail mushrooms or extracts | |
| Optimizing Your Body Terrain <ul style="list-style-type: none"> • Aged garlic extract • Astragalus and other saponins • Curcumin • Green tea extracts/EGCG • L-glutamine • Omega-3 fatty acids • Probiotics • Vitamin E supplements | |

Therapies listed as **Optimizing Your Body Terrain** create an environment within your body that does not support cancer development, growth or spread. These therapies may reduce inflammation, act as antioxidants, improve anticancer immune function, reduce glycemia or influence genetic expression, among other effects.

Other Approaches

For treating the cancer:

- Hyperthermia (both loco-regional and whole-body hyperthermia)

For managing side effects:

- **Acupuncture and electroacupuncture**
- Short-term fasting
- Guided imagery

For optimizing your body terrain:

- **Acupuncture and electroacupuncture**

Items in bold are listed for more than one therapeutic impact, and those in green are in all four.

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

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

| | |
|--|--|
| Treating the Cancer <ul style="list-style-type: none"> • Aspirin (noting cautions) • Chronomodulated therapies • Metformin • Statins (noting cautions) | |
| Managing Side Effects and Promoting Wellness <ul style="list-style-type: none"> • Chronomodulated therapies • Metformin | |
| Reducing Risk <ul style="list-style-type: none"> • Aspirin (noting cautions) • Metformin • Thiazolidinediones (TZDs) | |
| Optimizing Your Body Terrain <ul style="list-style-type: none"> • Aspirin (noting cautions) • Cimetidine (Tagamet HB) • Metformin • Rapamycin (sirolimus) | |

Conventional Therapies

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

- Surgery
- Radiofrequency ablation
- Cryosurgery
- Chemotherapy
- Radiation therapy
- Targeted therapy
- Immunotherapy

Creating Healthy Habits

For treating the cancer / promoting survival (the first two) and reducing risk (all four):

- **Achieve and maintain a healthy body weight.**
- **Limit alcohol consumption.**
- Eliminate tobacco use.
- Limit night shift work.

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