



7 Healing Practices



Sleeping Well

Sleep 7-9 hours per night

Natural products:

- Melatonin
- L-theanine (Suntheanine)
- Valerian
- 5-HTP
- Medical cannabis and cannabinoids

Mind-body approaches:

- Cognitive Behavioral Stress Management (CBSM)
- Cognitive Behavioral Therapy for Insomnia (CBST-I)
- Mindfulness meditation
- Tai chi
- Qigong
- Yoga meditation
- Yoga
- Stress reduction practices

Body-manipulative therapies:

- Acupuncture



Eating Well

- Fiber
- Green leafy vegetables
- Fish
- Higher poly- to mono-unsaturated fat ratio:
 - Snack on nuts instead of crackers or cookies
 - Favor fish over red meat
 - Add freshly ground flaxseed to food
 - Replace butter or margarine with olive and other healthy oils
- Green tea
- Organic whole soy foods, such as tempeh, miso, edamame, tofu or soy milk
- Foods high in folate: dark green leafy vegetables, fruits, nuts, beans, peas, seafood, eggs, dairy products, meat, poultry and grains

Moving More

- Physical activity, as vigorous as is comfortable

Sharing Love & Support

Engage or create your support team

- Support groups
- Supportive-expressive therapy
- Cognitive Behavioral Therapy (CBT) social skills training

Managing Stress

Mind-body approaches:

- Meditation
- Relaxation techniques
- Yoga
- Music Therapy
- Tai chi
- Acceptance and Commitment Therapy (ACT)

Creating a Healing Environment

Limit chemical and radiation exposures:

- Talcum powder
- Endocrine-disrupting chemicals (EDCs) including bisphenol-A, hormone residues in meat, poultry and dairy products and some pesticides, such as organophosphates
- Asbestos
- Ionizing radiation such as x-rays

Exploring What Matters Now

Find and focus on reasons for optimism to the extent possible

Natural Products

Items in bold are in more than one category. See BCCT.ngo for more details about benefits and cautions regarding each therapy.

Treating the Cancer	Managing Side Effects & Promoting Wellness
1. Combination therapy of Indole 3-carbinol (I3C) and EGCG	3. Curcumin
Reducing Risk	4. Ginger
1. Isoflavones including genistein from soy	5. Medical cannabis and cannabinoids
2. Selenium	6. Panax ginseng
	7. Vitamin E

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.

Treating the Cancer
1. Beta blockers
2. Chronomodulated therapy
3. Propranolol and other beta blockers
4. Metformin
5. Non-steroidal anti-inflammatory drugs (NSAIDs) including aspirin and COXII inhibitors (noting cautions)
Reducing Risk
1. Statins (noting cautions)

Other Approaches

Mind-body approaches for managing side effects:

- Yoga
- Hypnosis
- Training, relaxation and/or behavioral therapy

Body-manipulative therapies for managing side effects:

- Acupuncture
- Massage

Therapies using heat, sound or light for treating the cancer:

- Hyperthermia

Diets and Metabolic Therapies for managing side effects:

- Fasting at the time of chemotherapy

Healthy living for treating the cancer (promoting survival) and reducing risk:

- Quit smoking tobacco

Conventional Therapies

Conventional therapies for treating the cancer and managing side effects are widely available, such as vaginal moisturizers and vaginal rings supplying low-dose estrogen to address sexual discomfort and difficulties. Ask your doctor for information.

Investigational Therapies

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

Treating the Cancer
1. Bromelain
2. Copper chelation
3. Melatonin
4. Mistletoe (European)
5. Non-steroidal anti-inflammatory drugs, including aspirin (noting cautions)
6. Turkey tail mushroom polysaccharide PSK
7. Statins (noting cautions)
8. Vitamin C (intravenous)
Managing Side Effects and Promoting Wellness
1. Agaricus blazei Murill mushrooms
2. Curcumin
3. Glutathione (noting cautions with chemoresistance to platinum salts)
4. Individualized homeopathy
5. L-glutamine
6. Mistletoe (European)
7. Red ginseng
8. Selenium
9. Vitamin C (intravenous)
Reducing Risk
1. Aspirin (noting cautions)
2. Ginkgo biloba
3. Statins (noting cautions)