

Reference to Integrative Therapies

Top approaches for the overall wellness of breast cancer survivors – Standard medical treatments along with effective complementary treatment planning with a focus on both physical and emotional fitness of the patients

Medical Treatment

The medical treatment for breast cancer involves the use of drugs with the traditional mode of treatment involving:

- **Chemotherapy**
- **Hormone Therapy**
- **Radiation Therapy**
- **Targeted Therapy**



Integrative Medicine

- **Cancer Treatment:** Grapeseed extract, Flaxseed lignans, Mistletoe extract, Melatonin (with caution during surgery), Reishi mushroom, Vitamin D, Curcumin, Silymarin, Medical cannabis and cannabinoids, Turkey tail mushroom
- **Management of side effects:** Ginger, Medical cannabis and cannabinoids, Grapeseed extract, Vitamin D, Curcumin, Melatonin, Astragalus, Bromelain, Coenzyme (CoQ10), Guarana, Mistletoe extract
- **Optimizing Body Function:** Curcumin, Reishi mushrooms, Astragalus, Omega-3 fatty acids, ginseng, medicinal mushrooms such as agaricales, maitake, reishi, & shiitake

Anti - cancer Diet

- **Plant - based low -fat, high fiber diet:** Mediterranean diet
- **Cruciferous vegetables:** Broccoli, kale, cauliflower, Brussels sprouts, cabbage, bok choy
- **High protein food:** Lentils & nuts in plants, Omega -3 rich fish & seafood
- **Food with phytochemicals:** Polyphenols like grains, berries, vegetables
- **Food with Carotenoids & lycopene:** Sweet potatoes, carrots, cooked tomatoes, and watermelon
- **Whole soy foods:** Tempeh, miso, edamame, tofu
- **High-fiber food:** Flax seeds, vegetables, legumes

Physical Fitness

Moderate intensity workout: Light aerobic activities such as brisk walking or light jogging helps keep the body active.

Muscle strengthening exercises: Sit – ups, squats, and regular gardening activities will help strengthen muscles

Yoga: Particular yoga poses can make the body more flexible. It can fight fatigue, sleeplessness and anxiety

Benefits of physical fitness:

- Lower risk of recurrence
- Improve cardiovascular health
- Maintain healthy weight

Healing Environment

The environment that you live in impacts your health. Create a healing ecosystem by surrounding yourself with:

Nature: Stay in the natural environment, and spend time outdoors, which will decrease anxiety and stress

Uncontaminated food and water:

Clean air, water and food are essential. Include more natural foods in your diet

Adequately lit environment: Your house should be well-lit in the mornings and dark at night.

Engage in light physical activity: It will enhance the body's healing process

Emotional Wellness

- **Mind-body Approaches:** It involves Music therapy, Hypnosis, Expressive art techniques, Cognitive Behavioural Stress Management (CBSM), Relaxation techniques, Cognitive Behavioural Therapy for Insomnia (CBT-I), Mindfulness meditation, Tai chi, Qigong, Stress reduction practices, Yoga & meditation
- **Body-manipulative therapies:** Acupuncture (T), BR facials, Massage, Music and Art therapy

Community Support

Community support is integral for cancer patients as it helps them:

- Realize they are not alone in the battle
- Feel seen and loved
- Cope with cancer emotionally
- Get more perspective

There are various community support services such as:

- Support Groups
- Cancer community support and programs
- Social skills training for Cognitive Behaviour Therapy (CBT)

Also check out:



Join healing circles and online events
(Every Saturday 5 PM – 6 PM)

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General diet plan



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