



Comprehensive Integrative Medical Cancer Support Program



National Integrative Health Associates

- Leading integrative medical and dental health facility – Washington DC (since 1995)
- **Traditionally trained and holistically oriented** – medical physicians, dentists, naturopathic and chiropractic physicians, physical therapists and other health professionals
- Compassionate **Patient - Centered**, enhancing natural healing therapeutics and prevention
- Traditional medical examination and tests plus functional assessments that find the underlying **root cause** of the health problems



What is Integrative Medicine?

- Is Traditional Cancer Therapy + Complementary Cancer Therapy:



- Traditional cancer therapy focus as prescribed by your traditional medical doctor :

Treating the tumor

- Agents designed to kill the cancer from the outside
 - Chemotherapy
 - Radiation
 - Surgery

Integrative Medicine

- Complementary Cancer Therapy

- Focus on:

- Enhance the body's ability to heal itself
- Work with the patient holistically as the center of the therapeutic team– spirit, mind and body
- Functional assessments to identify/ understand what is not functioning properly and the root causes of the cancer
- Changing the internal environment
 - **Promote healing: optimal nutrition, vitamin and mineral supplementation (oral and IV)**
 - **Fight the tumor from within**



Why consider Integrative Medicine?

- Cancer is an **immune deficiency condition** - Immune support
- Cancer is a **mal-nutrition condition** - Nutrition to heal the cancer, feed your healthy cells, fortify yourself from the cancer treatment and to maximally benefit from cancer treatment
- Cancer **overwhelms many of your body's systems** to support its uncontrolled growth.
 - Your body needs biologic, neurological and psycho-emotional support to re-regulate the body to fight the cancer.

Integrative Cancer Support

- Patient Focused



- Safe and Supportive

- Views the Person Holistically



Five Key Strategies

- Modify the Diet



- Detoxify the Body



- Correct Nutritional Deficiencies



- Stimulate the Immune System

- Make Lifestyle/Psychological Changes



1st Strategy: Modify the Diet



- Healthy nutrition important support during chemotherapy and radiation
- Studies suggest high sugar diet and highly processed foods contribute to an internal “terrain” that supports cancer cells
- Support immune system with healthy, nutrient dense foods, good fats, vitamin rich vegetables & fruits, lean meats & fish

1st Strategy: Modify the Diet

- Proper nutrition can enhance immune system and help patients through negative side effects of chemotherapy and radiation
- “Beating Cancer with Nutrition”: modified vegetarian diet, no sugar, no refined carbohydrates

2nd Strategy: Detoxify the Body

Detoxify the liver and bowel !!! How?

- detect and eliminate heavy metals
- eliminate chronic infections
- detect and eliminate food & environmental allergies
- restore natural flora to bowel via probiotics
- restore Omega 3's using fish oil flaxseed



Immune and Detoxification: Bowel

The 4 R's

- REPLACE: digestive enzymes
- REMOVE: allergic foods, the bad bugs, the heavy metals (mercury...)
- RE-INOCULATE: with good bugs
- REPAIR: the GI mucosa

3rd Strategy: Correct Nutritional Deficiencies

- Deficiencies must first be detected from blood work
- Correct deficiencies with IV and/or oral supplements
- High dose medical grade supplements
- Vitamin C, E, zinc, anti-oxidants, co-enzyme Q 10, potassium (just to name a few)



Antioxidants

- Article from *Alternative Therapies* as handout
- Refer to summary
- Key issue

4th Strategy: Stimulate the Immune System

- A course of IV vitamins, minerals, including Vitamin C, magnesium, zinc, folic acid, and B complex
- Herbs such as essiac, graviola, N-tense (a rain forest herb)
- Glyconutrients, selective “super carbohydrates” with healing properties



5th Strategy: Make Lifestyle Changes

- Proper daily exercise
- Stress reduction through exercise, meditation & family support
- Cessation of smoking
- Psychological support
- Positive affirmation



The Mind and Healing

- Treat the “Emotional Terrain” that had been polluted – lowering immune strength
- Mental Field Therapy/“Tapping” therapies
- Breathing training
- Biofeedback
- Positive affirmation/Prayer
- Integrative Homeopathy

Educational Resources

- “Beating Cancer with Nutrition” by Patrick Quillin
- Websites
 - www.NIHAdc.com
 - www.RalphMoss.com
 - www.ACAM.org
 - www.healthcreation.co.uk
 - www.cancerMBA.com
 - www.Cancer-Prevention.net
 - www.questia.com



Why consider Integrative Medicine?

- Integrative Medicine – **intelligent use** of traditional and complementary Medicine
- **Improve** outcomes and reduce side effects
- Overwhelming **evidence** (from studies, world-wide clinics, and patients) that Integrative Medicine can improve your cancer survival and minimize your side-effects from traditional cancer therapy.
- Integrative Medicine demands **more patient compliance** and understanding from you and/or your support team– active involvement.

