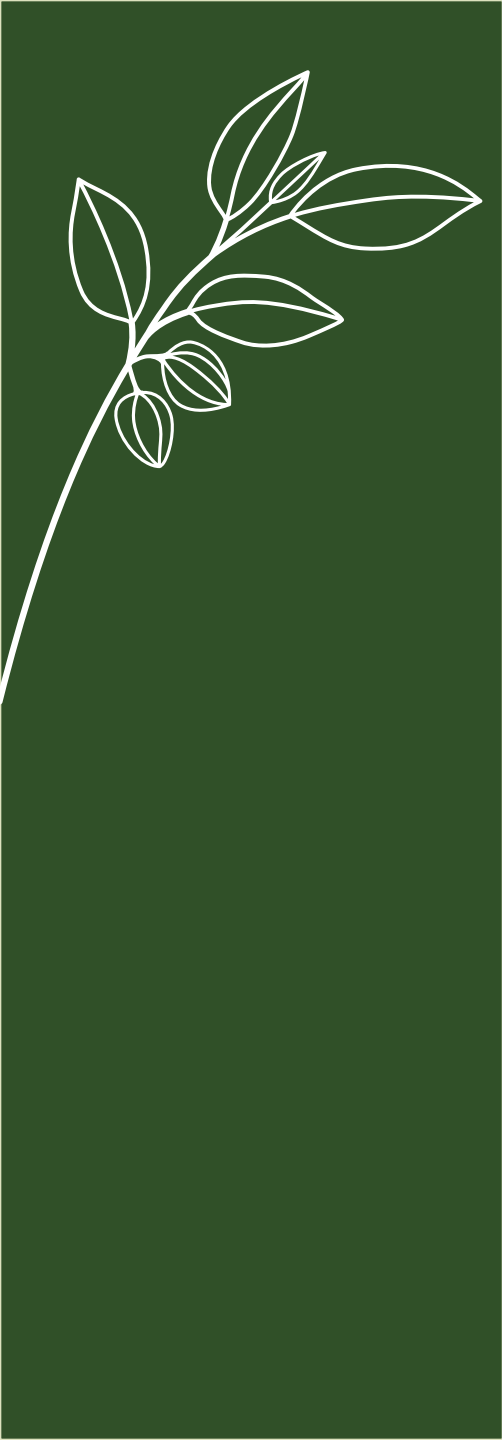


# Living Well with Breast Cancer



Integrative Support with  
Natural & Complementary Medicine



# The Principles of Naturopathic Medicine

- Vis Medicatrix Naturae
- First Do No Harm
- Treat the Whole
- Prevention
- Treat the Cause
- Doctor as Teacher

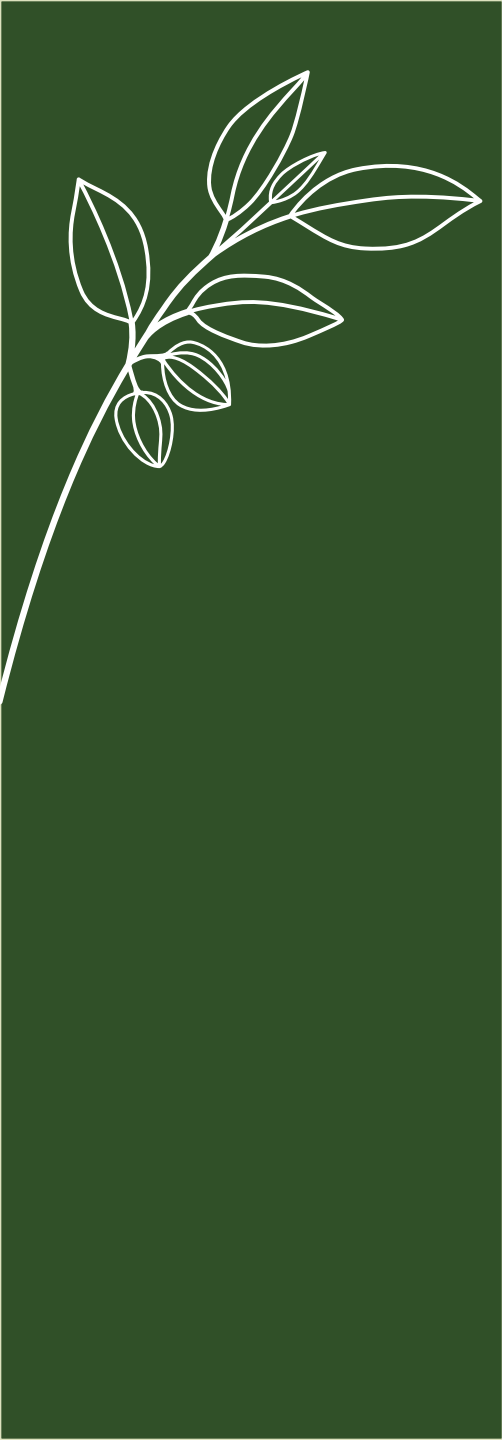


## The Principles of Naturopathic Medicine

Naturopaths help the patient identify and remove obstacles to health and healing while working towards creating the best possible internal and external environment.

Naturopaths help the patient to refine and implement the pillars of a healthy lifestyle to provide the body with the optimal environment in which to thrive:

- Consuming an abundance of fruits, vegetables, and unrefined foods.
- Getting adequate exercise and rest.
- Maintaining effective elimination.
- Avoiding toxins and polluted environments.
- Connecting with others socially, and to self spiritually.



## The Principles of Naturopathic Medicine

To further honour this principle Naturopaths use natural therapies and medicines such as herbs and nutrients.

When used appropriately these interventions are the least likely to cause harm and are most able to work in harmony with the body's natural healing process.



# The Role of Naturopathy In Breast Cancer Support

To support people living with this chronic condition, to ensure they can successfully undertake the life-saving medical treatment needed and recover from it in the best possible way.



## Integrative Breast Cancer Care

- Patient-centered.
- Evidence-informed.
- Utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments.
- Aims to optimize health, quality of life, and clinical outcomes.
- Aims to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.

*“Professionally qualified and experienced naturopaths are perfectly positioned to work with medical and allied health practitioners to achieve the best outcomes for patients.”*



# Living with Breast Cancer

## Support Before, During & After Treatment

- Fatigue
- Loss of taste or smell
- Joint pain
- Nausea
- Hair loss
- Mouth sores
- Diarrhoea
- Nerve damage
- Altered memory- chemo brain.
- Weakened immune system.
- Altered liver or kidney function.
- Weakened heart muscle.
- Altered electrolyte mineral balance and dehydration.
- Bone thinning
- Infertility, hormonal changes, or early menopause.



## How a Naturopath can support the person living with breast cancer.

- Wholistic support as part of a shared/collaborative care model.
- Safely and effectively combine strategies to reduce side effects, improve tolerance and manage co-existing conditions – eg disturbed sleep, digestive issues, weight management etc.
- Help navigate the minefield of unsolicited advice and claims for “natural cures” and supplements to “try”.
- Empowering wholistic self-management and awareness.
- Keeping up hope, connection, positivity and support.





# Prevention – Diagnosis & Before Treatment

## NUTRITION

- Mediterranean-style diet.
- Healthy Weight Management.
- Incorporate food as medicine. Flaxseeds, broccolini, mushrooms, garlic, turmeric, ginger, rosemary, sage, green tea, chamomile tea.

## LIFESTYLE

- Exercise- move as often as you can, whenever you can.
- Avoid endocrine-disrupting chemicals e.g. fragrances, plastics...
- Meditation, yoga, massage, acupuncture.

## HERBALS & NUTRITIONALS (Individually selected)

- Omega 3's, Vitamin D, Zinc, Calcium and Magnesium, folate and B Vitamins, probiotics.
- Chamomile, Passionflower, Lavender, Withania, Medicinal Mushrooms.



## During Treatment

### **NUTRITION**

Foods should be – easy to digest, gentle on the stomach, anti-inflammatory, immune supportive, and keep up your strength and energy.

Food as medicine – ginger, turmeric, broccoli and brassica vegetables.

### **LIFESTYLE**

- Exercise
- Meditation, Yoga
- Aromatherapy (eg peppermint and ginger oil to reduce nausea, sweet orange oil for low mood, rosemary and lemon for mental clarity and alertness. Lavender for anxiety.

### **HERBALS & NUTRITIONALS** (Individually selected and specifically timed)

- Slippery elm– may help with digestive symptoms and adverse effects of treatment.
- Medicinal Mushrooms- Shitake & Turkey Tails may assist wellbeing, support immune function and reduce some side effects.
- Ginger extract – to reduce nausea, bloating and constipation.



## Remission & Recovery

### **NUTRITION**

- Green Tea – may assist immunity, brain function, microbiome health and heart health.
- Ginger, Turmeric, Garlic, Rosemary, Sage
- Flaxseeds, Brazil Nuts
- Broccoli and broccolini or broccoli sprouts – high in sulforaphane
- Legumes – eg beans, chickpeas, lentils
- Apples and Berries, Red Onions, Cherries.
- Fermented foods – eg sauerkraut, yogurt
- Foods high in calcium to support bone health – brassica vegetables, sesame seeds, almonds, yoghurt, sardines, mung bean sprouts, parsley, dried figs.

### **HERBALS & NUTRITIONALS** (Individually selected and specifically timed)

- Sage as a tea – may assist with reducing hot flashes and night sweats associated with menopause.
- Medicinal Mushrooms – to support and regulate the immune system.
- Magnesium, Calcium, Vitamin D; K2; Omega 3; Coenzyme Q10, Zinc, Selenium.
- Probiotics and others

## Take homes...

- Women with a breast cancer history often turn to alternative and complementary therapies for support.
- Just because natural medicines are “natural or organic” doesn’t mean they are always safe or right for you.
- Natural medicine practitioners can support the oncology patient as part of a collaborative care model through careful dietary and lifestyle measures and natural therapeutics to support a reduction in physical and emotional stress.
- Caution is required when supporting a cancer patient with supplements or herbs while they are undergoing cancer treatment.
- The goal is always to help the patient get the best possible result from their cancer treatment, with the least amount of side effects or damage to other healthy tissues of the body so that recovery is strong and survivorship long.
- Ask for help to navigate what is right and safe for your unique circumstances.

