

INTEGRATIVE MEDICINE FOR ONCOLOGY PATIENTS

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DISCLOSURE

There are no relevant financial relationships to disclose.

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OBJECTIVES

- Overview of integrative oncology and use of Integrative therapies by cancer patients.
- Explain integrative care during and after conventional cancer treatment.
- Outline dietary guidelines for cancer patients.
- Discuss uses and risks of botanicals and supplements in cancer care.
- Review benefits of mind-body practices based on evidence.
- Explore whole medical systems and acupuncture in oncology with supporting evidence.

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Introduction to Integrative Oncology

The [Society for Integrative Oncology](#) offers a comprehensive definition:


“Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.” ([Witt, 2017](#))

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Prevalence and Disclosure of Complementary Therapy Use Among Cancer Patients

 ~33% of cancer patients use Integrative therapies like herbs, acupuncture, or meditation.

Disclosure to Providers

-  Only ~30% tell their healthcare team.
-  Non-disclosure may impact safety & outcomes.

Evidence

 **Systematic review (2009–2018):**
 **Avg. 51% of patients use complementary therapies (Keene, 2019).**

[\(Sanford, 2019\)](#)



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WCRF/AICR Recommendations for Cancer Prevention

- Be a Healthy Weight
- Be Physically Active
- Plant Foods
- Limit "Fast Foods"
- Animal Foods
- Limit Sugar-Sweetened Drinks
- Limit Alcohol Consumption
- Dietary Supplements
- Breastfeeding
- Survivors

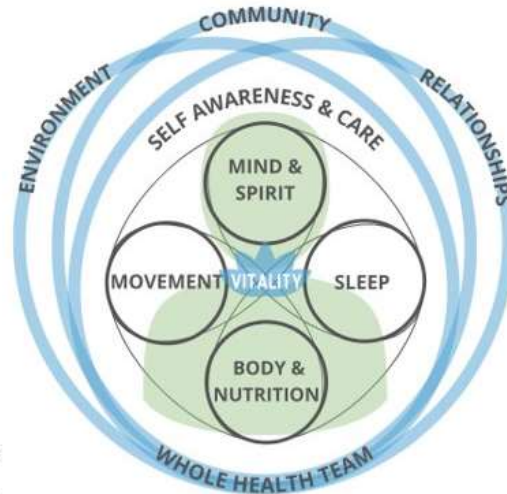
Source: [WCRF-AICR, 2020](#).

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Power of Nutrition to Heal







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Trivia for Cancer Nutrition

-  **Q1. Alcohol & Cancer :**What percentage of all new cancer cases worldwide are attributed to alcohol use?
-  **Q2. Which component of the Mediterranean diet (MeD) is primarily responsible for its anti-proliferative and anti-angiogenic effects on cancer cells?**
-  **Q3. Higher consumption of which foods is associated with increased risk of colorectal cancer?**
-  **Q4. Immunotherapy Response & Nutrition:** High response rates to immunotherapy are most consistently associated with which dietary factor?

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Answers & Resources

5.5% of new cancers and 5.8% of cancer deaths are attributed to alcohol use.

Source: [Alcohol and Cancer: A Statement of the American Society of Clinical Oncology | Journal of Clinical Oncology](#)

Virgin olive oil and vegetables

Source: Virgin olive oil and vegetables are rich in phenolic compounds and antioxidants, which exert strong anti-proliferative, anti-angiogenic, and anti-apoptotic effects on cancer cells (Martínez-Poveda 2019; Eras 2022).

Red or processed meats and alcoholic beverages

Source: Diets high in alcohol and red/processed meats have consistently been linked to higher colorectal cancer risk, in contrast to the protective effects of plant-based foods and olive oil (Lewandowska 2022; Ramírez-Díaz 2021). [Attributable causes of colorectal cancer in China - PubMed](#)

High fiber diets (30–50 g/day) improve gut microbiome diversity → stronger immunotherapy response.

Source: [Dietary fiber and probiotics influence the gut microbiome and melanoma immunotherapy response - PMC](#)

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Insulin Resistance and Cancer Risk

- Insulin resistance → ↑ blood glucose + ↑ insulin
- Excess insulin drives fat accumulation in abdomen
- Abnormal visceral fat → releases pro-tumor adipokines (leptin) + cytokines (IL-6, TNF- α , IL-1 β)
- Interacts with sex hormones → increases cancer risk
- Associated cancers: breast, prostate, colorectal, kidney, thyroid, melanoma

(Zhou, 2022).

(Qian, 2020).

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Plant-Based Nutrition

Whole Foods, Predominantly Plant-Based: Consume 7–10 servings of vegetables daily . Include 1–2 servings of fruit, prioritizing whole fruit over juice . Incorporate cruciferous vegetables such as broccoli, kale, and cabbage, as well as allium family members like garlic, onions, and leeks . Add mushrooms, berries, herbs, and spices for additional nutrients

Whole Grains & Legumes: Choose options like brown rice, quinoa, oats, beans, and lentils

Quality Protein Sources: Opt for fish such as salmon and cod, along with chicken and eggs. Include fermented soy products like miso, tempeh, and tofu

Healthy Fats: Use olive oil, avocado, nuts, and seeds. Include omega-3 sources such as flaxseed, chia seeds, walnuts, and small wild fish



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Integrative Nutrition Strategies

- Hydration (water, green tea, matcha)
- Overnight fasting ≥ 13 hrs (if appropriate)
- Limit red/processed meat, alcohol, refined foods
- Prefer fermented dairy (kefir, yogurt)



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Food Combinations

Combine Whole Foods for Fullness and Balance

Vegetables
Asparagus | Beets | Broccoli | Cabbage | Carrot
Corn | Celery | Garlic | Green Beans | Leafy greens
Jicama | Kohlrabi | Mushrooms | Onion | Okra
Peas | Peppers | Potato | Radish | Taro | Tomato
Snap peas | Squash | Sweet potato | Zucchini

Proteins
Beans | Beef | Bison | Cheese
Eggs | Fish and Shellfish | Legumes
Lentils | Milk | Nuts | Nut butters
Peas | Pork | Poultry | Quinoa
Seeds | Soy | Tempeh | Tofu
Yogurt | Wild game | Wild rice

Fruits
Apple | Apricot | Banana | Blackberry | Blueberry
Cherry | Clementine | Date | Grapefruit | Kiwi
Lemon | Lime | Mango | Melon | Nectarine | Orange
Plum | Pomegranate | Raspberry | Strawberry

Beans, Whole Grains, Root Vegetables
Beans | Beets | Breads
Buckwheat | Cereals | Crackers
Legumes | Lentils | Oats
Parsnips | Pasta | Popcorn
Potatoes | Quinoa | Rice
Sweet potatoes | Squash
Turnips | Wild rice

Fats
Avocado | Butter | Cream
Cream cheese | Cheese | Guacamole
Mayonnaise | Nut butters
Nuts: almonds, cashews, pecans,
pistachios, walnuts | Olives
Oils: canola, coconut, grapeseed,
olive | Peanuts |
Seeds: chia, flax, pumpkin,
sesame, sunflower
Sour cream | Tahini

Herbs, Spices, Seasonings
Anise | Basil | Bay leaf | Berbere | Black pepper
Cayenne | Chives | Cilantro | Cinnamon
Coriander | Curcumin | Curry | Dill | Fenugreek
Garlic | Ginger | Lemongrass | Marjoram | Mint
Oregano | Mustard | Nutmeg | Parsley | Poppyseed
Rosemary | Saffron | Sage | Tarragon | Thyme
Turmeric | Za'atar

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More Color

Colorful Food

The more colorful foods you eat, the more nutrients you get. There are many whole foods to choose from that add color into your meals.

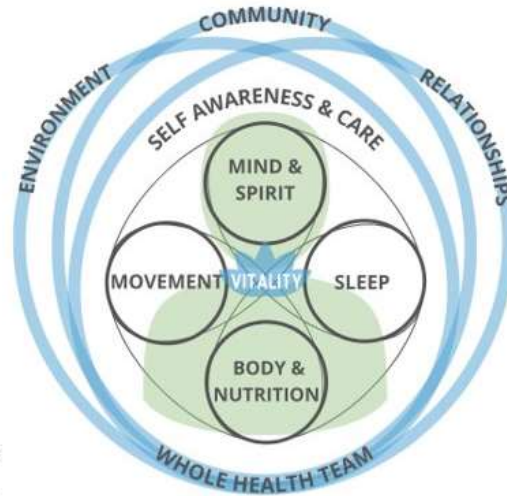
RED FOODS	Apples Beets Cherries Cranberries Kidney beans	Pomegranate Radicchio Red bell peppers Red leaf lettuce Red onion	Red rice and quinoa Rhubarb Strawberries Tomato Watermelon
ORANGE FOODS	Apricot Bell peppers Cantaloupe Carrots Clementines	Hot peppers Mango Nectarine/Peach Orange Pumpkin	Sweet potato Turmeric Winter squash (acorn, butternut)
YELLOW/ WHITE FOODS	Banana Bell Peppers Bok choy Cannellini beans Cauliflower Coconut Corn Garlic Ginger	Golden raisins Jicama Lemon Mushroom Onion (yellow, white) Pineapple Pinto beans Popcorn	Rice (brown) Shallots Spaghetti squash Starfruit Tortilla (corn, whole grain) Yellow squash Yellow tomato
GREEN FOODS	Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Collard, mustard, turnip, greens Cucumber Edamame	Grapes (green) Green beans Green pepper Green tea Herbs (basil, cilantro, mint, oregano, parsley) Honeydew melon Jalapeño pepper Kale	Leafy Lettuce, leafy greens Lime Okra Olives Pears Scallions Spinach Tomatillo Zucchini
BLUE/PURPLE/	Blackberries Black sesame seeds Black olives	Cabbage (purple) Carrots (purple) Dates	Kale (purple) Figs Potatoes (purple)

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Supplements



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Supplement Use in Cancer Patient

In 2020, using NHANES data, the use of dietary supplements by cancer survivors was found to be 70.4% compared to 51.2% of US adults without cancer ([Du, 2020](#)).

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Supplement during cancer treatment

Guidelines for Dietary Supplements in Cancer Care

- Avoid certain supplements for cancer prevention
- Review patients' supplement intake before treatment
- Identify nutritional deficiencies
- Assess supplements for side effects or drug interactions
- Avoid supplements that disrupt cancer treatments
- Use supplements under clinical supervision and monitoring

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Integrative Supplements: Guidance for Cancer Patients



Caution /Avoid

- Vitamin B 12 , Iron
- Antioxidants- Quercetin
- Vitamin E – Select Trial
- Beta Carotene lung cancer in smokers
- Indole 3 Carbinol (interactions)
- SJS
- Gingko
- Resveratrol
- CBD
- ECGC **Epigallocatechin gallate (side-effects)**



May Utilize



- Vitamin D
- Magnesium
- Omega 3
- Melatonin
- Medicinal Mushrooms Caution is advised when using mushroom products that are produced abroad, as quality control and good manufacturing procedures often cannot be assured.
- American Ginseng
- Astragalus
- Curcumin Care should be taken in patients already on anticoagulants or platelet inhibitors, or for those awaiting surgery, as curcumin can increase bleeding risk in these patients.

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Safety & Quality Control


- **cGMP**- Current Good Manufacturing Practices
- **USP**- United States Pharmacopeia
- **NSF**- National Sanitation Foundation
- **Outside resources that test quality**
 - Consumer Lab (subscription): consumerlab.com
 - CRN Database: <http://crnusa2.org/>
 - Canada database: www.hc-sc.gc.ca/
- **Professional nutraceutical companies** can have their own labs
- **Reporting safety concerns**
 - FDA: U.S. Health and Human Services Safety Reporting Portal




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Supplement –Drug Interactions Resources

Natural Medicines Database:
<https://naturalmedicines.therapeuticresearch.com/>

Know database: <https://knowintegrativeoncology.org/>

MSK about herbs: <https://www.mskcc.org/cancercare/diagnosis-treatment/symptommanagement/integrative-medicine/herb>



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Medical Cannabis

Indication of Medical Cannabis in MN

- Severe/chronic cancer-associated pain
- Severe Nausea/vomiting
- Cachexia/severe wasting
- Cancer with Insomnia

[Qualifying Medical Conditions / Division of Medical Cannabis](#)

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Medical Cannabis for Cancer Patients

- A significant proportion of (20 over 40%) of patients with cancer are taking cannabis products
- **ASCO guidelines (Braun, JCO 2024)**
- Clinicians should routinely and non-judgmentally ask about cannabis use
 - If patients are taking outside the “evidence-based” indications, clinicians should explore goals, educate, and seek to minimize harm (side effects, interactions)
 - Clinicians should recommend AGAINST using cannabis to treat cancer

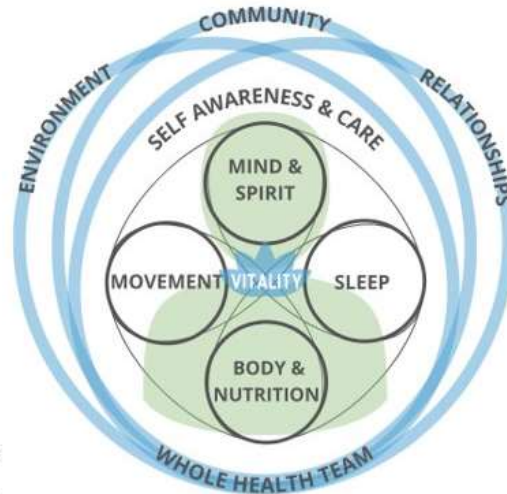
[Cannabis and Cannabinoids in Adults With Cancer: ASCO Guideline Q&A | JCO Oncology Practice](#)

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Movement



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Case Study

50-year-old man, Stage III colon cancer

- Completed surgery + chemo
- Sedentary, fatigued, worried about recurrence
- Inquires which Supplement will decrease risk of recurrence

What would you recommend to improve survival and QOL?

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Structured Exercise in CRC Survivorship

Recommendation

- Structured exercise program:

Brisk walking or equivalent activity 150 min/week

- Strength training 2x/week
- Initial coaching, taper to self-management

Impact

- Improved disease-free survival and overall survival
- Reduced recurrence and mortality risk
- Enhanced energy, function, and quality of life

[Structured Exercise after Adjuvant Chemotherapy for Colon Cancer | New England Journal of Medicine](#)

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“If exercise could be packaged in pill form, it would immediately become the most commonly prescribed medication today.”

~ Robert Butler, M.D.

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Movement in Cancer Patient

Activity and exercise help manage fatigue, reduce lymphedema, and mood, stimulate the bowels, and promote a greater sense of wellbeing

[\(Wilson, 2023; Olsson Möller, 2019; Wilson, 2022; Patsou, 2017\).](#)

Regular exercise, both before and after a cancer diagnosis, is associated with reduced death from cancer, especially breast and colorectal cancer

Ballard-Barbash R, Friedenreich CM, Courneya KS, Siddiqi SM, McTiernan A, Alfano CM. [Physical activity, biomarkers, and disease outcomes in cancer survivors: a systematic review. J. Natl. Cancer Inst. 104\(11\):815-40](#) 06 Jun, 2012



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Exercise Guidelines

- Moderate Aerobic Exercise – At least 150-300 minutes per week
- Vigorous Aerobic Exercise – At least 75-150 minutes per week
- Resistance Exercise • 2 times per week • 1-3 sets/8-15 reps

[Effects-of-Exercise-on-Health-Related-Outcomes-in-Those-with-Cancer-PDF.pdf](#)



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Bridging Exercise Gaps for Cancer Survivors

- Despite the importance of physical activity, less than 1/3 of adult cancer survivors meet the recommendations of 150 minutes of moderate-intensity or 120 minutes of vigorous-intensity physical activity per week ([Eng, 2018](#))
- Individuals of low socioeconomic status, as well as Black individuals, are each half as likely to engage in physical activity as are White individuals with at least median incomes ([Kegler, 2022](#)).

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HEALTH COACHING

- Coaching is a process characterized by inquiry and problem-solving.
- Focuses on helping individuals discover their best approaches.
- Encourages a spirit of inquiry and mutual problem-solving.
- Supports individuals in uncovering solutions rather than giving direct advice.
- Complements mentorship, focusing on growth and performance.

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PGIHH Health Coaches

Our approach:

- We see each client as the expert
- We believe the client is fully whole from the start
- We strive to hold a safe, judgement free space
- We listen “between the lines”
- We share resources when asked

We are:

- Board Certified through National Board Certified for Health and Wellness Coaching
- We have backgrounds in nursing, exercise physiology, nutrition, and fitness



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Wearable Trackers: Enhance Engagement

Fitbit Charge™ & Garmin Vivosmart™

- These devices have been validated for accurate step counting, heart rate monitoring, and sleep tracking ([Haghayegh, 2020](#); [Diaz, 2015](#); [Evenson, 2020](#))
- Frequently utilized in weight management and cardiac rehabilitation programs

Apple Watch (Series 6 and later)

- Features an FDA-cleared ECG for detecting arrhythmias
- Employed in remote monitoring of cardiovascular health ([Plastiras, 2018](#))

WHOOP™ Band (Validated for Recovery & HRV Monitoring)

- Demonstrates high accuracy in heart rate variability (HRV) and sleep tracking ([Miller, 2020](#))
- Commonly applied in sports medicine and stress response assessment

Oura™ Ring (Validated for Sleep & Metabolic Monitoring)

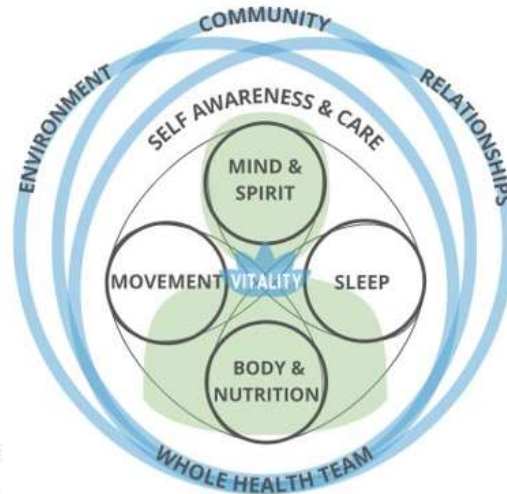
- Provides precise measurements of resting heart rate, HRV, and body temperature ([Svensson, 2024](#))
- Utilized in sleep research, circadian rhythm analysis, and overall wellness monitoring



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Sleep



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Amazing Breakthrough

“Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You’ll even feel happier, less depressed, and less anxious.”

Are you interested?

Mathew Walker

Why we Sleep: The New Science of Sleep and Dreams

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Light and Melatonin

- Circadian rhythm disruption is "probably carcinogenic."
- 20-70% of breast cancer patients experience insomnia during and after treatment.
- Causes include medications, pain, nausea, and psychological distress; sleep studies may help.
- Sleep issues often occur alongside depression, fatigue, anxiety, and pain.

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Sleep Hygiene



CONSISTENT SLEEP
SCHEDULE



EXERCISE REGULARLY



DAILY EXPOSURE TO
LIGHT



AVOID CAFFEINE,
NICOTINE AND ALCOHOL
BEFORE BED



STOP USING ELECTRONIC
DEVICES 1-2 HOURS
BEFORE BEDTIME



ESTABLISH A RELAXING
BEDTIME ROUTINE

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Cognitive Behavioral Therapy- Insomnia



Cognitive Behavioral Therapy for insomnia



This is a structured program for people who do not want to chronically use sleeping medications.



CBT-I helps people identify thoughts and behaviors that cause sleep problems. It can help tame the negative thoughts that keep us awake.



To find a trained practitioner, check out the American Academy of Sleep medicine, or the Society of Behavioral Sleep Medicine.

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CBT-I

CBT-I:
 SLEEP HYGIENE
 STIMULUS CONTROL
 SLEEP RESTRICTION
 RELAXATION
 WORRY MANAGEMENT

[Cognitive Behavioral Therapy for Insomnia \(CBT-I\): An Overview](#)

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Other Integrative therapies



Mindfulbased Interventions



Acupuncture



Movement



Aromatherapy



Yoga



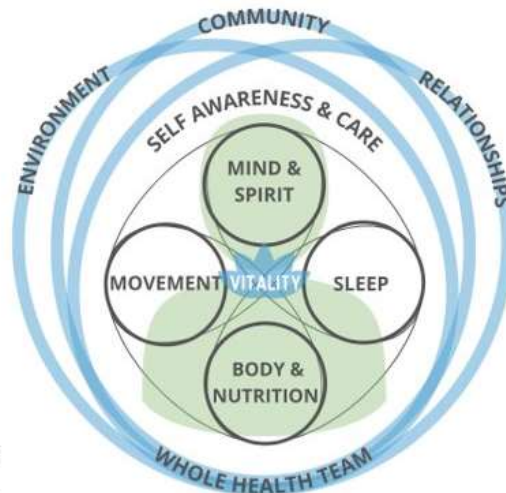
Supplements:
Melatonin, Magnesium,
L theanine , Chamomile

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Mind and Spirit



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Mind-Body Medicine Practices

Mindfulness
& Meditation

Guided
Imagery

Autogenic
Training-
Biofeedback

Prayer

Yoga

Tai Chi & Qi
Gong

Clinical
Hypnosis

Repetitive
Physical
Exercise

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Based on the Society for Integrative Oncology (SIO) guidelines (ASCO-endorsed), which integrative therapy has the strongest evidence for reducing both anxiety and depression during and after breast cancer treatment?

- A) Music therapy
- B) Reflexology
- C) Mindfulness-based interventions
- D) Aromatherapy (lavender essential oil)

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Answer & Rationale

✓ Correct Answer: C –
Mindfulness-based interventions

Why?

High/Strong evidence for anxiety and depression

Effective during therapy and after therapy

Examples: meditation, MBSR, guided mindfulness practices

- ◆ Music therapy = low/moderate evidence
- ◆ Yoga = intermediate/moderate (breast cancer only)
- ◆ Aromatherapy & Reflexology = low/weak evidence

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Guided Imagery

When you go out into the woods and you look at the trees... And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree and you allow it. You see why it is the way that it is. You sort of understand that it didn't get enough light, and so it turned that way... You appreciate the tree..

..I practice turning people into trees"

- Ram Dass



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Guided Imagery Resources

Access [hayhouse.com](https://www.hayhouse.com) for a variety of materials

- Explore *Enhancing Radiation Therapy* by Emmett E. Miller, M.D.
- Review *Chemotherapy Support* by Belleruth Naparstek

Visit [insighttimer.com](https://www.insighttimer.com) for guided sessions

- Try *Visualization for Healing* by Diana Hill
- Listen to *Chemotherapy Support* narrated by Saskia Lightstar



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Breathe ~Understanding the Stress Response and Engaging the Relaxation Response with Breathing Techniques~

Try one of these breathing techniques below to engage the relaxation response:

4-7-8 Breath

Take a deep, slow breath from your belly, and silently count to 4 as you breathe in
 Hold your breath, and silently count to 7
 Breathe out completely as you silently count to 8
 Repeat 4 times or until you feel calm

You can watch Dr. Andrew Weil demonstrate this technique by following this link:
https://www.youtube.com/watch?v=YRPh_GaiL8s



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Meditation

- Below are some resources to help you get started with meditation:
- **Online Guided Meditations:** Guided meditations created by the Penny George Institute for Health and Healing at Allina Health: [livewell.learnitlive.com](https://www.livewell.learnitlive.com)
 - **Instructions:** In the search box on the LiveWell website, type "meditation" into search box to pull up the following meditations:
 - Guided Meditation
 - Washing Hands Meditation
 - Mountain Meditation
 - 5 min Check-in Meditation
 - Sound Meditation
 - Meditation in Support of Caregivers and Ourselves
 - 5 min Breathing Meditation
 - 3 Min Body Scan
 - Self Compassion Meditation
- **Meditation Apps**
 - Insight Timer
 - Calm
 - Sabr (Muslim based)
 - Abide (Christian based)
- **Movement Meditation**
 - Qi Gong, Tai Chi, Chair Yoga and guided meditations
 - Allina Health Penny George Institute Learn It Live Classes (live and on-demand): [livewell.learnitlive.com](https://www.livewell.learnitlive.com)
 - Yoga
 - Youtube channels: Yoga with Adrienne, Sara Beth Yoga

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MBSR : Mindful Based Stress Reduction

- Mindfulness became part of American healthcare in 1979 when Jon Kabat-Zinn, PhD, developed the Mindfulness-Based Stress Reduction (MBSR) Program at the University of Massachusetts Medical Center.



An 8-week course helps individuals use mindfulness practices like yoga, tai chi, meditation, and mindful eating to reduce stress, depression, and pain in daily life.



Books and resources by Dr. Jon Kabat-Zinn PhD

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Aromatherapy

- **Lavender – Sleep, Stress Relief**
- **Ginger – Nausea**
- **Frankincense – Ceremonial Use**
- **Peppermint – Nausea**
- **Bergamot – Anxiety, Pain Relief**
- **Rose Geranium – Stress Relief**

For guidance on safe essential oil usage, please visit the National Association for Holistic Aromatherapy at www.naha.org.

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👉 “When Standard Therapy Isn’t Enough”

Clinical Scenario:

A 55-year-old woman receiving chemotherapy is on:

Antiemetics for nausea

Gabapentin for neuropathy

Pain medication for cancer-related pain

Despite this, she continues to experience significant nausea, tingling in her hands/feet, and persistent pain.

She asks about integrative approaches that might help in addition to her current regimen.

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ASCO Guideline on Integrative Medicine for Pain Management in Oncology (J Clin Oncol, 2022).

Acupuncture has the strongest evidence for addressing all three: nausea, neuropathy, and pain.

Massage therapy can provide important relief for pain, especially in advanced cancer or palliative settings.

Reflexology may support nausea reduction.

CBD has not shown reliable benefit for these chemotherapy-related symptoms.

Hypnosis may assist with procedural pain

Key Point:

Even when patients are already on conventional supportive medications, acupuncture offers multi-symptom relief and should be considered as part of an integrative oncology care plan.

Reference: Adapted from ASCO Guideline on Integrative Medicine for Pain Management in Oncology (J Clin Oncol, 2022).

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Whole System Medicine

- Whole systems of medicine are complete systems that have evolved in parallel to biomedicine and have their own unique systems of diagnosis and treatment
 - Traditional Chinese Medicine
 - Herbal medicines, mind-body medicine (e.g., qi gong), diet, manual medicine, and acupuncture
 - Acupuncture that is best studied for its effects in an oncology setting
 - Ayurvedic Medicine
 - Diet, yoga, massage
 - Reiki

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Acupuncture

- Traditional Chinese Medicine
- Employs needles or pressure to activate specific points on the body, encouraging balance and healing
- Illness arises from an imbalance of qi, or vital energy
- Helps reduce inflammation, triggers endorphin release, and may stimulate fascia or nerve pathways



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Acupuncture in Supportive Cancer Care

- Nausea/Vomiting
- Cancer Pain
- Cancer related fatigue
- Dry Mouth
- Hot Flashes
- Insomnia
- Fatigue
- Arthralgias



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Safety Precautions

- Avoid with platelet less than 20 , ANC less than 500 or nadir, avoid in patients with prolonged immunosuppression
- Avoid in areas of active or recent radiation
- Avoid near tumor, indwelling lines, tissue expanders, limb at risk of lymphedema, or limb with DVT
- The patient has a febrile illness, or any cellulitis or local infection in the area where the acupuncturist intends to place needles, and there are no alternatives to needling there.
- The acupuncturist has an infectious illness or has been in close contact with someone with a serious infectious illness, as this could be passed to an immuno-compromised patient with serious consequences.

de Valois B, Young T, Zollman C, Appleyard I, Ben-Arye E, Cummings M, Green R, Hoffman C, Lacey J, Moir F, Peckham R, Stringer J, Veleber S, Weitzman M, Wode K. Acupuncture in cancer care: recommendations for safe practice (peer-reviewed expert opinion). Support Care Cancer. 2024 Mar 14;32(4):229. doi: 10.1007/s00520-024-08386-6. PMID: 38483623; PMCID: PMC10940387.

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Yoga

- A traditional Indian healing modality that incorporates precise body postures, regulated breathing techniques, and meditation
- Includes different forms like chair yoga and laughter yoga
- Aims to foster balance among physical, emotional, and spiritual aspects
- May offer benefits such as enhanced sleep quality, lowered anxiety and stress levels, QOL, and diminished fatigue

Yoga is an example of an integrative modality that has made an impact on ASCO's guidelines (as well as NCCN guidelines); ASCO recommends yoga for anxiety, stress reduction, depression, mood disturbances, and improving quality of life (Lyman, 2018). As such, yoga is a core modality in integrative oncology.

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Massage

- Manipulative therapy involves the use of touch, pressure, and movement to alleviate symptoms and promote relaxation.
- This approach may help address anxiety, lymphedema, pain, fatigue, enhance sleep quality, and relieve constipation.
- Society for Oncology Massage
[S4OM | Society for Oncology Massage](#)

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Empowering Patients Thrive

Goal with Integrative Oncology is to assist patients and address their inquiries regarding:

- NUTRITION
- PHYSICAL ACTIVITY
- SAFE SUPPLEMENT USE
- CANNABIS
- MIND BODY THERAPIES

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Training in Integrative Medicine

University of AZ Integrative Medicine: <https://awcim.arizona.edu/> • Fellowship program and boards

• Individual courses • American College of Lifestyle Medicine: <https://lifestylemedicine.org/> • Training program and boards • Individual courses

• Institute for Functional Medicine: <https://www.ifm.org/> • Training program and certification • Other courses available

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Disclaimer

The recommendations provided are for educational purposes only and are not endorsements of specific products, brands or websites. The options listed reflect those patients have found beneficial, however, many other alternatives may be appropriate.

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