

ALTERNATIVE TREATMENTS for CANCER

AUG/SEPT. 2011 | ISSUE #337/338

Townsend Letter

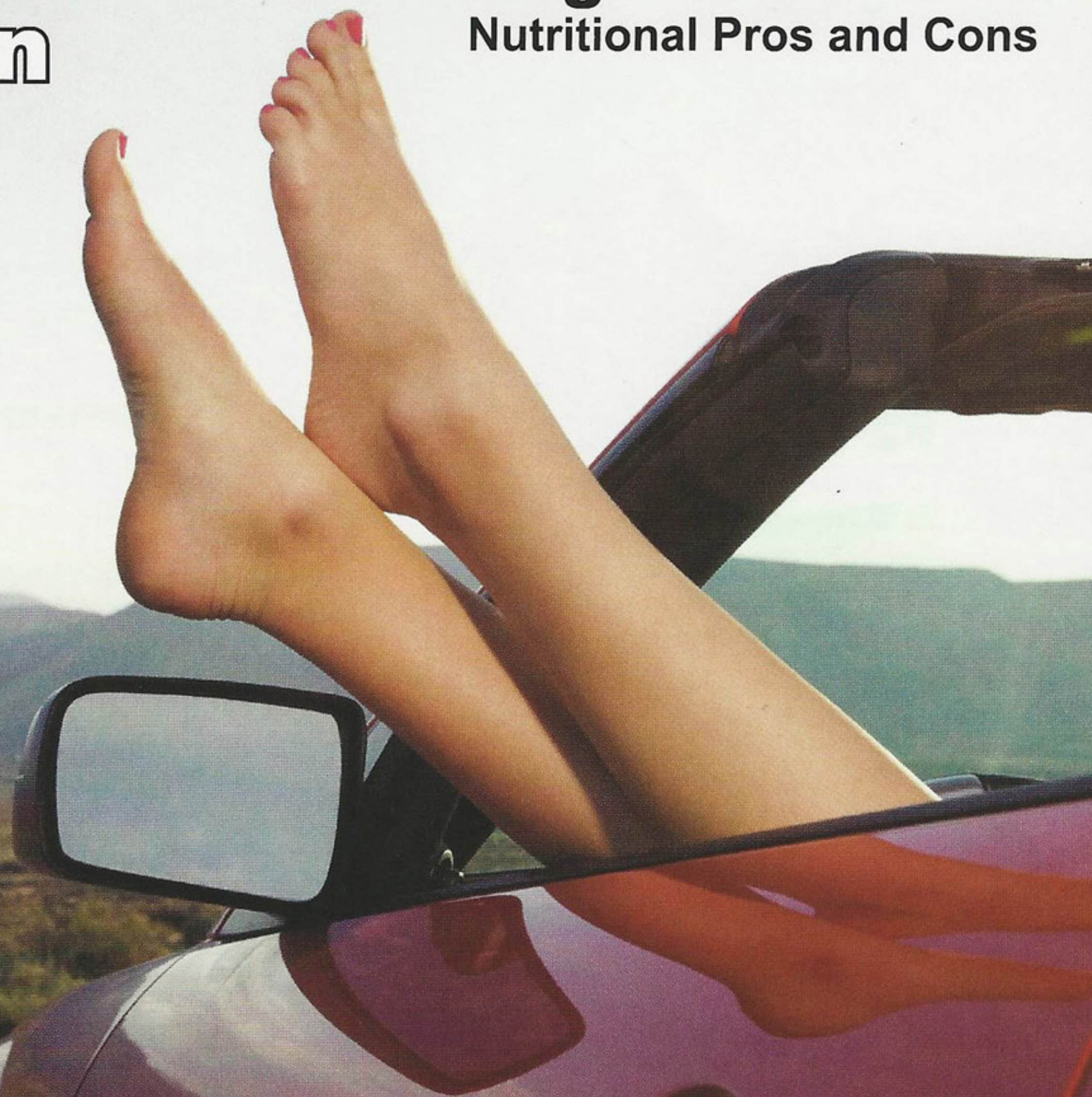
The Examiner of Alternative Medicine

**Prescriptions
for Inflammation**
Five Natural Solutions

Vitamin C Treatment
How to Talk to Your Doctor

Burn Therapy
'Miraculous' Home Methods

Vegetarian Diet
Nutritional Pros and Cons

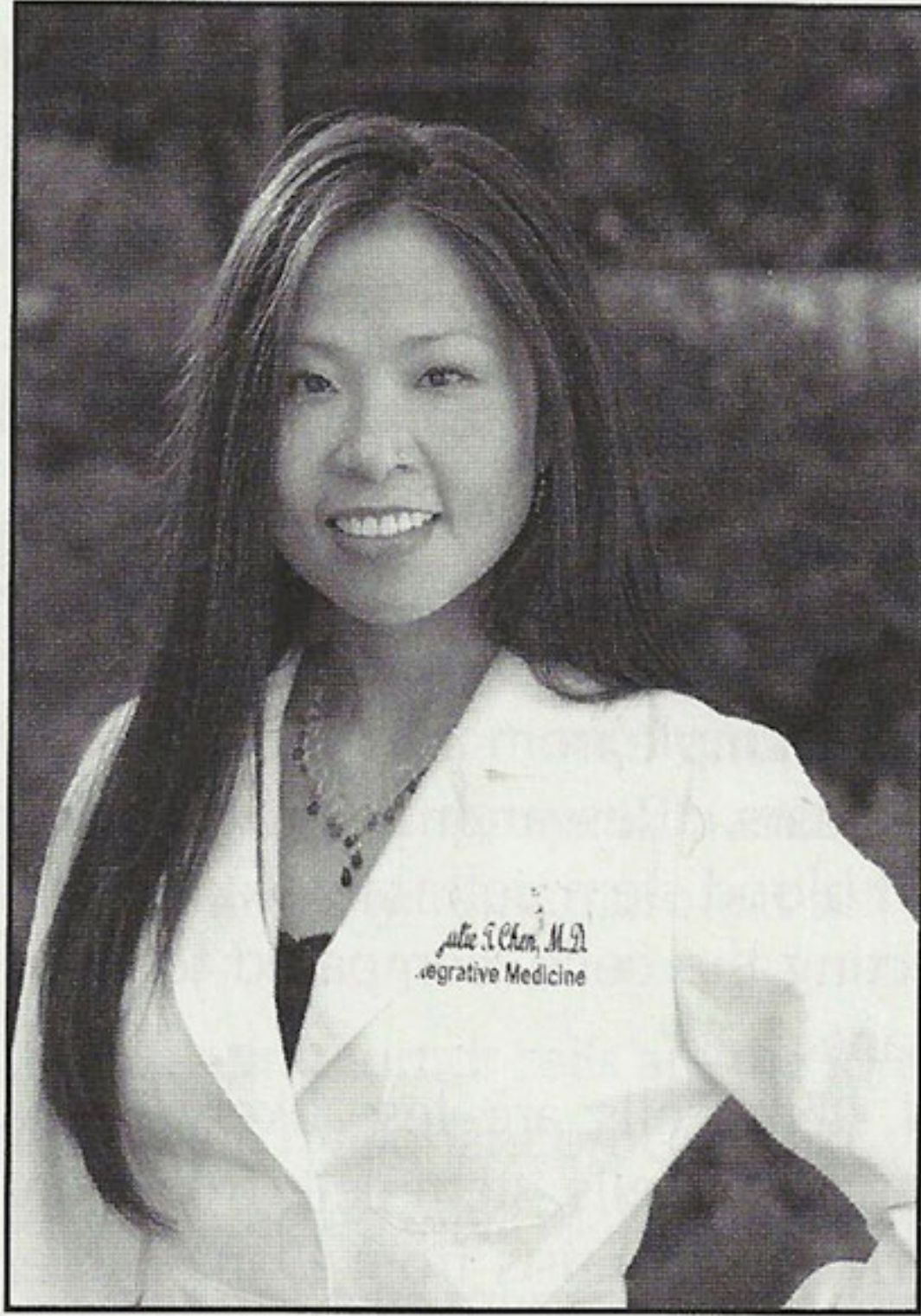


www.townsendletter.com



\$7.50

Specific Cancer Types
What Are the Statistics?



Integrative Medicine Perspective by Dr. Julie

by Julie T. Chen, MD
www.makinghealthyez.com

'I Have Cancer ... Now What?'

The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.

Plato

Plato succinctly expresses a crucial aspect of medicine that is all too often forgotten. For cancer patients, this idea that physicians need to tend to the soul and the body is especially true. One of the most significant aspects of a therapeutic alliance between a physician and a cancer patient is the creation of a relationship that helps the patient to build strength and fortitude.

There are no cookie-cutter regimens to accomplish this. The key component to achieving this for a patient is to listen and empathize. From that comes true healing for the patient, and the physician can plan a patient-specific healing regimen that will resonate with that individual. It is in this journey of finding a therapeutic regimen that physicians are able to achieve optimal healing outcome.

Allow me to take you on such a journey of healing, where the healing occurred not just for the patient but also for me, as I watched the patient's inner strength overcome the limitations of her physicality. As a privileged spectator of such tremendous spiritual fortitude aided by integrative medicine therapy, I was given the optimism and hope to help other patients push through doubt and fear in their frequently overwhelming journey of healing.

W. G.* is a 52-year-old woman diagnosed with stage I breast cancer. She came to see me after she had a lumpectomy and lymph node dissection that showed negative nodes. Her breast cancer is estrogen-receptor-positive and her breast tumor was a little less than 1 cm in measurement. Her mother also had breast cancer in her

50s. She came to see me for acupuncture treatment and medical guidance on cancer recurrence prevention. She is also very concerned about her younger sister's getting breast cancer and wanted to know about dietary, lifestyle, and supplemental methods for primary cancer prevention.

We began her treatment with a discussion on the impact of this on her life and her family. She reports that she was stressed when she found out about the diagnosis, but through her church group and her family, she's been able to get through it. She feels more generally fatigued since the diagnosis, but she says that she is coping "as well as can be expected." We discussed how the stress and impact of battling cancer could lead to adrenal fatigue, and she was very interested in implementing mind-body techniques to lessen daily stress, adrenal tonic supplements, and acupuncture to help rebuild her *jing* and strengthen her spleen function.

For a few weeks, she came regularly to learn self-hypnosis and other techniques such as breath work and heart-rate variability biofeedback. Concomitantly, she came regularly for ongoing acupuncture treatments and lifestyle/nutritional counseling. Through a gluten elimination trial, we found that she was mild-to-moderately sensitive to gluten based on her fatigue level and feeling of sluggishness when she consumed gluten versus when she was off gluten. After discussions, she also decided to change her diet to mostly vegan/vegetarian to avoid hormones in meats and cow's milk. She switched to almond or rice milk and stayed away from foods high in phytoestrogens. She tried to consume foods high in indole-3-carbinol and flavonoids. She began drinking organic Japanese green tea and found time for twice daily mind-body relaxation sessions at home.

She began taking vitamin D3 and turmeric with black pepper and eating an organic, well-balanced diet high in fiber and phytonutrient that is anti-inflammatory by nature. We discussed whether she should take a multivitamin. Due to her incredible self-discipline and ability to eat what she needed to for nutritional intake, we agreed that it would be safer for her to obtain all her vitamins from food, since her labs were not showing any indications of significant nutritional deficiencies. Her other significant lab findings included a salivary cortisol test prior to treatment coming back as mildly abnormal. However, after 6 months of this treatment, her repeat salivary cortisol test returned significantly improved.

While W. G. opted not to take any other supplements because she is a firm believer in getting her nutrients from the whole plant in its purest form via food, she chose to take tamoxifen based on her own research of available online clinical data. She has been doing well with the combination of conventional and complementary therapies such that she feels "like myself again." Since then, she has helped her sister down the path of living what she terms "a well-balanced life." She has also worked as a volunteer at several nonprofit cancer communities and support groups. By finding her own balance, she is now helping others find theirs. Above all else, she has tremendous hope for herself and her sister; and this is a hope that she tries to bring to all others she encounters, even the other patients in my waiting room.

As I have had the tremendous pleasure and privilege to witness W. G.'s transformation from the fatigued and doubtful patient at the onset of our therapeutic alliance to her current state of vitality, I can't help but want to share her optimism with other patients who are coming into my clinic as she had first presented. By listening and empathizing with W. G.'s concerns and creating a treatment regimen that resonated with her desire to utilize food, acupuncture, and mind-body techniques over an abundance of supplements, I was able to provide her with the tools so that she could build the foundation of her current fortress of health and hopefulness.

As a testament to the importance of how mental fortitude can lead to physical fortitude, the turning point for her transformation really began when she started the daily mind-body regimen at home and regular visits for acupuncture. She was able to find her "balance" enough to do the gluten elimination trial and to eat in a self-disciplined way such that her foods became her medicine.

Above and beyond her physical appearance of vitality, the normalization of her salivary cortisol test provided further evidence that strengthening of both her mind as well as her body allowed her to reach this place: a leader and guide to those who are emerging weak from their battle with cancer as shadows of their former selves, desperately in search of their balance. As W. G. continues to share her bright light of hope, having gone through battle herself, she has been an inspirational example of the beauty that emerges from treating both the body and the soul.

*Name and certain specifics regarding this case have been altered for protection of patient's identity.

References

American Institute for Cancer Research. *Nutrition and the Cancer Survivor*. Special Population Series. 2003.

American Institute for Cancer Research. *Dietary Options for Cancer Survivors*. 2002.

Brown J, Byers T, Thompson K, Eldridge B, Doyle C, Williams AM, American Cancer Society Workgroup on Nutrition and Physical Activity for Cancer Survivors. Nutrition during and after cancer treatment: A guide for informed choices by cancer survivors. *CA Cancer J Clin*. 2001;51:153-187.

Byers T, Nestle M, McTiernan A, et al. American Cancer Society guidelines on nutrition and physical activity for cancer prevention: Reducing the risk of cancer with healthy food choices and physical activity. *CA Cancer J Clin*. 2002;52:92-119



HEALING YOUNG BRAINS

**NOVEMBER 4-6, 2011
LEXINGTON, KY**

LEARN FROM THE EXPERTS...

**Joseph Chilton Pearce
Alan Gaby, MD
Doris Rapp, MD
Scott Shannon, MD
Dickson Thom, DDS, ND
Mark Schauss, DB
Christopher Shade, PhD
and MORE!**

**Earn AMA Category 1 CMEs,
Naturopathic CMEs, Acupuncturist CMEs
and CEUs for psychologists and all
mental health practitioners**

**Contact Healthy Medicine Academy
to register and for questions:
(303) 499-4700
info@healthymedicineacademy.com
www.healthymedicineacademy.com**

**Exhibitor Space Available: Contact Healthy
Medicine Academy for a prospectus.**

Also in Lexington, KY:

**Practical Endocrinology in
Integrative Medical Practice**

October 1, 2011, 9 AM - 3 PM

AMA CMEs Awarded

Robert A. Anderson MD Wendy Warner MD
Allan Warshowsky MD Jim Roach, MD

**Contact Healthy Medicine Academy
to register.**