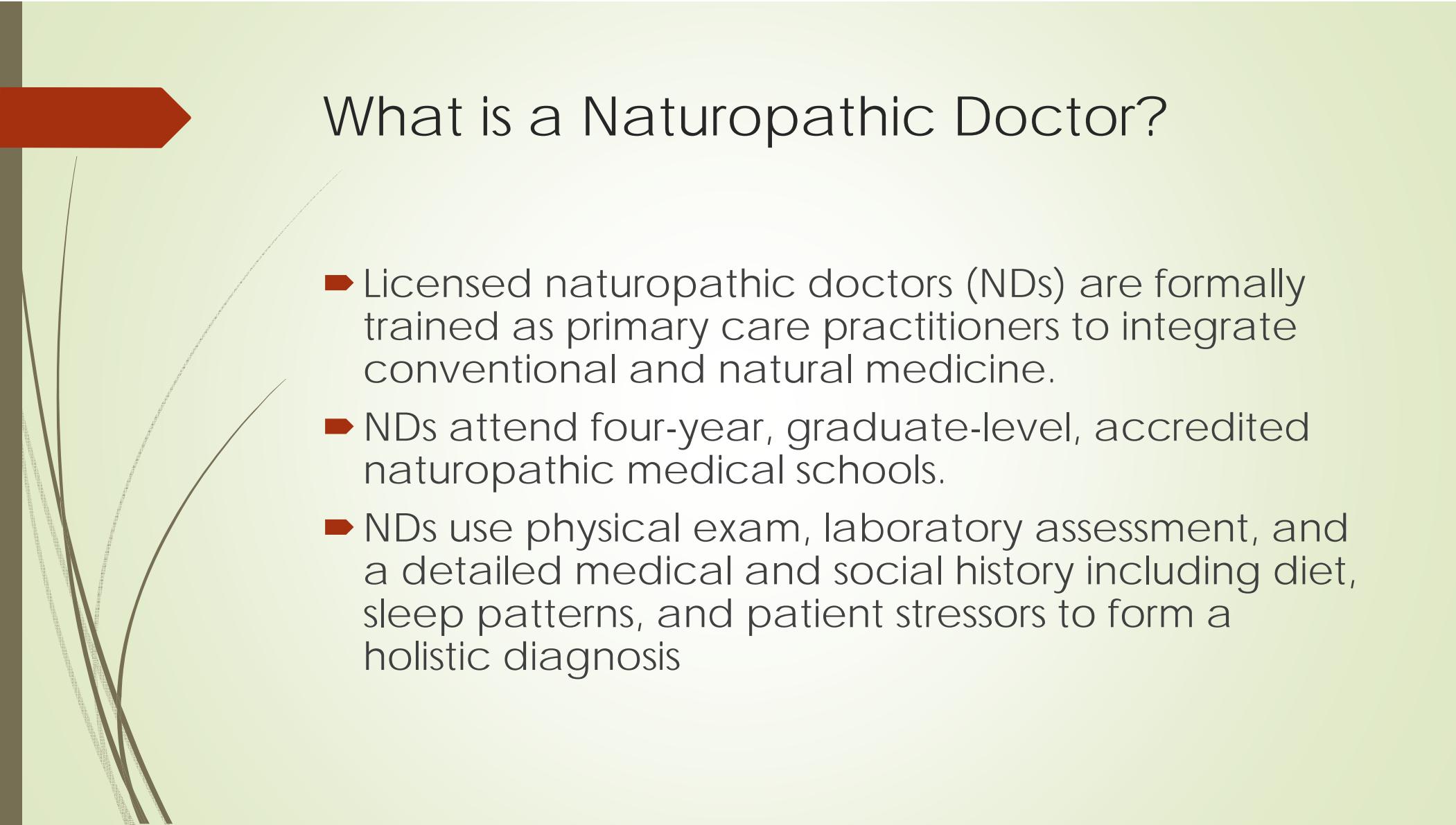




The Role of Naturopathic and Chinese Medicines in Supportive Care of Cancer Patients

Dr. Kevan Huynh, ND, L.Ac

Bay Area Naturopathic Medicine



What is a Naturopathic Doctor?

- ▶ Licensed naturopathic doctors (NDs) are formally trained as primary care practitioners to integrate conventional and natural medicine.
- ▶ NDs attend four-year, graduate-level, accredited naturopathic medical schools.
- ▶ NDs use physical exam, laboratory assessment, and a detailed medical and social history including diet, sleep patterns, and patient stressors to form a holistic diagnosis



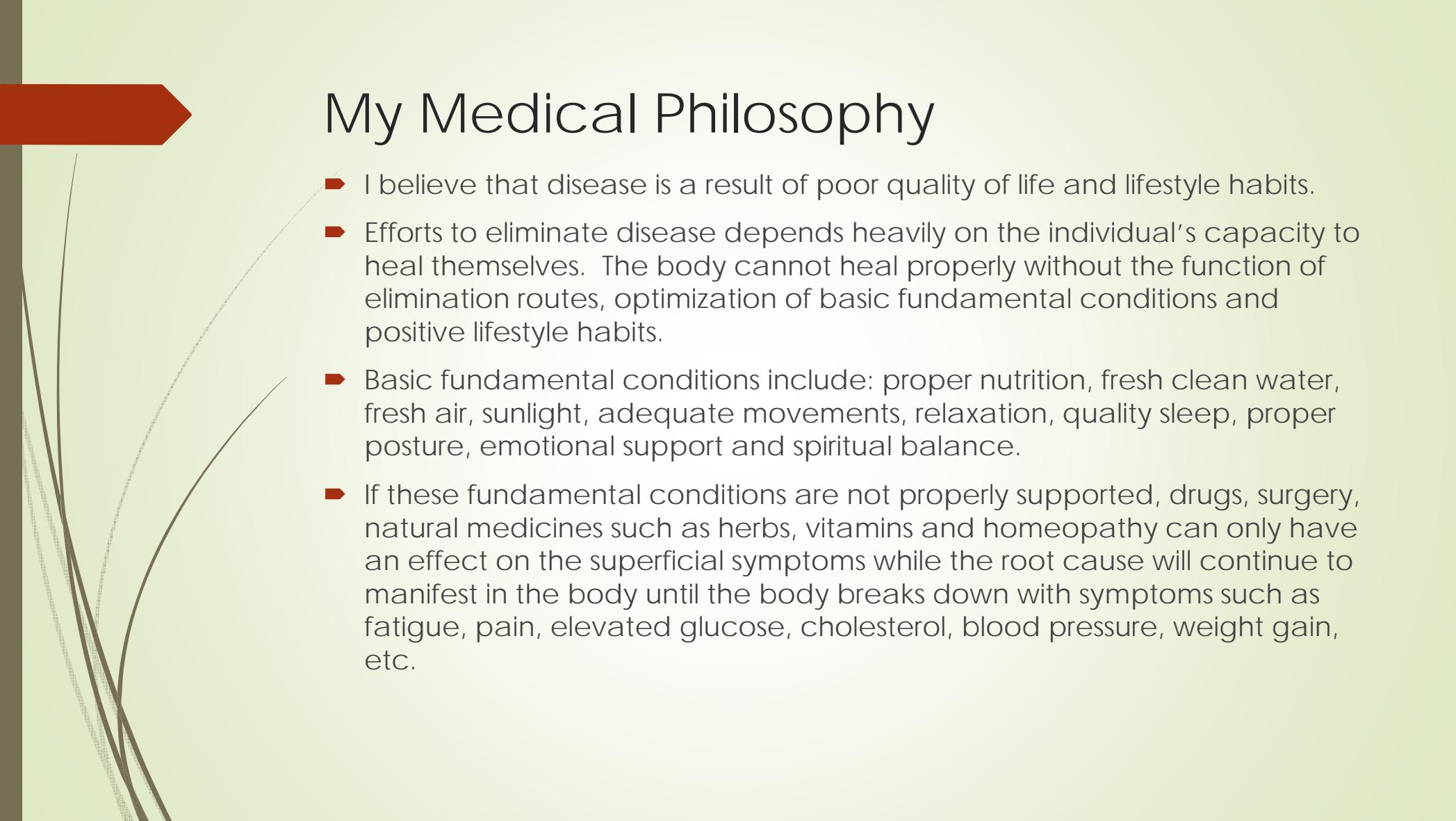
What is Naturopathic Medicine?

- ▶ Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process.
- ▶ The practice of naturopathic medicine includes modern and traditional, scientific and empirical methods.



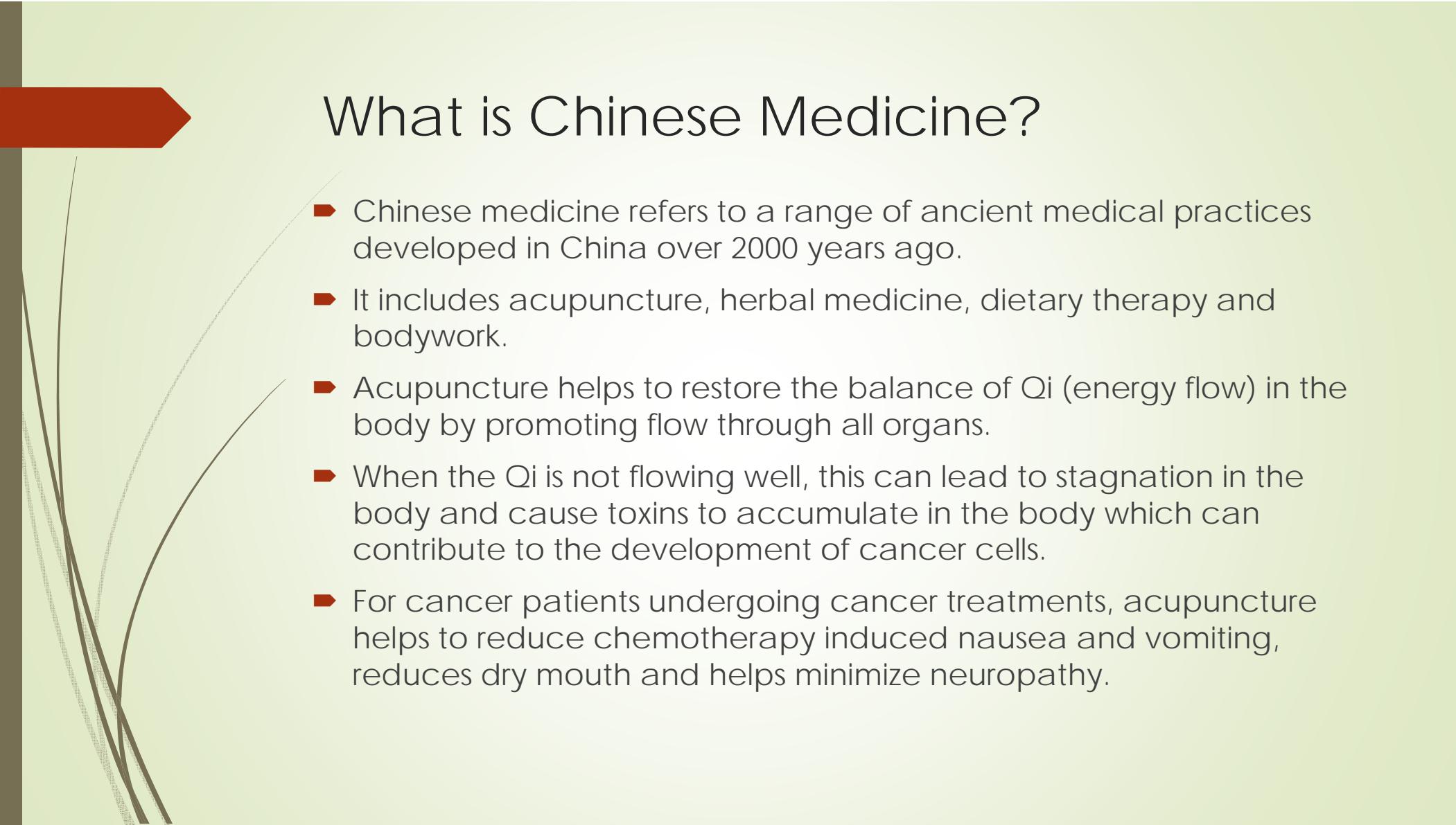
Naturopathic Medicine is Distinguished by the Following Principles:

1. The Healing Power Of Nature
2. Identify And Treat The Cause
3. First Do No Harm
4. Treat The Whole Person
5. Doctor As Teacher
6. Prevention



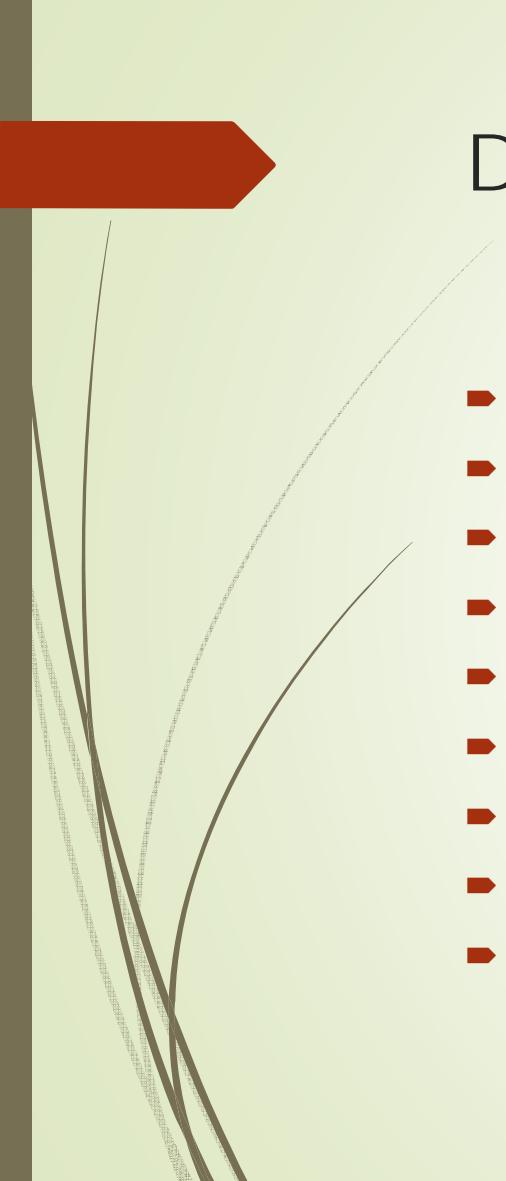
My Medical Philosophy

- ▶ I believe that disease is a result of poor quality of life and lifestyle habits.
- ▶ Efforts to eliminate disease depends heavily on the individual's capacity to heal themselves. The body cannot heal properly without the function of elimination routes, optimization of basic fundamental conditions and positive lifestyle habits.
- ▶ Basic fundamental conditions include: proper nutrition, fresh clean water, fresh air, sunlight, adequate movements, relaxation, quality sleep, proper posture, emotional support and spiritual balance.
- ▶ If these fundamental conditions are not properly supported, drugs, surgery, natural medicines such as herbs, vitamins and homeopathy can only have an effect on the superficial symptoms while the root cause will continue to manifest in the body until the body breaks down with symptoms such as fatigue, pain, elevated glucose, cholesterol, blood pressure, weight gain, etc.



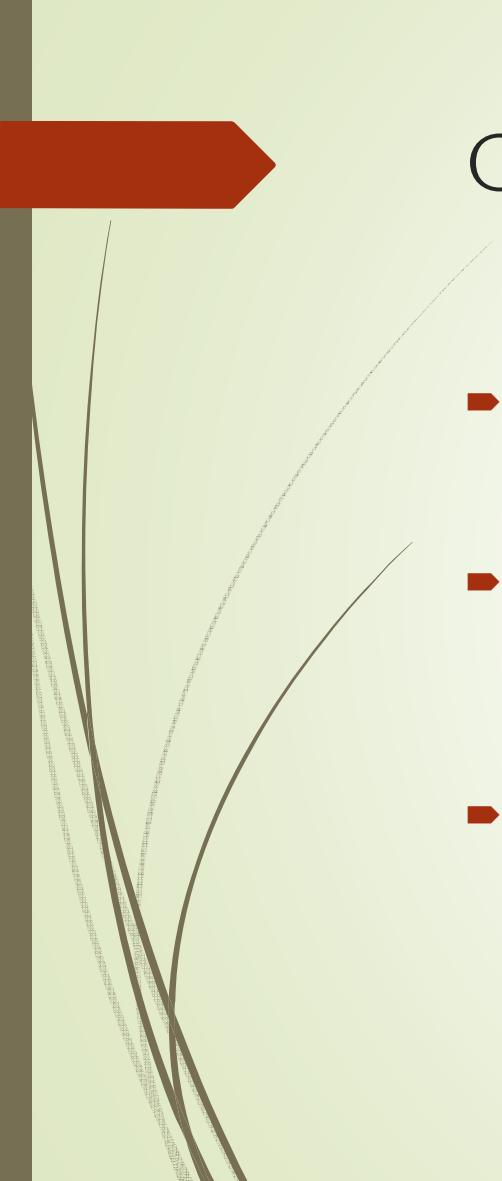
What is Chinese Medicine?

- ▶ Chinese medicine refers to a range of ancient medical practices developed in China over 2000 years ago.
- ▶ It includes acupuncture, herbal medicine, dietary therapy and bodywork.
- ▶ Acupuncture helps to restore the balance of Qi (energy flow) in the body by promoting flow through all organs.
- ▶ When the Qi is not flowing well, this can lead to stagnation in the body and cause toxins to accumulate in the body which can contribute to the development of cancer cells.
- ▶ For cancer patients undergoing cancer treatments, acupuncture helps to reduce chemotherapy induced nausea and vomiting, reduces dry mouth and helps minimize neuropathy.



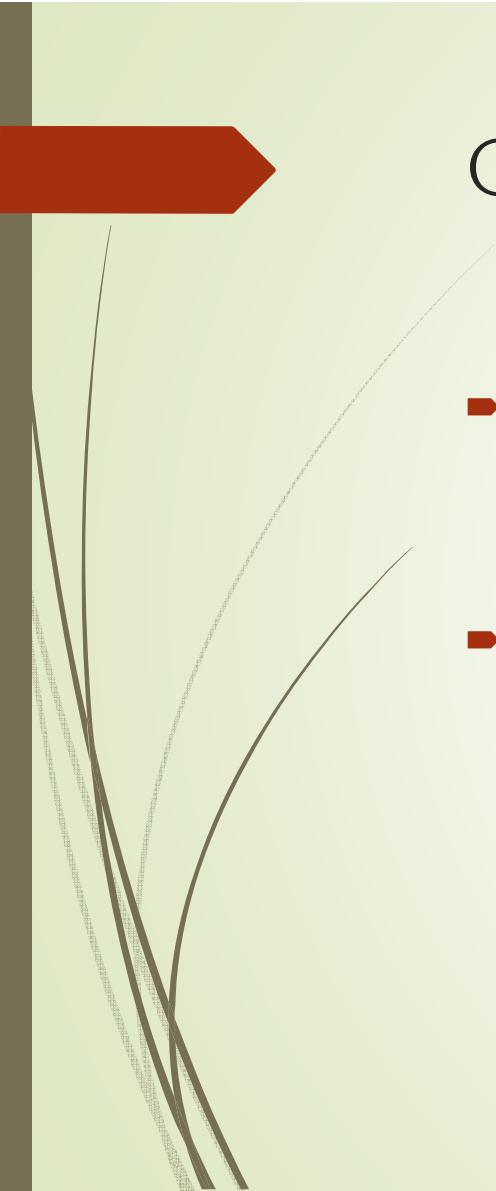
Diagnostic and Therapeutic Modalities:

- ▶ Clinical and Laboratory Diagnostic Testing
- ▶ Nutritional Medicine
- ▶ Herbal/Botanical Medicine
- ▶ Acupuncture
- ▶ Homeopathic Medicine
- ▶ Patient Education
- ▶ Health and Lifestyle Counseling
- ▶ Mind-Body Therapies
- ▶ Prescription Medications (when necessary)



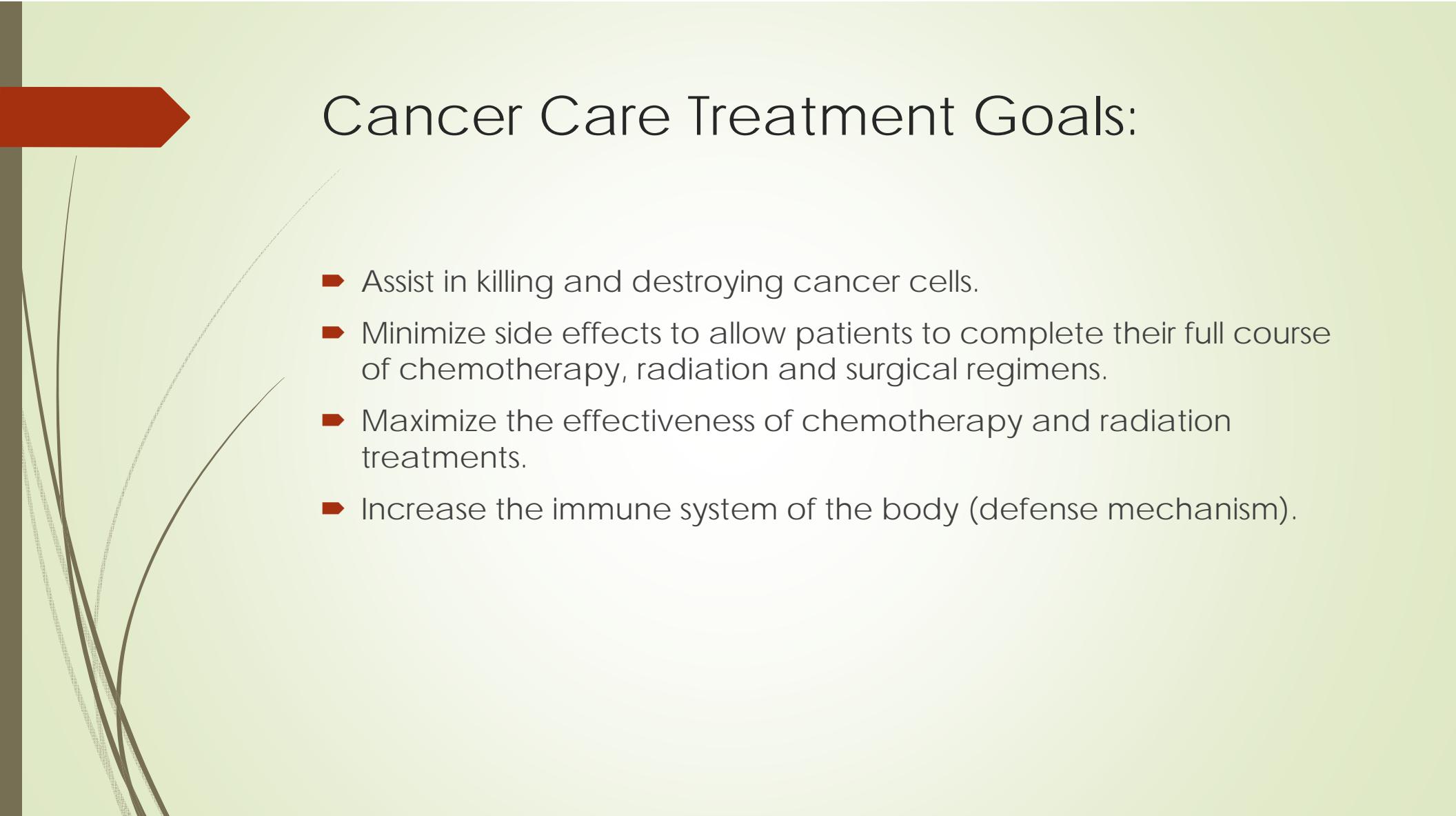
Cancer Care and Support

- ▶ Provide naturopathic and Chinese medicine as adjunctive complementary therapies to patients undergoing conventional cancer treatments.
- ▶ Integrative cancer care provides a more optimized approach to the success of cancer therapies because it takes into account the whole person, including the physical, mental and spiritual aspects of health.
- ▶ Utilize evidence based as well as traditional methods of treatment that do not interfere with the patient's current medical treatments.



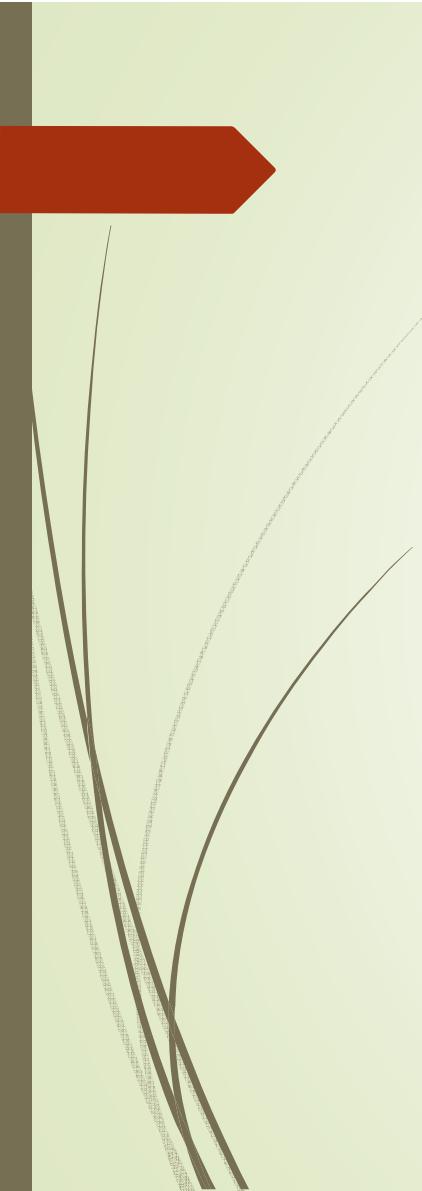
Cancer Care and Support Continued:

- ▶ Goals of using both naturopathic and Chinese medicine for cancer patients are to increase their immune function, decrease the side effects from chemotherapy or radiation and to enhance the patient's inherent healing process.
- ▶ We work closely with your oncologist and encourage open communication with other members of your health care team to provide a collaborative approach to your health. As a result, we are able to formulate an individualized treatment plan that is optimal for your needs.



Cancer Care Treatment Goals:

- ▶ Assist in killing and destroying cancer cells.
- ▶ Minimize side effects to allow patients to complete their full course of chemotherapy, radiation and surgical regimens.
- ▶ Maximize the effectiveness of chemotherapy and radiation treatments.
- ▶ Increase the immune system of the body (defense mechanism).



Cancer Care Treatment Goals continued:

- ▶ Relieve stress and anxiety related to ongoing treatment.
- ▶ Improve patient quality of life.
- ▶ Keep patients in remission.
- ▶ Prevent relapse and metastasis.
- ▶ Extend patients life span.



Naturopathic Care for Cancer Survivors and Those in Remission:

- ▶ Building the immune system
- ▶ Supporting detoxification pathways
- ▶ Decreasing inflammation
- ▶ Protecting and optimizing organ systems such as the thyroid, adrenals and sex hormones
- ▶ Managing pre-existing conditions



Dietary Recommendations for Cancer Patients

- ▶ Phytochemicals to fight cancer:
 - ▶ Carotenoids – red, orange
 - ▶ Flavonoids – apples, citrus
 - ▶ Indoles – cruciferous vegetables
 - ▶ Inositol – oats, rice, nuts
 - ▶ Isoflavones – soybeans, chickpeas
 - ▶ Isothiocyanates – cruciferous vegetables
 - ▶ Polyphenols – green tea, berries, grapes
 - ▶ Terpenes – cherries, apples, citrus peels



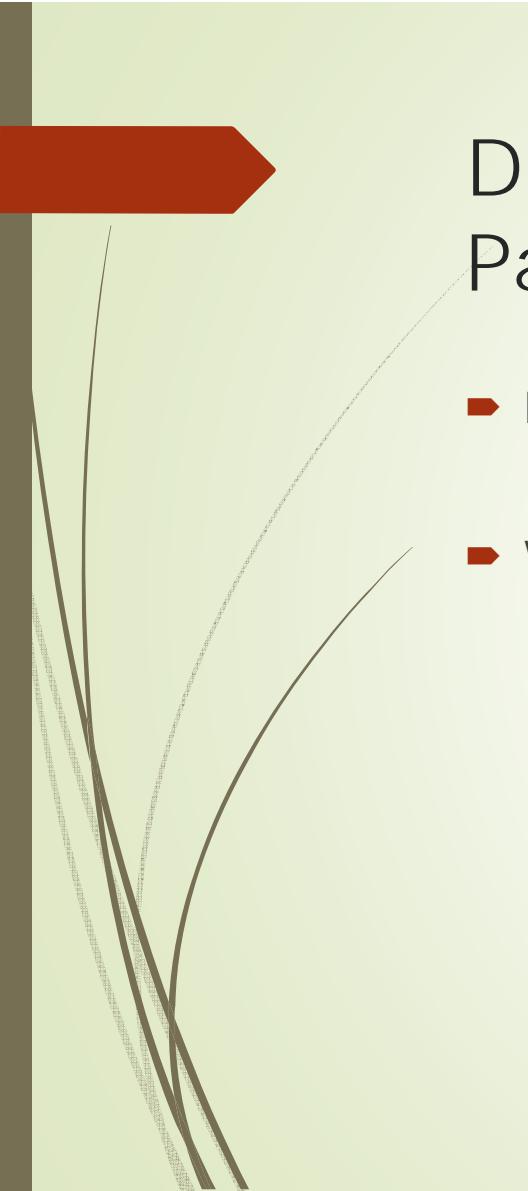
Dietary Recommendations for Cancer Patients

- ▶ Healthy Fats - helps body to sustain energy, maintain weight and protects nerve cells, decreases inflammation
 - ▶ Olive Oil
 - ▶ Avocado Oil
 - ▶ Coconut Oil
 - ▶ Nuts/Seeds
 - ▶ Fish



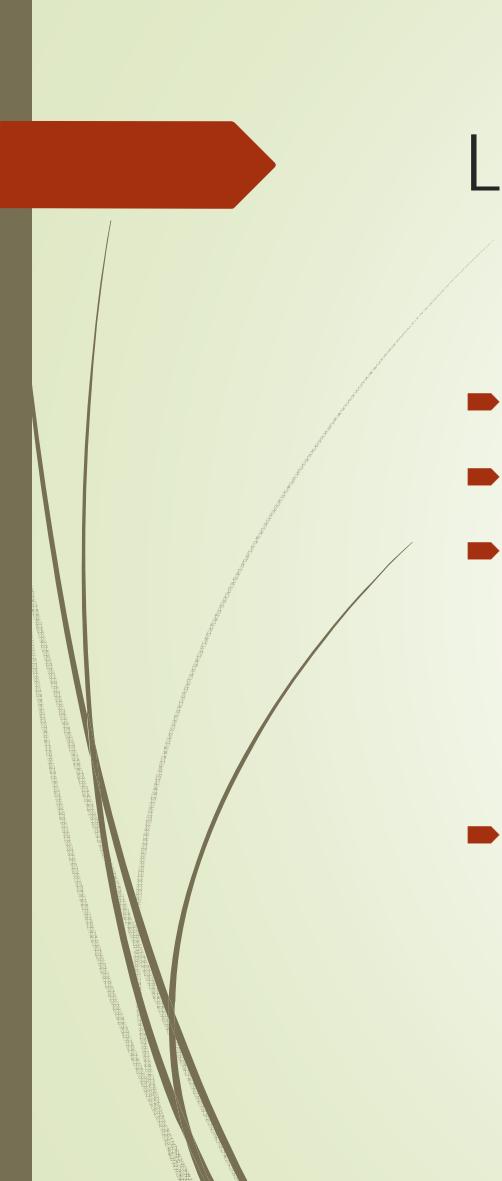
Dietary Recommendations for Cancer Patients

- ▶ Protein
 - ▶ Animal protein vs Plant Protein
 - ▶ Amino Acids to restore tissue damage and depletions
 - ▶ Needs to be easily digested and absorbed to support hormones and immune system
 - ▶ Organic and hormone free when possible
 - ▶ Legumes



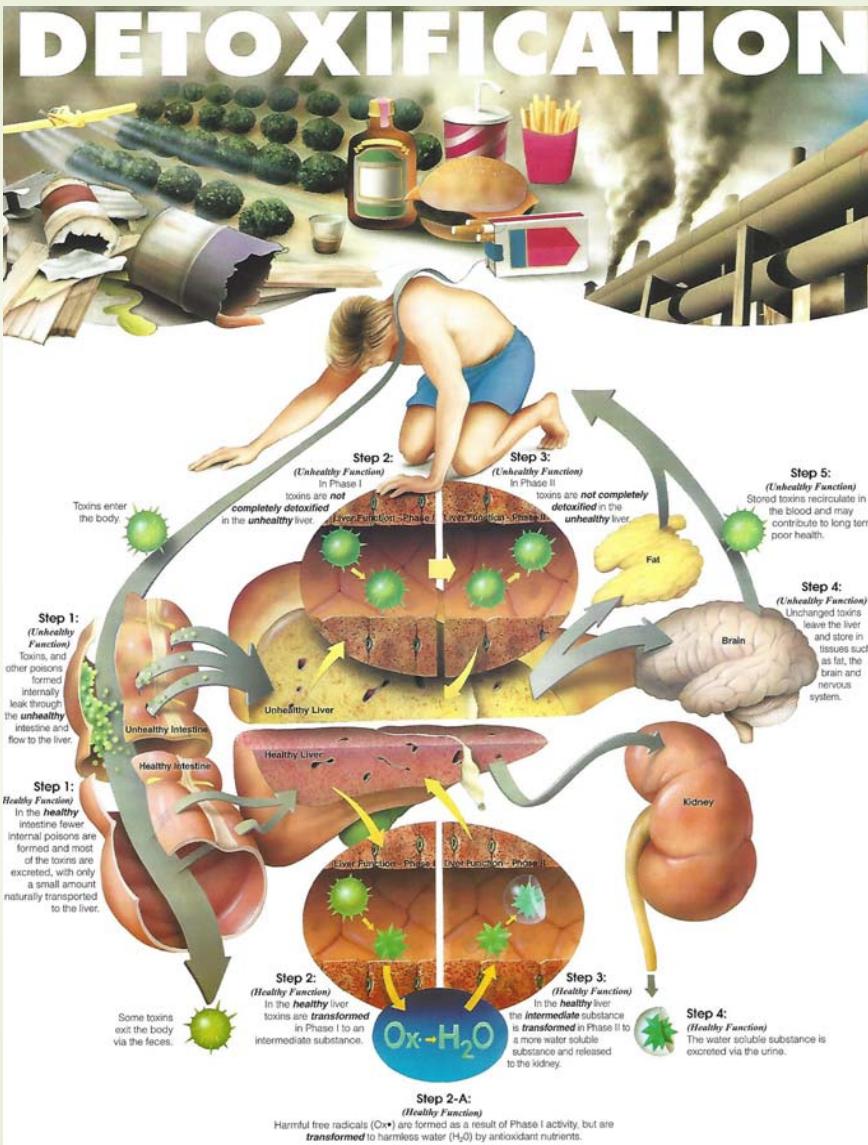
Dietary Recommendations for Cancer Patients

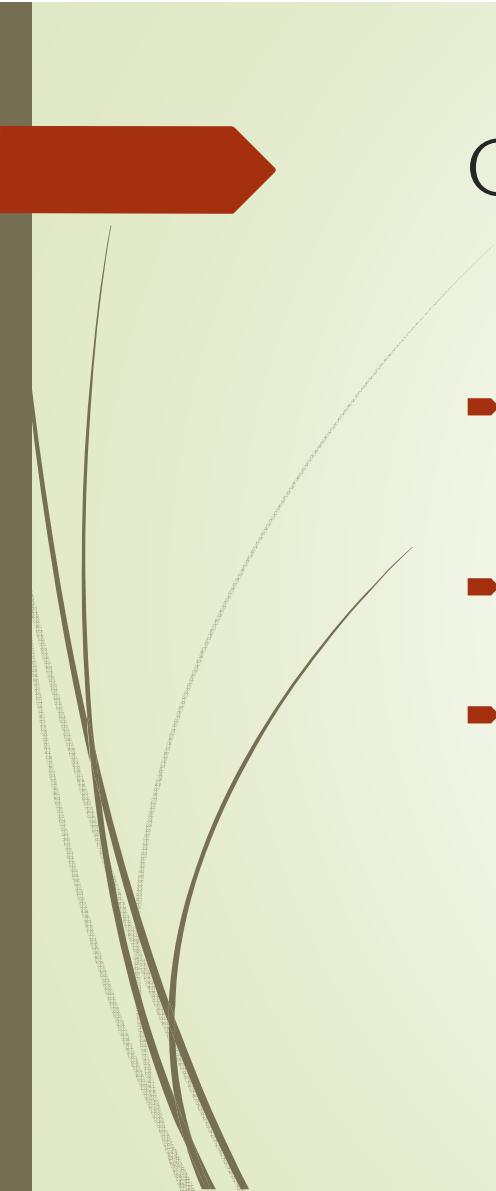
- ▶ Probiotics/Fermented Foods
- ▶ Water
 - ▶ Important to help with detoxification process
 - ▶ Recommended quantity is $\frac{1}{2}$ of body weight in ounces



Lifestyle Recommendations

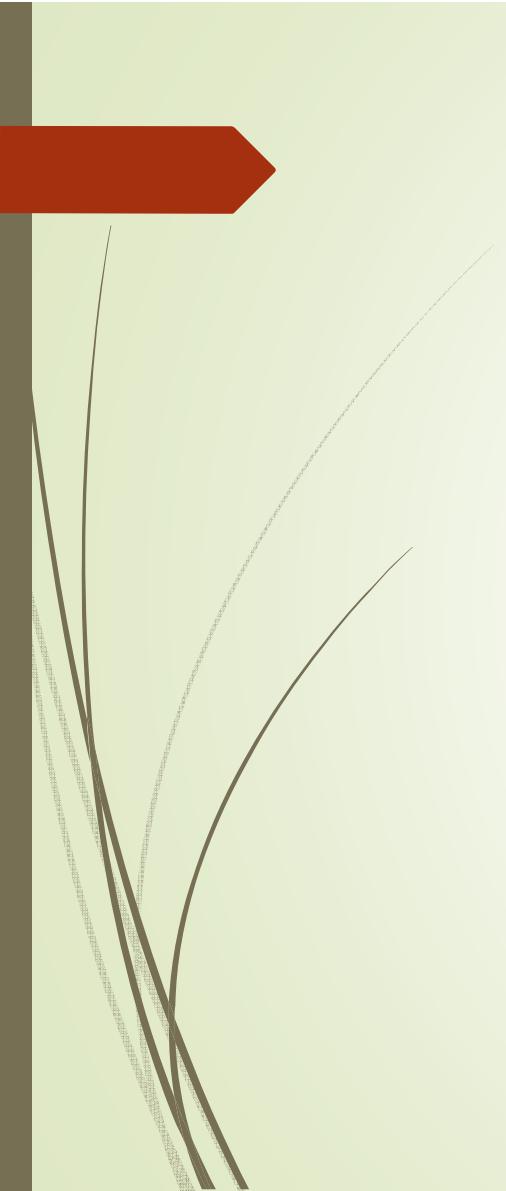
- ▶ Intermittent Fasting
- ▶ Gentle/Light Movement
- ▶ Optimizing Routes of Elimination
 - ▶ Sauna
 - ▶ Epsom Salt Baths
 - ▶ Dry Skin Brushing
- ▶ Mental/Emotional balance





Choosing Your Naturopathic Doctor

- ▶ Make sure your ND is licensed and graduated from a medical school that is accredited by the council of naturopathic medical education.
- ▶ Visit the American Association of Naturopathic Physicians for further information. www.naturopathic.org
- ▶ Or to find a ND in California visit the California Naturopathic Doctor's Association www.calnd.org



Contact Information

► Bay Area Naturopathic Medicine

2100 Curtner Ave. Suite G

San Jose, CA 95124

Phone: (408) 963-6993

www.bayareanaturopathic.com