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NATUROPATHIC ONCOLOGY

What is Naturopathic Medicine?

- Use of evidence based natural therapies to bring about greater health and wellness
- Naturopathic interventions are intended to support the body's inherent healing processes
- Seeks the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment

- **The six principles:**
 - Do no harm
 - Prevention
 - The Physician as Teacher
 - The Healing Power of Nature
 - Identify and Treat the causes
 - Treat the Whole Person



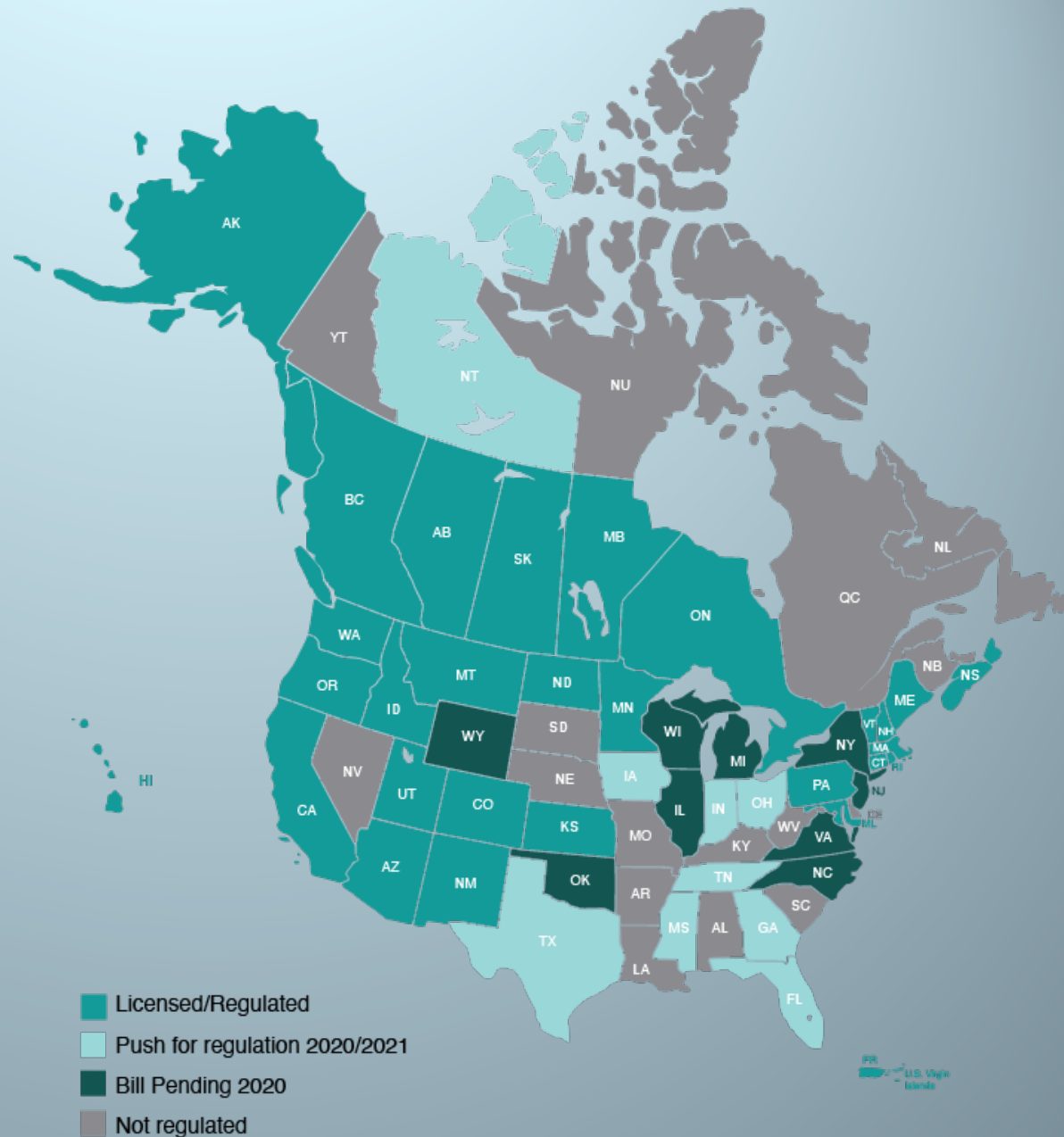
Naturopathic Training

- **Pre-requisite:** Undergraduate degree
 - Four years of Naturopathic Medical School
 - Years 1 & 2 – Basic sciences, Physiology, Anatomy
 - **Basic Science Board Exam (NPLEX)**
 - Years 3 & 4 – Clinical classes & rotations
 - **Clinical Board Exams (NPLEX)**
 - Selective Residency and Post-graduate Training Opportunities
 - Fellowship to the American Board of Naturopathic Oncology (F.A.B.N.O.)
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Naturopathic Licensure

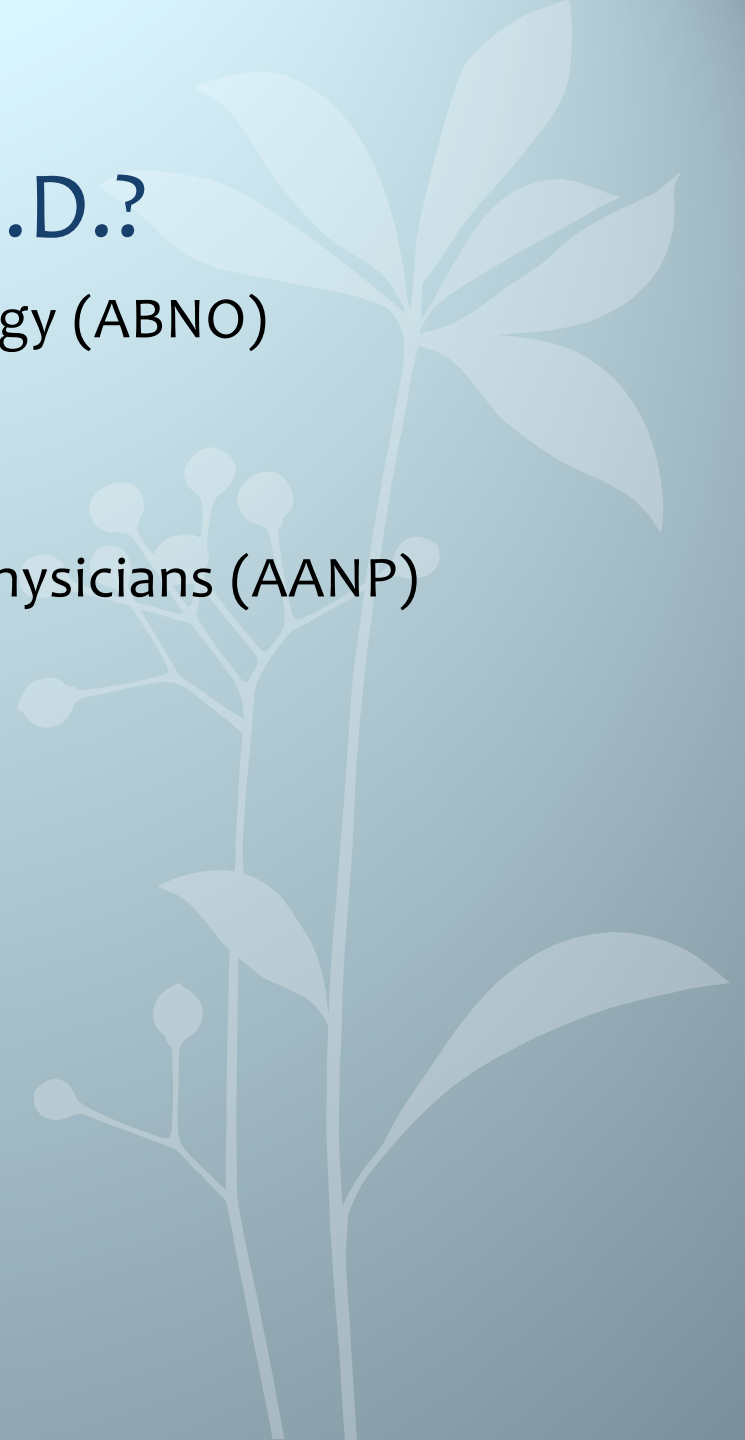
Licensed states:

Alaska, Arizona, California, Colorado, Connecticut, Hawaii, Idaho, Illinois, Kansas, Maine, Maryland, Massachusetts, Minnesota, Montana, New Hampshire, New Mexico, North Dakota, Oregon, Pennsylvania, Utah, Vermont, and Washington *plus Washington, DC, Puerto Rico and the US Virgin Islands.*



Where to find a licensed N.D.?

- American Board of Naturopathic Oncology (ABNO)
 - www.fabno.org
- American Association of Naturopathic Physicians (AANP)
 - www.naturopathic.org



Areas of Interest in Naturopathic Oncology

- Lifestyle/ Environmental factors
- Alternative therapies (i.e.. HDIVC, Iscador injections)
- Enhancement of cytotoxic chemotherapy/ radiation therapy
- Management of side-effects
- Improvement of Quality of Life
- Integrative/ complementary services
 - Medical Qigong
 - Acupuncture
 - Chiropractic
 - Massage



Impact of Stress

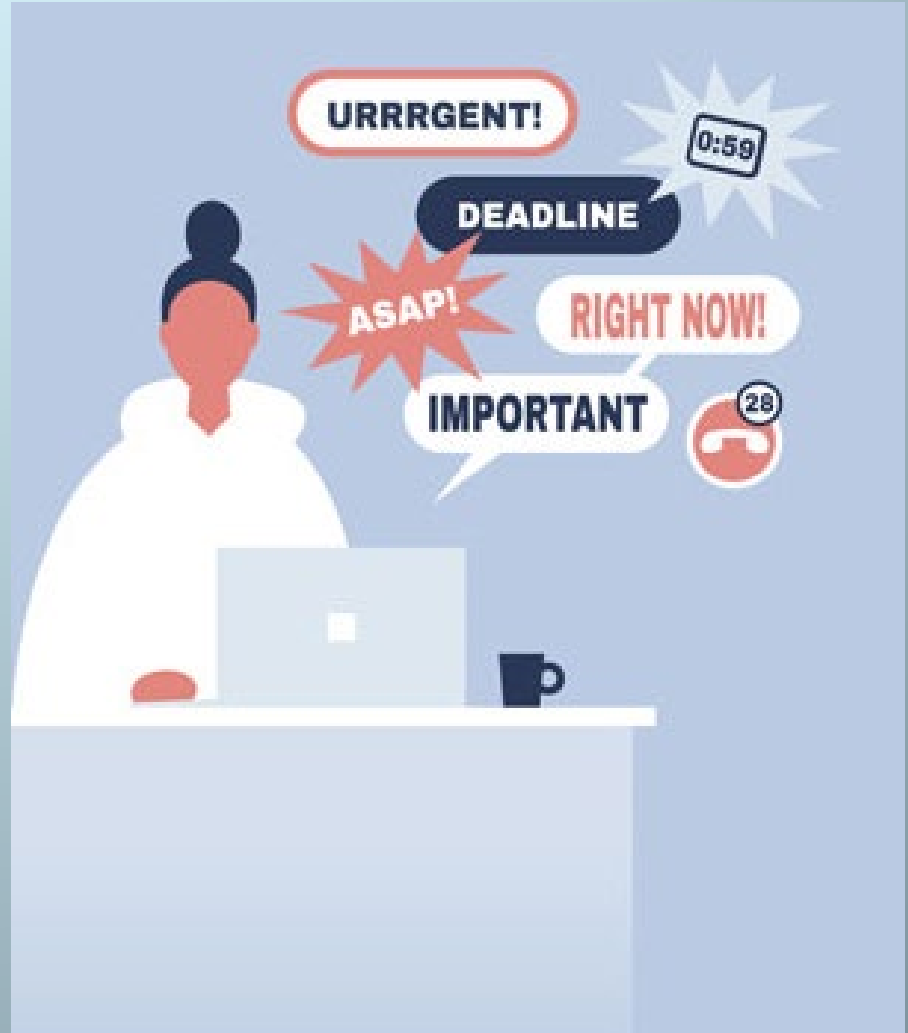


- Stress hormones stimulate angiogenesis, cell migration and invasion
- Chronic stress may have a role in cancer growth and metastasis
- Medical Qigong has been proven to help with lowering inflammatory markers (i.e.. IL-6, CRP)

Got Stress?

Long term exposure to stress includes risk of:

- Heart Disease
- Anxiety
- Sadness
- Depression
- Obesity
- Constricted blood vessels
- Aches and Pains
- Poor appetite
- Weakened immune system





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Stress Reduction



- Prayer
 - Walking
 - Medical Qigong, Tai Chi
 - Relaxation and Visual Imagery
 - Acupuncture
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- *Stress Tip:*

Stress can adversely affect the immune system. Remember to take DEEP, HEALING, DIAPHRAGMATIC breaths throughout the day!

Plant based nutritious options!



Nutrition

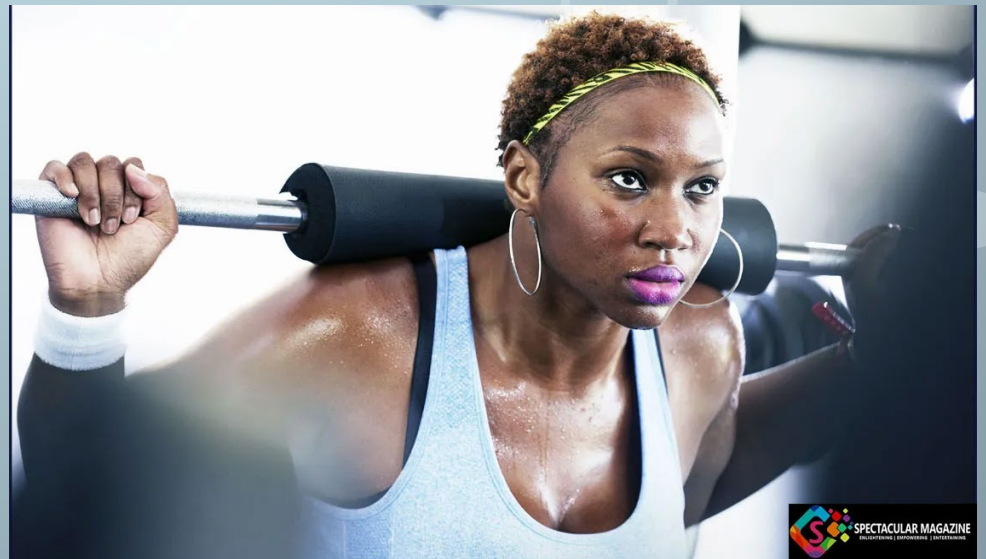
- Nutritious diet can have a **HUGE** impact on how we feel and how we detoxify from environmental pollutants
- Increase organic vegetable intake daily for fiber and regular bowel function
- Limit sugar, alcohol, caffeinated products
- Reduce intake of animal protein and consider other sources of protein (rice protein, nuts, beans, quinoa)
- Check out www.ewg.org for information on Dirty Dozen and Clean Fifteen foods
- Adequate hydration, Limit TAP water!

Nutrition Tip:

Ground flax seeds may be added to yogurt or cereal
The Cancer Fighting Kitchen by Rebecca Katz



Get moving!



Movement and Exercise

- Reduces stress
- Improves circulation
- Moves the flow of lymph
- Increases antibodies and T cells
- Induces sweating which helps to eliminate fat stored toxins!
- Weight bearing exercise is important in post-menopausal women to prevent osteoporosis



Prior to commencing a new exercise or strengthening program, please discuss the details with your primary care physician or medical oncologist.

Naturopathic Recommendations

- Fish Oil

- Anti-inflammatory and may help to support mood
- 1400mg Omega-3 including EPA/ DHA

- Vitamin D

- Regulates immune system
- Check levels (range is 30-70 ng/mL)
- Vitamin D3 (2,000 IU- 5,000IU) daily with food

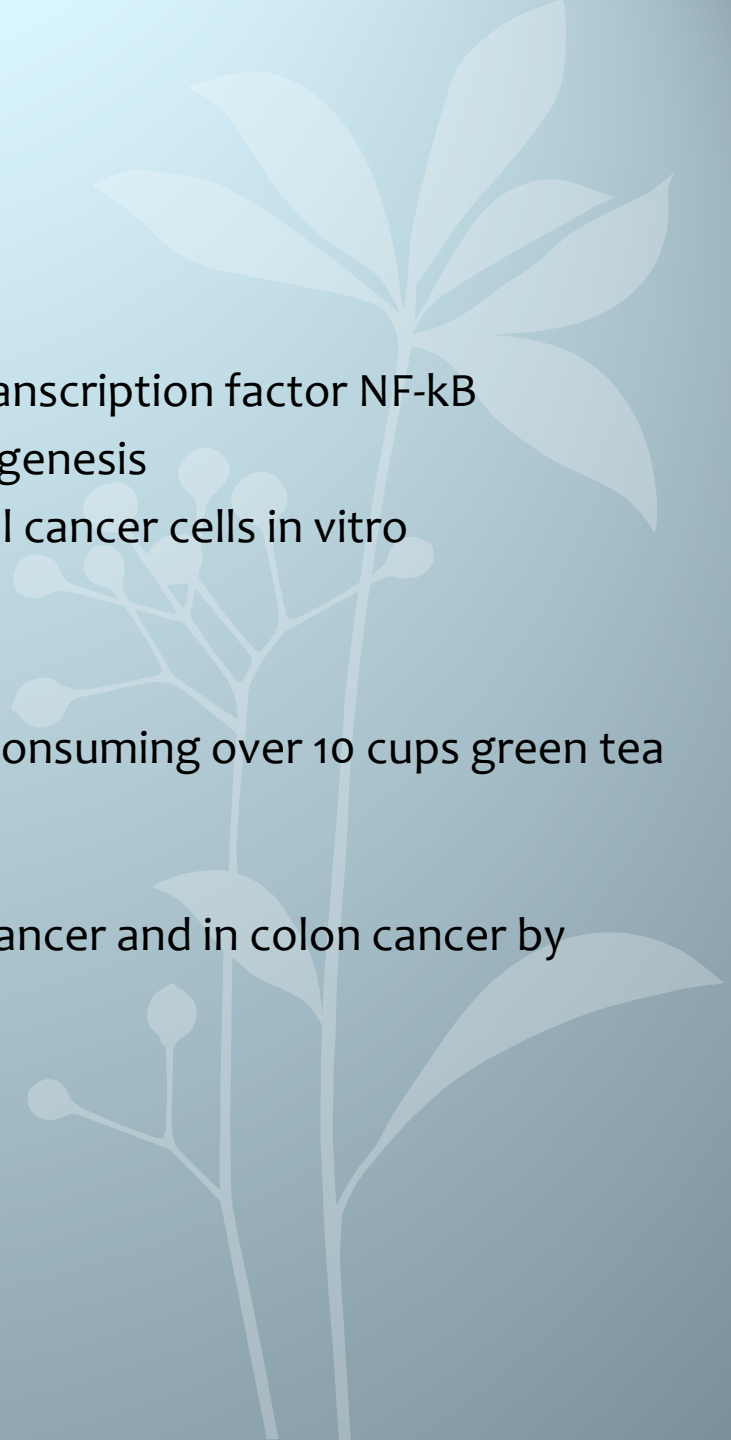
- Probiotic

- Supports GI health including digestion and bowel function
- Majority of immune function lies in the gut
- Product(s): Culturelle, Ultimate Flora



Other Recommendations

- **Curcumin**
 - Inhibits the activation of the pro-inflammatory transcription factor NF-kB
 - Inhibits promotion/ progression stages in carcinogenesis
 - Potential to suppress growth of human colorectal cancer cells in vitro
 - Effects hundreds of genes through NF-kB
- **Green Tea**
 - Delayed cancer onset in patients with history of consuming over 10 cups green tea daily
 - Inhibits angiogenesis in cervical cancer
 - May decrease recurrence for early-stage breast cancer and in colon cancer by inducing apoptosis
- **Melatonin**
 - Anti-oxidant
 - Anti-cancer properties



Improving Quality of Life



- Prayer
- Restful sleep
- Nutritious diet
- Reducing stress
- Exercise (i.e.. Aerobic, Resistive)
- Journaling
- Counseling (i.e.. Mind/ body therapy)
- Social interactions
- Homeopathy
- Acupuncture
- Chiropractic Care
- Naturopathic recommendations to reduce side-effects

Improving Quality of Life

- **AVOID:**

- Plastic water bottles (especially when heated)
- Dry cleaning
- Heating in microwave (especially in plastic containers)
- Direct body contact with electronic devices (i.e., laptop)
- Cosmetics
- Smoking
- Charred or cured meats
- Non-organic produce
- Sugary drinks including high fructose corn syrup
- Exposure to chemicals/ toxins
 - Cosmetology, workshop, auto mechanic
 - Focus on ways to minimize exposure
- BPA, phthalates, parabens
- Sedentary lifestyle!



Reference: Environmental Working Group, www.ewg.org

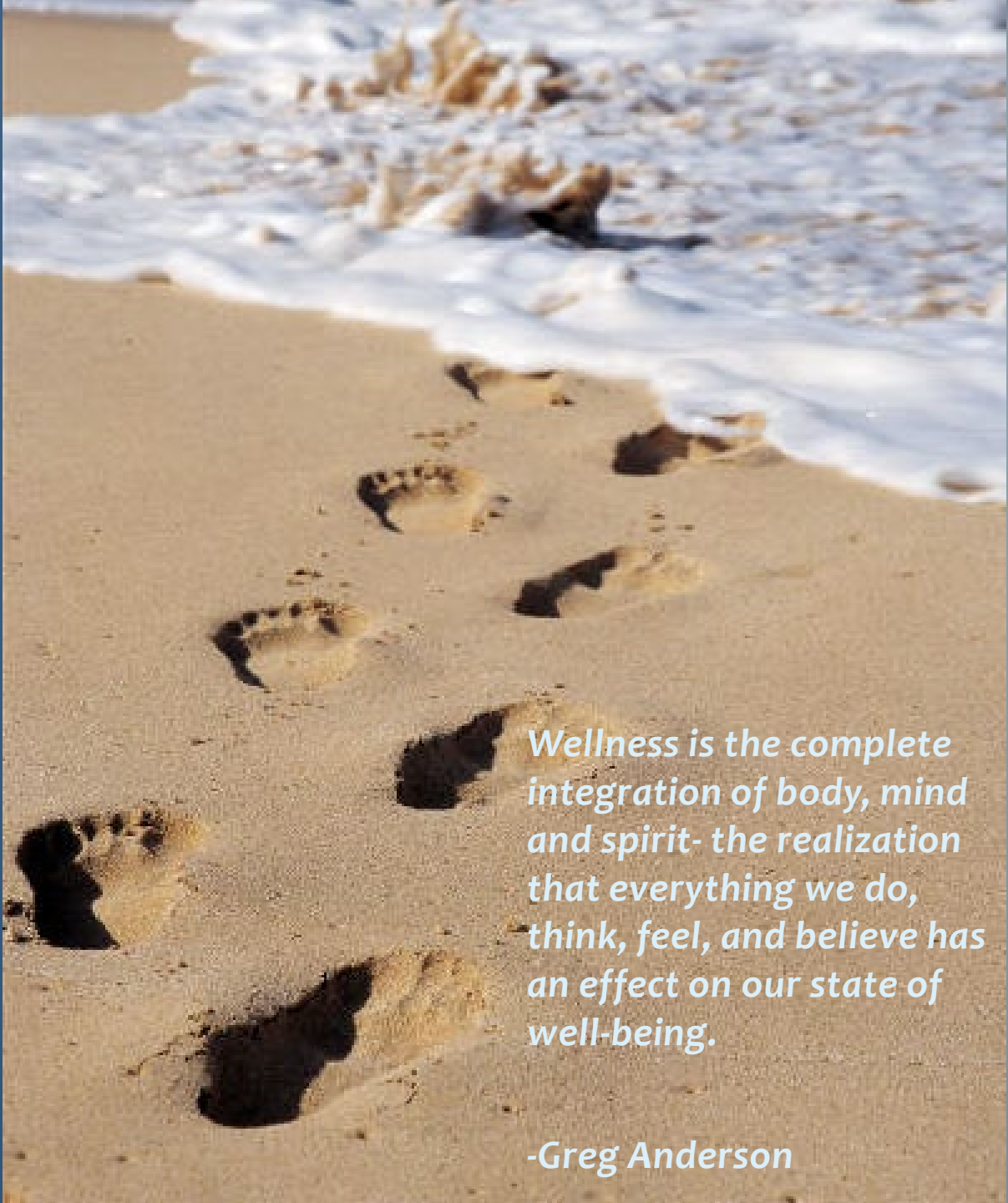
**Thank you for
your attention!**

References:

Environmental Working
Group, www.ewg.org

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*Wellness is the complete
integration of body, mind
and spirit- the realization
that everything we do,
think, feel, and believe has
an effect on our state of
well-being.*

-Greg Anderson